



By Ethan L. Snow, PhD, MA

## Anatomical Variations: Breaking Down the Basic Details of Tumors and Cancer

Cells are the basic building blocks of all living organisms. In a healthy body, cells follow an orderly life cycle: they develop from a systematic process called mitosis, perform important physiological functions to maintain body homeostasis (i.e., a stable internal environment), and die via apoptosis when they become dysfunctional, old, or no longer needed. This cycle is tightly regulated by DNA – the body's genetic code that controls when and how each cell functions.

With about 30 trillion cells in each human body, some cells naturally develop mutations in their genetic code that disrupt their life cycle. Mutations can be caused by genetic issues, environmental exposures (e.g., tobacco smoke, radiation), infections, lifestyle, and other etiologies. Cells with mutated genetic codes are usually detected and removed by the body's immune system, or they stop working and die on their own. However, sometimes these altered cells survive and gain a competitive growth advantage, causing them to replicate more rapidly than normal. Over time, this uncontrolled growth can create a mass of cells known as a tumor.

Tumors can develop anywhere cells are present (i.e., essentially anywhere in the body), and they are classified as benign or malignant. Benign tumors are non-cancerous, and they typically grow slowly and exhibit clear boundaries. Contrariwise, malignant tumors are invasive to nearby tissues – a hallmark of cancer – and are characteristically more aggressive. A biopsy is often necessary to confirm whether a tumor is benign or malignant. Notably, not all tumors are cancer (e.g., a benign tumor is not cancer), and not all cancers produce

tumors (e.g., leukemia is a cancer of the blood).

A serious feature of malignant cancers is their ability to spread to other locations in the body – a process known as metastasis. Metastasis occurs when malignant cells break away from the original tumor, travel through the bloodstream or lymphatic system (or other pathway), and seed new tumors in other areas of the body. This makes cancer more difficult to treat and can provoke additional sequelae.

Clinical jargon associated with tumors and cancer can be daunting, but breaking down the terminology can be helpful. For example, the root words “hem-” means blood, “angio-” means vessel, and “-oma” means tumor, so a “hemangioma” is quite literally a “blood vessel tumor”. Additional terminology can be descriptive; for example, a “giant intramuscular lipoma” describes a fatty (“lyp-”) tumor (“-oma”) that is located within (“intra-”) a muscle (“-muscular”) and is at least five centimeters in any one dimension (the criteria for “giant” classification).

While loss of control is the foundational concept for tumor and cancer development, routine screening, avoiding carcinogens, and other controllable actions are important for preventing cancer, detecting it in early stages, and performing early interventional treatment. A lump, bump, or lesion might be just that, or it might be something serious. Tumors and cancer are complex, and they command respect and proper attention. It's important to consult a physician about such concerns so they can execute a proper workup and assemble a multi-disciplinary healthcare team as warranted.



Ethan L. Snow, PhD, MA

*Ethan L. Snow, PhD, MA is a clinical anatomist who currently serves as an Associate Professor at South Dakota State University in Brookings, South Dakota. Dr. Snow leads the Snow Lab Research Team – a collaborative and interdisciplinary team of undergraduate students, professional students, faculty, and clinicians who analyze rare and unique clinical cases involving anatomical variations. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm, YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).*

## DEA Hosts the 30th National Prescription Drug Take Back Day on April 25th

OMAHA, NE – The U.S. Drug Enforcement Administration (DEA) will host the 30th National Prescription Drug Take Back Day on Saturday, April 25, from 10 a.m. to 2 p.m., at nearly 4,200 locations nationwide, including 130 sites across the five state DEA Omaha Field Division, encompassing Iowa, Minnesota, Nebraska, North Dakota and South Dakota.

Twice a year, DEA joins forces with local law enforcement and community groups to host DEA's National Prescription Drug Take Back Day, giving the public a safe and anonymous way to dispose of expired and unused prescription medications. By getting rid of unnecessary medications in the home, families can help prevent prescription drug misuse and reduce the potential for accidental poisonings.

“Since the inception of Take Back Day, locations across our five-state Field Division have se-

cured more than 706,000 pounds of unwanted medications,” DEA Omaha Field Division Special Agent in Charge Dustin Gillespie said. “The success of this event is due in part to our community members who are committed to keeping their homes and neighborhoods safe and our law enforcement partners who aid in the collection and safe disposal of these medications.”

Since 2010, DEA's National Prescription Drug Take Back Day has provided an easy and accessible way to dispose of medications that could pose a threat if misused. Over the past 16 years, National Prescription Take Back Day has removed more than 20 million pounds of unwanted medications from communities across the United States.

Opioids, such as oxycodone, hydrocodone, codeine, and morphine, are among the most misused pre-

scription pain medications, according to the National Institute on Drug Abuse (NIDA).

DEA and its partners will collect tablets, capsules, patches, and other forms of prescription drugs. Liquid products, such as cough syrup, should be securely sealed in their original container. Syringes, sharps, or illicit drugs are not collected. To learn how to properly dispose of these items we encourage you to visit FDA.gov.

To find the Take Back Day location nearest you visit [www.DEATakeBack.com](http://www.DEATakeBack.com).

For those unable to participate in this month's National Prescription Drug Take Back Day, there are more than 16,500 pharmacies, hospitals, and businesses that offer safe medication disposal year-round. In addition, many police departments also provide permanent drop boxes to ensure Every Day is Take Back Day.

~~ We the People ~~

## Does a President's War of Choice Obligate Treaty Partners to Join the Cause? Light from History?



Adler

By David Adler

When a nation attacks another country and wages offensive warfare—a war of choice—are treaty partners in a defense alliance obligated to support the aggressor nation in the conduct of the war? If you listen to President Donald Trump, and members of his administration, the answer is clearly “yes.” Thus it is that Trump has expressed toward members of NATO increasing frustration and anger, to the point that he declared on March 31, that if they do not join the United States in opening the Strait of Hormuz, that they would have to fend for themselves, and get “your own oil and fight your own battles.” Trump has gone further in his threats, telling the British newspaper, The Telegraph, that he may withdraw the United States from NATO. Indeed, he said, “it is beyond reconsideration.”

President Trump's threat to withdraw from NATO may well be a bullying ploy to coerce European allies into doing his bidding, but in any case, such a move would violate American law. In December 2023, Congress passed legislation that was included in the 2024 National Defense Authorization Act that bars any president from unilaterally withdrawing from NATO without the approval of two-thirds of the Senate or an Act of Congress. The measure was designed, specifically, to prevent Trump from withdrawing from NATO, which he threatened to do on several occasions in 2019. The measure also grants Congress legal standing to challenge in court any effort by Trump to withdraw from NATO, which creates a high legal hurdle for the executive.

The legal question surrounding Trump's assumption that NATO members, per Article V of the treaty, have an obligation to support his war of choice in Iran, is easily settled. Since Trump initiated or commenced the war in Iran, NATO members have no legal obligation to join the war. Article V of the North Atlantic Treaty, the centerpiece of the “collective defense” treaty, provides that an armed attack against one member in Europe or North America is considered an attack on all. The only time that that Ar-

ticle V has been invoked was after the 9/11 attack when NATO members rushed to the aide of the United States. Article V would have been triggered, if Iran had commenced war against the U.S.

The question of the obligation of a defense alliance partner to support an aggressor's war of choice was raised, and settled, in 1793, when Alexander Hamilton, Secretary of the Treasury, defended President George Washington's Proclamation of Neutrality in the war between France and England. The US had signed in 1778 the Treaty of Alliance with France, essentially a mutual defense treaty, much like NATO. When France initiated war, the question arose: Is the U.S. required to defend France? Hamilton, invoking what he called unanimity among authorities on the Law of Nations, declared, emphatically, “no.” He wrote that resolution of issue depends on which nation “first declares or actually begins a War.” He added: “Tis the commencement of the War itself that decides the question of being on the offensive or defensive.” Since France had commenced the war, “the United States are free to refuse a performance of the guarantee, if asked.”

By what reasoning may one sovereign nation initiate war and demand other sovereign nations to join the war effort? Hamilton cited Vattel, whom America's founders regarded as the authority on all questions of international law. Vattel “justly observed,” wrote Hamilton, “that it does not belong to any foreign Power to take cognizance of the administration of the sovereign of another country, to set himself up as a judge of his conduct or to oblige him to alter it.” The claim by one nation of authority to dictate or drag others into its “offensive war,” Hamilton, borrowing from Vattel, “would disturb the tranquility of nations, to excite fermentation and revolt everywhere.” France, in 1793, like Trump in 2026, lacked such authority.

No treaty at international law obligates a signatory state to defend a nation that has commenced war. In fact, no treaty in U.S. history has purported to create such an obligation. There is no principled reasoning in the assumption that sovereign states can be held hostage by another's decision to start a war. Such an admission would amount to surrender of a nation's sovereignty.



## Growing Strawberries

Weeds are the number one nemesis of strawberries



Knutson

By Carrie Knutson, Horticulture agent NDSU Extension – Grand Forks County

I always try to grow a new fruit or vegetable in my garden every year. This year, I am experimenting with a family favorite — strawberries. I love strawberries, and our family makes a trip just about every July to harvest fresh strawberries in the sweltering heat. However, I haven't tried growing them at home.

What stopped me from growing them was time and space. While I still don't have more time, some space has opened up in my garden beds. Let's explore what you and I need to know if we want to try growing strawberries this growing season.

First, there are three types of strawberries: June-bearing, ever-bearing and day-neutral. The type you pick will depend on your strawberry needs. Do you want to make jam, pies and crisps, or would you rather have some to snack on all summer?

June-bearing strawberries will produce a large crop in mid-June to early July. Everbearing strawberries produce one crop in early summer and a second crop in the fall. Day-neutral strawberries will produce fruit throughout most of the growing season. There are many strawberry varieties available through seed and nursery companies. Make sure it is the bearing type you want and is hardy enough for where you live.

Strawberries require full sun — ideally at least six to 10 hours of



Strawberries require full sun — at least six to 10 hours each day. (NDSU photo)

direct sunlight each day — to produce a good crop. They should be planted in well-drained soil. When selecting your site, be aware of potential shade from growing trees and shrubs, as well as the competition from their root systems.

Have a soil test done to determine whether you need to add nutrients before planting. Adding compost before planting will provide nutrients over the growing season. Space plants 18-24 inches apart and rows 3-4 feet apart. The crown of the plant — the point where the leaves and roots meet — should be just at the soil surface, with the roots completely buried in the soil.

Like most garden crops, strawberries do best with 1 inch of rain per week. Water the plants in the morning to reduce the chance of disease development.

Weeds are the number one nemesis of strawberries. Straw-

berries are shallow-rooted and can be easily damaged; hand weeding around the plants is recommended. Mulch can help with weed competition, conserve water and reduce disease.

Remove any flowers for the first few weeks of establishment. This will help the plant grow leaves and roots first. This will eventually help the plant produce better fruit. Move and train runners to fill in bare areas. Later, cut runners back to keep the plants where you want them.

The crown of strawberry plants is sensitive to cold temperatures. Adding mulch after repeated frosts will provide additional protection, especially in winters with minimal snowfall. Cover the plants with 4-6 inches of weed- and herbicide-free mulch, such as straw or leaves.

I am “berry” anxious to see how the plants grow in my garden this summer. Happy gardening!

### Belcourt School District #7 Bid Advertisement

Date: April 6, 2026

The Belcourt School District is calling for sealed bids for the following:

- Remove the existing finish of the TMHS Gym floor surface
- Replace all TMHS gym floor game lines & striping
- Replace all TMHS gym floor graphics
- Replace all TMHS painted borders & logo/lettering locations
- Treat completed floor surface with appropriate wood floor finish and sealers

Any other service offers, options, warranties or assumed costs must be listed in the bid proposal for consideration. For further information, contact Mr. Brad LaRocque by email at [Bradley.LaRocque@k12.nd.us](mailto:Bradley.LaRocque@k12.nd.us) or by phone at (701)477-6471 ext. 3300.

All interested businesses or parties submitting bids will solely be responsible for compliance with the Turtle Mountain Band of Chippewa Indians Tribal Employment Rights Ordinance (TERO) Requirements and any other applicable law. For further information on TERO, call (701)477-2600.

Sealed bids must be submitted to Duane Poitra, Business Manager at the school Business Office by Thursday April 16, 2026 at 4:00 pm. The mailing address is Belcourt School District #7, Attn: Duane Poitra, PO Box 440, Belcourt, ND 58316. The bid committee will open the bids in an open setting and will present their recommendation to the School Board at its next meeting. The Belcourt School District #7 Board reserves the right to accept or reject any or all bids or any part of the bid or to waive any formalities in the bidding. For further information regarding the bidding process, contact:

Duane Poitra  
Business Manager  
P.O. Box 440  
Belcourt, ND 58316  
(701) 477-6471 ext. 3213