



## Just My Opinion

By Mary Kilen

### Superheroes Abound!

If you were at the Stanley High School track on Friday, May 1, for the Jacob Hynek Memorial Twilight track meet, I hope you enjoyed the participation by athletes as much as I did.

This meet was held in memory of Jacob, who lost his battle to childhood cancer. Jacob loved superheroes and the meet paid tribute to that and his courageous fight. Concessions and food were prepared by the Special Education Department and the Stanley Firemen. All donations from the night are being given to Brave the Shave.

Meanwhile, superheroes were found all over the track. Workers and fans

were wearing t-shirts made just for the night. The Stanley track teams jerseys featured a Marvel design on the front. But perhaps, the best was watching athletes really get into it. Some were running with their capes. Others were wearing masks, including a couple of full masks. Some had painted the masks on their faces. My heart was full as I saw all of this.

Perhaps one of the biggest moments of the night came during the 4x400 relay. This is always the last race of a meet, but this one was just a little different. Jacob's brothers, Abe and Ben, joined the Stanley 4x400 team to each run one of the legs in his honor. Kolton and Logan Longmuir, normal members of the team, ran the other two legs. Abe is not a track athlete and Ben is better known for his throwing skills. I left before this race, but I saw the video and I can guarantee you there likely wasn't a dry eye in the house, but the smiles were probably also from ear to ear.

For one more night, we were all reminded of the best of our communities in North Dakota. While Stanley was remembering one of their own, the other communities and athletes were part of one big family that night.

### What are all these insurance statements?

This month, newspapers across the state are printing the insurance abstracts. During the 69th Legislative Assembly, the North Dakota Legislature enacted House Bill 1398, which modified the publishing requirements for insurance companies doing business in North Dakota, as it relates to publication of the Company Abstract of Statement.

First publication is starting this week in the Promoter. Because of the way they are being filed and submitted, we will likely be seeing another set of them starting in early June and a third possibly in July.

Remember that 4-H membership is **NOT** required for participation. Please contact Karla Meikle at 701-877-2584 for registration question. Scholarships are available for income eligible families. Scroll down to link for 2026 Camp Award Scholarship form.

### Severe Weather Safety

#### Severe Thunderstorms

The first step in planning for severe weather is ensuring that you understand the messaging. The National Weather Service issues Watches, Special Weather Statements, and Warnings:

\* A Severe Thunderstorm Watch is typically issued hours before severe weather is forecast. It can cover a broad area, and not all locations within the watch may see thunderstorms. Stay up to date on the forecast from the National Weather Service, local news, or radio.

\* Special Weather Statements can be issued for a number of meteorological reasons, but in the summer it is commonly used to indicate an impactful storm that doesn't meet the criteria necessary for a Warning.

\* A Severe Thunderstorm Warning is issued when impactful severe weather is imminent in your area. Read the warning, understand the hazards, and take the necessary precautions to stay safe.

It is important to note that all Watches and Warnings are issued by the National Weather Service ONLY. Phone weather apps and broadcast media display and communicate messages issued by the NWS. Always get weather information from a trusted source!

#### Lightning

Lightning is the star of every thunderstorm!! Thunder is the first sign that you should start to take precautions to protect yourself and others if you are outdoors. Even if it is not raining, if you can hear thunder, lightning is close enough to strike you. Lightning can strike as far as 15 miles away from any rainfall. The best place you can be to avoid lightning is in a building or hard topped vehicle.

\* Cease any and all outdoor activities.  
\* If you are in or on open water, get to land and shelter as soon as possible. Water will conduct electricity and put you in danger.  
\* Avoid open fields, isolated fields, and tall objects.  
\* Only resume outdoor activity 30 minutes after you last hear thunder.

#### Tornadoes and Tornado Drills

Though less commonly seen in North Dakota than elsewhere on the Plains or in the Midwest, since 2004 North Dakota averages 34 tornadoes per year! It's important to take warnings seriously and know what to expect in a tornado warned thunderstorm.

\* Sirens will sound according to your county or city, and you may receive an alert if enabled on your smartphone.

\* Immediately seek shelter in the lowest level of the building in the most interior room, like a bathroom with a bathtub. Use any items to protect yourself, such as a helmet or pillow.

\* Ideally, make a plan ahead of time with your household in case of a weather emergency.

#### Flash Flood

Music" (Cook, 2000).

For as long as I had known Pat (as close friends, I'll drop the "Dr."), he was one of the most industrious men, bar none. Maybe "driven" is a better word. My wife and I got to know Pat and Barbara when we worked together forming the Christian Performing Artists' Fellowship ([www.christianperformingart.org](http://www.christianperformingart.org)) in Washington, DC in 1979. In later years Pat assembled the MasterWorks Festival ([masterworksfestival.org](http://masterworksfestival.org)) for young, aspiring musicians. He eventually wrote seven books including "Devotions."

Pat was born in Nashville, Tennessee. He rose from humble roots with music in his soul. At times he played in various studio bands as backup for country recording artists. In fact, he grew up across the street from Little Jimmy Dickens and down the street from George Morgan. Dickens and Morgan were country through and through. But not Pat. He went on to a serious study of music earning a Ph.D. in musicology from the University of Maryland. Pat did extensive post-doctoral work in musicology, music theory, and conducting.

I'm not a big fan of daily devotional literature. However, Pat's book "Devotions" is the one exception. Each devotion centers on a specific Christian truth and is then exemplified by an event or person in music history. The entry concludes with a suggestion for personal application.

Entries, although weighted toward classical music, are by no means limited to serious music and musicians. Garth Brooks, The Beatles, Johnny Cash, Count Basie, Dave Brubeck, and many other artists and artisans find their way into these pages.

Here are the answers to the challenges posed earlier.

The jazz musician kidnapped for Al Capone's birthday bash was none

other than Thomas "Fats" Waller (1904-1943). In 1925 "Fats" was playing a gig at a hotel. During a backstage interlude a gunman stuck a gun in Waller's stomach and ordered him into a car. "Fats" was taken to a guarded saloon where he was forced inside the headquarters of Al "Scarface" Capone. Once "Fats" found out that "Scarface" and his henchmen were his biggest fans, "Fats" loosened up and played the best he could. After every request Capone stuck a hundred-dollar bill in Waller's pocket. By the time he was set free, "Fats" had collected thousands of dollars.

Gioacchino Rossini was a prolific composer. His works included the operas "William Tell" and "The Barber of Seville". Rossini displayed eccentric habits. A fellow composer, Sir Arthur Sullivan, once visited him when Rossini was busy at work. When Sir Arthur inquired about the piece, Rossini responded seriously, "It's my dog's birthday and I write a little piece for him every year."

On December 8, 1950, President Harry S. Truman wrote a terse letter to the "Washington Post." His daughter, Margaret, had received a particularly uncomplimentary review of her recital by critic Paul Hume. President Truman wrote the following. "Mr. Hume, I have just read your review of Margaret's concert...Some day I hope to meet you. When that happens, you'll need a new nose, and a lot of beefsteaks for black eyes..."

Whether your preference is classical, jazz, gospel, rock, or country music, "Devotions" has something for everyone. Each day brings a fascinating tidbit that is always informative and entertaining.

This book is worthwhile reading for young and old alike and would make a nice addition to anyone's library.

Dennis M. Patrick can be contacted at [bnt0019@gmail.com](mailto:bnt0019@gmail.com).

Publication of these abstracts has been going on for as long as I've been here at the Promoter, although not as many as we are seeing this year. Last year, due to some changes within the insurance commission, the abstracts were limited to only a few newspapers and the Promoter was not one of them. The changes in legislation has returned them to all newspapers.

However, because they are divided evenly within the districts and then evenly within the number of newspapers within those districts, not all newspapers will see the same amount. If all of the insurance companies submit their abstract, papers may see anywhere from 65 each in the district with the most newspapers to 433 each in the district with the least number of newspapers.

Under N.D.C.C. § 26.1-03-10 as amended by House Bill 1398, an insurance company shall submit an abstract of the annual statement on the form prescribed by the commissioner. This abstract must be published at least three times in a newspaper of general circulation and evenly distributed for publication across all newspapers operating in each of the state's eight judicial districts. Proof of publication must be filed with the commissioner within four months after the filing of the annual statement.

The modifications made under House Bill 1398 during the 69th Legislative Assembly require all insurance companies to publish their Abstract in all eight judicial districts. Because they are evenly distributed among the newspapers in those districts, some newspapers will see even more than those we are printing in the Promoter over the next few months.

In case you were wondering, payment for publication of these notices comes from the insurance company, not from the state government or your tax dollars.

Flash flooding is common in North Dakota when a strong and persistent rainfall overwhelms or even damages local infrastructure. It is easier than it may seem for you or your vehicle to be swept away in flooded roadways. Excessive rainfall can strengthen currents in streams or creeks, making them dangerous for recreation. Urban areas are perceptible to flash flooding due to concrete and asphalt surfaces that do not allow rain to penetrate the soil.

**Do not attempt to pass flooded roadways! Turn around, don't drown!**  
**Online locations to find weather information:**

National Weather Service Homepage: [weather.gov](http://weather.gov)

North Dakota Agricultural Weather Network Homepage: [ndawn.ndsu.nodak.edu](http://ndawn.ndsu.nodak.edu)

State Climate Office Homepage: [ndsu.edu/ndscso](http://ndsu.edu/ndscso)

### May is Skin Cancer Awareness Month:

Melanoma Monday falls on the first Monday in May each year, marking the start of Skin Cancer Awareness Month. The day was created by the American Academy of Dermatology in 1995 to:

\* Educate the public about melanoma, which is the most serious type of skin cancer

\* Encourage lifelong skin self-exams and early detection

\* Promote sun safety and reduce risk factors

**Why It Matters:**

\* Melanoma can develop anywhere on the skin, even in areas usually protected from the sun

\* Early detection greatly improves treatment outcomes

\* In 2026, the American Cancer Society estimates about 234,680 new melanoma cases and 8,510 deaths from melanoma

**How to Observe:**

\* Perform skin self-exams using the ABCDE's of melanoma (Asymmetry, Border irregularity, Color variation or change, Diameter greater than 6mm, Evolving Change)

\* Schedule a dermatologist appointment or encourage others to do so

\* Share sun safety tips

\* Host educational events or sunscreen giveaways

**Key Sun Safety Tips:**

\* Use broad-spectrum sunscreen SPF 30+ daily, yes even on cloudy days

\* Wear protective clothing, hats (with 3-inch brim all the way around) and sunglasses

\* Avoid tanning beds, they put you at higher risk

Did you know that even one severe sunburn doubles your risk of developing skin cancer? That is why covering up in the sun is so important.

While everyone is at risk for skin cancer, some people are at higher risk. Those with family history, lots of moles or freckles, fair skin, blue or green eyes and/or naturally blonde, red or light brown hair also puts you at higher risk. Tanning beds are on the list of "known carcinogens", according to the Food and Drug Administration.

Be sun savvy. Protect yourself from skin cancer. Visit <http://www.cancer.org> for more sun-safe tips.



## The County Clover

By Lynnette Vachal

Mountrail County 4-H Youth Development Extension Agent

### 4-H Camps Openings

Are you excited for your youth to have a fun-filled, learning experience this summer? Then 4-H camps are your solution to keeping youth engaged and learning this summer!

Camp is open to **all youth**. 4-H membership is **NOT** required for participation.

See a camp you are interested in? Go to <https://ndsu.ag/4hcamp> and scroll to camp schedule, then click on the camp you are interested in to get more details.

May 26-30: Livestock Camp. 3 spots available.  
May 31-June 4: Head and Heart Resilience. 12 spots available.  
May 31-June 4: Creative Arts Camp. 10 spots available.  
June 4-5: Clover Camp I. Sorry it's full.  
June 6-7: Advanced Archery Camp. Sorry it's full.  
June 7-11: Adventure Camp I. Sorry it's full.  
June 7-11: STEM Camp. 5 spots available.  
June 11-12: Clover Camp II. 11 spots available.  
June 28-July 1: Adventure Camp II. 13 spots available.  
July 26-July 30: Career and Tech Ed Camp. 11 spots available.  
July 26-July 30: Chef Camp. 9 spots available.  
August 2-6: Outdoor Skills with Hunter Education Camp. Sorry it's full.  
August 2-6: Wildlife Camp. 13 available.  
August 9-12: Holiday Arts and Crafts Camp. 20 spots available.  
September 25-27: Fall Camping Weekend. 19 available.  
October 17-18: Spooky Camp. 30 spots available.  
November 7: Holiday Camp. 20 spots available.

**Registration:** <https://ndsu.ag/4hcamp>, click on Register for camp. Opened March 1.

**Cost:** Varies per camp (\$75-\$375).

**Age:** Varies per camp, (Clover camps are ages 5-9).

Please visit website (<https://ndsu.ag/4hcamp>) to find cost and age categories for each camp.



## The Passing Scene

By Dennis Patrick

### A Unique Devotional

Try these challenges:

Name the famous jazz artist kidnapped at gun point and forced to play music at Al Capone's birthday party.

Name the composer who wrote a new piece of music each year for his dog's birthday.

Which music critic incurred the threat of physical violence from a US President?

Each of these little known but interesting anecdotes, and more, make up a remarkably unique devotional book assembled by Dr. Patrick (d. 2018) and Barbara Kavanaugh titled appropriately "Devotions from the World of



## Trails Across Mountrail

By Jim Hennessy



[www.mountrail.co.nd.us/](http://www.mountrail.co.nd.us/)

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### Weed Management For Lawns

#### Fertilizing, mowing, watering and other lawn weed control tips

Many times, a weed-free lawn can seem like something that only occurs in televised golf tournaments. I don't know about you, but every spring I struggle to keep dandelion, nutsedge, and quack grass from taking over my lawn.

While herbicides can help manage weeds in lawns, no single product will work against all weeds. For example, products that contain 2,4-D are designed for broadleaf weeds and won't work for grasses. Unless care is taken, herbicides can be dangerous to lawns, flowers, pets, and people. A successful weed management program takes advantage of many approaches including cultural practices, mowing, and, if necessary, herbicides.

The key to managing weeds is to out-compete them with a dense and vigorous lawn. Most weeds have very little chance of establishing if thick grass blocks sunlight, captures moisture and takes advantage of available nutrients.

A good fertilization program can help grow a dense and competitive lawn. Be aware that too much fertilizer, while helping to nurture a lawn, will also feed the weeds. Also, too little fertilizer can lead to a sparse and uncompetitive lawn. When purchasing fertilizer, choose one with a high percentage of controlled-release nitrogen to provide a slow, steady nutrient supply. Consider having soil tested as well, so you know how much fertilizer is needed.

Mowing can help manage weeds, but it can also hurt your lawn. Frequent mowing weakens grass by reducing its ability to capture enough sunlight and produce food. Moreover, a short lawn allows too much sunlight to reach the soil surface, helping weed seeds sprout and grow. Mowing at the highest possible level - usually between 2 and 4 inches - will help manage unwanted weeds.

Frequency and timing of watering are also crucial to healthy lawns. Usually, lawns need about one inch of water per week. As a general rule, the best approach is to water lawns infrequently and deeply. Providing a lawn with infrequent, deep soakings helps grow deep-rooted grasses and prevents the germination and growth of shallow-rooted weeds.

Identifying weeds is also essential to reduce their spread and abundance. Grass and broadleaf weeds that are found in lawns fall into two main groups: annuals and perennials. Annual weeds, such as crabgrass and shepherd's-purse, are not that difficult to control. A perennial plant, on the other hand, lives for more than one year and grows back from the roots each year. Perennials also produce seeds, which can give rise to new plants. To effectively control deep-rooted perennials, such as Canada thistle or bindweed, concentrate efforts on managing their roots. Roots of perennials often have vegetative buds, growing deep in the soil.

Believe it or not, hand-pulling is still one of the best defenses against weeds. Pulling annual weeds before they flower and seed is the simplest way to prevent them from spreading. Hand-pulling is easier when soil is moist. A sharp spade or digger can help do the job.

When using an herbicide, choose one that is labeled for the type of lawn you have and is effective against the weeds you have. Before spraying any herbicide, read the label and follow directions carefully. Some herbicides work within a certain temperature range; others need to be applied at a specific time of year. When used incorrectly, herbicides can injure or kill turf and other desirable plants.

### Planting Trees And Shrubs

For more pride and enjoyment in a well-landscaped yard, plan carefully before buying and planting nursery stock. A scale drawing of your yard will provide a basic plan that you can use for many years. Trees and shrubs are essential elements of this plan. Invest wisely by planting them properly. Purchase your stock from local nurseries.

They know the problems and planting dates of your area and likely will have the species and cultivars suited to your needs.

Trees and shrubs purchased out of our region may prove to be tender and entirely unsuited to North Dakota conditions. In addition, nursery grown plants are usually of better quality than native plants since they have benefited from pruning, watering and fertilization. Roots of these plants have been pruned frequently to stimulate branching which makes them easier to transplant than unpruned plants.

**Size**  
Trees and shrubs are available in sizes varying from seedlings to large trees. Modern tree-moving machines are available in some regions of North Dakota. They are capable of moving deciduous or evergreen trees with trunks 3 to 6 inches in diameter. These machines tend to leave glazed sides in their planting holes, especially where clay and moisture content is high. Such glazing can be almost impenetrable to roots. The sides and bottom of the hole should be scarified or roughened with a shovel to intermingle the backfill soil with the field soil to reduce this interface and provide easier access for developing roots.

The size of a tree or shrub at planting time often affects its ability to establish. For practical and economic reasons, consider buying medium sizes of trees and shrubs since they usually recover more readily from transplanting shock and establish faster than larger plants. A general rule of thumb is that for each inch in diameter of trunk size, a year is required to adjust for transplant shock or root loss.

**Five Forms Available**  
1. Bare-root (BR) trees and shrubs are the most economical type to buy but the most difficult to store and establish. With bare root stock, care is necessary to protect plants until they are planted. Examine the condition of your stock upon arrival. Keep moist packing material around the roots and store plants in a cool place out of the sun and wind. Plant as soon as possible. Plant bare-root nursery stock in early spring before growth starts. The later bare-root stock is planted, the greater the danger of reduced survival and vigor.

2. Balled and burlapped stock (B&B) is plant material dug with a portion of the root system undisturbed. The soil ball is held intact by a burlap wrap. Evergreens as well as large non-evergreen trees may be handled and sold

in this manner. It is desirable to plant B&B nursery stock in spring before growth starts. Pine and spruce may also be moved in late August and September and hardy non-evergreen trees upon leaf-drop. Research has shown that fall planted nursery stock, especially evergreens, should be planted four weeks before soil temperature drops below 40 degrees Fahrenheit. Soil temperatures below 40 F. inhibit new root growth.

3. Potted stock (P) is plant material that has been grown in a container for less than one growing season. Local nurserymen obtain bare-root stock and pot prior to spring sale. Such stock can be planted throughout the growing season. Remove containers and take care to maintain the root ball intact at planting time.

4. Container-grown stock (CG) has been growing in a container for one or more seasons. Consequently, the soil medium in the container is usually bound well by dense roots, making transplanting an easier task. Always remove containers before planting. **Caution:** roots of vigorous container grown plants may grow around and around the inside of the container. Recent research shows that these "circling" roots may not develop strong new anchor roots, but continue growing in a circle around the soil-root ball and may eventually girdle the plant. We recommend that these roots be spread or cut at planting time to encourage normal root growth.

5. "Instant trees" include large-sized stock transplanted by a machine. Large non-evergreen trees are best moved in early spring before growth starts. Hardy species can also be successfully moved in the fall upon leaf-drop. Large evergreens are also best moved in early spring. However, spruce and pine can be successfully moved in late August or September.

**Caution:** Transplanting shock is severe when large trees are moved in active growth.

**Planting**  
Dig each hole about twice the diameter of the container or rootball. Remove clay subsoil from the bottom of the holes and replace with topsoil when planting. This is especially important near foundations where poor soil may have been used for backfill. Water thoroughly after planting to settle the soil. Supply water every 10 days during the establishment period. With larger size stock, attention to watering should extend through the second or additional growing seasons according to the rule of thumb above. Therefore a three-inch diameter tree may need watering for three years.

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