



YESTERYEARS

From McLean County Journal

BY DEBRA JOHNSTON, M.D.

When we know better

Early in the pandemic, I had occasion to page through photo albums my mother assembled during my childhood. Some of those happy images chilled my physician heart. There I was, two months old, sleeping peacefully on my stomach, in the middle of a sheepskin rug.

There I am, seven years later, seated with my siblings on lawn chairs in the bed of the pickup truck as my parents drove us home. We navigated that 15-mile trip multiple times a week for months.

There I am, age 12, grinning from my perch atop a wagon load of corn. On the way home from the co-op, I would ride standing on the wagon hitch while my siblings sat on the fenders.

Bear in mind, my parents seemed especially safety conscious for the time as evidenced by snapshots of us buckled into our primitive car seats. And, when sunscreen was introduced, I remember my classmates basking in

baby-oil while I was slathering on the SPF4.

As the saying goes, when we know better, we can do better. That philosophy should apply to us all, throughout our lives.

During my years in medical school, we taught parents to lay their babies down for sleep on their backs or their sides. Now we know better...back sleeping on a firm mattress with a taut fitted sheet and no blankets or teddy bears, presents the lowest risk of SIDS. And, research continues.

Early in my career, we recommended children not be allowed to eat peanut products until at least age two to reduce allergy risk. Now we know better...early introduction to small amounts of peanut butter and other highly allergenic foods is the preferred strategy for most children. Still, research continues.

The history of medicine, and of science, is one of constant research and evolution. Some things we once thought we knew, did not hold up under further objective study. It

is critically important that we challenge and examine our options and re-evaluate the way we have always done things. We must expect adjustments and be willing to change when healthier alternatives are revealed.

Obviously, I survived the dangerous situations of my childhood. However, too many children do not. We can never eliminate all risk, but we can, and must, continue to invest in the scientific process, using the best available data to determine the most effective solutions, even to old questions.

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GUEST COLUMNIST

Home Country

BY SLIM RANDELS

September.

Our month of change. Our month of happy change. Once more we can stand the thought of wearing a sweater as the summer sun burns itself down. Once again we can think about a new school year and the special challenges we face this fall. Once again, the house is quiet during the day.

September.

In the forest, the animals are polishing antlers, sleeking muscles for the mating ruts to come, marking their

territories. The deciduous trees are showing those awesome changes of color as the mountains become a splendid quilt of transient beauty.

September.

A resting time for the older folks. They can sit on the patio now even in the afternoons. It's a time for barbecued ribs and football, and picking fruit. On the farms, the canning pots are boiling with treasures for the coming winter.

September.

Time for the Fall gather. Time to see what's out in those far pastures. Time to brand and work any late calves. Time

to sort those who will stay and those who will go to the sale. Time to make money for the ranch.

September.

Time to sit and sip something hot and think about things past and yearn for certain future things and to plan ... plan how we can finish this year in a better fashion than last year.

September!

Brought to you to honor those masked folks who wait on us in the coffee shops and take our temperature at the doctor's office. Thank you for your courage.

MINOT

from page 1

said Skorheim. "We pretty much had deer running with us the whole time."

While they were decked out in high-visibility colors, they made sure they were always aware of their surroundings and whether vehicles were coming or going around them.

"You definitely have to keep your eyes open," said Skorheim, particularly on some of the sections of 1804 on their way to Washburn.

Every once in awhile they'd get a look that seemed to say "get off the road," but "95 percent of the people were North Dakota nice and waved."

"The weather has been awesome, and just being able to take in the beauty of the river and everything was great," said Skorheim.

While Skorheim is doing the run in honor of his grandfather for sentimental reasons, he's running for his brother-in-law for practical reasons. He's got a long road ahead of him, noted Skorheim, with a lot of medical bills, and he's hoping people will consider donating to Jeff Bares' go-fund-me account

that has a link on Skorheim's "Mission to Minot" Facebook page.

Skorheim was also using his Mission to Minot run as a way to reunite his family members who haven't been able to see each other since the coronavirus hit. His nephew ran a portion of the 100 miles with them, and at times there were four or five runners and a couple family members on bikes.

"This whole thing is really multifaceted," said Skorheim. "It's a matter of being together and celebrating the fact that we have each other. Everything is so doom and gloom right now, you can't let it drive you nuts - you've got to live life."

"I wanted to prove that you could do it," he added. "You don't have to shut the world down. You can still do things - you've just got to be smart about it."

As Skorheim and Zafke looked forward to hitting the road again Sept. 5, they were aware there would be challenges ahead. North Dakota isn't known for having

two days of little wind in a row, so they were expecting a bit of a breeze.

"The wind is going to be in our face, and there are some hills coming up," said Zafke.

Still, they were ready to hit the road bright and early that Saturday morning on their way to Minot, by way of Turtle Lake, Velva and Max, where they stayed Saturday night.

Skorheim, Zafke and the rest of the family members completed their journey Sept. 6, celebrating their accomplishments and reveling in the fact that they were able to do it, because they chose to do it, and because they were physically able.

Not everyone is physically able, said Skorheim, and he never wants to take that fact for granted. It was a fight to compete the 100 miles -- a fight against the wind, the hills, and the pain from the run the day before -- but it's nothing compared to the fight that people with illnesses are battling.

50 Years Ago

Thursday, Sept. 17, 1970

Turtle Lake hospital administrator Gerald Neubauer announced that an open house is being planned for the local hospital clinic facilities.

40 Years Ago

Thursday, Sept. 18, 1980

Darwin Saari took over the position as city auditor-assessor.

Turtle Lake City Commissioners at their regular meeting held second reading and final passage of an ordinance that has been tabled since May which removed Eastside Street from special mobile home location privileges.

The Turtle Lake Park Board will hold a special election Sept. 30 to ask for a continued, as well as increased mill levy for maintenance, upkeep and improvements at the city park.

30 Years Ago

Thursday, Sept. 20, 1990

The members of the Turtle Lake-Mercer School Board at their meeting voted to spend a thousand dollars to join with other area schools in a study of interactive television. The money would cover consulting fees, study of sites costs, equipment costs and specifications, etc.

Turtle Lake-Mercer fifth grade teacher Barb Kraft was notified that she is a recipient

of a Presidential Award for Excellence in Science and Mathematics Teaching and, as a result, will be honored in Washington, DC as a guest of President George Bush.

20 Years Ago

Thursday, Sept. 14, 2000

Community Memorial Hospital in Turtle Lake held an open house, in conjunction with Garrison Memorial Hospital, to promote the use of telemedicine. Telemedicine is one such way technology has worked to better the service offered in small, rural communities.

The TL-M Trojans traveled to Steele where they suffered a disappointing three-point loss to the Pirates pushing the season's record to 1-2.

10 Years Ago

Thursday, Sept. 16, 2010

TL-M 2010 Homecoming candidates and royalty were Wyatt Colby, Karley Wahl, King Shane Nelson, Queen Amy Lee, Allie Hedstrom, Dillon Longnecker, Rachel Hanson, and Charles Andrus.

Steady rains prior to the game against the Hettinger Black Devils didn't dampen the spirits of the Central McLean Cougars. It was a night of firsts for the Cougar season. They got their first win against the Black Devils, who had no place to go but home after the Cougars trounced them, 50-30, in a wet finale.

CARD OF THANKS

We sincerely thank our relatives and friends for their expressions of sympathy given to us on the death of our mother, sister, auntie and grandmother. To all who supported us with the many cards, beautiful flowers, and the serving of lunch and all that attended the "Celebration of Life", you will always be remembered during this difficult time. A big Thank-you to Paul and Tammi Sannes of Goetz Funeral Home. May "Violets" bright spirit and smile live on in us all! The Family of Violet Walcker.

PUBLIC NOTICES

Notice of budget

Notice is hereby given that the 2021 City of Underwood preliminary budget is on file at the city office and that the City Commission will meet Sept. 23, 2020 at 6 p.m. at city hall, at which time any taxpayer may appear and discuss with the Commission any item of proposed expenditure. General Fund \$150,000.00; Library Fund \$9,000.00; Public Recreation Fund \$5,800.00; Emergency Fund \$5,800.00.

(Sept. 17, 2020)

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