

Local Columns

The Understock Express... Advancement or decline

By: Kayla Understock

The human race is a remarkable species. The adaptation throughout centuries is a story to be told. We started out as cavemen with no concept of civility or domestication, basically just wild animals on two feet. Hit the fast forward button and it takes us to an almost perfect generation, the one of our parents and grandparents.

During this time frame, things were simple. There was not an over abundant amount of unnecessary technology that got in the way of families being together. There was work to be done, more often than not backbreaking work; yet, no one complained about it. The work needed to be completed so people got up and did it without even being told. Neighbors helped one another when it was needed because it was sure that they would collect on that favor at some point in time. Manners were expected at all times and people genuinely appreciated it so "please" and "thank you" rolled off their tongues as an instinct. Children also had chores

and high expectations of them. They did not dare to disrespect their parents for if so there would surely be dire consequences. Their playtime consisted of using their imaginations to entertain themselves and one another. Families gathered for each meal, actually spending time together and talking without distractions.

Today in a world where the possibilities are endless and the advancement of technology is at a steady incline, chivalry seems to be at an all time low. It is not very often that you see a man hold the door open for a woman anymore. Unfortunately, the lack of respect and manners is disconcerting. This is found in adults of today's generation along with children. Most people no longer go out of their way to help someone else. There are however, still people who do practice these wonderful qualities but they are far and few between.

The big question here seems to be; "Where did it all go so wrong?" That certainly is a question I would be the first in line to get. In my honest

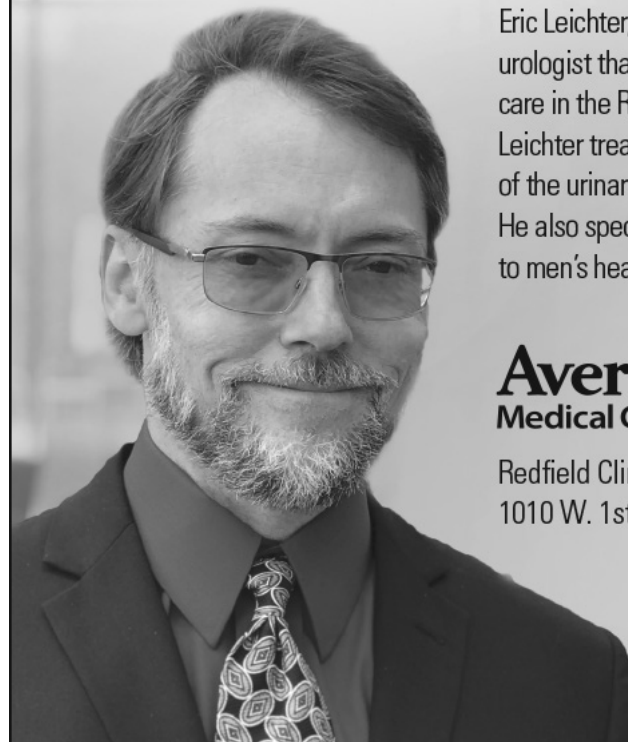
opinion, it has a lot to do with the lack of presence and involvement in the lives of children. Without someone teaching these important life morals and values, how are the upcoming generations to know the proper conduct? Too many times parents expect the school system to teach these things however; it is not the teachers or principals job to raise children. The school and its faculty's responsibility is to educate children, teach them the proper way to interact with their peers, provide guidance, and discipline, yes... but what is forgotten is that discipline, morals, and values begin at a young age at home and should continue on throughout. Parents need to step up and take a consistent and active part of their children's daily lives, because children should be learning first hand from their parents each and every day. It seems that we live in a world where life has gotten so busy that we rely on technology to do so many things for us. Gaming consoles, tablets, and television have become the new child-

care providers replacing the demand for children to use their imaginations to be entertained. Social media and games have replaced what was once a great family discussion of how the day had unfolded and what tomorrow would bring. Fast food places have replaced many home

cooked meals, robots vacuum and sweep, ovens and microwaves self clean, and even showers can be equipped with a mechanical device to clean themselves while adults are working and children are at school leaving children with less learned responsibilities.

Of course, none of these things directly mean that fundamentals cannot be instilled into children or practiced by adults but it does raise the question "Have these things really advanced us or have they all lead to a decline?"

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Local Columns

Pastor's Column: Dying to yourself

"Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the Gospel will save it. What profit is there for one to gain the whole world and forfeit his life?"

Down through the centuries people have read these words and have

been shaken to their core. Sure, we could live life in such a way as to "gain the whole world"--amassing wealth, or at least comfort and pleasure. But where would that leave us? What good would that do us? We can stomp all over people to get to the top of the hill, only to find out that we just climbed the wrong hill. At the top of that hill is comfort and (limited) control, but also death. What hill is worth

climbing? The one Christ climbs. The one where God resides. In order to do so, our Lord gives us three instructions. (1) Deny yourself (2) Take up your cross (3) Follow Christ. Perhaps these three instructions could help us in choosing our Lenten observance. •Deny yourself. Something cannot be filled with good until the bad is emptied out. There are many things in our lives

that clutter. They keep us from living fully with the Lord. What do we need to empty out of our lives? Playing games or watching videos? That extra sport/hobby/group that keeps us 'too busy'? That thing/person that always leads us to sin. Whatever that is...consider giving it up. •Take up your cross. Jesus asks you to bear your burdens, your difficulties. Smile when you don't feel

like it. Be forgiving to those who don't deserve it. Be patient with those who are annoying. Perhaps the Lenten observance that might come out of this injunction: thank God every day, not just for the gifts, but also for the struggles of your life. Consider committing to thanksgiving every day of lent. •Follow Christ. Once we have emptied our life of things that keep us from

proceeding, then we have more time and energy to devote to Jesus. Think about committing to praying more, or getting to daily mass/worship service a few times a week, or visiting the sick/suffering. In each of these places we hope to follow Jesus our Lord.

In Christ, Fr. Tom Anderson

Prairie Doc Perspective Column: When two cultures collide

By Richard P. Holm, MD
As I was researching the history of Native American health care, I took note of the various terms used

early on by indigenous people to describe European immigrants. Initially, the references had to do with skin color. Several

tribes labeled Europeans as "white skinned," or "yellow-hided." Some tribes still use the term "um-sewah," meaning "bleached

wood."

Other tribes described Europeans as "hairy mouthed," "hair faces" and "dog faces," referencing facial hair on European men. Ears were also important in naming. One tribe characterized the immigrants as "ears sticking out" because they did not have long hair covering their ears as did Native Americans. Some say that the ear label referred to that tribe's word-meaning for donkey or mule.

As time went on, Native Americans began to describe Europeans based not only on how they looked, but on how they behaved. A Lakota word for Europeans is "wasi-chu," which means, "taker of the fat, or a greedy individual." Recognizing the transgression over the last two centuries, I can't blame the Lakota for

choosing the label, "wasi-chu."

These Native American words reflect the impact of two cultural world's colliding and reveal a disharmony resulting from the loss of access to traditional hunting and farming lands, the loss of family and language as children were shipped to boarding schools, the loss of self-respect with isolation on the reservation and much more. The result of all this has been decades of health disparities. For example, American Indians are 50 percent more likely than white people, to have a substance abuse disorder, 60 percent more likely to commit suicide, twice as likely to smoke cigarettes or to die of childbirth, three times more likely to die from diabetes and five times more likely to die of tuberculosis.


But change is coming. Revered Oglala Lakota medicine man, Black Elk, prophesized that with the seventh generation following the tragic Wounded Knee massacre of 1890, Native American people would begin to recover from the historical trauma experienced since the collision of these cultures in the mid-19th century.

From 1890 to 2020, that's one hundred and thirty years. Divide that by seven and, right now, you have 19-year-olds who constitute that seventh generation. It's time for those of us with ears sticking out and those without, people of all skin colors and cultures, to create an environment that allows all people to come out of poverty and help make positive changes in Native American health care.

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Local Columns

The Postscript

“An Awful Lot of Cheese”

By Carrie Classon

My husband, Peter, likes buying in bulk. Peter hates paying shipping fees. He never wants to run out of anything and he loves a bargain. This is why we buy coffee in enormous bags, crackers by the case, nuts and raisins ten pounds at a time, rice in 20-pound bags, and beans in 50-pound bags. It is sometimes a little alarming when the boxes arrive.

I'm not quite sure how he got this way. Peter was the youngest child of six, but I don't think his family went through any extraordinary hardship. My mother is the ninth of eleven children raised during the depression and she buys in modest quantities that last for no more than a week or fit in a small canvas bag—whichever is less. Most recently, Peter decided to start ordering cheese direct from his favorite cheesemaker, but when he learned what he was going to be charged for shipping he began to fume.

“Ha! If I buy \$100 at a time, I don't pay shipping!” Peter announced, looking over the fine print

on the cheesemaker's website. He spoke with Ricky at the cheese shop and Ricky confirmed there would be no shipping charge if Peter just ordered enough cheese. Ricky recommended a nice gouda in addition to the lacy baby swiss Peter is fond of. Peter was delighted.

“Doesn't \$100 buy an awful lot of cheese?” I asked. Our house is small and our refrigerator generally filled to capacity. “Oh, it's not that much...” Peter did the calculations. “It's only about twenty pounds!” I couldn't deny that was a good price per pound, but twenty pounds still sounded like an awful lot of cheese.

Then things were further complicated. I had used this cheese company to buy birthday presents for my dad and they still had that address on file. Even though Peter made it quite clear this cheese was for us—not my father—we got a phone call from my dad about the time Peter was expecting his big cheese delivery.

“Hey, Peter!” my dad said, “Did you order us a

big box of cheese?” “Oh no!” Peter said. My parents, who buy little tiny blocks of cheese which they cut into little tiny slices and serve on little tiny crackers at precisely five o'clock every evening with a small glass of white wine, were understandably taken aback by the arrival of twenty pounds of cheese.

“That's a heck of a lot of cheese! Should we mail it to you?” my dad asked. Peter said they should just eat it and my mother expressed doubt that they would ever eat so much cheese in their lifetime. “Oh! You'll eat it!” Peter insisted.

“That's an awful lot of cheese!” my mother protested.

“We can pick up what you don't eat next time we see you!” Peter told her, and promptly ordered more cheese.

Ricky at the cheese company was appropriately contrite and gave Peter a generous discount on his new order so now we have forty pounds of cheese—twenty here and twenty in storage with my parents. I suspect this situation gives Peter a further feeling of security.

And, while I do shake my head from time to time, I also note that I have never once run out of coffee since I married Peter. We always have plenty of beans and rice to eat and now, I am quite certain,

we will never run short of cheese.

In a chaotic world filled with unknowns, uncertainties, and nearly constant change, it's good to know we've got the essentials covered.

**Till next time,
Carrie**

Carrie Classon's memoir is called, “Blue Yarn.” Learn more at CarrieClasson.com.

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March 14th, 2020

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Local Columns

Healthy meal prep lunches

By Stacy Carroll

It has been awhile since I have written a food article again, but it seems after the holidays and being only half way through this blah winter, I am not the only one struggling with eating healthier and preparing meals. I have some of my favorite recipes below to make ahead for lunch. They could also be used for supper by adding a grilled chicken breast to the quinoa salad or a lettuce salad or sandwich to the soup. Both the Thai turkey filling and chowder are freezer friendly too, if you are someone who doesn't like to eat the same lunch every day.

Here is another idea or example for prepping your meal ideas ahead of time. This week I browned hamburger at the beginning of the week and used that as a starting off point for my meal prep. I made a hamburger steak and roasted vegetables one night, and then browned off the rest of the hamburger. Then, I made a large pizza with some of the meat, and added cumin, coriander, smoked paprika and salsa to the leftover hamburger. I had baked off some sweet potatoes over the weekend so I made taco-topped sweet potatoes for lunch this week. Of course I added tomatoes, black olives, cheese and avocado to it after heating.

Just a half a one of these taco-loaded sweet potatoes was enough for me for lunch. I love a taco salad, but on colder days I prefer something hot and find the sweet potato is a good substitute. I hope you will try these recipes and ideas for your lunches soon.

Mango Black Bean Quinoa Salad

Ingredients:

2 c. cooked quinoa, at room temperature or chilled
1 can (15 oz.) black beans, drained and rinsed
1 mango, peeled and diced
1 red bell pepper, diced
4 green onions, thinly sliced
½ c. chopped fresh cilantro or parsley
3 T. red wine or white wine vinegar
3 T. extra virgin olive oil
2 T. fresh lime/lemon juice
½ t. kosher salt
¼ t. pepper

Instructions:

In a large bowl combine the cooked quinoa, mango, red pepper, green onion, black beans, and cilantro. In a small bowl, combine vinegar, olive oil, lime juice, salt, and pepper and stir with a fork or a whisk. Pour on top of salad. Stir to combine. Chill the salad for at least one hour before serving. I also sometimes add corn and smoked paprika and cumin for a southwest flavor or tuna, lemon zest, and cucumbers for a Mediterranean twist.

Nutrition
Calories 206
Fat 11 g
Carbs 28 g
Protein 3 g

Thai Turkey Lettuce Wraps

Sauce:

¼ cup peanut butter
3 T. low sodium soy sauce
2 T. rice vinegar
2 T. water
1 t. sesame oil
1 T. lime or lemon juice
Filling:
1T. olive oil
1 onion finely chopped
3 cloves garlic minced
½-1 T. Thai Red Curry Paste
1 lb ground turkey
1 c. carrots shredded

For serving:

Romaine lettuce leaves, washed & dried
green onions & chopped peanuts to garnish

Instructions:

Shake together all peanut sauce ingredients and set aside. Heat oil in a large pan and add the onions, garlic and Thai red curry paste. Stir until red curry paste is heated through and mixed in evenly with the onions (2-3 minutes). Add the ground turkey and cook for 5-7 minutes, until no longer pink and the turkey is cooked through. Stir in the shredded carrots. Pour the peanut sauce evenly over the ground turkey mixture and stir to combine. Remove from

heat. To serve: Spoon ¼ cup of the ground turkey into a lettuce leaf. Sprinkle with green onions and peanuts and enjoy. To store in the fridge: Allow ground turkey mixture to cool completely. Portion out into ½-¾ cup portions and store in the fridge for up to 4 days. Re-heat till steaming hot in the microwave before serving. To freeze: Allow ground turkey mixture to

cool, then portion out into desired serving size in the freezer. Thaw completely before re-heating in the microwave.

Note: You can reduce or omit the curry paste to make these more kid friendly. I used a Thai curry sauce I found in the grocery store and started with only ½ T. and checked the meat for flavor and heat level before adding more.

Nutrition Serving: 1/6 of batch | Calories: 264 | Carbohydrates: 13g | Protein: 20g

HEALTHY MEAL PREP/
pg. 6

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Local Columns and News

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HEALTHY MEAL PREP/ from pg.5

Chicken Corn Chowder

Servings: 8 servings

Calories: 227kcal

Ingredients:

1 T. EVOO

1 c. onion, chopped

6 c. frozen or fresh corn kernels

4 c. low sodium chicken broth

1 T. fresh sage, chopped or 1 t. dried sage

1 t. fresh thyme or ½ t. dried thyme leaves

2 c. chopped cooked chicken

1 c. carrots

½ c. frozen peas

Instructions:

Heat oil in a large, heavy stockpot over medium heat.

Add the onion and a pinch of salt and pepper, and sauté for about 5 minutes, until translucent. Add 4 cups of

corn, sage, and thyme, and sauté for 4-5 minutes to start to soften the corn. Add 2 cups of chicken stock and

cook about 15-20 minutes to soften the corn. Transfer the entire mixture to a blender or use an immersion

blender and puree until smooth. Return the puree to the saucepan over medium-low heat, and add the remaining

2 cups stock, 2 cups corn, chicken, peas, and carrots.

Bring to a simmer and cook for another 20 minutes, until heated through and carrots are tender). Season to

taste with salt (substitute) and pepper. I have also added a clove of garlic to this recipe and have roasted the corn

in the oven before adding with the other veggies to give it deeper flavor.

Nutrition: Serving: 1cup | Calories: 227 Carbohydrates:

34g | Protein: 11g | Fat: 7g |

Sources: Together as family; sweet peas and saffron; & cupcake & kale chips.

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— Unknown**

News

Resolution to honor last WWII Medal of Honor veteran passes

William “Bill” Casper, state chairman for the National Group, State Funeral for Veterans has announced that the current South Dakota legislative session has passed a resolution, HCR 6016, calling for President Donald Trump to hold a state funeral when the last remaining WWII Medal of Honor veteran passes. The resolution was in-

troduced in the House by District 32 Representative and U.S. Senate candidate Scyller Borglum and in the Senate by District 11 Senator Jim Stalzer. This veteran would lie in state in the Capitol rotunda in Washington, DC., with all the honors that go with the 7 to 10 day national event. U.S. State Funerals are offered to all current

or former Presidents of the United States, President-elect and other officials designated by the President. There were 473 WWII Medal of Honor recipients and presently there are only two still alive. Charles H. Coolidge, Technical Sergeant, U.S. Army from Tennessee and Hershel “Woody” Williams, Corporal, U.S.

Marine Corps, from West Virginia are the two remaining Medal of Honor recipients. Sergeant Coolidge received his Medal of Honor during combat near Belmont sur Buttant, France on 24 October 1944. Corporal “Woody” Williams received his Medal of Honor in combat on Iwo Jima on 23 February

1945. The passing by the legislature in support of this resolution truly represents South Dakota’s commitment to our military, past, present and future.

Casper said that this would be a fitting final salute to the 16 million men and women of the “Greatest Generation” who served in our armed forces from 1941 to 1945.

Family, farming and ranching focus of 2020 Farmers Union Young Producers event

HURON —- Struggle is part of life. “It’s not so much the struggle, but how you act during the struggle that builds the character and strength necessary to get through the next struggle,” recalls Curtis Johnson, a Miller crop and cattle farmer of the valuable advice he discovered listening to speaker Jeff Gould. “His advice was applicable not only to struggles you may go through in farming, but also in family life and marriage and raising children,” adds his wife, Kelly. Gould, also an author and broadcaster, was one of several speakers the Johnsons enjoyed during South Dakota Farmers Union Annual Young Producers Event held in Deadwood this January. In addition to Gould, the event featured a session on tax law, led by Jeff and Rachel Kippley, Aberdeen crop and cattle farmers and accountants; information on fetal programming in feeding cows, led by Amanda Blair, Professor & SDSU Extension Meat Science Specialist; information on building soil health, led by Austin Carlson, Soil Health Technician with the S.D. Soil Health Coalition and more.

“We’ve attended other meetings, but they often only focus on one topic. This meeting hit on a lot of different areas that are applicable to us, our farm and our life,” says Kelly, who works as an occupational therapist at Avera Hand County Memorial Hospital in Miller. Sponsored by South Dakota Farmers Union (SDFU), the two-day event, is designed to meet the needs and interests of young producers, like the Johnsons, explains Rocky Forman, Member Services Coordinator. “Family farmers and ranchers are the reason we do what we do as an organization. Farmers Union is here to support them and their rural communities,” Forman explains. In addition to speakers, Curtis and Kelly appreciated getting to know other young producers from across the state. “March through June, I don’t get off the farm much. So, it was a nice chance to speak with other farmers and ranchers,” Curtis says. “It is eye-opening to learn about other people’s farms and how they do things.” Supporting agriculture’s future through soil health Like the farmers and ranchers

he presented to during the Young Producers event, Austin Carlson is a young farmer. Growing up on his family’s crop and cattle farm near Garretson, Carlson knew he would be happiest if his career kept him engaged in farming. Today, in addition to helping his dad, Bruce, on their family farm, the soil health technician is engaged in helping farmers and ranchers across his region discover and implement the best soil health practices for their operation. By focusing on soil health, Carlson says farmers can save money through practices like no-till farming, and over the long-term they can reduce the use of costly inputs. “Healthy soils cycle nutrients better. I know a lot of people who have been implementing no-till, cover crops and other soil health practices for several years and they are able to cut back on applying fertilizer.” While soil health practices are a way for farmers to reduce costs on crop acres, some practices, like planting forage cover crops, can also provide cattle producers with additional forage allowing them to extend their grazing season and cut back on feed expenses.

Cost savings aside, the biggest benefit Carlson sees to implementing soil health practices on the farm or ranch is more long term. He explains that rebuilding the soil’s health and replenishing soil lost to erosion will ensure farm and ranch kids like him, can have a future in South Dakota’s agriculture. When Carlson and his dad first began implementing soil health practices on their fields, they relied heavily on information gleaned from Soil Health Schools hosted by the S.D. Soil Health Coalition or insight from other farmers. Today, Carlson helps connect farmers wanting to know more with those who have a long history of soil health practices through a confidential mentor program organized through local Natural Resources Conservation Service office. To learn more about the S.D. Soil Health Coalition and link to resources, visit www.sdsoil-healthcoalition.org. To connect with farmers or ranchers in your area who volunteer as soil health mentors.

CMH March 2020 • Calendar of Events

MONDAY, March 2

Doland - Closed

TUESDAY, March 3

1. Audiology - Dr. Schwab
2. Ultrasound

THURSDAY, March 5

Doland - Closed

1. Wound Treatment Cntr.

FRIDAY, March 6

1. MRI
2. Ultrasound
3. Urology - Dr. Leichter

MONDAY, March 9

1. Digital Mammograms
2. Doland - Andi Rische NP

TUESDAY, March 10

1. HH Foot Care Clinic
2. Ultrasound

WEDNESDAY, March 11

1. Endoscopy - Dr. Larson

THURSDAY, March 12

1. Doland - Closed
2. Wound Treatment Cntr

FRIDAY, March 13

1. MRI
2. Ultrasound

MONDAY, March 16

Doland - Closed

TUESDAY, March 17

1. Audiology - Dr. Schwab
2. NCH - Dr. Fausch
3. Podiatrist - Dr. Stapp
4. Ultrasound

WEDNESDAY, March 18

1. Neph - Alisha Hogue NP

THURSDAY, March 19

1. Doland - Andi Rische NP
2. Wound Treatment Cntr

FRIDAY, March 20

1. MRI
2. Ultrasound

MONDAY, March 23

1. Digital Mammograms
2. Doland - Andi Rische NP

TUESDAY, March 24

1. HH Foot Care Clinic
2. Ultrasound

WEDNESDAY, March 25

1. CMH Aux Mtg @ 1:30

THURSDAY, March 26

1. Doland - Andi Rische NP
2. Wound Treatment Cntr

FRIDAY, March 27

1. MRI
2. Ortho - Dr. Miller
3. Ultrasound

MONDAY, March 30

National Doctor’s Day!

1. Doland - Andi Rische NP

TUESDAY, March 31

1. Ultrasound

Medical Staff:
Matt Owens, MD
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Alex Falk, MD
Ron Wren, PA
Andi Rische, NP
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★ **BUILD COMMUNITY!** The casual encounters you enjoy at neighborhood-scale businesses and the public spaces around them build relationships and community cohesiveness. They're the ultimate social networking sites!

★ **STRENGTHEN YOUR LOCAL ECONOMY!** Each dollar you spend at independent businesses returns three times more money to your local economy than one spent at a chain — a benefit we all can bank on.

★ **CREATE JOBS AND OPPORTUNITIES!** Not only do independent businesses employ more people directly per dollar of revenue, they also are the customers of local printers, accountants, wholesalers, farms, attorneys, etc., expanding opportunities for local entrepreneurs.

★ **GIVE BACK TO YOUR COMMUNITY!** Small businesses donate more than twice as much per sales dollar to local non-profits, events, and teams compared to big businesses.

★ **ENHANCE HEALTH OF RESIDENTS!** Research shows a strong correlation between the percentage of small locally-owned firms and various indicators of personal and community health and vitality.

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