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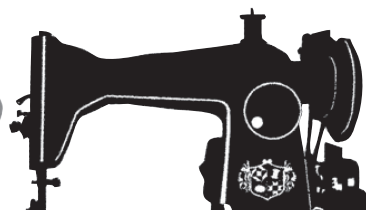
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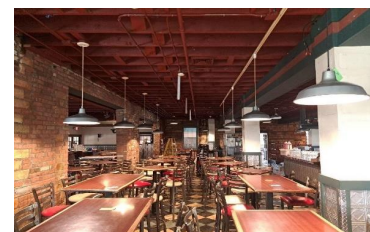
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## CALENDAR

### SATURDAY, AUGUST 19

- FARM FRESH DAY** will be held from 10 am to 4 pm at the McLean Co. Fairgrounds in Underwood. Come out and support local ag. No charge to set up or come.
- THE THRIFT STORE**, Garrison Area Resource Center, 10 a.m. to 1 p.m.
- GARRISON FARMERS MARKET**, Memory Fireworks parking lot, 9 a.m.- 11 a.m.
- SENSORY HIKE**, Fort Stevenson State Park, 9:30 p.m.

### Monday, August 21

- YOGA**, First Congregational Church, Garrison, 8 a.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.

### TUESDAY, AUGUST 22

- THE COMMUNITY CUPBOARD OF UNDERWOOD WILL NOT HAVE THE REGULAR DISTRIBUTION** date that was scheduled for Sat, August 19 from 10 - noon. We will have the Great Plains Mobile Pantry offering fresh fruits & vegetables, and household staples from 3 - 6 p.m.
- HARVEST MARKET ON MAIN**, Main Street, Garrison, 4:30 p.m.

### WEDNESDAY, AUGUST 23

- YOGA**, First Congregational Church, Garrison, 8 a.m.
- THE THRIFT STORE**, Garrison Area Resource Center, 10 - 6 p.m.
- CHILDREN'S STORY TIME**, Garrison Public Library, 11:15 a.m.

### THURSDAY, AUGUST 24

- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.
- GARC FOOD PANTRY DISTRIBUTION**, enter in the alley, 12-7 p.m.
- ALCOHOLICS ANONYMOUS**, Garrison Hospital cafeteria (enter through ER), 8 p.m.

### SATURDAY, AUGUST 26

- LORD'S PANTRY FOOD DISTRIBUTION** is held at Trinity Lutheran Church in Turtle Lake from 10 a.m.-12 pm. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

### SUNDAY, AUGUST 27

- SUPER SUNDAY SUPPER** will be held at the First Lutheran Church at 709 5th Ave.-Washburn from 4-6:00 p.m. There will be a Free-will offering. For questions or meal delivery, please call Judy @ 220-4410 or Rhonda at 315-0656. Everyone is welcome to attend!

### THURSDAY, AUGUST 31

- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

#### Library Hours:

- Washburn Public Library** - Monday-Thursday 10 a.m. to 6 p.m., Saturday 10 a.m. to 1 p.m.
- Underwood Public Library** - Monday, Wednesday and Friday 10 a.m. to 2 p.m. -Tuesday and Thursday 2 p.m. to 6 p.m.
- Turtle Lake Public Library** - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.
- McLean-Mercer Regional Library** - Riverdale Open Mon-Fri 8:00 - 12:00 & 1:00 - 5:00
- Garrison Library** is open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.

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# OUR OUTDOORS

By Nick Simonson

## Making the most of the least Spring

Our Outdoors: Five Tips to Finish Out By Nick Simonson

Late summer brings with it fast fishing, but it can provide challenging conditions as well. Gearing up for the home stretch of the season and the start of fall, which produces some of the biggest and fastest bites of the year, requires anglers to rethink some strategies, remain persistent on others and focus on the weather and moon factors that influence fishing this time of year. What follows are some tips to get the most out of the last couple months of openwater angling, before hunting seasons take over the calendar.

1. Go Aggro. Offer fish up what they've been seeing this season – big baits and full-size cranks that imitate larger bluegills, crappies, minnows and perch that have matured over the summer – to trigger a bite. Work them with authority, quickly and erratically in those areas where fish have established their summer homes and feeding spaces. If the weather is rough, consider slowing things down or switching up baits, but in those warm stretches, a strong presentation often pays off.
2. Stay Sharp. Just like at every other time of the year, make sure gear is in top condition. Sharpen hooks with a few slips down a file, especially on those baits that have been solid performers all season. If a hook point is too far gone, consider replacing the entire treble to provide a more solid connection. Additionally, take the time to check terminal tackle like swivels, snaps and bottom bouncers to make sure

all is in order. Now's not a bad time to respool with new line that's strong and clean for the final stretch of the season.

3. Weather Watcher. It hasn't been a traditional August thus far. Instability, cold fronts and cooler temperatures have been the tale of the first half. Keep an eye on the weather and what's coming up in the forecast and try to get out ahead of it. Remember also that cooling conditions aren't always a bad thing, as they can set off movement from fish into fall feeding patterns and bring cool-water predators like pike and trout back up shallow after a long warm summer of lurking in deep, colder water. Know how big pre-fall fronts affect targeted fish species in area waters, and plan accordingly. When the warm-up comes after those systems move through, fish will really start to feed, having received their first hint that autumn is on the way.
4. Monster Moons. This month's second full moon falls on a Thursday, and September and October's full moons set up for a great weekend bite. Keep track of these dates and take advantage of them when possible, noting the three days leading up to the full moon and three days or so after it will generally produce better fishing, especially as autumn settles into the region. Full moons can also generate incredible night fishing, so don't be afraid to slip out after work and make an evening of it under the white light of those harvest moons either.
5. Pack a Rod. Be ready for fish wherever they're biting this time of year. Countless

times the tip for a hot bite has come while in the middle of a dove hunt or an early grouse trek. Having a travel rod and a stash of tackle handy in the back of a rig will allow for flexibility, or if the hunting is slow, the opportunity to ply streams and lakes from shore for late season pike, walleyes, bass and trout. Stash a handful of jigs and soft plastics and spoons and spinners that work universally across a variety of species and see what action comes on a moment's notice, or in between walks with the dog. By exploiting the hungry nature of fish at this time of year, offering up baits that match what they're eating, keying in on the conditions that drive their movement and being ready for whatever action is to come, it's easy to add a little "cast" to the upcoming "blast" portion of the calendar and finish the openwater season strong...in our outdoors.

# DAKOTA DATEBOOK

BY BEN LUNDQUIST

## Bottineau County Tornadoes of 1911

August 21, 2023— On this date in 1911, the citizens of Antler, Sherwood, Westhope, and the surrounding communities were calculating their losses after a series of deadly tornadoes. Downed wires made the news of casualties and losses slow to spread. Speculation and miscommunication lead to widely differing tallies, as well as cases of mistaken identity. Martin Fryberg, a young farmer and a survivor of the storm, was reported dead in some dispatches, while purportedly only injured in others.

In the end, it was found that four area residents had been killed, while 20 or so had been injured. Two of those killed were at the Manning Grove picnic area just outside of Antler. Families were spending a leisurely Sunday afternoon in the grove when they were caught off-guard by the violent weather. As the tornado enveloped the park, townspeople scurried to take refuge in the narrow pavilion and among the trees. The storm uprooted the entire grove, leaving the dead and injured strewn about the grounds.

A total of six cyclones struck Bottineau County. Another of the victims was farmer Elmer Carlson's three-year-old daughter, Margaret, who perished when the winds tossed aside the family home and outbuildings, located along Cutbank Creek, just outside of Westhope. The winds

demolished many houses, barns, and granaries. The storm also took its toll on livestock, as eight horses were killed at the Smith farm near Antler.

The Antler tornado was photographed by several townspeople, and has since been categorized as an F5 – the most severe and damaging breed of tornado – based on the photos and firsthand accounts.

Catastrophes like the Bottineau County Tornadoes of 1911 eventually lead to the development of modern warning systems and weather forecasting technologies. In the early 1900s, though, North Dakotans relied only on nonscientific means to interpret weather patterns. However, as we all know, weather on the plains can be unpredictable to say the least. It would be several decades until Civil Defense sirens and other warnings would be implemented to alert locals of extreme weather. Even then, it wasn't until the 1960s and 70s that meteorologists began to use radar, which took several decades more to evolve into its current form.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from Humanities North Dakota. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

Jim Wetch Retirement  
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# AUCTION

Saturday, August 26 @ 10:00 AM

(Alternate Date in Case of Weather Cancellation: Sunday, August 27<sup>th</sup> @ 11:00 AM)

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- Trico Wiper Blade Cabinet; Atlas Wiper Blades Advert. Thermometer; AC Floor Ashtray; Gas Pump Parts
- Vintage Oil (quart to 5 gallon & Anti-Freeze Tins
- 2 Gumball Machines
- 60's Coke Cooler; Hamm's Cardboard Case
- Lots of Diecast Cars: mostly muscle cars, GTO's, Etc.
- Unassembled Model Kits (many GTO, others)
- Vintage Toys: Metal Trucks, Farm Toys, 1/64 Scale, Marbles, Games, Slot Car Race Sets, Tin Litho Toy Gas Station & Depot, Toy Parts & Pieces, Misc.
- Vintage Fire Extinguishers
- Red Wing + Other Stoneware
- 2 Scales; Cistern Pump; Cream Cans; Galvanized Coolers; Vintage Hose Reel; Lanterns; Post Drills; Heavy Galvanized Garbage Can; Enamelware; Oilers
- Vintage Radios & Stereos (inc. Sony Reel-to Reel); Movie Projectors & Screens
- Albums & 8 Tracks
- Vintage Fruit Jars; Bottles; Insulators; Picnic Baskets; Misc. Glassware

## TOOLS & SHOP

- MasterHand 24 Drawer Rolling Toolbox (approx. 6'x6')
- Hobart Handler 210MVP Wire Feed Welder w/ Cart
- Gas Welding Cart, Hoses, Gauges (no tanks)
- Peterson Powder Coat Oven
- 30 Ton Shop Press; Hydraulic Pipe Bender; 2 Transmission Jack Stands; Engine Stand
- 16 Speed Floor Drill Press
- 10" Skilsaw Table Saw
- Kushlan Cement Mixer
- Stihl MS170 Chainsaw
- Portable Air Compressor
- John Deere Battery Charger
- Gen-Tech Digital Inspection Camera & Automotive Meter
- Dewalt Corded/Cordless Tools
- Bostich Framing Nailair
- Buffalo 5" Vise; Porta-Power Bench Grinders; Chop Saw
- Vibrating Tumbler & Media
- Air Tools; Torque Wrenches; Tap/Die Sets; Wrenches; Sockets; Specialty Tools, Misc. Handtools & Hardware
- Lawn Mower Jack/Lift; Gas Weed Trimmers; 2 Mowers
- Auto Spray Paint Equipment
- Shrink Wrap Tools/Materials
- Floor Jack; Air Tank

## MISCELLANEOUS

- Suburbanite Gas Powered Single Wheel Walk-Behind Garden Cultivator
- Onan Generator
- Slate Top Pool Table
- Behlen Galvanized Stock Tank
- Horseshoe Set
- Vintage Light Fixtures
- Lee Flour Mill
- HD 2-Wheel Cart; Barrel Cart
- Chain Link Fence + Parts
- Purple Martin House; Pet Carriers

## North Star Auction & Appraisal Company

Auctioneers: Dean Moos, Lic. #622, Clerk Lic. #450 (701)667-2935: George Schatz, Lic. #389

Go to www.northstarauction.com for detailed listing and photos



# THE CLASSIFIEDS

- **DEADLINE:** 9 a.m. Thursday.
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- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

## ANNOUNCEMENTS

**NEW IN** the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.

36-TFNNCI 58540

**SUPPORT GROUP:** Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6544.

15-TFNPI 58540

**DELIVERY PROBLEMS?** If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems.

52-TFNPI 58540

"**WANT TO Save some Money?**" Check out the specials in this week's XTRA. If you're not receiving the XTRA, call this newspaper and we'll make sure you do.

24-TFNPI 58540

## FARM RELATED

**HEATED SHOP FOR RENT** by the day, week or month. 50x100, has welder, torches and lots of tools. Call Jason, 701-870-0415.

**TRAILER FOR RENT:** Hopper bottom flatbed with hay racks, goose necks with or without racks. Call for prices. Call Jason, 701-870-0415.

21-1TCHG 58540

**EQUIPMENT FOR RENT:** Hay Hiker, self-loads, 14 bales; portable diesel welder on trailer. Call Jason, 701-870-0415.

21-1TCHG 58540

**BULK FUEL** sale and delivery. Premium Clear #2 fuel, \$3.88/gallon; Premium Dyed #2 fuel, \$3.45/gallon; Unleaded Gas, \$3.45/gallon. Call for current pricing. Call Jason, 701-870-0415.

21-1TCHG 58540

**CUSTOM SPRAYING** with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5.50 an acre. Will supply chemicals or use your chemicals. Will travel. Call Jason, 701-870-0415.

## GIVEAWAY

23"x35" **WHITE SHEETS** of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

21-TFNNGG 58540

## LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday September 18th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

## NOTICES

**HAVE YOU BEEN** in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.

1-E-TFN-NC 58577

## SERVICES

**JUST A NOTION!** is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.

34-9-E-PD 58577

## REAL ESTATE FOR RENT

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1-TFNCHGX 58540

## REAL ESTATE FOR SALE

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## WORK WANTED

**THIS NEWSPAPER** offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.

1-E-TFN-NC 58577

## WANTED

**WANTED OLD STUFF:** Advertising Signs, Clocks, Thermometers, Old Gas Pumps, Oil Cans, Crocks, S&P's, Old Dishes, Old Indian Head Road Signs, Animal Traps, Arrowheads, License Plates, Metal Tokens, Anvils. Call 701-220-5746

14-TFNGRXTLNCMCHG 58540

## HELP WANTED

**GENERAL CONSTRUCTION LABORERS**, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contracting LLC

12-TFN-CH.XT

## Wanted:

**Part-time Secretary** needed for Underwood Lutheran Parish. Flexible hours @ **\$15.00/hr.**

Contact Bev @ 701.315.0422

## HELP WANTED

### HELP WANTED



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The **News Monitor** is looking for an energetic journalist ready to cover it all, from breaking news to high school sports to engaging feature articles on community events. Our newsroom is based in **Wahpeton, ND**, which is nestled at the base of the Red River of the North on the North Dakota-Minnesota border. We're in the middle of one of the world's most fertile growing areas, the Red River Valley. Excellent wage and benefit package. Please send a cover letter explaining why you're the perfect candidate for this position, along with a resume, to Publisher Tara Klostreich at [tarak@wahpetondailynews.com](mailto:tarak@wahpetondailynews.com).

### HELP WANTED

**White Shield School**



- 1 Gifted/Talented Teacher
- Elementary Teachers

Applications and Background check forms can be found on our school website <https://www.white-shield.k12.nd.us/>

Any questions please contact the business office at 701-743-2201.



## TRUCK DRIVER WANTED

**Truck driver for propane & fuel. Should have current CDL, Health Insurance, 401k, paid vacation & sick time. Stop in and see Paul for application.**



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## HELP WANTED

**RESTORATIVE SERVICES CNA**

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Call Julie Snyder at (701)463-2226

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**STATEWIDES**

**HELP WANTED POSITIONS AVAILABLE, LINTON FOOD CENTER,** Linton, ND: Full-time store manager and other positions. Apply at [lintonfoodcenter.com/jobs](http://lintonfoodcenter.com/jobs) or call David Bruns at 605-208-7211.

**LOGAN COUNTY IS** hiring a full time or temporary highway department employee. Call 701-754-2425 for job description. Email cover letter & resume to [jkristiansen@nd.gov](mailto:jkristiansen@nd.gov).

**MCLEAN COUNTY IS** hiring one or more full-time Patrol Deputies. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/> <<http://www.mcleancountynd.gov/employment/>> . EOE.

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**MISCELLANEOUS HAVE** a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

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Call Jill Borth at (701)463-2226  
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**Coaching Positions Available at GHS**  
We are currently seeking applicants for the following coaching positions:  
**VARSITY VOLLEYBALL**  
**JH FOOTBALL**  
for the 2023 Fall Season  
Contact Dr. Klemisch or Malynda Iglehart at Garrison High School at 701-463-2818 for more info.

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**Equipment Operator Position Open**  
The Board of Sheridan County Commissioners will be accepting applications for an Equipment Operator position for in the Martin area. Qualifications are to have experience in repairing and performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Wages \$20.00-\$25.00 per hr. plus benefits - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be.  
Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or County website: [www.co.sheridan.nd.us](http://www.co.sheridan.nd.us)  
Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. September 1, 2023.  
Shirley A. Murray  
Sheridan County Auditor

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The successful engineering candidate will be responsible for assisting in the development and execution of engineering plans including detailed design, project management, data collection, production reporting, and permitting.

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- Design and oversee construction of haul roads, water management structures, and other support facilities.
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- Collect, compile, and evaluate field data for reporting and continuous improvement.
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The Falkirk Mining Company is a wholly owned subsidiary of The North American Coal Corporation, a NACCO Company



# WE THE PEOPLE

BY DAVID ADLER

## Chief Justice Marshall: Unpretentious, Modest and Humble

Those Americans in the early years of the republic who idolized the elegant, regal and graceful bearing of English judges, could be forgiven their initial doubts about the potential of Chief Justice John Marshall to lead the Supreme Court. Although tall and erect, he was ungainly, awkward and slovenly. His hair was unkempt, his clothes frequently disheveled, especially his knee buckles, which were dangling. And there was the mud on his boots. His appearance was not indicative of a man impressed with the high station that he had achieved.

Marshall's look certainly did not suggest that he was poised to launch the Supreme Court on a trajectory that would establish it as truly co-equal branch of government. Neither did his style, personality and manner.

U.S. Senator Albert Beveridge (R-IN), who wrote the first major biography of Marshall--The Life of John Marshall-- a four-volume history rewarded with a Pulitzer Prize, wrote that the outstanding trait of his extraordinary personality was his "inoffensiveness." Beveridge, concerned to avoid hagiography, was concerned that Marshall was "surpassingly great and good," and worried that he could find only "small and gracious defects."

Marshall was informal and unpretentious in manner. He spoke freely and warmly to strangers that he met on the streets, which he often walked, day and night, for relaxation. His manner, observers decided, was that of a "simple, unaffected man."

Marshall, it appears, was not manipulative. Justice Joseph Story, who served on the Court with Marshall for roughly two decades, said that Marshall was not an "intriguer," an early 19th Century term synonymous with a manipulator. The Chief

Justice, Story said, possessed a laugh "too hearty to be an intriguer." Lawyers and judges observed that he was fair, on and off the bench, and they spoke to his equanimity and "amenity of manners."

Among his many enviable qualities, Marshall was described by his peers as exhibiting a proclivity for leisure, which he preferred to working in an office. Marshall was not a great fan of legal research, unlike, for example, his friend and colleague, Justice Story, who reveled in research. Where Marshall wrote opinions that drew on first principles of the Constitution, and cited few court decisions and writers, Story's opinions boasted detailed research, and were filled with citations to rulings and writers, and studied with footnotes. Marshall preferred to prepare himself by embracing or refuting the insights of his colleagues and adversaries, and then incorporating them in his own presentations and arguments. It was for that reason that preferred to speak last, which enabled him to increase his ammunition by utilizing the arguments of those who preceded him.

Marshall was not accustomed to working long hours. It's not that he was lazy. Rather, in a tradition popularized by other great minds, Marshall worked quickly and efficiently, looking for the opportunity to walk the streets, carry and stack firewood and perform other domestic tasks which seemed, to some, to be beneath his station.

Marshall's resume featured service to his country in the colonial militia, where he earned the rank of captain, as Secretary of State, as a diplomat and member of the House of Representatives before his appointment to the Court. He was a powerful presence in the Virginia Ratifying Convention and a champion of judicial independence and judicial

review.

Like any great figure, Marshall had his detractors, including prominently, his distant cousin, Thomas Jefferson. Marshall and Jefferson didn't share holidays and they didn't interact, except when official duties and receptions placed them in the same room.

Jefferson's dislike of his cousin was based not on Marshall's personality traits, but rather on political differences and contrasting visions for the future of the nation. Marshall was a Federalist and an ardent nationalist. Jefferson led his own party, the Jeffersonian Republicans, the arch-rivals of the Federalists. But Jefferson, nonetheless, admired Marshall's brilliance. Jefferson reportedly said, "When conversing with Marshall, I never admit anything. So sure, as you admit any position to be good, no matter how remote from the conclusion he seeks to establish, you are gone." More than one opponent wistfully acknowledged Marshall's intellectual skills. Once his premises were granted, his foes were at a distinct disadvantage, for his reasoning skills were second to none. Marshall's great intellect, punctuated by a quick, penetrating and facile mind, served him well as an architect and steward of the rule of law.

Marshall's love for the law was second only to his love for Polly, his wife of 46 years, who died in 1831. Marshall was devastated but remained on the Court and delivered several more landmark rulings. While walking home, after visiting Polly's grave in June 1835, Marshall collapsed. He died a month later, on July 6. Two days later, while tolling news of Marshall's death, the Liberty Bell cracked.

# PRAIRIE DOC PERSPECTIVES

By Nikki Eining CSW-PIP, QMHP

## Back to school, back to school, here we go back to school

Prairie Doc Perspective  
Week of August 13th, 2023

"Back to School, Back to School, Here We Go Back to School."

By Nikki Eining CSW-PIP, QMHP

Here it is, August. Summer has flown by and already there is Halloween candy roaming the shelves of Walmart. For most of us, August also brings the normal adjustment of transitioning back to the school year. It is normal for this to look differently for everyone, especially depending upon the age of your child. You may find yourself stressing to find the school supplies list, supporting your youth through two a day practices for athletic season or looking forward to getting back to the routine of the school year.

Adjustment is a term utilized often in the behavioral health world. Adjustment is "the process of adapting or becoming used to a new situation or stressor." It is a change in our life. This possibly could be a change in the way we are doing something, our relationships, our employment, our family, our environment or possibly our routine. It is normal that with change comes stress. Stress can be positive stress, or it can be very uncomfortable. When adjustment, or change, is out of our control and creates this uncomfortable stress, it is important for us to explore and focus on "what is within my control."

This is where we can explore what is within our control as we adjust back to the school year. Here are some tips on things to think through that can be within your control:

Sit with your family and work together to develop a daily, predictable family routine. Explore bedtime routines and timeframes. Consistent rest helps us manage stress. Children being a part of creation of the routine also engages them more in the routine and they will be more likely to follow through.

Communicate or reach out to parents or school staff within similar schools or classes. Gathering more

factual information can aid in our management of stress and anxiety.

Attend open houses, visit the school area and aid in walking through with your child what to expect as the new school year begins. Pre-teaching and familiarizing ourselves with environments sets us up for transition success.

Identify a separation tradition with your child – maybe this is a hug, a kiss and a special line between you and them, maybe it is a special high five you created together or a special short song. Consistent, brief and positive separation traditions can be a great way to make this predictable and successful for your child.

Schedule small fun activities with your child during this transition. This gives children something to look forward to, allows them to know 'summer fun is not 100% over,' and also builds attachment time in your schedule with caregivers during a transition of the school day away from caregiver.

As always, everyone's experience is different. Normalizing the stress around change is important. Our nervous system likes predictability. Therefore, when we change things, our body can be on alert. By focusing on healthy things within our control, we can manage through this normal stress associated with adjustment.

With any adjustment in our lives, if stress symptoms continue after a month of change communicate with your primary care provider or local behavioral health care provider to explore how to support you or family members through this.

Nikki Eining CSW-PIP, QMHP Outpatient Clinical Mental Health Therapist Avera Medical Group Behavioral Health Brookings Clinic in Brookings, SD. Follow The Prairie Doc® at [www.prairiedoc.org](http://www.prairiedoc.org) and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show based on science, built on trust for 21 seasons, streaming live on Facebook and SDPB most Thursdays at 7 p.m. central.

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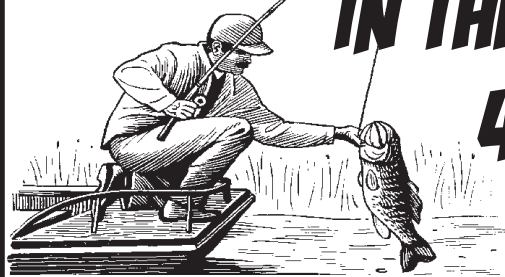
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