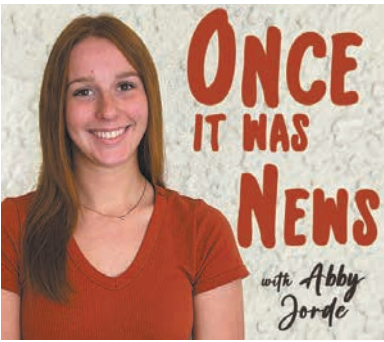


Opinion/Commentary



10 Years Ago... 2015

- 1. Towner Commercial Club changes name to Towner Community Club.
- 2. Velva Aggies defeat the Bishop Ryan Lions in their Annual Copperbowl Competition.
- 3. King Cordell Volson and Queen Gracee Buri are crowned Raider Homecoming Royalty 2015.

25 Years Ago... 2000

- 1. Towner HS stays busy with homecoming activities the parade, coronation, and football game against the Dunseith Dragons.
- 2. THS welcomes 3 new faculty members in the 2000-2001 school year consisting of Ronald Seedorf (music instructor), Shelly Bergan (English and applied communications), and Craig Kleven (Vocational Ag Instructor).
- 3. T-G-U-WC Cardinals pull off an amazing victory of 61-30 over the Dunseith Dragons in the 2000 Homecoming Football game.

50 Years Ago... 1975

- 1. Dolly Gudmunson and Theodore A. Pfau are united in holy matrimony August 30, 1975 in Keene, ND.
- 2. FHA holds ice cream and pie social at the park, led by Advisor Mrs. Geraldine Anderson.
- 3. Towner HS crowns Clem Hager and Julie Burckhard as 1975 THS Homecoming king and queen.

75 Years Ago... 1950

- 1. The Mississippi Jubilee Quartet perform in the THS gym September 29, 1950 at 11:00am.
- 2. Smiley Burnette, the #1 comedian of western comedies appears onstage of the Lyric in Rugby on Wednesday and Thursday October 4th and 5th. He also plays 52 different instruments in which he will play some of them at his appearance in Rugby.
- 3. Gailen Miller of Granville is named McHenry County winner in the 1950 farmstead improvement program sponsored by radio station WNAX of Yankton.

Americanisms

"If you want to see a miracle, be the miracle."  
— Morgan Freeman

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Fun Fact

In 2002, 1,575,921,670 movie theater tickets were sold for such films as "Spider-Man," "The Lord of the Rings: The Two Towers," "Star Wars: Episode II - Attack of the Clones," "Ice Age" and "Harry Potter and the Chamber of Secrets." No year since has topped 2002's ticket sales!

Sources: www.ejumpcut.org  
www.the-numbers.com



Jim Miller presents:

Dear Savvy Senior,  
My 80-year-old father, who lives alone, has fallen several times over the past few months. Are there any tips or precautions you recommend that I can implement to help prevent this?

Concerned Son  
Dear Concerned,

This is a common concern for millions of elderly seniors and their families. Each year more than 1-in-4 older Americans fall, making it the leading cause of both fatal and nonfatal injuries for those age 65 and older. But many falls can be prevented. Depending on what's causing your dad to fall, here are some tips that can help keep him on his feet.

Get him exercising: Weak leg muscles and poor balance are two of the biggest risk factors that cause seniors to fall. Walking, strength training and tai chi are all good for improving balance and strength, as are a number of simple exercises your dad can do anytime like sit-to-stand exercises (sitting down and standing up from a seat without using his hands for assistance), standing on one foot for 30 seconds then switching to the other foot, and walking heel-to-toe across the room.

Check his meds: Does your dad take any medicine, or combination of medicines, that make him dizzy, sleepy or lightheaded? If so, make a list or gather up all the drugs he takes – prescriptions and over the counter – and contact his doctor or pharmacist for a drug review and adjustment.

Strange BUT TRUE

By Lucie Winborne

- The U.S. postmaster general was in the line of succession to the presidency until 1971.
  - There are more mobile phones than people alive.
  - In the late 18th century, Sweden's King Gustav III tried to prove that coffee was a deadly substance by making one twin drink coffee and the second one tea on a daily basis, while betting on which would be the first to succumb. Both twins survived and outlived both the king and the doctors conducting the experiment.
  - The longest English word that generally appears in dictionaries is "pneumonoultramicroscopicsilicovolcanoconiosis," the name of a lung disease.
  - Watermelons were often used as canteens by early explorers and travelers.
  - The tobacco industry spends almost \$4 billion per year to promote smoking, more than is spent advertising and promoting any other product.
  - Black holes aren't black. They glow slightly, giving off light across the whole spectrum.
  - The world's largest playable guitar is 43.5 feet long.
  - Before an NHL game, hockey pucks are frozen to make them glide more smoothly and reduce bouncing.
  - The ancient Greeks believed that amethysts could ward off intoxication and hangovers, so they often drank wine from cups carved from the gemstone.
  - Seven percent of Americans steal toilet paper rolls in hotels or motels.
  - About 70-75% of the world's population does not even use toilet paper.
  - In 2009 a pigeon named Winston raced Telkom, South Africa's largest ISP, to see which one could deliver 4GB of data to a location 60 miles away the fastest. By the time Winston arrived with the 4GB flash drive, Telkom had transmitted only 4% of the data.
- \*\*\*
- Thought for the Day: "The two most important days in your life are the day you are born ... and the day you find out why." — Mark Twain

Many blood pressure medications, anti-anxiety drugs, antidepressants, anti-seizure drugs, antipsychotic drugs, diuretics, sedatives, tranquilizers, some painkillers and over-the-counter drugs that cause drowsiness are common culprits in medication-related falls.

Get a vision and hearing test: Even small changes in sight and hearing can increase your dad's risk of falling, so get his eyes checked every year to be sure his vision and eyeglasses (if used) are to up to par. Hearing loss can also double the risk of falling, so have your dad's hearing checked too, and if he uses a hearing aid, be sure it fits well, and he wears it.

Fall-proof his home: There are a number of simple household modifications you can do to make your dad's living area safer. Start by helping him arrange or move the furniture so there are clear pathways to walk through and pick-up items on the floor that could cause him to trip like newspapers, shoes, clothes, electrical or phone cords.

If he has throw rugs, remove them or use double-sided tape to secure them.

In the bathroom buy some non-skid rugs for the floors and a rubber suction-grip mat or adhesive non-skid tape for the floor of the tub or shower, and have a carpenter install grab bars in and around the tub/shower for support.

Also, make sure the lighting throughout the house is good. Purchase some inexpensive plug-in nightlights for the bathrooms and hallways, and if he has stairs, put handrails on both sides.

For more tips, see the NIA "Preventing Falls at Home: Room by Room" web page at NIA.NIH.gov/health/fall-proofing-



- If you get a gray-colored film on your utensils after they come out of the dishwasher, try cleaning them with a cream of tartar paste. Additionally, clean out the filter regularly.
  - "I love my blender and use it all the time, but I don't always have time to clean the blades properly when I'm in a rush. There is a spot under the blades that I find it hard to clean if my smoothie gets dried on. I have found a way to clean it now, though, with rice! A couple of spoonfuls in the otherwise clean blender, and the rice buffs any residue right off. I even use the rice powder in a homemade facial mask that makes my skin feel great!" — D.W. in Oregon
  - Have you nailed down your holiday shopping list yet? Many find it distasteful to see Christmas and other holiday items out so early, but studies show that the earlier you start, the less you spend. Likely because you are not rushed and are able to take advantage of sales and to shop smart.
  - Use cola to marinate your meat! The acids in the soda pop make meat nice and tender before cooking, and sugar can actually give you a nice caramel flavor on the outside too. You can use a cola bath for meat on the grill or search cookbooks or internet sites for great slow-cooker recipes.
  - "If your cat regularly has issues with hair balls, try giving it a teaspoon of olive oil a day. Mine loves it and will lick it right off a saucer, but you could drizzle it over food too. It's better than butter, because it's good fats not bad." — Y.E. in Missouri
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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How to Prevent Falls at Home

your-home.

Choose safe footwear: Going barefoot or wearing slippers or socks at home can also cause falls, as can wearing backless shoes, and shoes with heels or smooth leather soles. The safest option is rubber-sole, low-heel shoes.

Purchase some helpful aids: If your dad needs some help with his balance or walking, get him a cane or walker. Also, to help ensure your dad's safety, and provide you some peace of mind, consider getting him a medical alert system that comes with a wearable emergency help button (some systems are voice-activated) that would allow him to call for help if he did fall or need assistance.

To help you evaluate your dad's future risk of falling, use the National Council on Aging's "Falls Free Checkup" tool at NCOA.org/tools/falls-free-checkup.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.



1. MOVIES: What was the name of Ron Burgundy's dog in "Anchor-man"?
2. LITERATURE: The middle school student Greg Heffley is the protagonist of which book series?
3. SCIENCE: What is the Abyssal Zone in the ocean?
4. GEOGRAPHY: Where is the island of Aruba located?
5. TELEVISION: Which city is the setting for the series "Breaking Bad"?
6. PSYCHOLOGY: What is the fear of colors called?
7. ANATOMY: What connects muscles to bones?
8. U.S. STATES: Which state is home to the Badlands National Park?
9. U.S. PRESIDENTS: Who was the sixth president of the United States?
10. GENERAL KNOWLEDGE: What is September's traditional birthstone?

Answers

1. Baxter.
2. "Diary of a Wimpy Kid."
3. The deepest and darkest part of the ocean, at depths of 3,000 to 6,000 meters.
4. Southern Caribbean Sea.
5. Albuquerque, New Mexico.
6. Chromophobia.
7. Tendons.
8. South Dakota.
9. John Quincy Adams.
10. Sapphire.

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Legislative Report

By District 6 Representative Dick Anderson

Energy Development and Transmission Interim Committee

The interim committees meet during the even years to discuss concerns that were discussed in previous sessions. Some of committees act on study bills that were passed during the 2025 session and or concerns agencies have. I serve on 2 committees one being the Energy and Transmission Committee and the other being the Advanced Nuclear Study. I attended the energy development meeting in Ellendale last week and toured the Applied Digital Center and heard from several industry officials about grid and electricity demand and supply. The committee is following HB 1525 which directs the committee to study the effects large electricity users have on our consumers and grid.in the morning we toured the ADC and around 60 people rode the bus a few miles northwest to view the center. The site is on 320 acres and is partially oprating in a 325,000 square foot building so far. There are several hundred people working on second half of the facility. They have a portable cement plant on site. The cement work is is being completed by a Fargo contractor We viewed the cooling fans and soundproof wall surrounding the cooling fan perimeter. Applied Digital moved their facilities to North Dakota for three primary reasons. The first one is our state has excess energy and natural gas available to generate more electricity. The second was our climate and cool weather we have. In Texas there are only 120 days they can operate with natural air cooling. In ND a center has 220 days they can use natural air cooling. The third reason is our state is one of the best states to operate a business in.

The center them can consist of three different parts. The center can provide bitcoin mining, data storage, and AI (artificial Intelligence). The power demand can be up to nearly 200 megawatts. I believe Bismarck uses over close to 300MW's to power their city. North Dakota has the lowest kilowatt charge in the entire country under 9 cents a KW. The data center has their own diesel generation and battery system to use if the grid shuts down quickly. The batteries can operate the plant for a few seconds until the generators kick on. If they fail the system will shut down before the chips fail from heat. The data center could lose billions of dollars from high temperatures that would destroy the chips. The power utility and center work together in high demand days the center needs 15-minute notice, and they can reduce power if utility requests. They will operate the plant at a reduced capacity until high demand period gets back to normal. The power provider was able to give their consumers 235 dollar refund last yr because of the profits from the sales of electricity to ADC.

The center works with the Ellendale community extremely well. Ellendale at one time had a population of 1800 and now is 1100. Last summer the town lost its only café. It now has 4 cafes and reopened their bowling alley. The School Superintendent and Mayor are very optimistic about the future. The major problem is the housing shortage. I noticed a few houses being restored and ADC had built about twenty rental units for their employees. I was extremely impressed with the cooperation between the center and the community. There is 3 ponds that store runoff water from rain that is filtered and available to farmers or anyone that needs water at no charge. The runoff water is from the center site.The salary range is from 64,000 to 100,000 or more plus employers receive full benefits. The school is working with students to provide training if they are interested I working there in the future.

I was was pleased with what I saw and heard. The people who attended the meeting had the opportunity to testify but there was no one that complained to the committee. The data center in the western part of the state did end raising consumer electric rates and we need to avoid that. I think the best way to proceed is to develop more electricity with NG and some data centers will likely develop their own power. I will write more about the afternoon session at another time about the grid and transmission of power in our state especially in Jamestown-Ellendale area. If someone has questions I will try to answer them. I can be reached at 228-4782 or email me at dickanderson@ndlegis.gov

MOUSE RIVER JOURNAL

((USPS 366-780) (ISSN 1043-4127) is published weekly at 214 Main Street, PO Box 268, Towner, ND 58788-0268  
Phone: 537-5610 by Nordmark Publishing, Rolla, ND 58367  
Subscription Rates Are: \$42 per Year in McHenry County; \$44 per Year Out of County; \$48 per Year Out of State  
Digital Sub: \$49.00/Year -----Periodicals postage paid at Towner, ND and additional towns.  
Billi Jo Eriksmoen - Editor msvrjnl@srt.com  
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POSTMASTERS: Send address changes to: MRJ, P.O. BOX 268, Towner, ND 58788-0268



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