

Opinion/Commentary

Fun Fact

The practice of wearing large, flattened footwear to disperse the force of a foot hitting the snow, thus keeping one from sinking with every step, began thousands of years ago in Central Asia. The people that crossed the Bering Strait brought their snowshoes to the Americas. Native American tribes created their own versions to adapt to the landscapes where they hunted and fished.

Source: cascademountaintech.com

Strange BUT TRUE

By Lucie Winborne

- In 2010, a group of 15 monkeys escaped from a Japanese research institute by using trees to catapult themselves over a 17-foot-high electrical fence.
- Potato aphids will not mate if they detect a drop in air pressure.
- Casting for Quentin Tarantino's "Jackie Brown" was partly done by Jaki Brown, and Lee Daniels' "The Butler" was cast by Leah Daniels-Butler.
- It would only cost you in the neighborhood of \$140 per year to eat ramen for every meal.
- France is the most visited country in the world.
- Neurologists claim that every time you resist acting on your anger, you are actually rewiring your brain to be calmer and more loving.
- Leonardo da Vinci was the first person to observe the curvature of the human spine.
- During WWII, Winston Churchill wore a specially designed onesie that he called his "siren suit."
- Don Gorske earned a spot in the Guinness World Records in 2016 for the gastric feat of consuming his 28,788th Big Mac.
- While most parents do what they can to prevent or stop their babies from crying, in Japan a 400-year-old tradition holds that if a sumo wrestler can make your baby cry, it will live a healthy life. During a special ceremony, parents hand over their infants to wrestlers who bounce the tots and sometimes even roar in their faces to get the tears going.
- In 1923, a jockey suffered a fatal heart attack but his horse finished and won the race, making him the first and only jockey to win a race after death.
- Mike Tyson would KO sparring partners quickly so he could get home in time to watch "Tom & Jerry."

Trivia test by Fifi Rodriguez

1. TELEVISION: Which actor was nominated for an Emmy for the same character on three different sitcoms?
2. MOVIES: Who was the first actor to refuse an Oscar award for Best Actor?
3. GEOGRAPHY: Which modern city is in the shadow of the active volcano Mount Vesuvius?
4. FOOD & DRINK: What gas is used to create seltzer water?
5. SCIENCE: What is the center of an atom called?
6. GENERAL KNOWLEDGE: Who are the six men who have made a career Grand Slam in pro golf?
7. ANATOMY: What is the largest artery in the body?
8. LITERATURE: For which category is the O. Henry Award given?
9. ASTRONOMY: Which star system is nearest to our solar system?
10. U.S. PRESIDENTS: How many presidents have died in office?

Answers

1. Kelsey Grammer for "Wings," "Cheers" and "Frasier."
2. George C. Scott, for "Patton."
3. Naples, Italy.
4. Carbon dioxide.
5. Nucleus.
6. Gene Sarazen, Ben Hogan, Gary Player, Jack Nicklaus, Tiger Woods and Rory McIlroy.
7. The aorta.
8. Short stories.
9. Alpha Centauri.
10. Eight.

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Jim Miller presents:

THE SAVVY SENIOR

Dear Savvy Senior, I'm a divorced 68-year-old childless cat lady and have been thinking a lot lately about who will look after me when I get older and my health falters. What resources are available to solo seniors like me, and where can I turn to find a reliable person to be my emergency contact, as well as lookout for my health, financial matters and living arrangements in my elder years?

Solo Ager

Dear Solo,

This is a very common concern for the 22 million solo agers across the United States who don't have adult children or other family they can depend on to watch out for their well-being. Here are some tips and resources that can help you plan ahead.

Choosing Helpers & Decision Makers

While older adults who have children or are married usually name offspring or spouses as proxies/decision makers, solo agers most often choose a sibling, niece or nephew, or rely on a trusted friend or neighbor. Whomever you choose, talk to them first to make sure they're up for the task.

If, however, you don't have anyone you feel comfortable with, or who is willing to take on that responsibility, you can hire someone.

One of the best resources for this is an aging life care manager. These are trained professionals in the area of geriatric care who often have backgrounds in nursing or social work and can serve as your emergency contact, oversee your care and even act as your executor. They can also connect you with professional legal and financial services in your area that can help you manage your affairs.

Aging life care managers typically charge anywhere from \$100 to \$300 an hour, depending on their location and experience. To search for an expert near you, visit [aginglifecare.org](#).

If you can't afford this, there are other reliable sources you can turn to for specific help. For example, if you haven't already done so, you need to prepare a basic estate plan

(including a power of attorney, advance directive and a will) to ensure your wishes are carried out if you become incapacitated and when you die.

To help you prepare these documents, your best option is to hire an experienced estate planning attorney, which can cost anywhere between \$500 and \$2,000. He or she may also be able to act as your power of attorney or executor, or help you locate a professional in your area that can.

To locate someone, the National Academy of Elder Law Attorneys ([naela.org](#)) and National Association of Estate Planners & Councils ([naepc.org](#)) have online directories to help you search.

If you need help with bill-paying there are services like SilverBills ([silverbills.com](#)), or you can work with a daily money manager ([aadmm.com](#)) who, in addition to paying bills, can handle tasks like balancing your checkbook and organizing tax information. And to help you navigate care and senior housing options there are certified senior advisors ([csa.us](#)).

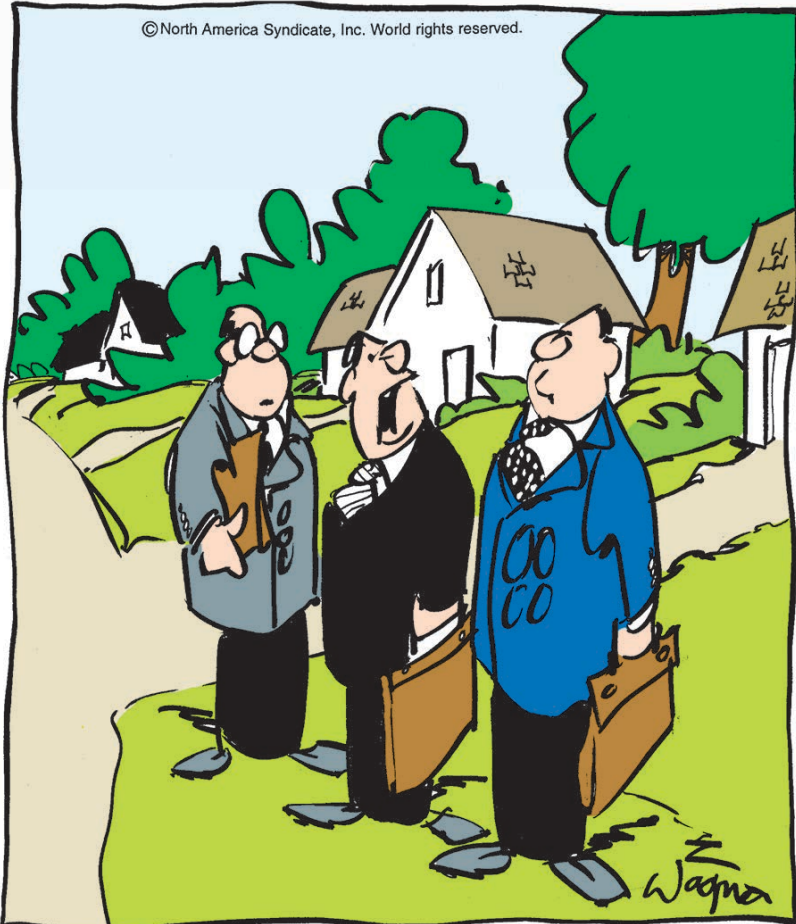
It's also a good idea to meet with a financial adviser to help figure out what services and living arrangements you can afford and what steps you can take to ensure that your financial resources last your lifetime. If you don't have an adviser, you can find a fee-only, fiduciary financial planner through the National Association of Personal Financial Advisors at [napfa.org](#).

Some other helpful resources you can turn to include Aging Alone Together ([dorotusa.org/agingalonetogether](#)), a program offered by DOROT, which is a nonprofit social services organization that provides practical ways to help solo agers prepare for the future. They are offering a free, six-session virtual workshop (offered weekly) via Zoom starting April 24th.

Also see Navigating Solo ([navigatingsolo.com](#)), a national clearinghouse of resources for solo agers and information about solo-ager groups in the U.S.

Send your senior questions to:

GRIN and BEAR IT



"When we formed this carpool, I assumed one of us had a car!"

Leave Your Legacy in North Dakota

Contact the professionals at NDCF for a free, confidential conversation about your options as you plan your estate. [www.NDCF.net](#) | 701-222-8349



Where Solo Agers Can Find Help

Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](#). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Americanisms



- There's been a lot of talk at my house about kitchen gadgets that do double duty, especially since I have made whipped cream for the first time — in my coffeemaker! I have a French press that I rarely use, until now. Add heavy whipping cream and a bit of sugar to the pot, and use the screen to whip the cream by rapidly bringing it up and down. Magic!
 - "I love to eat pancakes, but I don't have time to make them every morning. I make a very large batch on Sundays and reheat them through the week. In order to re-create that fresh from the pan crisp (which you don't get if you microwave them), I use my toaster." — P.E. in Ohio
 - "I have an extra coffeepot, which I brew a pot of hot water in. I use the water for both tea and instant oatmeal packets in the morning." — M.S. in Nevada
 - Ice-cube trays can be handy for freezing portions of foods. Try freezing individual servings of baby food. Or clean and snip fresh herbs from your garden. Fill the ice-cube tray with tablespoons of olive oil and tuck the herb snippings into the oil. Then freeze. Whatever you freeze can be popped out and stored in a zipper-top bag for quick access.
 - "Here's my tip: Use a muffin pan to make big ice cubes for drinks." — A.L. in Missouri
 - Hashbrowns can be made on a waffle iron. Coat liberally with canola oil or butter-flavored nonstick spray, and add shredded potatoes and finely diced onion. Allow the iron to cook the potatoes to your desired level of crispness, and flip out both sides onto a plate. They will be both crisp and soft!
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

Blessed (Continued from Front)



Dan Eggleston makes all the wonderful signs for Twice Blessed. Don't forget to stop by for lunch or breakfast for delicious paninis, bagels, etc. (Photo by Sierra Keller)

Despite these hurdles, Melissa's ability to find blessings in unexpected places shines through. "So I it's okay. I, you know, again, God always provided heat. I got that for free. like, I can't tell you. Everything how much I've gotten for free or for a few bucks here or I mean, we sourced I originally bought this. This was expensive. I did have to buy this." She points to a piece of equipment, explaining her initial investment. While her husband diligently repaired and sharpened it, its off-brand nature made finding replacement parts impossible. "So I did break down and buy that. I don't regret it them because it was worth every penny."

In contrast, much of what she needs has been freely given. The business is currently run out of a shed. "But otherwise, like this was given to me, it's just been amazing. This little shed was given to us." She marvels at the value of the donated shed. "Like that they they charge a lot of money for these little sheds these days. \$15 to \$20,000. I mean people are living in places like this, you know?"

The renovations of the shed, which she believes was the subject of their previous conversation, were a joint effort with Dan. "Dan and I did the rest of the work, we did all the electrical and got all that done and then they spray foamed it." Even the insulation was provided at a significantly reduced cost by generous individuals. "They were very, very generous with us. So, but again, these are people that, you know, they're they just said, well, got to be able to do this because we he's like he gave us a price and then we show up and he's like, nope, it's only gonna be this much."

Melissa's faith has remained her anchor. Setbacks were met with a resolute trust in God's plan. She believed in the potential of "Twice Blessed" to revitalize Towner, a vision fueled by her unwavering determination and the unexpected blessings that continued to unfold.

Twice Blessed's new Facebook page is up and running, and you can also find them online at [twiceblessednd.net](#). The business itself is open Wednesday - Saturday, 7:00am to 4:30 pm. Melissa uses her days off to run errands and work on the church. They currently offer dozens of flavors so you can create your favorite hot or cold coffee, lemonade, Lotus, Zingers or Italian sodas!

MRJ Deadline is Friday at 5:00pm Ads, Copy and Legals can be submitted to msrvrjnl@srt.com or mrjads@srt.com

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