



Savvy Senior

by Jim Miller

What are the early signs of Parkinson's Disease?

Dear Savvy Senior,
What are the early signs of Parkinson's disease? My husband was recently diagnosed after noticing a slight thumb tremor but we're wondering if we missed any other early warning signs.

Curious Wife

Dear Curious,
Recognizing the early signs of Parkinson's disease is challenging because the symptoms are often subtle and/or similar to those in other health conditions, which means they can easily be overlooked, dismissed or misdiagnosed.

Parkinson's disease, which afflicts around 1 million Americans, is a degenerative disorder that occurs when the brain's dopamine-producing neurons die or become impaired. This happens in the part of the brain that controls movement, which can cause tremors, stiffness, and difficulty with walking, balance and coordination.

The symptoms usually begin gradually and get worse over time, and the progression of symptoms is often different from one person to another. Some people with Parkinson's become severely disabled, while others may experience only minor motor disruptions.

While the cause of Parkinson's disease is unknown, scientists believe genetics and environmental factors (exposure to certain toxins) play a key role. Most people with Parkinson's first develop

the disease around age 60 or older, and men are more likely to develop it than are women.

Early warning signs

Parkinson's disease is difficult to diagnose because there's no definitive test to confirm it. Doctors, usually neurologists, will do an examination and evaluate a combination of warning signs, but symptoms can vary greatly by patient which often leads to confusion and misdiagnosis. That said, here are some of the key signs and symptoms everyone should be aware of.

Restless sleeping: Talking in your sleep, sleepwalking and/or acting out your dreams by kicking or jerking. This is a REM sleep behavior disorder and one of the strongest and earliest pre-diagnostic symptoms of Parkinson's disease.

Loss of smell: Not being able to smell certain foods very well like bananas, dill pickles or licorice. This early symptom occurs in around 70 to 90% of Parkinson's patients.

Constipation: Problems with digestion and bowel movements are a big problem for people with Parkinson's, and an early sign that can occur up to 20 years before this disease is diagnosed.

Changes in handwriting: Writing may become harder to do, and your handwriting may appear much smaller than it has in the past.

Soft voice: According to the Parkinson's Foundation, 89% of people with Parkinson's will have speech and voice disorders, which often shows up first in volume of the voice,

meaning that you may speak more softly.

Tremors: Slight shaking or tremor in your finger, thumb, hand or chin. The tremor usually happens at rest, and when you move the extremity, it may disappear. This is the most common and recognizable outward sign of Parkinson's disease, but by the time tremors start, the brain has already lost more than half of its dopamine-producing cells.

Slowed movement: Over time, Parkinson's disease can slow movements, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag your feet as you try to walk.

Masked Face: The muscles in the face experience the same gradual stiffening as in the rest of the body, which results in lack of smiling and facial expressions.

Impaired posture and balance: Stooping, leaning or slouching when you stand, and/or balance problems can all be an early sign of Parkinson's.

Having these symptoms doesn't necessarily mean that a person has Parkinson's disease. But if you are experiencing any of them, and you're over age 60, you should consider talking with your doctor, who may order a DaT scan or Syn-One (Skin Biopsy) Test to help diagnose it. Early detection leads to earlier treatment, which can improve a person's overall quality of life.

For more information, visit the Parkinson's Foundation at Parkinson.org.

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

HISTORY OF NEW ROCKFORD

K.C. Gardner, Jr. • Drayton, ND • NRHS Class of 1962



At 8:30 p.m. on June 4, 1908, the Mechanic's Local Association, representing blacksmiths and woodworkers in Eddy, Foster and Benson counties, met in the Masonic Hall in New Rockford. Nathan Stanton was the secretary-treasurer and he was re-elected. After the business meeting the group went to the Hotel Mattson's dining room for a meal prepared by Miss Christine Mattson and her assistants.

The June 5, 1908, "Transcript" listed the teaching staff for the New Rockford Schools for 1908-1909: H.H. Maxwell, principal; Miss Shirley McKim, high school; Miss Josie Bjelde (Mayville Normal), high school, plus music and drawing; Miss Emma Severson (Valley City Normal), Grammar; Miss Belle Hutchison, sixth and seventh grades; Miss Sue O'Laughlin, (Moorhead Normal) fourth and fifth grades; Miss Stella Pike (Phillips Academy), third and fourth grades; Miss Gertrude Buck, second and third grades; Miss Dora Beer, Primary. Principal E.S. Youngdahl would be the principal of the Northwood, N.D., Schools in 1908-1909.

Miss Mabel Prichard of Cathay had attended school in New Rockford.

Charles H. Maddux had returned from a long stay in St. Paul in fairly good health; he was publishing "The Financial Record," a twice-a-week record of all chattel mortgages, liens and judgments in Eddy County.

The A.J. Clure family, former residents, were living in Long Beach, Calif.

During the week, E.C. Hart of Streeter & Cooling had been guiding E.C. Bandfield and John Busie of Waterloo, Iowa, James Mullen of Shell Rock and H.H. Fargo and Charles McLain of Erie around Eddy County; they invested "in some of our incomparable soil." Sometime during the week the NRHS baseball team defeated a team of locals managed by John Cahill [no score was given].

On June 5, Mrs. Hilma Larson from east of Sheyenne was adjudged insane and was taken to the Asylum in Jamestown. William Cahill returned by train and was met by many old friends. That afternoon in baseball it was the Academy over "the regular nine" by 4-2, and the NRHS team winning at Carrington over the "junior team" 14-10. A daughter was born to Mr. and Mrs. Bert Lewis of Tiffany. That evening, the Academy Literary Society met for the final time.

On June 6, the American Society of Equity local met in

the courthouse. William Erdelbrock and Amelia Young were married at Fessenden and were at home on their farm west of New Rockford.

On Sunday, June 7, the Baccalaureate service for the Phillips Academy graduates was held in the Opera House. Rev. Harold L. Gardner of Melville delivered the sermon, and the Academy Male Quartette provided special music. That afternoon, a Barlow team came up and was defeated by the New Rockford team 12 to 3. The New Rockford lineup was Placek, ss; Dixon, 2b; Egbert, c; Von Almen, lf; Whitmore, p; Cully, 1b; Kennedy, 3b; Rowe, rf and Mabb, cf. Dixon had three hits, including a triple; Von Almen, Whitmore and Cully each had two, with a double by Cully. Whitmore struck out 14 batters.

On June 8, George Dunham left for NDAC, where he would take a course in engineering. Daniel O'Connor, Ed Hartl and Charles Allmaras accompanied him and would also study at the "AC." Sheriff George F. Fahrer left for the State Penitentiary with the Kruger brothers and other prisoners.

County auditor W.C. Schwoebel received sealed bids until 2 p.m. June 9 for road grading in Eddy County.

The Eddy County Commissioners (Gunvaldson, Dafoe; Dailey absent first day) met on June 9 and 10. On June 9, road grading bids by E.M. and Walter Stitzel were accepted: \$139.50, Wohlgamuth grade; \$89, Anderson fill and grade; \$64.50, D.D. Dailey grade; \$104.50, grade south of the Catholic church [Tiffany?]; and \$198, Sorter grade. Bids by the Randolph Bros. and George M. O'Connor were rejected.

On June 10 with all Commissioners present, petitions for three new roads were granted:

From the section stake on the southeast corner of section 19 and northeast corner of section 30, T149, R63 [Lake Washington] west two miles to the southwest corner of section 24 and northwest corner of section 25.

From the section stake on the southwest corner of section 28 and the northwest corner of section 33, T150, R64 [Hillsdale] east to the northeast corner of section 34, then north five miles on the section line to northeast corner of section 3 and the northwest corner of section 2.

From the southeast corner of the southwest corner of section 35 west on the county line to the southwest corner of section 36, T148, R64 [Columbia].

They authorized the pay-

ment of the following: \$25, Dr. W.M. Hotchkiss, medical attendance for the Newville boy; \$6.25, L.B. Garnaas, merchandise for W.W. Hodgson; \$90 and \$1.50, John Collins, janitor's April and May salary and trees; \$39.20, J.E. Bennett, coal to courthouse; \$20, Charles Evenson, merchandise for Jess Gynnn; \$4.30, Frank Allmaras, merchandise for Mrs. Russel; \$4.85, James Dowkes, Mrs. Russel's account; \$5.25, Powers Elevator Co., wood for Jess Gynnn; \$125, H.K. Rude, grade contract; \$15.65, R.M. Kennedy, wood to county poor; \$4.35, G.W. Egbert, shaving prisoners; \$3.50, Matt Fautsch, draying; \$2.50, Robert Miller, draying; \$9, New Rockford Light & Water Co, lights for May; \$17.55, H.W. Wilson, telephone and long distance calls for April, May and June and \$41.66, Etta Schwoebel, County Superintendent's assistant, May. They also appointed Frank Bailey as the District 18 road supervisor since Ned Walsh refused to qualify.

On June 9, Mrs. Lemira Ruland, 74, died at the home of her son C.A. [C.H.] Ruland in Lebanon, Mo. She had suffered a stroke two months prior. The next day, her body was shipped to Chautauqua County, N.Y., for interment. The Ruland family had come from Chautauqua County and homesteaded in Eddy County around 1887 [one source says 1885], but left for Lebanon in two groups: one on October 28 and one on November 13, 1907.

On June 9, the Board of Trustees of Phillips Academy met. The following were elected as the executive board: Rev. J.R. Beebe, president; Abram Baldwin of Oberon, vice president; E.R. Davidson, treasurer; John Goss, secretary; James Buchanan of Buchanan, member. Lillian Otelya Faust and G.A. Erickson were married at the home of the bride's parents in St. Peter, Minn. The bride had taught the second and third grades in the New Rockford elementary school from Sept. 10, 1906 to May 31, 1907. The groom was a salesman at H. Peoples & Co. That evening, Miss Maggie VanScholack of the Academy's Teachers' Certification Class had a piano recital composed of 8 selections from memory in the Academy Chapel. Miss Tina Burton of the Junior Piano class played the second piano part on one number. Miss VanScholack was assisted by Miss Marie Roush and Paul Burhans, vocalists, and Prof. J. Harvey Johnson, violin.



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Capital City Coin Club-Coins for Christmas- 1st Annual Coin Show-Saturday, December 6, 2025 9-6, Bismarck Eagles 313 N 26th St Bismarck ND 58501

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A little nudge

by Joe Zeleznik
NDSU Extension Forester

As far as I'm concerned, it's been a gorgeous fall.

The trees put on a great color show and then dropped their leaves in showers of yellow, red, gold and orange.

Around here, they're mostly yellow.

Some of the lilacs were a bit weird, though. They flowered or sent out some small leaves. It was just a few shrubs, but they shouldn't be blooming in the fall.

This year's wet weather created perfect conditions for a foliar fungus called Pseudocercospora. Lilacs around the state got hammered by this disease. The shrubs lost their leaves early and went into a dormant state. When moderate fall temperatures arrived, some of them flowered.

Bizarre.

To help the lilacs, all we can do at this point is rake and destroy the leaves as best we can. We can hope that next year will be drier, but that one's out of our hands.

Trees and shrubs usually prepare themselves for winter just fine. They store up energy in late summer and fall, and gradually harden off for winter.

But we can help here, too. Watering conifers late into the fall helps them get hydrated. That's important for minimizing "winter injury."

Winter injury can have a number of causes and isn't understood very well. Nevertheless, getting trees hydrated before winter is key to managing this issue.

Late fall watering isn't as critical for the deciduous trees as it is for the conifers.

Perhaps the most important winter prep I do relates to my archenemies: rabbits.

Rabbits – and voles – kill more trees each winter than cold temperatures do. The animals eat the bark off of younger trees, especially fruit trees, to get to the sugar-rich phloem tissue just below the bark.

If a tree loses bark all the

way around its circumference, it's as good as dead. I've lost a number of apple trees over the years, and I've begun to take some extreme measures.

White plastic pipes and wraps do a good job of preventing this type of damage, but only as high as the pipe goes up the stem. When there's a lot of snow, those pests climb the drifts and girdle the branches. What took years to develop can be gone in one season.

It's frustrating.

I've now taken to putting a wire fence around my apple trees. It's a bit of a project to set this up, but the fence is really effective against rabbits ... as long as there are no major snow drifts. And if I set up the fence far enough from the tree trunk, the deer will be held back, too.

I'll do what I can and hope for the best. I can't control nature. The best I can do is try to give it a little nudge.

Public Notice

NOTICE OF PETITION FOR NAME CHANGE

IN DISTRICT COURT, EDDY COUNTY, NORTH DAKOTA
IN THE MATTER OF THE PETITION FOR NAME CHANGE OF JENNIFER MARIE PURSELLE
PLEASE TAKE NOTICE that a Petition in the above-entitled matter will be filed with the Clerk of District Court for Eddy County, North Dakota, requesting an Order changing the name of **Jennifer Marie Purselle to Jennifer Marie-Paige Ruppell**.

Pursuant to N.D.C.C. 32-28-02, thirty days previous notice of the intended application must be given in the official newspaper printed in this county. You are hereby notified that thirty days after publication, petitioner intends to file a petition requesting entry of the Court's Order changing the name of **Jennifer Marie Purselle to Jennifer Marie-Paige Ruppell**. Any objection to granting this name change must be given in writing to the address listed below within 30 days of the date of this publication. The written objection must also be filed with the Court. If no objections are given, the Court may respond to the Petition without further hearing.

Dated this 18th day of November, 2025.

Jennifer Marie Purselle
413 2nd Ave S
New Rockford, ND 58356
Published November 24, 2025

NOTICE OF PETITION FOR NAME CHANGE

IN DISTRICT COURT, EDDY COUNTY, NORTH DAKOTA
IN THE MATTER OF THE PETITION FOR NAME CHANGE OF VINCENT ALAN VALDIVIA RUPPELL
PLEASE TAKE NOTICE that a Petition will be filed with the above-entitled court requesting an Order changing the Petitioner's name of **Vincent Alan Valdivia Ruppell to Vincent Alan Ruppell**.

NOTICE IS FURTHER GIVEN that thirty days after publication, the Petitioner intends to file a Petition requesting entry of the Court's Order changing the Petitioner's name. Any objection to granting this name change must be given in writing to the address listed below within 30 days of the date of this publication. The written objection must also be filed with the Court. If no objections are given, the Court may respond to the Petition without further hearing.

Dated this 18th day of November, 2025.

Vincent Alan Valdivia Ruppell
413 2nd Ave S
New Rockford, ND 58356
Published November 24, 2025

REQUEST FOR BUILDERS To construct a post or steel frame storage building

North Dakota State University Carrington Research Extension Center
North Dakota State University requests building contractors for construction services of a post or steel frame storage building in Carrington, ND.

Interested firms may receive bid submittal instructions by contacting the NDSU Carrington REC Director by the following methods:
Telephone: 701-652-2951
Email: mike.ostlie@ndsu.edu
Questions regarding the building plans are to be directed to the CREC Director, Mike Ostlie.
Submittal of bid deadline is 1:00pm local time December 15th 2025, at the NDSU CREC, 663 Hwy 281 N, Carrington, ND 58421.

Published November 24, December 1 & 8, 2025