

Opinion/Commentary



10 Years Ago... 2015

- 1. Drake-Anamoose JH student Shania Martin wins first place in Drake-Anamoose for the Patriot’s Pen essay contest “What Freedom Means to Me” and her essay advances to the state level.
- 2. Hannah Follman’s Discovery Fair project debuts her “Stay in Place Paper Plate”.
- 3. Harold and Diane Bruner celebrate their 50th wedding anniversary at the Drake KC Hall on Saturday Dec 12th 2015.

25 Years Ago... 2000

- 1. Sarah Jorde of Towner is awarded the Farmer’s Union Torchbearer Award at the 74th annual convention held in Minot on Dec 8-9th 2000.
- 2. HAMC in Rugby completes third floor office complex with a classroom and computer lab for the LPN training program.
- 3. The Tree of Giving inside Western State Bank of Towner is decorated by Towner Buresh Elementary students with hand-made ornaments.

50 Years Ago... 1975

- 1. Minnie Vermeil of Towner is honored on her 80th birthday at open house hosted at the Zion Lutheran dining hall.
- 2. The farm of Mr. and Mrs. Carl Lindlauf of Voltaire is chosen as winner of the South McHenry County Soil Conservation Achievement Program for 1975.
- 3. Leonard M. Jorgenson, president of the State Bank of Kenmare, is elected to a three-year term as North Dakota Director of the Independent Bankers Association of America.

75 Years Ago... 1950

- 1. Leroy Krout of Denbigh wins 6th place prize of a single axle trailer in national contest sponsored by Farmhand.
- 2. Adrian Hageman of Deering is elected to serve as Chairman of the county committee for 1951 in McHenry County.
- 3. Towner Cardinals start off their season with losses to Granville and Rugby following the injuries of 2 key players.

Americanisms

“To me every hour of the light and dark is a miracle, every cubic inch of space is a miracle.”  
— Walt Whitman

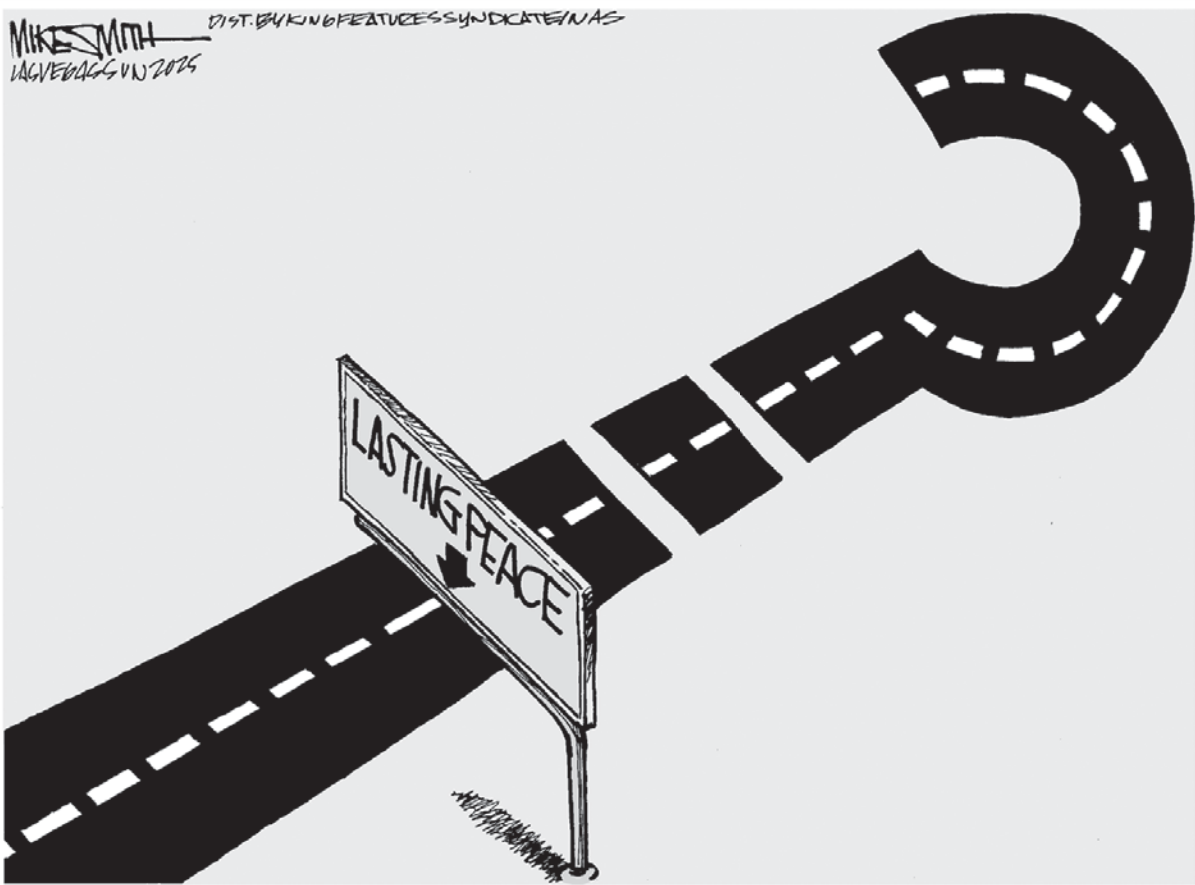
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Fun Fact

The “Royal Game of Ur” is the oldest playable board game found in the world so far. In 1922, Sir Leonard Wooley led a team that discovered two sets of this game in a tomb near the site of ancient Ur, in southern Iraq. It has been dated to be roughly 4,600 years old.

Sources: gamecabinet.com, gdlkeys.com, britishmuseum.org

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Jim Miller presents:

THE SAVVY SENIOR

How to Locate an Age-Friendly Doctor

**Dear Savvy Senior,**  
*My husband and I are relocating to a nearby state to be closer to our daughter and will need to find a new primary care physician when we arrive. We are both in our late 70s and are interested in getting a geriatrician to oversee our health care going forward. Any suggestions for finding someone?*

**Searching for Care Dear Searching,**  
Choosing a geriatrician as your primary care doctor in your 70s is a good idea, especially if you’re dealing with various age-related health problems. But if you’re in relatively good health you may not need a geriatrician. A good primary care doctor with an age-friendly philosophy may be all you need. Here’s what you should know.

**Who Needs a Geriatrician?**  
Geriatricians are primary care doctors that have additional specialized training in treating older patients. Those who can benefit the most from seeing a geriatrician are seniors age 75 and older with multiple health and age-related problems such as cardiovascular disease, diabetes, hypertension, incontinence, osteoporosis, cognitive decline, frailty, depression, or trouble with balance and falls.

Geriatricians are also particularly adept at tackling medication problems. Because many seniors take multiple medications at the same time for various health conditions, and because aging bodies often absorb and metabolize drugs differently than younger adults, unique side effects and drug interactions are not uncommon. A geriatrician will evaluate and monitor your medications to be sure they are not affecting you in a harmful way.

Geriatricians can also help their patients and families determine their long-term care needs, like how long they can remain in their own homes safely without assistance, and what type of services may be necessary when they do need some extra help.

Unfortunately, there’s a shortage of geriatricians in the U.S., so depending on where you are moving, finding one may be difficult.

To help you locate one in your new area, use Medicare’s online find and compare search tool. Just go to [Medicare.gov/care-compare](https://www.medicare.gov/care-compare) and click on “Doctors & Clinicians” and type in your location, then type in “geriatric medicine” in the Name & Keyword box. You can also get this information by calling Medicare at 800-633-4227. The American Geriatrics Society also has a geriatrician-finder tool on their website at [HealthinAging.org](https://www.healthinaging.org).

If you’re enrolled in a Medicare Advantage plan, contact your plan for a list of network geriatricians in your new area.

Keep in mind, though, that locating a geriatrician doesn’t guarantee you will be accepted as a patient. Many doctors already have a full patient roster and don’t accept any new patients. You’ll need to call the individual doctor’s office to find out.

**Age-Friendly PCPs**  
If you and your husband are in relatively good health or if you can’t find a geriatrician in your new area, a good primary care physician (PCP) that practices age-friendly care would also be a viable choice.

To search for new PCPs, use the previously listed Medicare tools. Once you locate a few, call their office and ask if they’re accepting new patients and if they practice the 4Ms of age friendly care, which include: What Matters (your goals and priorities); Medication safety and appropriateness; Mentation (cognition and mood); and Mobility (ways to keep you moving).

You can also research new doctors at sites like [Healthgrades.com](https://www.healthgrades.com) and [Vitals.com](https://www.vitals.com).

If you’re finding it hard to get into a new practice, you might even consider looking for a geriatric nurse practitioner or advanced practice registered nurse to serve as your PCP.

**Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.**

Scams

(Continued from Front)

for each other’s deliveries and offer to take in mail when needed.

**Spot Fake Charity Donation Scams**  
As the year winds down and the season of giving sets in, many people look to support causes they care about—but telling a legitimate charity from a fake one can be tough. While reputable organizations make their year-end push for donations, criminals also take advantage of this opportunity to line their own pockets.

Common signs of a charity scam include requests for payment via gift cards, wire transfers, or cryptocurrency, as well as high-pressure demands to donate immediately. Legitimate charities may also encourage timely giving, but they will welcome your support at any time.

To help ensure your donation reaches those who truly need it, do your research. Check organizations on sites such as [give.org](https://www.give.org), [CharityNavigator.org](https://www.charitynavigator.org) or [CharityWatch.org](https://www.charitywatch.org) to confirm legitimacy and find out how much of the funds are used to serve its stated mission versus overhead and fundraising.

Pay close attention to the charity’s name and web address, as criminals often mimic the names of familiar, trusted organizations to deceive donors. Also, be cautious of links in unsolicited emails, texts, or social media messages, which can lead to fake donation websites and expose your device to malware.

When you do donate, use a credit card. It’s easier to track your contribution, and if your card is misused, you have protection against loss. To avoid feeling pressured by unexpected solicitations, consider having a set list of charities you support. That way, you can give confidently and on your own terms.

*Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.*

USEFUL THINKING with Bill Patrie

I missed writing about cooperation during the month of October which was Co-op month. But I sure thought about Cooperation a great deal during that month. I was in Washington, D.C., for the induction of Lori Capouch into the National Cooperative Hall of Fame. Lori is originally from Park River. She joins Evert Dobrinski from Makoti, James Grahl a native of St. Joseph, Michigan and Vern Dosch, of Bismarck, as the North Dakota cooperators in ranks of those exceptional leaders.

If you look up the National Cooperative Hall of Fame (<https://www.heroes.coop>) you will see who else is in that impressive group and what an honor it is to achieve that status.

Benjamin Franklin is in the Cooperative Hall of Fame. Franklin established the Philadelphia Contributionship for the Insurance of Houses from Loss by fire, in 1752. It is still in operation today.

Dobrinski served on the board for CoBank, James Grahl as manager of Basin Electric and Dosch as CEO of National Information Solutions Cooperative. Capouch organized the Rural Access Distribution (RAD) Cooperative -- the first known rural food distribution co-op in the United States. Please see her lengthy list of other accomplishments at <https://www.heroes.coop>.

Nominating Lori for the Hall of Fame were electric and telephone cooperatives including Basin Electric. I wish the readers of weekly newspapers and the owners and publishers of those papers could have been at Lori’s induction into the Hall of Fame. It was held in the National Press Club in Washington, D.C.

Lori’s acceptance speech occurred on the same stage previously occupied by world leaders and U.S. presidents. I wish you readers would see for yourselves what I have long known. Rural North Dakota is not some backwater place occupied by people who couldn’t get a job somewhere else.

North Dakota is home to people who understand the power of human cooperation to make lives better. They understand why market place competition frequently fails to serve rural people. As a consequence, these heroes find ways to provide the services for themselves against the scorn of corporations who consistently say it can’t be done, until they are forced to admit the cooperatives have done it.

It is always a David vs. Goliath story. The cooperatives are always



David. Investor-owned corporations become Goliath, and like Goliath, began to think they are invincible because they are big.

As you look at the biographies of Capouch, Dobrinski, Grahl, and Dosch, you will see a remarkable paradox. A shepherd boy humility and the surprising confidence of a person who has killed the lion and the bear and is not afraid of the big but clumsy giants.

I doubt many people living in rural North Dakota have much confidence in Elon Musk’s understanding of how to create opportunities for rural people. I doubt they believe the federal government, political parties, or massive corporations do either.

Cooperative heroes operate on a counter intuitive theory of leadership. It is borrowed from the book Tao Teh Ching by Lao Tzu. Tao Teh Ching can be translated “the classic of the way and its virtue”:

“The highest type of ruler is one of whose existence the people are barely aware. Next comes one whom they love and praise. Next comes one whom they fear. Next comes one whom they despise and defy. When you are lacking in faith, others will be unfaithful to you. The Sage is self-effacing and scanty of words. When his task is accomplished and things have been completed, all the people say, we ourselves have achieved it!”

Rural people expect self-effacing leadership. It is indeed virtuous.

*Bill Patrie is a retired planner and economic developer having worked in regional and statewide positions. He is the author of "Creating Co-op Fever" printed by USDA as a service bulletin, and "100 Stories of Hope" a book about his interviews with 100 people in poverty.*

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 [msrvrjnl@srt.com](mailto:msrvrjnl@srt.com)  
Abby Jorde - Production [mrjads@srt.com](mailto:mrjads@srt.com)

POSTMASTERS: Send address changes to:  
MRJ, P.O. BOX 268, Towner, ND 58788-0268

Mouse River Journal Deadline is Friday at 5:00pm.

Ads,Copy and Legals can be submitted to [msrvrjnl@srt.com](mailto:msrvrjnl@srt.com) or [mrjads@srt.com](mailto:mrjads@srt.com)

Does North Dakota have a law that any pharmacy in the state be majority-owned by licensed pharmacists?

Yes!

*The North Dakota News Cooperative is partnering with Gigafact to produce timely fact briefs, which are quick, evidence-based fact checks about trending claims relevant to North Dakota.*

North Dakota law requires that pharmacy permits be issued only to entities majority-owned and actively operated by licensed pharmacists.

Under North Dakota Century Code § 43-15-35, a permit may be granted to a licensed pharmacist, to a partnership whose active partners are licensed pharmacists, to a corporation in which

licensed pharmacists own the majority of stock, or an LLC in which licensed pharmacists hold the majority of membership interests and are actively and regularly employed in the pharmacy’s management and operation.

The statute also requires that these pharmacists be responsible for the pharmacy’s supervision and day-to-day control. The law includes limited grandfathered exceptions for older pharmacies.

North Dakota remains the only state that maintains this type of comprehensive pharmacist-ownership requirement for retail pharmacies.

The rule has been reaffirmed through state regulatory practice and remains in force following the defeat of Measure

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**Sources:**  
*North Dakota Legislative Branch - 61-02-01 Pharmacy Permits (Administrative Code)*  
*North Dakota Legislative Branch - North Dakota Century Code 43-15: Pharmacy*  
*Ballopedia- North Dakota Pharmacy Ownership Initiative (2014 Ballot Measure 7)*