

Opinion/Commentary



10 Years Ago... 2015

1. Dot's Homestyle Pretzels Company shares their new product in the works in an article about the history of Dot Henke's pretzel company.

2. Butte American Legion Post #270 honors 27 veterans at a commemoration and remembrance ceremony and potluck.

3. Drake-Anamoose Playmaker's Club wins first place at the 2015 Region 8 One-Act Competition and will advance to State for the third consecutive year with the play "Selfie" by Bradley Hayward.

25 Years Ago... 2000

1. Velva-Sawyer Football team wins over Langdon in the Class 1A title game at the Fargo-dome with a score of 27-6.

2. Velva FFA members compete at the National FFA Convention in the Dairy Foods CDE. The team consisted of Coach Noel Podoll, Kristie Moldenhauer, Josh Goldade, Grant Bossert, and Ryan Boeshans.

3. Austin Hetland and Lorie Werle are crowned King and Queen at the Granville High School 2000 Homecoming Coronation.

50 Years Ago... 1975

1. Mrs. Mary Dugan's third grade class makes Jack-O-Lanterns for an art project in class.

2. Mr. and Mrs. Farrel Nelson of Towner are presented with an Outstanding Agriculturalist Award at North Dakota State University's annual Agricultural Recognition Day.

3. The Towner Cardinals win 38-27 over Anamoose to win the 1975 District 14 Girls Basketball Championship.

75 Years Ago... 1950

1. Maria Casini, formerly of Karlsruhe, sings in a concert of the California Civic Opera.

2. John Miller of Towner purchases a registered Brown Swiss Bull according to a report from the Brown Swiss Cattle Breeders Association.

3. First Lt. Carl L. Johnson of Bantry who last served with the 23rd Infantry Regiment is reported as killed in action while serving for the United States Military and stationed in Korea.



Jim Miller presents:

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 percent 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 percent 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



• If you are having trouble with your car's battery, follow this tip from B.D. of Virginia: "Disconnect battery terminals and clean with a wire brush. Reconnect and smear with petroleum jelly. The jelly will prevent corrosion and help keep the battery cranking all winter."

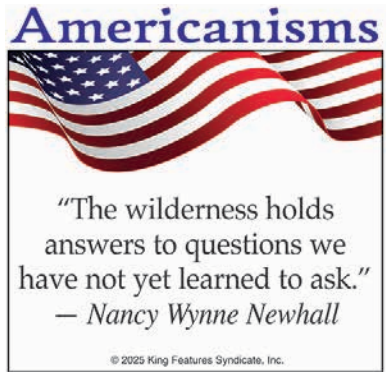
• Here's a reminder from J.E. of Colorado: "Just because it's winter doesn't mean you can skip the sunscreen — especially if you live in a snowy climate. Remember that sunlight reflects off white snow and it intensifies the effect. Lather up, people. If you get one that is moisturizing, it'll soothe dry skin as well."

• "When doing my holiday shopping, I carry a quart-size zip-lock baggie in my purse. I put all receipts in it, and I ask for multiple gift receipts to be put in the bag with the merchandise. I can keep it all together until after the holidays, so I always have a receipt handy if something needs to be returned or exchanged." — C.L. in Missouri

• "I keep a cookie sheet by the door to hold muddy shoes and boots. No more moose tracks through the house!" — R.S. in New York

• "If you have extra tasks to do for visiting company or holiday parties, marshal the family. I have three school-age kids, and I write out chores on slips of paper for them to stick in their pockets. If I don't have to remind them to get chores done, there's an extra allowance in it for them." — H.A. in California

• When unpacking decorations, make note of items that will need to be replaced after this season. When everything goes on sale, you can buy for next year at great prices!



"The wilderness holds answers to questions we have not yet learned to ask."
— Nancy Wynne Newhall

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Upham News

On Sunday, Deana Tranby, Donna Nelson and John Brandt were callers at the Diana Brandt home, they did some things outside for her.

Alan Vormestrand was a Tuesday forenoon caller at the Shirley Vormestrand home.

Mary Boehnke was a Sunday visitor at the Beverly Brandt home in Surrey.

Steve and Donna Nelson, Evan Nelson were Monday evening callers at the Diana Brandt home.

On Friday, John Brandt went to Minot where he visited with Jayden Brandt, they had supper together.

On Sunday, Mary Boehnke met Kevin and Sara Leno, Brooke and Weston of Bismarck at the Trottin

Trail and they had lunch together.

John Brandt was a Tuesday afternoon caller at the Diana Brandt home.

Happy Birthday to Anna Manning, Adam Nelson and Carol Hashim.



By Lucie Winborne

• America's first dentist, John Baker, trained Paul Revere to be a dentist.

• A German word for nightmare is "alptrraum," or "elf dream." In German folklore, elves were dangerous figures who could control dreams and create nightmares.

• Canadians eat more macaroni and cheese than any other nation in the world.

• No matter how badly fingerprints are damaged, they will still grow back in their original pattern.

• Eggnog originated from the medieval hot, milky ale-like drink known as a posset.

• The band name Imagine Dragons is an anagram. Lead singer Dan Reynolds described it as a "phrase that meant something to all of us," but the group has yet to confirm what that is.

• Though dragonflies have six legs, they cannot walk.

• Ancient pagan cultures such as the Celts believed that benevolent, helpful spirits lived in trees. Knocking on tree trunks roused a spirit for protection, which led to the saying "knock on wood."

• Sea otters have the thickest fur of any mammal, at 1 million hairs per square inch.

• The Muppet vampire Count von Count, from "Sesame Street," was based on actual vampire myth. One way to supposedly deter the bloodsucking creatures is to throw seeds outside a door. Vampires are compelled to count the seeds, delaying them until morning.

• In 1951, Sir Hugh Beaver, the managing director of Guinness Brewery, got into a spat with someone over the world's fastest game bird. When the pair couldn't locate an answer in a book, Beaver had the idea of writing one that would solve pub arguments.

• The sun weighs 2,000 million million million tons.

Thought for the Day: "The difference between stupidity and genius is that genius has its limits." — Albert Einstein

MRJ

Deadline is Friday at 5:00pm Ads, Copy and Legals can be submitted to

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Fun Fact

Japanese chefs consider Gomi (the Five tastes), Gokan (the Five senses), Goshiki (the Five colors) and Goho (the Five cooking methods) to be the most important aspects of meal preparation.

It is the chef's duty to make sure that everything creates a satisfying experience for those who are dining.

Sources: maff.go.jp/e/policies_japan-experience.com



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