

Opinion/Commentary



10 Years Ago... 2015

1. TGU Granville students attend the 18th Annual Minot State University Tech Day. Mrs. Jennifer Anderson, the Granville Technology teacher, had 4 students compete: LJ Wells, Grace Bachmeier, Joslynn Wells, and Allison Cross.

2. The Darners Club celebrate the holidays at their annual Christmas party in which they held at the Ranch House Restaurant with 13 members present.

3. Elaine, Zakopyko, Chris Tischaefter, and Sheri Manogue prepare Christmas cookies for shipment to the Lisbon Veterans Home.

25 Years Ago... 2000

1. The North Dakota Wheat Commission and the North Dakota Mill name the Sage Hill Bed & Breakfast of Anamoose as the 2000 recipient of the Bread Winner Award.

2. The Velva Community Choir present a cantata “King Jesus is His Name” at First Lutheran Church in Granville on Sunday December 10, 2000.

3. Granville Eagles boys basketball open their 2000-2001 season with back to back wins against the North Shore-Plaza Wildcats and the Stanton Sioux.

50 Years Ago... 1975

1. 10 year old Laurel Edwards of rural Orrin, daughter of Mr. and Mrs. Hugh Edwards, receives a trophy for Reserve Junior Showmanship in the 13 and Under division at the North Dakota Appaloosa year end banquet and awards dinner.

2. Gerald Haman and Patti Deplazes advance to the regional contest of Bicentennial Youth Debates.

3. The Granville ALCW host their Advent Tea Party on December 11th in the church basement with Janice Hiatt as the guest speaker.

75 Years Ago... 1950

1. Carolyn Holen and Dale Natwick get married November 8, 1950 at the Evangelical United Brethren Church.

2. A two year old buck is found dead in rural Orrin and appeared to be wounded severely with its entire head full of porcupine quills.

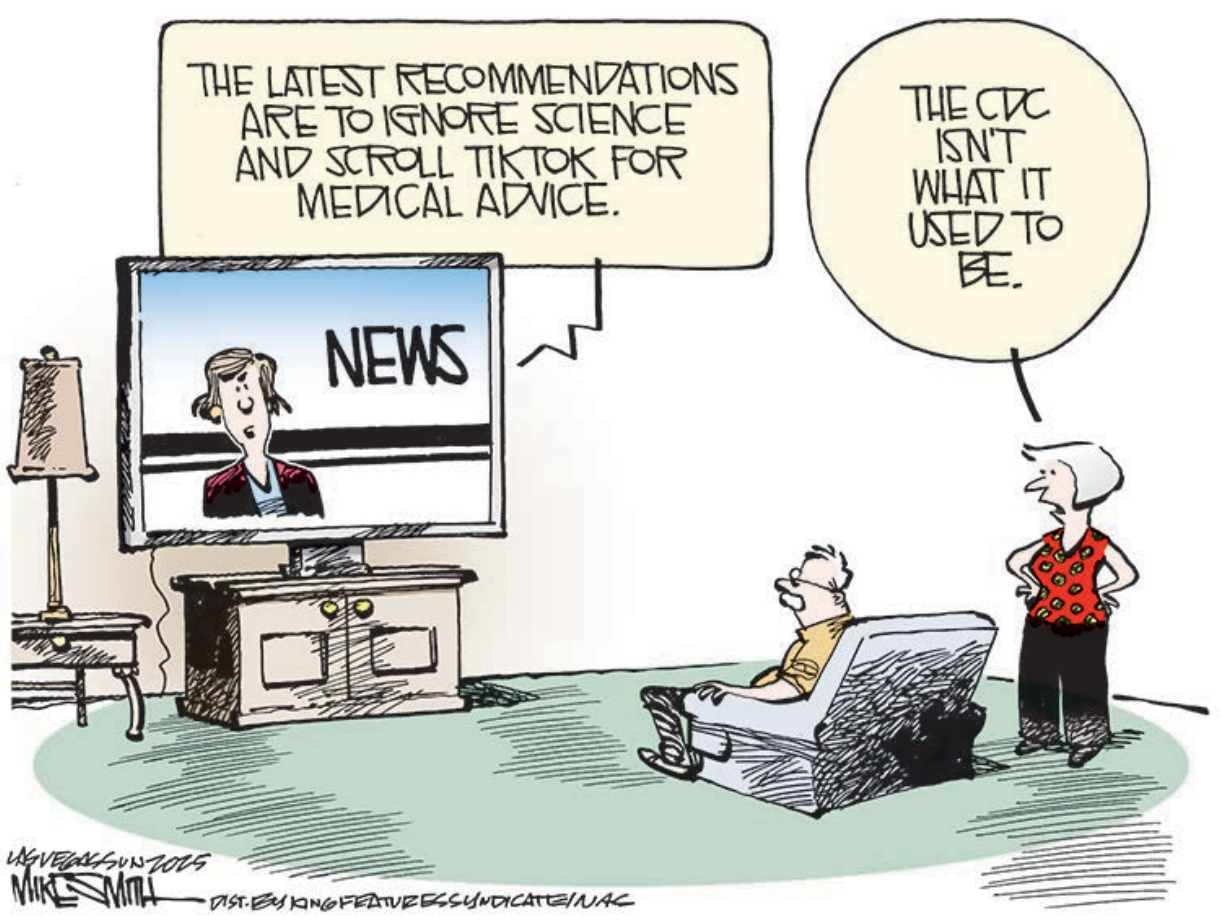
3. State Superintendent of Public Instruction, Garfield Nordrum is offered a top administrative position in education overseas under the “Point Four” program in Rio de Janeiro, Brazil.

Fun Fact

According to the U.S. Department of Agriculture, the top three states for growing and selling Christmas trees are Oregon, North Carolina and Michigan. The most popular kinds of trees sold are Fraser firs, Douglas firs, Balsam firs, Colorado Blue Spruce and Scotch Pine.

Sources: www.nass.usda.gov/forestry/about.com

© 2025 by King Features Syndicate, Inc. World rights reserved.



Jim Miller presents:

THE SAVVY SENIOR

Dear Savvy Senior,

I recently had an estate plan drafted, including a will, power of attorney and advance directive, but I'm not sure what to do about all my on-line accounts – email, banking, and social media. What can I do to make sure my family can access what they need and protect my digital information after I'm gone.

Almost 80

Dear Almost,

In addition to creating an estate plan, you should also make a “digital will” that lists all your online accounts and login information. This will help your loved ones access your electronic devices and online accounts more easily so they can manage your electronic affairs, according to your wishes, after you’re gone.

Montana State University offers a Digital Assets Inventory Worksheet (see Montana.edu/estateplanning/digitalassetsworksheet.pdf) to help you get started. Or consider purchasing a “password book” on Amazon for a few dollars. This will let you record and organize your online account information alphabetically. Here are a few other tips to help you prepare your digital life for your survivors.

Apple: If you’re an iPhone, iPad or Mac user, you should nominate a “legacy contact” who can access your Apple account’s data after you die. This is a secure way to give trusted people access to photos, files and messages. To set it up you’ll need an Apple device with a fairly recent operating system. iPhones and iPads

need iOS or iPadOS 15.2 and MacBooks need macOS Monterey 12.1.

For iPhones, go to settings, tap Sign-in & Security and then Legacy Contact. You can name one or more people, and they don’t need an Apple ID or device.

You’ll have to share an access key with your contact. It can be a digital version sent electronically, or you can print a copy or save it as a screenshot or PDF.

Take note that there are some types of files you won’t be able to pass on – including digital rights-protected music, movies and passwords stored in Apple’s password manager. Legacy contacts can only access a deceased user’s account for three years before Apple deletes the account.

Google: Google takes a different approach with its Inactive Account Manager (see Support.google.com/accounts/answer/3036546), which allows you to share your data with someone if it notices that you’ve stopped using your account.

When setting it up, you need to decide how long Google should wait – from three to 18 months – before considering your account inactive. Once that time is up, Google can notify up to 10 people.

You can choose what types of data they can access – including emails, photos, calendar entries and YouTube videos.

There’s also an option to automatically delete your account after three months of inactivity, so your contacts

How to Prepare Your Online Accounts Before You Die

will have to download any data before that deadline.

Facebook and Instagram: If you’re on Facebook or Instagram, both of which are owned by the parent company Meta, you can have your accounts either memorialized or deleted after you die if the companies get a valid request from a family member or friend. See Facebook.com/help/1111566045566400 or Help.Instagram.com/264154560391256 for details.

Meta also strongly recommends Facebook users add a legacy contact to look after your memorial accounts – see Facebook.com/help/1070665206293088. Legacy contacts can do things like respond to new friend requests and update pinned posts, but they can’t read private messages or remove or alter previous posts. You can only choose one person, who also must have a Facebook account.

Passwords: If you use a password manager – a service that creates, saves and manages passwords for all your online accounts – see if it has an emergency access feature. Some services, like Keeper, Bitwarden and NordPass, allow users to nominate one or more trusted contacts who can access your keys in case of an emergency or death.

Send your questions or comments to questions@savvysenior.org, or to SavvySenior,P.O.Box5443,Norman,OK73070.

Bob's BASEBALL Tours

June 2-7, 2026—See MLB games in Minnesota, Milwaukee and both a day and night game at Wrigley Field in Chicago. Tour begins/ends at hotel near Minneapolis-St Paul International Airport \$1,700/person based on double hotel occupancy

August 1-10—See games in Pittsburgh, Philadelphia, Baltimore, Boston & New York (Yankees and Mets). Free time at Niagara Falls and Baseball Hall of Fame in Cooperstown, NY. Sightseeing in Manhattan, Philadelphia & Baltimore.

Travel by deluxe motor coach. Each night in a quality hotel. Good game tickets! For free brochure, please call or text. Leave name/address and we will happily send it to you! 507.217.1326 Bob's Baseball Tours, LLC (24 years in business!) Travelers responsible to getting to starting point of each tour

Americanisms

“Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.” — Larry Wilde

© 2025 King Features Syndicate, Inc.

USEFUL THINKING with Bill Patrie

Deporting Workers Needs To Stop

Have you ever been to an auction sale where the auctioneer reacts to very low bids by saying “we are way wrong here”?

I don’t know the motive of bidders starting at ridiculously low bids. Serious bidders have done their homework prior to coming to the auction. They know the most they will go on a sale item, because they know about that item. Who is the owner, how well did the owner care for their property, what are new prices for that item?

I am not the auctioneer in the bidding for international workers that America desperately needs. But I can tell you, the Trump administration is way wrong.

Stripping commercial driver’s licenses from foreign born people doesn’t help anyone. Deporting Ukrainians working in North Dakota, because their humanitarian parole status has not been renewed by the USCIS under the direction of Kristy Noem, doesn’t help anyone either.

Raising the fee for H1B visa workers teaching school to \$100,000 doesn’t help anyone.

Chambers of Commerce across the nation are sounding the alarm. Employers are not afraid of foreign-born workers. They are not afraid because like the intelligent bidder at an auction, they have done their homework. In many cases, they have employed foreign born workers before, sometimes multiple generations.

Years ago, sugar beet farmers in North Dakota’s Red River Valley employed migrant farm workers. Those workers thinned the beets and weeded them. Churches in the Valley provided services in Spanish, schools provided summer school for migrant children and Valley farmers and their families attended weddings for their children in Mexico.

Donald Trump badly misjudges North Dakotans and rural people. We are people who have always worked for a living. We know the value of people who do good work. We know their economic worth also.

We don’t judge people by the country they come from or the color of their skin. We don’t judge people by the native language they speak or their religion. Rather, we judge people by their contribution to our common cause of making an honest living from the work we do. That work might be teaching school kids, medical practice, manufacturing, milking cows, driving trucks, teaching college classes, research, serving as priests or pastors, or playing basketball.

Deporting those workers, or making it impossible for foreign born people to work in the United States is both dumb and cruel at the same time. It serves no useful end.

My dad loved poetry and one of the poems he liked was called “The Touch of the Master’s Hand.” The poem by Myra Welch features an auctioneer holding up an old and battered violin and getting very low bids. The auctioneer is about to sell it at that low price, when a grey-haired man comes forward and tightening the loosen strings, he “plays a melody pure and sweet, as a caroling angel sings.”

The bidding resumes and the bid price explodes as bidders now understand the value of that auction item. People ask the question, “what changed the worth? Swift came the reply, the touch of the master’s hand.”

Those who work for a living, who have the skills to produce what people desperately need, are the masters who know the worth of people who can help us produce those goods and services.

It is time to stop the mindless dehumanization of foreign-born people and with the gentle touch of the masters we are, welcome to America the skilled masters of their crafts that they are, to our common tasks of earning an honest living.

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 Abby Jorde - Production 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 or mrjads@srt.com

USDA approves North Dakota request to ban candy, soda purchases with SNAP

Some baking ingredients such as chocolate chips will no longer be covered under federal food assistance benefits next year under a change to North Dakota’s program.

By Jeff Beach, ND Monitor

North Dakotans receiving federal food assistance will not be able to use those benefits to pay for candy, soda and some other foods, after the state implements changes approved by the Trump administration.

The U.S. Department of Agriculture has approved North Dakota’s application for a food restriction waiver in the Supplemental Nutrition Assistance Program, or SNAP, formerly known as food stamps.

Agriculture Secretary Brooke Rollins and Health and Human Services Robert F. Kennedy Jr. announced the waiver for North Dakota and five other states. The waivers will change the definition of “food for purchase” under SNAP beginning in 2026.

The North Dakota Department of Health and Human Services wrote in its application that it would take about eight months to implement the changes. The agency plans to work with retailers to implement the changes by September 2026.

About 600 North Dakota retailers that take SNAP benefits will have to update their sales systems so that attempts to purchase prohibited items

with SNAP money are declined, according to the waiver request.

The list of banned items includes soft drinks; energy drinks; candy; some baking ingredients such as marshmallows and chocolate chips; nuts coated in chocolate or candy; and sweetened cereal and energy bars.

North Dakota has 29,250 households, a total of 58,570 people, receiving SNAP benefits.

“The SNAP waiver encourages North Dakotans to make more nutritious food choices that not only reduce chronic disease rates, but also foster long-term health, vitality, and stronger communities,” Pat Traynor, commissioner for North Dakota Health and

Human Services said in a news release.

The state pursued the food ban in part to secure more money from the federal government’s \$50 billion Rural Health Transformation Program. States will get at least \$500 million from the grant, but federal guidelines show that states could be eligible for more money if they implement certain health-related policies, including banning non-nutritious foods from SNAP purchases.

Gov. Kelly Armstrong has set Jan. 21 as the tentative date for a special legislative session to allocate the rural health funding. The Centers for Medicare and Medicaid Services is expected to award funding to states by Dec. 31.