



Savvy Senior

by Jim Miller

The silent warning: understanding prediabetes

Dear Savvy Senior,

My 60-year-old brother was recently diagnosed with prediabetes, which surprised all of us because he's fairly active and isn't overweight. Now I'm wondering if I could be at risk too. Does prediabetes run in families, and what exactly does it mean?

Younger Sister

Dear Younger,

Yes, you could be at risk. Having a close family member with diabetes increases your chances of developing it yourself, though family history is just one factor. Age, weight, lifestyle, blood pressure, cholesterol and certain ethnic backgrounds also affect risk. Here's a clearer look at prediabetes and what you should know.

What is prediabetes?

Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. It is far more common than most people realize.

The Centers for Disease Control and Prevention estimates that about 115 million American adults have prediabetes, and the majority don't know it. Without intervention, many will develop type 2 diabetes within 10 years.

Even before diabetes develops, elevated blood sugar can quietly damage blood vessels and raise the risk of heart disease, stroke, kidney

disease, nerve damage and vision problems. Once diabetes develops, daily blood sugar monitoring, medications or insulin, and lifestyle adjustments may become necessary, which can affect overall quality of life.

The good news is that prediabetes does not make diabetes inevitable. In many cases, it can be reversed. Modest weight loss, regular physical activity and healthier eating habits can significantly reduce - or sometimes eliminate - the risk of progression. In some situations, medications may also be prescribed to help control blood sugar.

Who should get tested?

Prediabetes usually causes no noticeable symptoms, so testing is the only reliable way to know if you have it.

Adults age 45 and older should be screened, particularly if overweight. Younger adults should also consider testing if they are overweight and have other risk factors such as high blood pressure, high cholesterol, a sedentary lifestyle or a family history of diabetes. Certain ethnic groups - including Latino, Black, Asian and Native American adults - have higher risk and may benefit from earlier screening.

To quickly assess your risk, take the free online screening test at DoI-HavePrediabetes.org.

How it's diagnosed

If you are at risk, your doctor can order one of three blood tests. The fasting plasma glucose test requires

an eight-hour fast. The oral glucose tolerance test measures how your body processes sugar. The hemoglobin A1C test reflects your average blood sugar over two to three months and can be done at any time, regardless of when you last ate.

Most Medicare and private insurance plans generally cover diabetes screening tests at little or no cost if you meet risk criteria such as being overweight, having high blood pressure, or having a family history of diabetes. Home glucose meters are not intended to diagnose prediabetes.

Take action

If you are diagnosed with prediabetes, don't panic. Many people restore healthy blood sugar with lifestyle changes alone. Losing 5 to 7% of your body weight, getting at least 150 minutes of moderate exercise per week and reducing refined carbohydrates can make a meaningful difference.

For additional support, the Centers for Disease Control and Prevention sponsors the National Diabetes Prevention Program, which offers structured lifestyle-change classes in person and online across the U.S. (cdc.gov/diabetes-prevention). Local hospitals, clinics and community centers may also offer similar programs.

The most important step is awareness. A simple screening test can provide peace of mind or give you the opportunity to take action now and prevent diabetes in the future.

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



On Jan. 2, 1909, Prof. Noah Knapp returned from a visit with Illinois relatives and Preceptress Elizabeth K. Chapman came in from the holidays with her sister Mrs. Deering in Minneapolis, both ready for the winter term at Phillips Academy. Monroe Wilder, completely over his bout with typhoid, left for Maddock, near where he would teach. The local American Society of Equity met in the courthouse and elected officers.

On January 4, Rev. P. Gutknecht of the German Lutheran Church went to Fargo for a church conference. Roger and Evalyn Mattson returned to UND after the holidays with their parents. Gullick Larson left for Almena, Wisc., to meet with Dr. Till; he had been blind for 28 years and was hopeful that "the plaster doctor" could restore his sight since "many of our citizens have been benefited" by his work. Irv Rich left for Wisconsin to visit relatives and to see Dr. Till.

The Eddy County Commission (Dailey, Dafeo and Gundvaldson) met on January 4-9 and 11-16. On January 7, newly-elected Commissioner Stephen Beauclair replaced Nils Gundvaldson. On January 15, the following bills were accepted: \$91.50, R.M. Kennedy, one carload of coal for courthouse; \$10.32, Frank Hawthorne, coal to courthouse; \$50, O.C. Gronvold, treasurer's clerk, December; \$45, John Collins, janitor's salary, December; \$48.50, Lewis C. Mills, grading on county line; \$475, Mrs. A.G. Gardner, register of deeds' clerk, March 1908 to Dec. 31, 1908. On January 16, the following bills were approved: \$31, A.G. Gardner, witness fees in the E.D. Smith case; \$17.20, A.G. Gardner, postage from July 1908 to Jan. 7, 1909; \$6.95, H.W. Wilson, telephone rent and long distance; \$45,

O.P. Olson, casket for W.W. Hodgson.

On that day, the Commissioners appointed P.J. Braman as the vice president and Dr. Charles MacLachlan the superintendent of the County Board of Health, and R.F. Rinker, Dr. Charles MacLachlan and County Judge D.F. Ellsworth as a Board of Insanity.

Appointed as road supervisors were District #1, William Mattison; #3, Gus Topp; #4, Isham Burnett; #6, James Craig; #7, Charles W. Brolin; #14, K.O. Severson; #17, K.J. Briggs; #18, Frank Bailey and #19, J.T. Carroll.

On January 5, the infant daughter of Mr. and Mrs. E.S. Youngdahl of Northwood died from brain fever; she had been born on December 2. He was the former principal of the New Rockford Schools [1905-1908].

On that day, Charles Culp left on a visit to his old home state Indiana, as well as Chicago and Ohio. Jacob Allmaras and two sons went to St. Paul, where the boys would resume their studies at St. Thomas Academy after spending the holidays at home. Miss Susie Monahan returned to her teaching duties at Sykeston after the holidays with her parents south of town. Mrs. Scott Knable and son went to consult Dr. Till at Almena, Wisc. A storm in the Tiffany country left John Bailey, Cliff Larkin and John Brown with frostbitten faces. That evening, Ross Crane appeared in the Opera House; part of his performance was working with crayons and clay. It was the third number in the New Rockford Lyceum Course. Admission was 75 cents; students 50 cents. Also, the Royal Neighbors and the Modern Woodmen held a joint installation ceremony with Inez Gullicks the installation officer for the ladies and George M. Pike for the gentlemen. After the ceremony "an elaborate

luncheon" was served, followed by a dance.

On January 6, Mr. and Mrs. Al Richter returned from Almena, Wisc., where Mrs. Richter consulted with Dr. Till; they reported that about a thousand people were in and around Almena, waiting to see Dr. Till. Sam Swenson and Nellie Clauser were married by Rev. S.F. Beer at the home of the bride's mother Mrs. W.H. Foos.

On the afternoon of January 7, Angus McNeill died of pneumonia in eastern Eddy County; his funeral took place in St. John's Catholic Church on Sunday, Jan. 10, with interment in the Catholic cemetery north of town [cemetery records show an Angus McNeill interred in a grave with no stone in St. John's Catholic Cemetery]. Also that afternoon, Mrs. Charles E. Nunn, née Ruth Bengtson, died at the home of Mr. and Mrs. A.W. Haley of tuberculosis of the kidneys "with tumorous formation." She had married Charles Nunn on Aug. 7, 1908. Her funeral took place at 10 a.m. on January 9 in the Congregational Church and her body was interred at Dawson, Minn.

The Jan. 8, 1909, "Transcript" said that A.H. Crawford of New Rockford had been appointed as the doorkeeper of the N.D. State House of Representatives for the current session.

Charles Riggles had hay for sale, ph. 143-B.

The previous week, Frank Hawthorne sold his city property to Nils Gundvaldson, and he and his family would soon leave for their new home in Ballard, Wash. (they departed on January 12). Miss Edith Campbell, whose school on the Reservation had closed for the winter, came in to her home in town; she had gone to Minnewaukan to visit on January 2.

PLAN FORWARD

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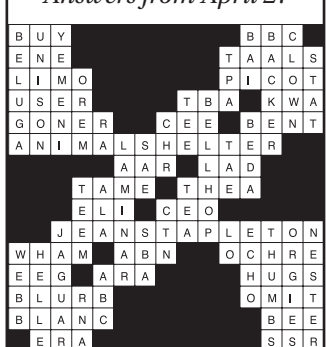
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- Weekly Crossword - Answers from April 27



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Public Notice

NOTICE OF ABSENTEE/MAIL BALLOT APPLICATION

Applications for absentee/mail ballots were mailed from the office of the County Auditor on April 20, 2026. Persons not receiving an application may obtain one from the office of the County Auditor or at the following website: vote.nd.gov.

ABSENTEE/MAIL BALLOT APPLICATION		For Office Use Only
SECRETARY OF STATE SFN 51468 (10-2023)		Precinct Part
For reference, see North Dakota Century Code, Chapter 16-1-07.		
Application must be for at least one of the following elections; (check all that apply)		
<input type="checkbox"/> June (Primary) election	<input type="checkbox"/> City or city special election	<input type="checkbox"/> State or county special election
<input type="checkbox"/> November (General) election	<input type="checkbox"/> School or school special election	
Applicant Information: (ALL FIELDS REQUIRED)		
Voter's name		Daytime telephone number
North Dakota ID type used: (check one)		
<input type="checkbox"/> Driver's license	<input type="checkbox"/> Non-driver's ID	<input type="checkbox"/> Long-term care certificate (include with application)
<input type="checkbox"/> Passport (only for voters living outside the United States) or military ID**	<input type="checkbox"/> Tribal ID	<input type="checkbox"/> Applicant without ID*
ID number (required only if driver's license, non-driver's ID, tribal ID, passport, or military ID is selected above)		
Residential address	City	State ZIP code
Ballot delivery address (if different from residential address)	City	State ZIP code
I do solemnly affirm that I have resided or will reside in the precinct where my residential voting address is located for at least 30 days next preceding the election and will be a qualified elector of the precinct.		
Signature (required)		Date
Applicant Unable to Sign:		
If the applicant is unable to sign the applicant's name, the applicant shall mark <input type="checkbox"/> or use the applicant's signature stamp on the application in the presence of a disinterested individual. The disinterested individual shall print the name of the individual marking the "X" or using the signature stamp below the "X" or signature and shall sign the disinterested individual's own name following the printed name together with the notation, "witness to the mark."		
<input type="checkbox"/>	Printed name of person making mark or voter's signature stamp	
Voter's Mark	Signature of "witness to the mark"	
*Applicant Without ID:		
If the applicant does not possess or cannot secure an approved form of identification due to a disability with which the individual lives and which prevents the individual from traveling to obtain, another qualified elector of the state may attest that the applicant is a qualified elector of that precinct by signing below and providing his or her approved North Dakota identification number. NOTE: A qualified elector may not attest the qualifications of more than four applications in an election.		
Printed name of attester	Driver's / non-driver's / tribal ID number	
Signature of attester	Date	Daytime telephone number
**Active Military and Overseas Voter:		
Check ONE (if applicable):		
<input type="checkbox"/> Citizen living outside of the United States		
<input type="checkbox"/> Uniformed service or family member living away from the voter's residence, yet within the United States		
<input type="checkbox"/> Uniformed service or family member living away from the voter's residence, yet outside the United States		
If one of the check boxes above applies to you, please indicate your preferred ballot delivery method:		
<input type="checkbox"/> Mail	<input type="checkbox"/> Email (provide email address):	<input type="checkbox"/> Fax (provide fax number):
Mail or submit to the auditor of your county of residence or appropriate election officer (The signature on this affidavit will be compared to the signature on the affidavit on the envelope in which the absentee ballot must be placed.)		

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National Teacher Appreciation Week
May 4-8, 2026

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