

Opinion/Commentary



10 Years Ago... 2015

- 1. DCB Ladyjack volleyball player, Mattie Schmitt of Towner, earns herself a spot on the 2015 Mon-Dak All Conference Team.
- 2. Verendrye Electric seeks students to apply for all expenses paid trip to Washington DC for the annual Youth Tour.
- 3. Eight Granville FFA members attend the annual Winter Leadership Conference held in Bismarck at the Bismarck Civic Center and Ramkota Hotel.

25 Years Ago... 2000

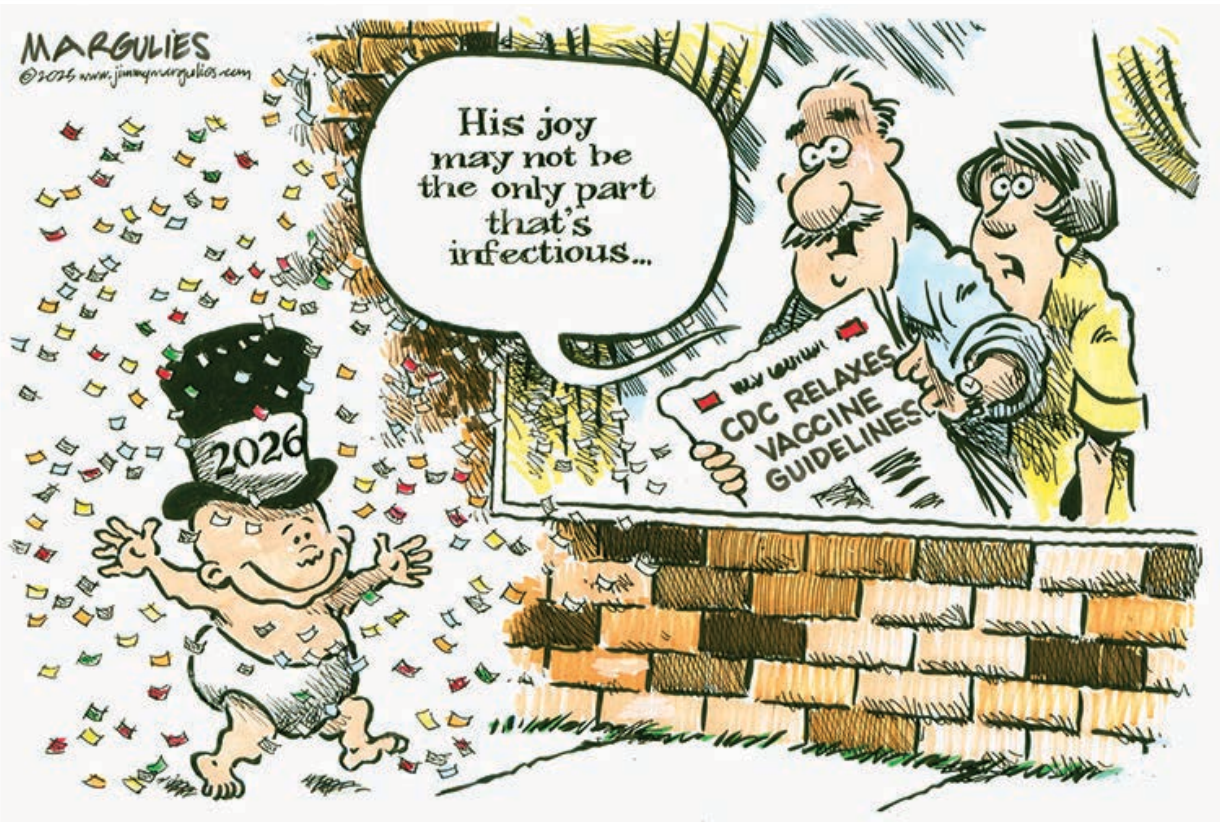
- 1. The Governor’s Inaugural Ball of John Hoeven is scheduled for January 26, 2001 at the Bismarck Civic Center with all invited to attend.
- 2. Volunteers, relatives, and staffs combined to bring “Moments of Cheer” during Christmas week to residents of the Haaland Home, long term unit of Heart of America Center, and nursing homes in Rolette, Cando, and Maddock.
- 3. Preparations underway for the 9th Annual International Seed and Ag Show to be held in the Bottineau North Gym on Friday January 5th. The show will feature more than 60 commercial agricultural exhibits from North Dakota and Manitoba.

50 Years Ago... 1975

- 1. Justin Taylor is selected as a member of the 1976 International Music Camp’s tour band which will travel to Canada, Holland, Belgium, Luxembourg, West Germany, Austria, Switzerland, France, and the United States.
- 2. Memory Jean Berg of Towner and Michael G. Tennancour of Rolette announce their engagement.
- 3. Willow City’s newest business, The Wilo Seed Company, officially opens its doors on January 2nd, 1976.

75 Years Ago... 1950

- 1. The Towner HS Cardinals finish second place in the Bottineau Invitational Basketball Tournament after coming up short to Bottineau in thrilling overtime game with a score of 56-57.
- 2. L.G. Hardie is sworn in as sheriff and Fred H. Miller and G.T. Christianson are sworn in as county commissioners on January 2nd, 1951.
- 3. One of the earliest residents of Barton, ND, John Henry Ness, passes away at the age of 63 in Rugby.



Jim Miller presents:

THE SAVVY SENIOR



Chair Yoga: Safe, Simple, and Beneficial for Older Adults

Dear Savvy Senior,
I've been hearing a lot about chair yoga lately. My New Year's resolution is to improve my health and get moving again, but I have trouble getting down on the floor. What can you tell me about this type of yoga?
Arthritic Abby

Dear Abby,
If you're looking for a safe way to get active again but find traditional exercise routines difficult, chair yoga may be the perfect fit.
Chair yoga is a gentle form of yoga that's done either sitting on a chair or using the chair for support while standing. It adapts traditional yoga poses so they're accessible to people who may have limited mobility, balance issues, or difficulty getting down on the floor.
This practice helps improve flexibility, strength, and balance, boosts circulation and mobility, and promotes relaxation while reducing stress. This makes it an effective and safe way to stay active and support overall well-being at any age.
A typical chair yoga session begins with simple seated postures, such as gentle twists, stretches for the arms and legs, or movements that open the hips and shoulders. These exercises loosen stiff joints, improve posture, and increase flexibility in areas of the body that often become tight with age.
It can also include standing poses like modified lunges or gentle balance work, with the chair always nearby for stability. Breathing exercises are often incorporated throughout the practice, encouraging participants to slow down, deepen their breath, and cultivate a sense of calm. Sessions usually end with a short period of guided relaxation or meditation, leaving participants refreshed and grounded.
How to Get Started
To get started, you just need a sturdy chair without wheels and preferably without arms, and some comfortable clothes. The goal with chair yoga is to stretch, not cause pain.

So go only as far as feels comfortable and don't push beyond your limits.
If possible, consider joining a local chair yoga class. Many local senior centers, YMCAs, and community recreation centers offer chair yoga as part of their wellness or fitness programs. Some yoga studios and gyms may offer gentle yoga or chair yoga too. And if you're enrolled in a Medicare Advantage plan, you may be able to access classes for free through SilverSneakers.com.
If attending an in-person class isn't an option, you can also practice chair yoga at home. There are chair yoga apps and many videos you can access on YouTube to guide you through a routine.
Chair Exercise Options
As an alternative to chair yoga, there are chair exercises you can add to your routine that can help improve strength and balance, reduce joint pain and prevent falls.
To execute some of these exercises, you'll need some resistance equipment like light dumbbells, water bottles, soup cans or resistance bands.
· Sit-to-stand: For this exercise, sit at the edge of the chair, feet hip-width apart. Stand up without using your hands, then slowly sit back down. Use hands lightly on the chair or use a walker or cane if needed for support.
· Seated marches: Sit tall and alternate lifting one knee at a time toward your chest.
· Seated bicep curls: With elbows tucked in, curl weights towards shoulders, then lower with control.
· Seated overhead press: Press weights overhead from shoulder height, then slowly lower.
· Seated leg extensions: Extend one leg straight out and hold for 2-3 seconds, then lower and repeat.
· Heel raises: Lift heels off the floor, pause, and lower back down.
For noticeable benefits, these exercises should be performed at least three days a week, doing three sets of 8 to 12 repetitions.

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Strange BUT TRUE

By Lucie Winborne

- Belize wins the prize for having the national flag with the most colors — 12.
- A California man discovered that he'd been paying his neighbor's power bill for an astonishing 15 years because his meter was mapped to the wrong apartment.
- Labatt Park in London, Ontario, dating back to 1877, is the oldest continually operating baseball grounds in the world.
- A Japanese man who didn't speak to his wife for 20 years while they still lived together and raised three children admitted his silence was due to jealousy of the attention she paid to their kids. Fortunately, the couple finally reconciled after said kids sought help from a TV show.
- Marie Curie was the first person ever to win two Nobel Prizes, one for physics and the other for chemistry, in honor of her work on radioactivity.
- Hawaiian pizza was invented by a Greek immigrant inspired by the sweet and savory flavors of Chinese cuisine.
- Atoms are nearly 100% empty space.
- Cotard's Syndrome, aka Walking Corpse Syndrome, causes sufferers to believe they are dead or missing body parts.
- Ancient Egyptians pronounced the word "cat" as "mew" or "meow."
- A 2001 study conducted at the University of Leicester showed that when cows listen to slow, soothing songs, they produce 3% more milk.
- Those CAPTCHA tests that verify you're human and not a robot have a dual purpose: Each time you identify a bus or traffic light or what have you, you're also helping to improve AI algorithms for companies like Google.
- There are more than 1.4 billion insects for each human on Earth.

Thought for the Day: "Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough." — Franklin D. Roosevelt

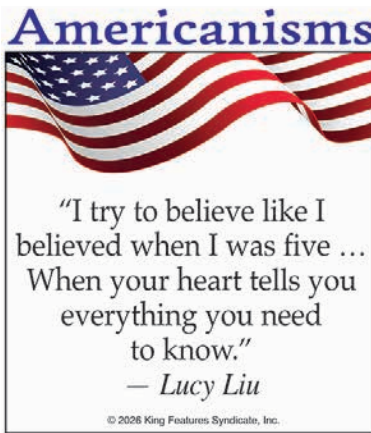
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- "Here's a great chore for little kids Our family seems to leave shoes all over the house. I will have my 4-year-old collect the shoes and deliver them to the room of the person to whom the shoes belong. It's a very easy chore and even like a game sometimes." — A.J. in Texas
- "When cooking from a recipe that I'm not super familiar with, I tape it to the front of my kitchen cabinet. It's in a central location, easy to see and won't get dirty. If it turns out to be something I like, I put it in a plastic sleeve protector in my cookbook. I can still pull it out and tape it to the cabinet when necessary." — R.G. in Georgia
- I love baked goods. These are some good tips that I use all the time. Use a wine glass to cut biscuits. Set a loaf of baked bread on a tea towel top down then use a serrated knife to cut from the bottom. Your slices will look perfect, as you won't crush the top.
- If your family likes stuffing, try baking it in muffin tins for single servings. It works very well.
- "I use a garment rack to dry outerwear overnight. Hang from skirt hangers (the ones with clips) and make sure there is plenty of room for air to circulate around the damp pieces. I use a small fan pointed at the rack, and make sure it's in a warm location, as this doesn't work so well in our cold utility room." — D.L. in Michigan

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Does North Dakota law limit how much counties can increase property tax revenue each year?

SABRINA HALVORSON
CEO of the North Dakota News Cooperative. Award-winning journalist, broadcaster, and speaker. Passionate about nonprofit news, press freedom, and ethical journalism.
North Dakota law limits how much counties can increase property tax levies

from one year to the next.
Legislation passed in 2025 established a general cap of 3% on annual growth in the total property tax levy for counties and most other local taxing entities. The limit applies to revenue raised from existing taxable property and is intended to slow the growth of property taxes while

providing greater predictability for taxpayers.
Revenue generated from newly taxable property is excluded from the cap, allowing collections to grow beyond 3% due to new construction or development without voter approval. Counties may exceed the 3% levy limit only if voters approve a

higher increase through a local election.
The cap applies to counties, cities, townships, and park districts, while school districts are subject to separate provisions. The limit does not restrict spending funded by non-property-tax sources such as state aid, federal funds, grants, or fees.

YES!