

# LIFESTYLES

## SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
**Call the Journal at 285-7411**

## MEMORIAMs

In loving memory of **Jack Everett**, who left us three years ago, May 14.  
*God saw you getting tired,  
And a cure was not to be.  
So He put His arms around you,  
And whispered “Come to Me.”  
With tearful eyes we held you,  
We watched you fade away.  
Although we loved you dearly,  
We could not make you stay.  
A golden heart stopped beating,  
Hard working hands now rest.  
God broke our hearts to prove to us,  
He only takes the best.*

**With all our love,  
your family**

In loving memory of **Donald Urban**, who left us two years ago, May 17, 2013.  
*Feel no guilt in laughter, he knows how much you care.  
Feel no sorrow in a smile, that he's not here to share.  
You cannot grieve forever, he would not want you to.  
He'd hope that you can carry on, the way you always do.  
So talk about the good times, and the ways you showed you cared;  
The days you spent together, all the happiness you shared.  
Let the memories surround you.  
A word someone may say, will suddenly recapture a time, an hour, a day,  
That brings him back as clearly as though he were still here,  
And fills you with the feelings that he is always near.  
For if you keep these moments, you will never be apart;  
And he will live forever, locked safe within your heart.*

**Always loved and sadly missed by  
Dad and Mom  
Joe and Ginger  
Bonnie and Chris, Pam,  
Marena, Nick and Aleigha, Josh, and your nieces  
and nephews**

In loving memory of **Margaret Johnson**, who died three years ago, May 16, 2012.  
*You can shed tears that she is gone,  
Or you can smile because she has lived.  
You can close your eyes and pray that she'll come back,  
Or you can open your eyes and see all she's left.  
Your heart can be empty because you can't see her,  
Or you can be happy for tomorrow because of yesterday.  
You can remember her and only that she's gone,  
Or you can cherish her memory and let it live on.  
You can cry and close your mind, be empty and turn your back,  
Or you can do what she'd want: smile, open your eyes, love and go on.*  
- Author Unknown

**With much love,  
Lisa, Wade and Alexis**

Remembering **Jeff Anderson** on his birthday, May 15.  
**Happy Birthday In Heaven**  
*Happy Birthday up in Heaven,  
From your family here below;  
We love you and we miss you,  
And want to let you know.  
Your birthdays aren't forgotten,  
And your memory yet lives on;  
We celebrate your life with us,  
Even though you've gone.  
Were God to grant us just one wish,  
Then make that wish come true;  
You'd be here right beside us,  
And we'd spend this day with you.  
And while here for your birthday,  
You would be so hugged and kissed;  
That you would know before you go,  
How much you're loved and missed.*

**All our love,  
Your family**

# LOOKINGBACK

### 25 YEARS AGO

Dave Austin and the Rev. Larry Connors announce their write-in campaigns for the school board election.

### 40 YEARS AGO

Falls Police Patrolman Ken Etienne was awarded a special plaque after being voted the county's "Most Courteous Police Officer."

Receiving trophies at last night's Drama Club Banquet for compiling at least 75 points during the school year were Louise Anderson, Lea Ann Whitbeck, Carmen Remillard, Debbi Ellison and Joanne Manka.

Marine Lance Corporal Jeffrey A. Asleson, son of Mrs. James Asleson of Island View Route, has been promoted to his present rank while serving with the 2nd Battalion, 4th Marine Regiment, home-based on Okinawa.

### 50 YEARS AGO

Lyle Guerard, junior high school mathematics instructor, recently resigned.

John Kolodji, Walker, was hired as senior high school Spanish teacher.

Richard P. Johnson was promoted to the position of yardmaster, MD&W Railway company, effective May 1.

Making up the Broncos 880-yard relay team for the upcoming Iron Range Conference track and field meet at Hibbing Thursday are Tony Curran, Gary Smith, Don Schmidt-bauer and Dwayne Earnest.

### 60 YEARS AGO

Sgt. and Mrs. Ross DeLack, who have spent the past month in Littlefork with relatives and friends, left for Germany where he will be stationed for the next three years.

Mr. and Mrs. James Sedaris returned from San Diego, Calif., where they spent the winter, and have opened their home at Newport, Rainy Lake.

Mrs. Bert Bartel of Fort Frances was honored at a stork shower in the home of Mrs. John Romosz, South International Falls.

Women bowlers Della and Minnie Timmer, Lou Anderson, Doris Vellieux, Rose Olson and Madeline Parkin are leaving tomorrow for Omaha, Neb., where they will participate in the Women's National Bowling Tournament.

### 70 YEARS AGO

No new taverns will be permitted to open in International Falls this year as the result of a city council resolution. The present number of liquor and on-sale beer permits was announced at 22, including two clubs.

Due to shortages of meat and supplies, Len's Lunch will be closed evenings for the duration. Luella Wheelock, proprietor.

Mrs. Marian E. Pelland, 523 1/2 Ninth St., this week received official confirmation that her husband, Pfc. George Pelland, gave his life on April 1 in action in Germany.

# Possible causes of ‘old-people smell’

**Q. My 6-year-old grandson insists that I smell like an old person. Do you have any idea what he's talking about?**

A. There was a study that suggests people can tell if you are old by how you smell. The study was done at the Monell Chemical Senses Center in Philadelphia.

Researchers asked volunteers between the ages of 20 and 95 to sleep in T-shirts with nursing pads sewn into the armpits.

After the five nights, the researchers put the pads in jars. Each jar contained cut-up quarters of pads from several people in the same age group. A separate group of volunteers was asked to sniff the jars and rate the odors.

The odor of people 75-95 was judged to be less intense and far more pleasant than the scent of either young or middle-aged adults. In general, men smelled worse than women, but that distinction disappeared in old age, the researchers found.

Johan Lundstrom, co-author of the study and



**Fred  
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HEALTH CARE WRITER

an assistant professor at Monell, said the study "shows that there's yet another signal hidden in the body odor that we are somehow able to extract and make use of."

Previous research had suggested that body odor provides clues to sickness, gender and kinship. In recent years, scientists have shown that humans use their noses when selecting romantic partners.

There is a negative connotation to "old-people smell." Where does it originate?

Here are some possible causes offered by experts on aging:

■ **Stale air.** Old people tend to keep the thermostat on high, their windows closed

and shades down. Their homes are stuffy breeding grounds for mold and bacteria.

■ **Dirty digs.** It's more burdensome for older people to do house-cleaning.

■ **Unlaundered clothes.** Doing laundry is difficult for many older people, so they tend to have soiled clothes around.

■ **Incontinence.** Sometimes the aged don't get to the bathroom in time and don't clean up properly.

■ **Faulty senses.** An older adult's senses of sight and smell have dulled. Older people often don't see dirt or smell bad odors.

■ **Bad breath.** As we age, the tissues of the mouth produce less saliva, which is the best defense against bad breath. Older people don't brush their teeth as well as they used to. And dentures retain odors if they aren't replaced when they should be. Digestive problems, such as acid reflux, are increasingly common as we age; these send stomach odors up into the mouth.

■ **Dehydration.** It's common for older

people to drink very little without realizing it. When a person is dehydrated, odors from foods such as garlic or onion become more concentrated. Urine is more concentrated, too, so just a drop of leakage can produce a strong smell.

■ **The unwashed.** Older people take fewer baths because they are viewed as a lot of work when you are just staying at home. And, there is a fear of falling in the tub.

■ **Medicinal smell.** Older people take a lot of medications, which can cause a subtle chemical odor to come through the pores of the skin. They also use a lot of mentholated products such as Ben-Gay and Vicks Vapo-Rub.

■ **Cleaning solutions.** We associate ammonia and Lysol with aging because it is used in nursing homes.

*If you would like to ask a question, write to fred@healthygeezer.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

## SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St. Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals

are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

### MONDAY

Chicken strips  
Fresh fruit

### TUESDAY

Pork loin  
Fruit

### WEDNESDAY

Creamed chicken and

biscuits

Fresh fruit

### THURSDAY

Meatballs and gravy  
Cheese cake

### FRIDAY

Sweet and sour pork  
Applesauce

# Neighbors caring for neighbors

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Elizabeth Lessard, DNP



Emily Nicholson, PA-C



Darci Pelland, CNP



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**To schedule an appointment, please call:**

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