

# 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

## Carl Crawford providing Arrowhead Transit training

AEOA REPORT

Every year, the volunteer drivers for Arrowhead Transit are required to take a refresher class so they can stay current on proper procedure. This year, Carl Crawford, Intercultural Center coordinator at Lake Superior College, has been providing the diversity training for several of these classes.

Within the eight counties of the Arrowhead, there are currently 268 Arrowhead Transit active volunteer drivers. These drivers are reimbursed 57.5 cents per mile they drive, but, “None of these drivers that I have met are doing it just for the money,” said Crawford. “It’s a really compassionate group. All of them are dealing with people who are often at the toughest times in their lives.

“Sometimes it’s hard not to look at people and identify them by their needs. I tell the volunteers, ‘see the human side of your clients.’”

Arrowhead Transit contracts with insurance providers and counties to provide rides for qualifying persons to medical appointments. In addition, Arrowhead Transit’s Rural Rides Program provides volunteer drivers to assist persons with work related transportation needs. Each month



CONTRIBUTED PHOTO

**Carl Crawford, Intercultural Center coordinator at Lake Superior College.**

the volunteers drive almost 250,000 miles. That works out to over 11,000 miles per day (Monday through Friday), which is equivalent to driving back and forth from Los Angeles to New York, twice. Yet there has not been a serious accident caused by one of the volunteer drivers in the millions of miles driven.

Transportation advocate, Martin Lepak, a one-man HR department for these drivers, said, “We have a really good group of drivers right now. I mean a really good group. Right now we are not looking for additional drivers, but if anyone is interested, they can contact me by email martin.lepak@aeoa.org and I’ll get them on our waiting list.”

“When I sign on drivers, I look for people who are willing to help people of every background. I look for dependability and adaptability. About 90 percent of our drivers are retired.”

“In America, we don’t celebrate everything being the same,” said Crawford. “Every person, every culture is different. Some of our communities in the Arrowhead are isolated. One of the drivers told me about a situation where they stopped at a gas station and the client, who was Native American, was not allowed to use the restroom. Another driver stopped at a fast food restaurant with her clients. When their 4-year-old went into the play area, the parents of the kids who were in the play area told their kids to get out. It was gut wrenching for them to see this.”

“These volunteers get to know people of every background. I tell them we are all different and we can be okay with that. I tell them we need to allow every person the opportunity to make mistakes. We all do. And we need to give every person a chance to come back from their mistakes.”

The Arrowhead Transit Volunteer Driver Program is part of the Arrowhead Economic Opportunity Agency.

## S

**Q. Is it true that sleepwalkers can’t be hurt when they walk in their sleep?**

A. This is a common misconception. Sleepwalkers (aka somnambulists) are often injured when they trip and fall in their sleep.

Another myth is that you should not wake up a sleepwalker. It is not dangerous to awaken a sleepwalker. In fact, it can be quite dangerous not to wake a sleepwalker. The only problem with rousing a sleepwalker is that the person will be disoriented for a while.

The term sleepwalking is defined as a disorder that occurs when people are active while sleeping. The activities are not limited to walking. Some sleepwalkers can perform complex functions. Some can get dressed, walk out the door and drive all while asleep.

Sleepwalking is classified as a parasomnia. Parasomnias are abnormal things that can happen to people while they sleep such as nightmares, sleep paralysis, sleep aggression and sexomnia. Yes, people are capable of



Fred

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HEALTH CARE WRITER

performing sex acts while sleeping.

Most sleepwalking episodes last for less than 10 minutes. However, they can go on for a half hour or even more. Sleepwalking usually occurs during deep sleep, early in the night. Sleepwalking episodes can occur multiple times a night for a few consecutive nights.

Sleepwalking can occur at any age. It is much more common in children than adults. It seems to be an inherited trait.

Fatigue, lack of sleep, and anxiety are all associated with sleepwalking. So are alcohol, medications, mental disorders, sleep-disordered breathing, restless legs syndrome,

migraines, head injuries, and sleeping in unfamiliar surroundings.

Occasional episodes of sleepwalking aren’t usually a cause for concern. However, consult your doctor if the sleepwalking episodes become more frequent or lead to dangerous behavior or injury.

Most people don’t need any specific treatment for sleepwalking. In some cases, short-acting tranquilizers have been helpful in reducing sleepwalking. Treatment for adults who sleepwalk may include hypnosis.

The primary problem with sleepwalking is potential injury. If you are sleepwalking, you should move any objects that are tripping hazards such as wires and small furniture. Expandable gates on stairways are advisable.

The prevalence of sleepwalking in the general population is estimated to be between 1 percent and 15 percent.

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

*Celebrate Minnesota Party*  
Minnesota hot dish  
Ice cream

### TUESDAY

Chicken wild rice soup  
Ham and cheese sand-

wich or alternate

Fresh fruit

### WEDNESDAY

Chicken pasta salad  
Fresh fruit

### THURSDAY

Roast beef dinner  
Rhubarb upside down cake

### FRIDAY

Parmesan crusted chicken  
Fruit

## BIRTH

The following birth has been reported from La Verendrye General Hospital, Fort Frances, Ontario.  
Born to:

Liberty Wilson and Matthew Moen, Fort Frances, a daughter, Bristol Page Moen, 6 pounds, 11 ounces, April 20, 2015.

# LOOKINGBACK

### 25 YEARS AGO

Bronco cager Karyn Shold has decided to attend the University of Minnesota-Duluth and play basketball for the Bulldogs.

The Major League and City Association team champs this season in the Falls Men’s Bowling team was the Hardee’s team. Team members are Will Marvel, Dave Peterson, Chuck Greenlee, Mike Christianson, Jim Leen and Mel Christianson.

### 40 YEARS AGO

Boise Cascade employees Albert Kennedy, Arnt Thompson, Norman Grenier, Donald Giauque, John Furman and Joseph Hubbell retired in April.

Pamela Haugland announces the birth of a baby sister, Nicole Ann. She was born today and weighed 7 pounds and 10 1/2 ounces.

The St. Cloud women’s track and field squad will enter five athletes in the upcoming Region 6 track and field championships to be held in Wichita, Kan., beginning Friday. One of the participants will be Debbie Krats of the Falls who will be entered in the 400-meter and 100-meter hurdles as well as the high jump.

### 50 YEARS AGO

Cadet T/Sgt. Gary L. Gilchrist, a UMD sophomore and son of Mr. and Mrs. Oliver Gilchrist, 130 Hiway Lane, was presented the “cadet of the quarter” ribbon during the change in command ceremonies held in the UMD gymnasium recently.

Mrs. Verna Sartain is now in her home after spending the past winter months as a resident of the nursing home.

Steve Ross is the newly-elected Bronco hockey captain and Ron McClanahan is the new football captain.

Marine Private Vernon J. Bruce, son of Joseph Bruce of Big Falls, is serving with Company “C” of the 1st BN, 3rd Marine Regiment at Da Nang, South Viet Nam.

### 60 YEARS AGO

John Kaminski, 723 Seventh St., planted his garden this spring the earliest in 24 years. Green onions were on the Kaminski dinner table Sunday. Radishes have produced their second set of leaves.

Donald Leroy Clark, fireman apprentice, 2/c, U.S. Navy, is spending a 14-day leave with his parents, Mr. and Mrs. Albert Clark of this city.

Pvt. Robert T. LaRock, son of Mr. and Mrs. Tom LaRock, Littlefork, was selected as the outstanding trainee of his company at Fort Leonard Wood, Mo.

Miss Donn Koppi, presently teaching at Calmar, Iowa, was hired to teach English and speech in the senior high school.

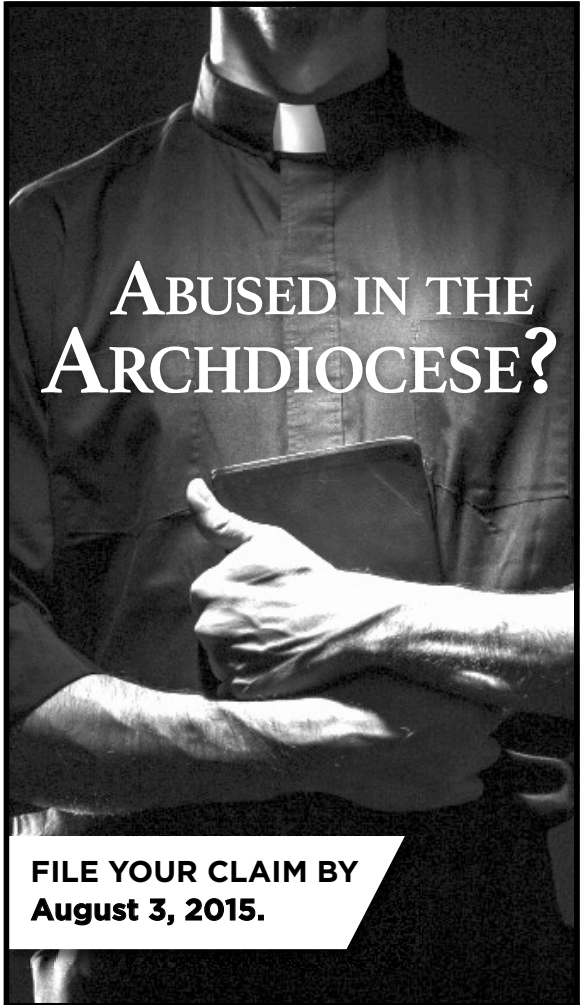
### 70 YEARS AGO

Pfc. Addy Watt has advised his parents, Mr. and Mrs. C.Z Watt of Ray, that he was wounded in action in Germany and is now recovering in an army hospital in England.

Miss Iris “Tootie” Murray, who leaves Sunday for Camp Lejeune, N.C., to receive her initial training with the marine women’s reserve corps, was feted at a farewell party given at the home of Mrs. Vincent O’Leary, Carson-Lupie.

Miss Virginia Lee Wagner entertained several friends at a theater party followed by lunch at the Chicago Cafe in honor of her 13th birthday.

Kenneth L. Breneman, 17, son of Mr. and Mrs. Leon Breneman, 410 Seventh St., joined the U.S. Maritime service Monday at the regional enrolling office in Minneapolis.



**FILE YOUR CLAIM BY August 3, 2015.**

## WE CAN HELP!

If you were sexually abused by a priest or any other person affiliated with the Archdiocese of Saint Paul and Minneapolis, you can now file a claim for compensation – but you must act now!

**ALL CLAIMS MUST BE FILED BY AUGUST 3, 2015 OR YOU MAY LOSE YOUR RIGHTS FOREVER.**

*Begin your journey of healing today.*  
**Contact us now so we can help you!**



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