

# 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

## 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**  
Meatloaf

Baked potatoes  
Spinach  
Fresh fruit

**TUESDAY**  
Pork steak  
Mashed potatoes  
Carrots  
Bread dressing  
Fruit

**WEDNESDAY**  
Closed

**THURSDAY**  
Closed

**FRIDAY**  
Meat  
Fruit and/or vegetables  
Dessert  
Bread

## MEMORIAM

In loving memory of **Larry Oster**, who passed away Dec. 22, 2012.

*We thought of you today,  
But that is nothing new;  
We thought about you yesterday,  
And days before that, too.  
We think of you in silence,  
We often speak your name;  
All we have are memories,  
And a picture in a frame.  
Your memory is a keepsake,  
From which we'll never part;  
God has you in His arms,  
We have you in our hearts.*

Love,  
Sandy, children and grandchildren

## BIRTH

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

Born to:  
Joe and Danielle Krahn, Fort Frances, a son, Jesse Joseph Krahn, 8 pounds, 5 ounces, Dec. 1, 2014.

### FIND DEALS

in  
The Journal  
Classifieds

# Evidence shows geezers should exercise

**Q. How important is exercise when you are a senior? Is it worth the risks of hurting yourself?**

A. All the current scientific evidence shows that geezers should exercise, even though many older people think it could harm them. Study after study demonstrates that seniors hurt their health a lot more by being sedentary.

If you're inactive, you deteriorate. Physical activity can help restore your capacity. Most older adults, regardless of age or condition, will benefit from increasing physical activity to a moderate level.

Warning: If you want to begin a new exercise program, you should consult your physician and request a list of exercises that are best for your age and physical condition.

Four types of exercise are important for your health. These are exercises for strength, balance, stretching and endurance.

Strength exercises build muscle and raise your metabolism. Doing these exercises will help to keep your weight down.

Balance exercises help prevent falls and, therefore, will keep you from breaking yourself and losing your independence. Each year, U.S. hospitals have 300,000 admissions for broken hips; many of them are the result of falls.

Stretching exercises give you more freedom of movement. And endurance exercises raise your pulse and breathing.

Here are 10 tips to make any exercise program safe:



Fred  
CICETTI  
HEALTH CARE WRITER

Don't hold your breath during strength exercises. This could affect your blood pressure.

When lifting weights, use smooth, steady movements. Breathe out as you lift or push a weight, and breathe in as you relax.

Avoid jerking or thrusting movements.

Avoid locking the joints of your arms and legs into a strained position.

Some soreness and slight fatigue are normal after muscle-building exercises. Exhaustion, sore joints, and painful muscle pulls are not normal.

Always warm up before stretching exercises.

Stretching should never cause pain, especially joint pain.

8.) Never bounce into a stretch; make slow steady movements instead.

To prevent injuries, use safety equipment such as helmets for biking.

You should be able to talk during endurance exercises.

Measuring your progress can motivate you. Test yourself before starting to exercise to get a baseline score. Test and record your scores each month. The following are some tests you can use, if your doctor approves.

For endurance, see how far you can walk in exactly six minutes.

For lower-body strength, time yourself as you walk up a flight of stairs as fast as you can safely.

For upper-body strength, record how much weight you lift and how many times you lift that weight.

For balance, time yourself as you stand on one foot, without support, for as long as possible. Have someone stand near you in case you lose your balance. Repeat the test while standing on the other foot.

Remember, above all, exercise should make you feel better.

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

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

## Helping you stay linked to your community

ifallsjournal.com

### HOLIDAY CLOSING

**The Solid Waste Transfer Station/ Recycling Center holiday hours:**

Wednesday, Dec. 24 - Open 9:00 a.m. until 12:00 noon

• Thursday, Dec. 25 - Closed

• Friday, Dec. 26 - Resume normal hours - Monday thru Friday 9:00 a.m. until 4:00 p.m., Saturday 9:00 a.m. until 1:00 p.m.

• Thursday, Jan. 1 - Closed

If you have any questions please contact the Koochiching County Environmental Services Department at 283-1157

647913  
STOLTZ

647913  
NS01

2.00 x 4.000

### Thank You,

*from the family of Gloria Stoltz*

all who were a part of the comforting process, with the transition from this earth to heaven to be with Jesus, for our Mother.

A special thanks to the Doctors and staff at Rainier Hospital, the Life Flight crew, Dr. Bjork and the team at CICU at St Mary's in Duluth, whom with great compassion and understanding made the last week with our Mother, precious. Thank you to Warren and his wife Betty of Walker Funeral Home in Cook, MN., for going the extra mile through it all. That speaks volumes to us.

*May God Bless each and every one.*

*Larry, Deb, Greg & Family.*

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### HAPPY HOLIDAYS

The holiday season is upon us and we at Renaissance Hearing Centers wish you a very merry Christmas and a prosperous New Year.

Our office schedule will be lighter during the holiday season. Any end of year purchases of hearing aids need to be ordered on or before December 4th for it to be billed during the 2014 year.

This is the season of Hope. We hope that the New Year will bring about good health, an improved economy, better jobs and a more peaceful world.

Our holiday schedule is as follows:

Thursdays, November 20  
Thursdays, December 4, 11 Wed. Dec. 17  
Thursdays, January 8, 15, 22 & 29

**We wish all our customers and friends a very Merry Holiday Season.**

**RAINNAISSANCE**  
HEARING CENTERS, INC.

Rainy Lake Medical Center

1-800-414-5854

### The Journal Holiday Schedule

The Journal will be CLOSED - at Noon

Wed., Dec. 24 & Wed., Dec. 31

### Early Advertising Deadlines:

**Display & Legal Ads:**

For Wed., Dec. 24 & Dec. 31 papers, deadlines are Thursdays prior at 5pm.

For Sat., Dec. 27 & Jan. 3 papers, deadlines are Mondays prior at noon.

**Word Ads:**

For Wed., Dec. 24 & Dec. 31 papers, deadlines are Mondays prior at noon.

For Sat., Dec. 29 & Jan. 3 papers, deadlines are Tues. prior at noon.

*We Wish You A Merry Christmas ... And A Happy New Year!*

**The Journal**

218-285-7411

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