

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

Info on hallucinations, hypothermia and fires

Q. Are hallucinations reason enough to see a doctor?
A. Hallucinations can be a symptom of a variety of problems — both physical and mental. They can be caused by schizophrenia, dementia, depression, Parkinson's disease, stroke, fever, drugs, and alcohol. You should see a doctor immediately about this symptom.
Visual loss is a common cause of hallucinations, too. About one in 10 people with vision problems has hallucinations. It is suspected that this phenomenon is under-reported because victims fear they are losing their minds and don't want their doctors to know.
Complex hallucinations among people with vision loss is called Charles Bonnet Syndrome. Charles



Bonnet was a Swiss philosopher. In 1760, he described this condition in his blind grandfather.
These hallucinations can strike at any age, but usually affect seniors. The most likely reason that the syndrome affects the elderly is the prevalence of visual problems in this age group. The common conditions leading to CBS are age-related macular

degeneration, glaucoma and cataract.
Q. Does it have to be very cold outside to get hypothermia?
A. You don't need a frosty winter day to suffer from hypothermia. Hypothermia occurs when your body doesn't maintain a normal temperature, which is about 98.6 degrees Fahrenheit. When your core temperature drops to 95 degrees, you are suffering from hypothermia, which can be lethal.
You can get hypothermia in an air-conditioned environment. It can strike you if you are soaked in the rain on a cool, windy day, or if you fall into chilly water. Water colder than 70 F can begin to cause hypothermia quickly.
People older than 65 years are especially vulnerable to hypothermia

because they tend to suffer from illnesses or take medications that interfere with regulating body temperature. Also, older adults often produce less body heat because of a slower metabolism and less physical activity.
Seniors make up about half of the annual fatalities from hypothermia in the United States.
Low body temperature impairs the brain, so hypothermia is especially dangerous because its victims may not know they're in trouble. Severe hypothermia eventually leads to cardiac and respiratory failure, then death.
Hypothermia comes on gradually. Shivering is a common and obvious sign. Shivering is a natural response that increases muscle cell activity and

generates heat.
But, shivering alone does not mean you have hypothermia. Healthcare professionals recommend looking for "umbles," too. These are stumbles, mumbles, fumbles and grumbles.
Watch for these specific symptoms: confusion or sleepiness; slowed, slurred speech; shallow breathing; weak pulse or low blood pressure; changes in behavior such as apathy; change in appearance such as pale skin; poor body control or slow reaction times.
Q. Do you have any suggestions for what to do in a fire?
A. Seniors face the highest risk of perishing in a fire because their senses don't detect danger as easily as they used to, and they don't move

quickly to escape during an emergency.
Here are some general fire-emergency recommendations:
■ If you must exit through smoke, crawl under it (smoke rises).
■ Cover your mouth and nose with a moist towel or an article of clothing to protect yourself from dangerous fumes.
■ Always touch closed doors; if they are warm, don't open them. Don't touch doorknobs.
■ If your clothing is on fire, drop to the floor and roll to extinguish flames.
■ Avoid elevators; use stairs or fire escapes.
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.

Lions Club gathers for monthly meeting

LIONS DEN REPORT

International Falls Lions Club met Feb. 3 at the AmericInn.
Old business discussed included participation in the fishing derby which will be manning the food trailer, selling hot dogs and brats, and making arrangements for workers.
Dick Briese reported the Mid Winter Convention was informative and well attended. The Parade

of Green brought in over \$92,000 for projects supported by the District.
Also received through the conventions is information from other clubs on what they do and how they grow their membership. One club shared the fact that their club has younger members with children, so they bring them to meetings. Discussion has begun on the possibility of starting a branch club for families with children

still at home. Anyone interested in assisting may call Briese at 286-5508 or John Michelson, 715-383-7014.
The club decided to discontinue selling mints but will keep gumballs at businesses they are currently available at.
The scholarship discussion was tabled and was decided to be wrapped up in March.
A raffle is still in the discussion stage with de-

tails of what, where and when yet to be decided.
It was voted that the club will man a booth at the International Falls Outdoor Expo planned for April 10 at Evangelical Covenant Church, where the public is encouraged to stop by to learn more about the club.
The next meeting is planned for 6 p.m. March 2 at the AmericInn. Anyone interested is encouraged to attend.

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
Swiss steak
Mashed potatoes
Green beans
Cookies
Bread

TUESDAY
Boiled dinner or alternative
Fruit
Lemon bars
WEDNESDAY
Fish sandwich on bun or alternative
Tartar sauce
Tater Tots
Carrot raisin salad
Fresh fruit
THURSDAY
Harvest stew
Garlic biscuits
Cucumber salad
Fresh fruit
FRIDAY
Chicken broccoli bake or alternative
Ambrosia salad
Fresh fruit

HRA Plans available to the public for review

HRA REPORT

The Quality Housing and Work Responsibility Act of 1998 requires that Public Housing Agencies prepare Public Housing Plans that include a 5 Year Plan and an Annual Plan.
The Koochiching County Housing and Redevelopment Authority has prepared the Annual and 5 Year Plans as required by the Quality Housing and

Work Responsibility Act of 1998.
These plans are available to the public for review and comment, and can be reviewed at the Koochiching County HRA offices, which are located at 12064 Main St., Northome, during regular office hours (Monday-Thursday, 8 a.m.-4 p.m.; Friday, 8 a.m.-noon).
A public hearing will take place on the plan at the Annual HRA of Koochi-

ching County Board of Commissioners meeting scheduled for 12:30 p.m. April 21 at the HRA office in Northome.
The 5 Year Plan describes the mission of the PHA and the PHAs long range goals and objectives for achieving its mission over the subsequent five years.
The Annual Plan provides details about the PHAs immediate op-

erations, program participants, programs and services, and the PHAs strategy for handling operational concerns, residents concerns and needs, programs and services for the upcoming fiscal year.
Both planning mechanisms require PHAs to examine their existing operations and needs and to design short and long range strategies to address those needs.

Beverly Beck leads RLMC Auxiliary meeting

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary met Feb. 3 at the hospital.
President Beverly Beck presided at the meeting and

led in the prayer for hospital auxiliaries.
Hospital liaison Kelly Millerbernd spoke of all the progress made so far in setting up in the new hospital quarters. A full time surgeon

has been hired. A blood drive will be conducted in February.
Committee reports were given.
Sonia Wegge and Helen Billig are chairpersons for the

sloppy joe feed set for Feb. 26 at the hospital. Proceeds from that event will go toward the scholarship fund.
The next regularly scheduled meeting of the auxiliary will be March 3 at the hospital.

MEMORIAM

In memory of my husband (*Luv*), our father and grandfather, **John Chovan**, who passed away Feb. 15, 2014.
*We often lay awake at night,
When the world is fast asleep;
And take a walk down memory lane,
With tears upon our cheeks.
Remembering you is easy,
We do it every day;
It's the heartache of losing you,
That never goes away.
Your smile is gone forever,
Your hands we cannot touch;
We have so many memories,
We love you very much.
We hold you tightly within our hearts,
And there you will remain;
Life goes on without you,
But we will never be the same.*
**We love you so much, and miss you terribly -
Your loving wife, Jody (Ma Cat)
Linda, Rod and family
Lori and Slugger
Derek and Ashley**

COMMUNITY CANCER WALK

Thanks to
The International
Voyageurs Snowmobile Club,
Thunderbird and
the Community for your
great support of the
gas card program
through the Radar Race

Happy 5th Birthday Avery

Love Your Family

CONGRATULATIONS!

Sr. High
SARA SWENSON

Littlefork-Big Falls December 2014 Student of the Month

Jr. High
BAILEY HAGEN

Sponsored by:
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Rainy Lake Sportfishing Club's 30th ANNUAL FAMILY ICE FISHING DERBY & RAFFLE

Saturday, February 28th • 1-4 p.m.
SAND BAY AREA - MAIN ENTRANCE: RAINY LAKE MARINE

Each Child will receive a **FREE HOT DOG** ticket.
Warm up with the family at some designated fire pits and enjoy **FREE s'mores!**
LIONS CLUB FOOD WAGON WILL BE SERVING ALL DAY

DERBY PRIZES

(\$10 Raffle Ticket Required)
1st - HISSIN 700 UTV
2nd - Jiffy Ice Auger
3rd - Humminbird Ice 45 Flasher
Many others to win!

NOTICE: RULES FOR 2015

- 2014 Licenses are VALID.
- No lines in the water until 1:00 p.m.
- Fish Prizes donated by: Hardees; Farmers Insurance - Ronna MacKay; Loons Nest/Rainy Lake One Stop/Rainy Lake Spirits; Sportsman's Service.
- Secret surprise drawings announced throughout the day.

ALL STATE FISHING REGULATIONS ARE ENFORCED
(Remember that you cannot keep walleyes in the Rainy Lake 17"-28" slot nor will they be accepted for the draw!)

\$10 RAFFLE TICKETS AVAILABLE AT:

Outdoorsman's Headquarters - Sportsman's Service - Loons Nest - Rainy Lake One Stop - Forestland - Randy's - Mel's Corner Service in Littlefork - Promersbergers Corner in Big Falls - as well as other various locations throughout the borderland.