

COMMUNITY

A LOOK AT BORDERLAND

The Journal welcomes ideas for stories about people in our community.

Call the Journal at 285-7411

OBITUARIES

The Journal publishes paid obituaries in Wednesday and Saturday editions and on its Web site at www.ifallsjournal.com.

Obituaries must be submitted by 10 a.m. Tuesdays to be published in the Wednesday edition, and by 10 a.m. Thursday to be in the Saturday edition.

All obituaries must be prepaid before they are published.

Obituaries can be faxed to the Journal at 285-7206; e-mailed to tammiec@ifallsjournal.com; or mailed to The Journal at 1602 Highway 71, International Falls, MN 56649.

We encourage electronic delivery of obituaries and any accompanying photos.

If desired, The Journal will e-mail or fax a proof of the obituary to the funeral home handling the service.

For more information, call Tammie Calder at 285-7411.

Robert ‘Bob’ LaPage, 66

A graveside service for Robert “Bob” LaPage, 66, of International Falls, Minn., who died Wednesday, April 24, 2013, in Minneapolis, Minn., is planned for 10 a.m. Friday, July 12, in the Veterans of Foreign Wars section of Forest Hill Cemetery. Full military rites will be accorded. Arrangements are with Green-Larsen Mortuary Inc., International Falls.

FUNERAL

Dr. Terry L. Kalar, 68

Funeral services for Dr. Terry L. Kalar, D.D.S., 68, of International Falls, who passed away Friday, June 28, 2013, at Rainy Lake Medical Center, were conducted at 10 a.m. Tuesday, July 2, at Evangelical Covenant Church. Officiating was Pastor Ryan Sarenpa. Music was by Jennifer Vollum and Clarissa Sarenpa. Pallbearers were Austin Kalar, Joe Krall, Brian Krall, Jeff Krall, Mark Johnson, Travis Kalar and Barrett Kalar. Interment was at Forest Hill Cemetery. Arrangements were with Green-Larsen Mortuary Inc., International Falls.

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Jackie Schurg ‘Jack’ Cooper

It is with heavy hearts that the family of Jackie Schurg Cooper — Jack — announce his passing Sunday, June 30, 2013, at Rainycrest, Fort Frances, Ontario.

Jack was born Sept. 22, 1936, in Emo, Ontario.

He was raised and attended schools in Kenora, Ontario, and as a young adult he moved to Fort Frances, to call it home and this is where he choose to raise his family.

Jack was the “go to guy” for many of the trades people in the Fort Frances area as a manager and employee at Acklands throughout the majority of his adult working career.

Jack had a good sense of humor and countless jokes were shared across the Acklands counter. After Jack’s retirement from Acklands, he worked at the Sunrise Center Against Sexual Assault with his wife Jan. He made many lasting friendships through these transactions.

Jack loved spending time in the outdoors and was completely comfortable in any situation during any season. He enjoyed outdoor activities that brought some challenges like fishing and hunting, and ones that brought pleasure like photography, bird watching, and gardening. Jack always had a camera in hand, even at the most inappropriate times. He had a great eye and endless patience that allowed him to capture some truly remarkable images on film.

Jack and his wife Jan enjoyed traveling and jumped at any opportunity that took them to points all over the United States and Europe.

Jack loved to work with his hands and without a doubt was a “Jack of all trades” with great skill in many facets, carpentry, mechanic, painter, plumber, electrician, artist, photographer, and gardener.

Jack also had a soft spot for animals, especially those of the feline persuasion. There was always at least one pet in their home. He often spoke of them both past and present and held them in the highest regard.

Jack was predeceased by

his father, Allan Cooper; mother, Theodora Cooper; son, Robert “Bobby” Cooper; sister, Marlene Brown; brother in-law, Donald Brown; and more recently his loving wife of 20 years, Jan Cooper.

Left to cherish his memory are daughter, Kathy Cooper (Mark Bowes) and son, Tom Cooper (Janine Ferris), and their mother, Elaine Cooper. He is also survived by his daughter, Jana LeClaire (Chris) and grandson, Jackson LeClaire; son, Scott Anderson; sister, Lynda Heino (Gerald); sister in-law, Emmi Lattu; brother-in-law, Jon Lattu; and close family friend, Gail Costley.

The family would like to thank Dr. Moorhouse for his support through Jack’s illness; a huge, heartfelt Thank You to the staff of Rainycrest for their care, concern, and compassion during his stay; and a special thank you to Bob Wepruk for his help and support throughout the years.

A celebration of Jack’s life was conducted at 1 p.m. Friday, July 5, at Green Funeral Home, Fort Frances, with Fr. Wayne McIntosh officiating.

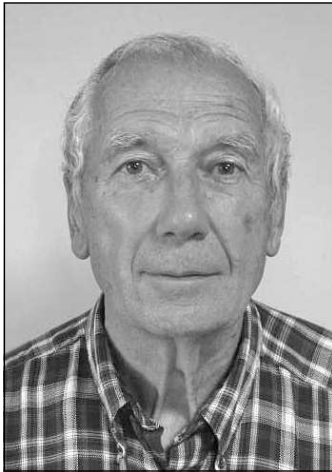
Cremation has taken place.

Interment will follow at a later date.

In lieu of flowers, donations to the Alzheimer Society of Canada or a charity of your choice would be greatly appreciated.

Online condolences may be made in care of www.greenfuneralhomefortfrances.com.

Green Funeral Home, Fort Frances, was in charge of arrangements



Can you dig it with arthritis?

For adults there are two kinds of arthritis: Osteoarthritis (OA) which causes a deterioration of cartilage causing the bones to rub against one another and Rheumatoid Arthritis (RA) which is a build-up of fluid in the joints causing pain and inflammation.

Some of the risk factors for arthritis include age, obesity, injury or overuse, genetics and muscle weakness. The primary symptoms of arthritis are stiffness, especially in the morning and, of course, aches and pain. There is no cure but the symptoms can be managed.

I polled our group of master gardeners and learned the average age in the group is 65.8 years. The presence of arthritis impacting their gardening ranged from NONE to significant pain with garden work. Every joint was mentioned from fingers to knees. Yet this group persists, not wanting to give up gardening because of arthritis.

Following are some strategies to help prevent arthritis symptoms while in the garden:

Keep up with your health care provider’s recommendations to



Helenruth SCHUTTE
MASTER GARDENER

week instead of plowing through them on a weekend. Now that the days are longer this is easier to do.

Buy garden tools with bigger handles. You can find tools geared for people with arthritis in almost any gardening catalogue. Look for tools awarded the EASE-OF-USE COMMENDATION from the Arthritis Foundation. As an alternative, if replacing tools is too expensive, tightly wrap pipe insulation around the handles to make them thicker and easier to handle.

Get help. This was mentioned by one of our group as well. The dedicated gardener may want to do it all but consider getting help with the heavy lifting like moving rocks or heavy debris.

Some other positional tips include things like working at waist level instead of bending and stooping. Our group found this position to cause the most discomfort. Use a small garden bench in situations where you’d otherwise be squatting down or bending low. Stand at a work table while potting plants. Using knee pads helps

you move easily from sitting to kneeling. Avoid repeatedly reaching up to trim or prune by using longer-handled tools or an outdoor ladder to safely reach higher.

Above all, respect your body. Working through the pain may not be a good approach for people with arthritis. Pain signals tell us to “stop.” When you experience a flare up in symptoms, take things slow, returning to the garden after a rest. After all, some weeds are more easily seen and pulled when larger. Enjoy your garden “all the days of your life” despite your companion, ARTER RITIS.

To find reliable information about gardening and other horticultural topics, go to the University of Minnesota Extension website <http://www.extension.umn.edu/gardeninfo/>. Local master gardeners will answer your gardening questions via a voice-mail service. Call 444-7916, leaving your phone number, name and the nature of your question. A volunteer master gardener will give you a call to speak with you.

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