

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

Laughter is good medicine

Q. Is there any truth to the old saying, Laughter is the best medicine?

A. Lots of truth. Laughter simply makes you feel good and this is beneficial to you in many ways. We come into this world knowing how to laugh. Infants begin smiling in their first weeks; they laugh out loud within months of being born. We must have been given this ability for a reason.

Laughter has been shown to prevent heart disease, reduce stress, elevate immunity, ease anxiety, alleviate pain, relax muscles, elevate mood, develop emotional resilience, and strengthen relationships.

A recent study found that humor can reduce agitation in people with dementia.

Researchers included 399 nursing home residents who had dementia or other age-related problems. They were visited weekly by an *Elder Clown*. It was found that the participants in the clown sessions had a 20 percent decrease in overall agitation. This benefit lasted for at least 14 weeks after the program ended.



Fred
CICETTI
HEALTH CARE WRITER

Laughter:

- Relaxes the whole body. A major guffaw relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

- Decreases stress hormones and increases immune cells and infection-fighting antibodies, which improves your resistance to disease.

- Triggers the release of endorphins, chemicals that promote a sense of well-being and relieve pain.

- Improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Humor strengthens our relationships by creating emotional connection.

When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against disagreements. And humor is a powerful way to heal hurt feelings.

In the 1960s Norman Cousins, editor of the *Saturday Review*, was stricken with a life-threatening form of arthritis. Cousins took high doses of vitamin C and of positive emotions. He included daily doses of belly laughter. He wrote about his recovery in the best-selling *Anatomy of an Illness* published in 1979.

In the book, he affirmed that “the life force may be the least understood force on earth” and that “human beings are not locked into fixed limitations. The quest for perfectibility is not a presumption or a blasphemy but the highest manifestation of a great design.”

But suppose your sense humor isn’t very strong. Are there ways to build up your laugh muscles? Here are few pointers:

- Don’t take yourself so seriously. You’re not alone and you shouldn’t feel the world is ending because you’re dealing with adversity. You’ll be

amazed sometimes that you can laugh under the worst conditions.

- Think about your most embarrassing moments; they usually get you off your high horse and make you laugh.

- Find some image that makes you laugh and put it on a wall where you can see it every day. Use it as a screensaver on your computer.

- Buy toys for yourself. I keep my first camera — a 1960s Minolta SLR — on my desk. I set it for a one-second exposure and then start the self-timer. I listen to it wind down and make a long c....l....i.....c....k. It’s fun.

- Spend time with children. Get on the floor with them and play their silly games. I do this with my grandchildren and it makes me roar with laughter.

Remember the words of that great sage, Groucho Marx: “A clown is like an aspirin, only he works twice as fast.”

If you would like to ask a question, write to fred@healthygeezzer.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 \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each. For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Turkey broccoli bake
Rosie applesauce
Pudding

TUESDAY

Boiled dinner or alternate

Fruit
Bread pudding

WEDNESDAY

Bratwurst
Sauerkraut
Potato wedges
Pears

THURSDAY

Pork chops
Mashed potatoes
Gravy
Stuffing
Bean salad
Fresh fruit

FRIDAY

Goulash
Lettuce salad with cucumbers
Dressing
Fruit

MEMORIAMs

In loving memory of our husband, dad and grandpa, **Rich Hell**, who left us one year ago, March 17.

*There is an empty chair,
And it is hard for me to believe that you will never again sit there.
My heart will always grieve,
But I know my tears are less for you and more for me.
Your pain is gone and your soul flies free,
And I know a part of you is still here with me.
Deep in my soul where only I can see ...
There is my love for you and your love for me.*

Miss you so much,
Darla
Tweet and John and family
Tara and John and family

In loving memory of our mom, grandma and great-grandma, **Dorothy Ziembra**, who left us one year ago, March 16.

The Rose Beyond the Wall

*A rose once grew where all could see,
Sheltered beside a garden wall.
And, as the days passed swiftly by,
It spread its branches straight and tall.
One day, a beam of light shone through
A crevice that had opened wide —
The rose bent gently toward its warmth
Then passed beyond to the other side ...
Now, you who deeply feel its loss,
Be comforted — the rose blooms there —
Its beauty even greater now,
Nurtured by God’s own loving care.*

Miss you so much,
Kenny and Gin and family
Darla and family
Rhonda and family
Bernie and Pauly and family

In loving memory of our dear son, **Adam Jay Mayfield**, who passed away March 16, 1994.

*We cherish the love you so willingly gave,
Today we bow silently over your grave;
We whisper a prayer and leave a bouquet -
We haven’t forgotten today is the day.
We miss you our son, Adam Jay, dear,
Life is so lonely since you’re not here.
How we loved you, bless your heart -
Sad was the day you had to depart.*

Sadly missed by
Mom and Dad

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:
Matt and Nikki Plante (nee Smith), Fort Frances, a son, Hunter Dale Thomas Plante, 6 pounds, 15 ounces, Feb. 23, 2014.

Willie and Jenn Johnson (nee Lark), Fort Frances, a daughter, Ainsley Claire Johnson, 7 pounds, 3 ounces, Feb. 24, 2014.

Mark and Krista Brusven (nee Wood), Rainy River, Ontario, a daughter, Harlie Lois Brusven, 8 pounds, 10 ounces, Feb. 26, 2014.

LOOKINGBACK

25 YEARS AGO

Greg Thompson, Kelly Vagro, Randi Mark and Dave Godin will be participating in the Special Olympics state bowling tournament in Burnsville this week.

Joe Black, treasurer of the International Falls Jaycees, was presented a Presidential Medallion recently at the regional meeting conducted in the Falls.

40 YEARS AGO

Bronco cheerleaders Marilyn Engelking, Cindy Bernard, Lori Ice, Lori Skoglund, Holly Julien, Anne Sheehy, Michelle Einarson and Sue Jensen are ending their high school careers.

The Green Bay Bobcats of the United States Hockey League fielded one of the best goaltenders in the loop in Ron Beck. He is currently in a tie for second in goals allowed with 3.72 and second in save percentage with .907, one point behind the leader.

The Shirley Burns Rink of the Falls finished runner-up in the Gopher State Women’s Bonspiel held last

Sunday in Bemidji. Members of the Burns rink are Norma Grinsell, Alyce Belanger, Aileen Hanson and Shirley Burns.

50 YEARS AGO

Mr. and Mrs. Marvin Bolstad, Birch Point, have received word of the arrival of their first grandchild. A daughter, Kim Elizabeth, weighing 7 pounds, 8 ounces, was born today at Port Arthur, Ontario, to Mr. and Mrs. Peter Miechota.

Kenneth Charlton resigned his position at the Mando Employees Credit Union to accept employment with Western Fuel Company, Baudette.

Senior goalie Larry Roche entertained coach Larry Ross and members of the 1964 Bronco hockey team at his home. Larry also presented Coach Ross a gift from the team and a gift from the cheerleaders.

Pat Derr, Mary Cousins, Karen Johnson, Randy Gawtry, Connie Finstad, Sydney Reiners and Jean Swanson served as pages for the 1964 Koochiching

County Republican Convention held at the courthouse in International Falls Saturday.

60 YEARS AGO

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Leslie Joslyn, Loman Route; weight, 7 pounds, 5 ounces; name chosen, Timothy Donald.

Miss Elaine Geer, Berkeley, Calif., who is spending a two-weeks vacation here, was honored at a surprise dinner party at the Green Shingle, Ranier Road. Twenty former Falls High School classmates of the Class of 1952 attended the party.

The Moose team won the Bantam hockey title in leagues sponsored by the City Recreation Commission. Team members are Danny Dilworth, Richard Thompson, Bobby Misner, Douglas Plank, David Grandaw, Dwayne Rostie, Bill Roeder, John Abley and Donald Milette.

Mrs. Floyd Paulson has been elected to head the School Band Mothers Club. About 75 mothers turned

out Tuesday evening to organize the club.

70 YEARS AGO

David Heritage, Tranquillo Lucca, Philip Christianson and Lewis Newman were recently enlisted into the Naval Reserve through the Navy recruiting station at Hibbing.

Henry Forslund began his duties as custodian of the Alexander Baker Grade School, according to an announcement by Superintendent Harvey D. Jensen.

Pvt. Hubert Brown, 22, of Ray, is reported missing in action in Italy according to a war department telegram received by his parents, Mr. and Mrs. Henry Brown.

Mrs. R. H. Davison, 601 Seventh St., was hostess at a handkerchief shower given Monday evening in honor of Mrs. J.E. Rogers, who is returning to her home in New Orleans after an extended visit at the home of her parents, Mr. and Mrs. H. Graham.

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★ We are inviting you to join us in the fight against hunger this March!

★ Inspire your organization to **BE THE HERO** and collect donations of food or funds the entire month of March to help the Falls Hunger Coalition during the Minnesota Foodshare statewide campaign!

★ Border State Bank will be the central drop point for this community-wide effort. As in previous years, we will match up to \$1000.00 of funds donated.

★ All donations collected will benefit Falls Hunger Coalition.

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