

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

Grandkids: Second chance for love, germs

Q. Since I started being a baby-sitting grandparent, I seem to be getting more colds. I must be catching germs from the kids, right?

A. The National Institute of Allergy and Infectious Diseases reports that schoolchildren get as many as 12 colds a year. Put those kids near their grandparents and it doesn't take a scientist to know that those colds are going to spread.

My personal physician — also a grandfather — says that one of the problems is that these walking petri dishes come home from school with new germs for which older



Fred
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HEALTH CARE WRITER

people haven't developed antibodies. Any grandparent will tell you that being around their little treasures has made them sick. My seven grandchildren are generous with all the

viruses they get from their school chums.

What are you supposed to do when one of the darlings comes up to you with a runny nose and asks for a hug? Well, if you understand the hazards, perhaps you can formulate a plan that works for you around the miraculous children of your children.

Obviously the best course of action is to stay away from grandchildren when they have colds, but any grandparent knows that's next to impossible.

There are two ways you can catch a cold:

1. Inhaling drops of mucus full of cold germs from the air.

2. Touching a surface that has cold germs and then touching your eyes, nose or mouth.

So, avoid close facial contact with your ailing grandchildren. Use some restraint. If the child needs comfort, limit yourself to hugs that don't put you in the position of inhaling their germs.

Washing your hands thoroughly and often is important. Washing with soap and water doesn't kill the cold virus, but removes it. The scrubbing is more important than the soap.

Also, if you can, try to avoid touching your face after you have been

around a child with a cold.

Rhinoviruses can live up to three hours on your skin, and on objects such as telephones and stair railings. Cleaning environmental surfaces with a virus-killing disinfectant might help prevent spread of infection.

Where are these viruses found most often? No, not in the bathroom. The worst room in the house for germs is the kitchen. And the greatest concentration is found in sponges and dishcloths.

Laundering a dishcloth doesn't eliminate germs. And putting a sponge through the dishwasher

makes it look clean but doesn't remove the infection. Instead, moisten the sponge or dishcloth and microwave it for two minutes. Then you'll have safe, germ-free tools to use.

These tips will help, but the reality is that you're going to catch some colds. They're the price of being a caregiver. It's the price you paid as a parent. Now you're having a second chance for all that love ... and all those germs.

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.

RLMC Auxiliary conducts meeting

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary President Sonia Wegge presided at the Oct. 7 regular meeting at the hospital.

Members discussed the

Retired and Volunteer Program luncheon Sept. 30 and the District B Hospital Auxiliaries Fall Forum which the local group hosted Oct. 2.

Gift shop chairperson Helen Billig said Christmas

items are coming in, fruitcakes are on order. Tickets for the quilt created by Pam Hanson are on sale at the gift shop and from auxiliary members.

The annual bake sale will be Nov. 7 at the hos-

pital. Donations will be welcomed.

Since the regular November meeting date of the auxiliary falls on Election Day, it was voted to change the meeting day to Nov. 5.

BIRTHS

Rob and Jenny Perala, of Baudette and Roseau, announce the arrival of their son, James Adam Perala, 9 pounds, 3 ounces, 21 1/4 inches long, born Wednesday, Oct. 8, 2014, at Rainy Lake Medical Center.

Grandparents are Randy and Lauren Erdmann

and John and Deb Perala.

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

Born to:
Jason and Sherri King, Barwick, Ontario, a

son, Colin Roger King, 7 pounds, 1 ounce, Sept. 26, 2014.

Randy and Sally Thoms (nee Lee), Fort Frances, Ontario, a daughter, Cedar Emily Thoms, 6 pounds, 13 ounces, Sept. 27, 2014.

Joshue and Meghen Spooner, Fort Frances,

Ontario, a son, Pearce Ambrose Spooner, 8 pounds, 14 ounces, Sept. 29, 2014.

Stuart Verner and Reeva Chiefson, Naicatchewenin First Nation, Ontario, a daughter, Leilani Desere Verner, 8 pounds, 13 ounces, Oct. 1, 2014.

MEMORIAM

In loving memory of **Frank Lundquist**, who passed away 22 years ago, Oct. 20, 1992.

God's Garden

God looked around His garden,
And He found an empty place;
He then looked down on the earth,
And saw your tired face.
He put His arms around you,
And lifted you to rest;
God's garden must be beautiful,
He always takes the best.
He knew that you were suffering,
He knew you were in pain;
He knew that you would never
Get well on earth again.

*He saw the road was getting rough,
And the hills harder to climb;
So He closed your weary eyelids,
And whispered, "Peace be thine."
It broke our hearts to lose you,
But you didn't go alone;
For part of us went with you,
The day God called you home.*

Sadly missed and lovingly remembered by
Julie Leinum and family
Sue Donnell and family
Frank Lundquist and family
Tammy Ojala and family

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Happy 7th Birthday
Ava!

We Love You Peanut!
Mom, Dad & Liv
(Lola & Bitty too...)

Happy 1st Birthday
Little Buddy
Gavin Aaron Olson

Love,
Big Sister Ruby,
Mommy and Daddy

Happy 7th Birthday

To Our
Cheerleader
And Gymnast AVA!

All Our Love
Grandpa & Grandma

Littlefork CERC presents....

The "SCARE" of a Lifetime!

Spooky Acres

at the Northern Minnesota
District Fairgrounds
Littlefork, MN

- Hayrides
- Bonfires
- Concessions

October 24th & 25th
7:00-10:30 pm nightly

\$5.00 per person

Not recommended for children under the age of 10!

NOTICE OF PUBLIC HEARING ON ADOPTION OF A COUNTY FOREST ROAD MAP IN KOOCHICHING COUNTY

The Koochiching County Board of Commissioners proposes to record prescriptive easements for county forest roads in Koochiching County.

Minnesota Statutes, Section 89.715 - Alternative Recording for State Forest Roads, and Section 282.04 - Alternative Recording for County Forest Roads authorizes Koochiching County to adopt a county forest road map to record county forest road prescriptive easements relative to the actual use and right-of-way.

A public meeting on the proposed prescriptive easements will be held at 6:00 PM, Tuesday, October 28, 2014, at the Koochiching County Courthouse in International Falls, MN. The meeting will be held jointly with the DNR and both will present information and receive public comments on the proposal at the hearing.

Comments may also be submitted in writing on or before October 28th and will be entered into the permanent record. The proposed easements and supporting documentation are available on the Koochiching County website at http://www.co.koochiching.mn.us/dept/land_&_forestry/CountyForestRoadMapProject.htm. Documents may also be viewed at the Land and Forestry Office, Courthouse, 715 4th Street, International Falls, MN 56649 (218) 283-1126.