

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

MILITARY NEWS



Sgt. Corbin Routier competes in a military drill during the 2014 Minnesota National Guard Best Warrior Competition.

Sgt. Routier named the Minnesota National Guard Soldier of the Year

Sgt. Corbin Routier was named Minnesota National Guard Soldier of the Year during a state-wide competition April 9-12. He is an infantryman with Company A, 2nd Combined Arms Battalion, 136th Infantry. A 2009 graduate of East Grand Forks Senior High School, Routier competed against soldiers from across the state to earn the title of

Soldier of the Year for the Minnesota National Guard. Routier joined the Minnesota National Guard in 2010 and completed infantry and airborne school before being assigned to his current unit. In 2012, he competed in the Minnesota Combatives Tournament and traveled to Croatia as part of the Minnesota National Guard State Partnership Program. Routier will represent the Minnesota National Guard in the regional Best Warrior Competition May 12-15 at Camp Ripley. He is the grandson of Helen Routier of International Falls.

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
Polish sausages
Mashed potatoes
Sauerkraut
Fruit

TUESDAY
French toast

Sausage links
Apple juice
Fruit
Pudding

WEDNESDAY
Salisbury steak
Mashed potatoes
Gravy
Pumpkin bars

THURSDAY
Chicken cacciatore
Spaghetti
Wax beans
Fresh fruit

FRIDAY
Fish sandwich on bun
Cheese slice
Homemade tarter sauce
Baked beans
Coleslaw
Fruit

BIRTHS

Kelly Mattsen and Jeremy Porter, International Falls, announce the arrival of their daughter, Emma Marie Mattsen, 8 pounds, 8 ounces, 22 inches long, born Wednesday, April 16, 2014, at Rainy Lake Medical Center hospital campus. Siblings are Tyler Downs, Khia Porter and Jared Wold. Grandparents are Randy and Melanie Mattsen and Terry and Keith Porter.

The following births have been reported from La Verendrye General Hospital, Fort Frances. Born to:

Ethan Tookenay and Ashley Wayash, Stanjikoming First Nation, Ontario, a son, Peter Graham Tookenay-Wayash, 6 pounds, 4 1/2 ounces, April 3, 2014. Eric and Hope Mosbeck (nee Wilson), Emo, Ontario, a son, Axl William Mosbeck, 7 pounds, 6 ounces, April 7, 2014. Chris and Missy Christian (nee Burnell), Fort Frances, a daughter, Adalynn Marie Christian, 7 pounds, 2 ounces, April 8, 2014. Ryan and Cora Parisien, Fort Frances, a son, Carter Dahl Vincent Parisien, 9 pounds, April 9, 2014.

Ways to fight off infection

[In our last column, we discussed gastroenteritis on cruise ships. In this column, we'll go over ways to fight infection.]

Among the most common germs are noroviruses. These give you gastroenteritis, mistakenly called stomach flu. Gastroenteritis is an inflammation of the stomach and intestines; it is not related to flu, a respiratory illness caused by influenza virus. Noroviruses are a group of related viruses. Norovirus is the official genus name for the group of viruses previously described as Norwalk viruses.



Fred
CICETTI
HEALTH CARE WRITER

on surfaces. They can be spread through contact with an infected person. How can you protect yourself from getting norovirus? The Centers for Disease Control and Prevention says the best defenses against norovirus are washing your hands with soap and water often, avoiding handshakes during outbreaks and using alcohol-based hand sanitizers.

Hand washing
Hand washing is the best and simplest way to prevent infection and illness, but it must be done properly and often to be effective. Below are some

tips I've collected from several reliable sources. Here are the correct techniques:

- Wet your hands with warm, running water.
- Rub on soap and make a thick lather.
- Scrub vigorously over every surface of your hands and wrists for about 20 seconds.
- Use a scrub brush to get under your finger nails.
- Rinse completely.
- Dry your hands with a disposable paper towel or air dryer.
- Use the paper towel to shut the faucet.

(If soap and water aren't available, use a hand sanitizer. These products can reduce the number of germs, but they are not a substitute for washing with soap and water. This will be the subject of my next column.)

The Kitchen
Wash fruits and vegetables diligently. Cook oysters and other shellfish thoroughly before eating them. Avoid uncooked food as much as possible.

Stick to bottled water, and don't share drinking glasses and eating utensils.

People with norovirus illness should not prepare food for others while they have symptoms and for three days after they recover from their illness.

Contaminated Surfaces
Clean and disinfect surfaces contaminated by vomit or stool. Use a bleach-based household cleaner. Allow bleach to stay on surfaces longer than 10 minutes.

Laundry
Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. If available, wear rubber gloves while handling soiled fabrics. The items should be washed with detergent at the maximum available cycle length and then machine dried.

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

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

LOOKINGBACK

25 YEARS AGO

Led by two first places from senior shot and discus performer Kathy Johnson, the Bronco girls' track team took third place Saturday in the 10-team Lions' Invitational in Bemidji. International Falls scholar John Devlin, 17, finished third last week in the Minnesota Citizen Bee in what one newspaper described as "an exciting intellectual joust among 36 of Minnesota's sharpest young minds."

40 YEARS AGO
The engagement of Miss Debbie Jo Jameson to Larry Hill is announced by her parents, Mr. and Mrs. E.W. Jameson, Faye Apartments. John F. Gookins, 19, son of Mr. and Mrs. Forrest Gookins, 411 Sixth St., has received a promotion to Army Private First Class. Shari Naucler and Cathy

Vigoren, bass violin players and juniors at Falls High School, are winners of 1974 Tuesday Musicales scholarships to Bemidji State College Music Clinic.

50 YEARS AGO
A girl was born today at La Verendrye Hospital, Fort Frances, to Mr. and Mrs. Kenneth Dobie, Island View Route, 8 pounds, 2 ounces. Jerry D. Dilworth, 17, completed basic training at the Naval Training Center, Great Lakes, Ill. Gwen Dobbs, daughter of Mr. and Mrs. C.S. Dobbs, Indus, is one of 15 students to appear on the honorable mention list of the St. Paul Bible College, St. Paul. Rodney Bergstrom, son of Mr. and Mrs. Oscar Bergstrom of Loman, submitted to an emergency appendectomy on Sunday at the Littlefork Hospital.

60 YEARS AGO

Mrs. Phillip Alstrom, 816 11th Ave., was honored at a shower Friday evening at the home of Mrs. Roy Krats, 1124 Sixth St. Mrs. Vernon Weum, 12th Street West, was guest of honor at a stork shower at the home of Mrs. Walter Kyle, 713 Seventh St. Mrs. Clair Hall, of Gateway Cabins, was honored at a stork shower at the Green Shingle. Hostesses were Mrs. Paul Wilcox and Miss Carol Torgerson. Mrs. Sophie Bolstad, 314 Eighth Ave., has returned home from a two-month vacation in Seattle, Wash., with her daughters, Mrs. Donald Roy and Mrs. Robert Allen.

70 YEARS AGO
Mr. and Mrs. Ernest Wold, 510 Fifth St., announce the birth of a son at the Littlefork Hospital on Wednesday.

City league bowlers re-elected C.V. Linsten as president at their annual wind-up meeting in the Dutch Room Friday night. Also returned to office for the next season were Len Hettinger, secretary and Ollie Olson, treasurer. Dr. E.R. Franklin was chosen vice president to succeed Floyd Fullwiler. Miss Mirth Lutness and Mrs. Irene Zimmerman, Falls English teachers, have resigned. Members of Girl Scout Troop 11 surprised their leader, Ann Havluck, at a birthday party Saturday afternoon at the St. Thomas parish hall. A three-tiered cake, baked by Erna Mae Gust, centered the refreshment table.

Compiled by the Falls Public Library. Visit them online at www.internationalfallslibrary.us.

Children's mural created by local artist

While working in the Koochiching County Health Department building, Cody Boso, a local artist and job coach for the Occupational Development Center, noticed a large, bare wall in a children's play area. To fill the space, he offered to paint a mural, which he notes is the largest painting he has completed.



Cody Boso



CONTRIBUTED PHOTOS

We wish to express our heartfelt thanks for all the kindness and sympathy shown us by friends, neighbors and relatives in the recent passing of our beloved father, grandfather and brother Robert Peters. Thank you to all who stopped by for a visit, brought food or sent cards.

It was very much appreciated. A special thank you to Rev Per Arngvist for his wonderful service and comforting words, to Linda Sutch for music and to all the Bothany Lutheran Church ladies who provided lunch.

Thank You

David & Diane Peters
Erica & Bill Dunker Family
Marilyn & Bob Stark
Don & Lorella Fulton Family
Jim & Deb Fulton Family
Ruth Fulton

Happy 30th Anniversary
On Monday April 28th
Shelley & Lanny

Love You,
Mom, Mark & Charli

“Top the Tater”
Thursday, May 1
5:00-6:30 p.m.
\$6.00 per person
Includes Baked Potato, Toppings, Salad, Dessert & Beverage

Sponsored by: **Wagner Construction**

Backus is fully accessible to persons with disabilities - Please call our office for specific accommodations.

BACKUS Community Center
Dinner Ticket Value Packs Available at the Door For those busy nights... Dinners are available “TO GO”
Dinner Precedes Border Concert Association “Les Trompettes” Concert at 7:30 p.m. in Backus Auditorium