

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

More ‘Silly Science’ research

As a health reporter, I have to follow many studies so I can stay on top of the latest research. The best part of this self-education is reading some of the weird stuff going on in academia. From time to time, I do a column on research about “Silly Science.” Here’s another...



Fred
CICETTI
HEALTH CARE WRITER

CUDDLING MAKES YOU HAPPY

The Kinsey Institute at Indiana University reports that older couples are more satisfied with their long-term relationships if they cuddle and pet.

Men 40-70 and their female partners were studied. The couples had been together for an average of 25 years. The study included more than 1,000 couples from the Americas, Europe and Asia.

Both women and men were happier if they had higher levels of sexual functioning and frequent sex.

Women who had been with their partner for

more than 15 years were more likely to be sexually satisfied. It was theorized that women become more satisfied over time because their expectations about sex change.

(No information was provided about the effect of May-December hook-ups.)

SENIORS DON’T DRIVE AS WELL AS JUNIORS

An Australian study found that seniors tend to drive more dangerously than younger drivers.

Researchers examined the driving habits of 266 drivers between the ages of 70 and 88. During 12-mile road tests, a

professional instructor was in the front seat; an occupational therapist was in the back seat.

Seventeen percent of the drivers made the instructor grab the steering wheel or apply the brake to avoid a serious error. The most common error was a failure to check the blind spots for cars beside them.

Drivers between 85 to 89 were four times more likely to make a driving error than those 70 to 74 years old. There was no difference between the way men and women drove.

There are more than 30 million drivers 65 or older. About 500 seniors are injured daily in car accidents.

(Anyone who has driven in a Florida parking lot could have told the researchers everything they needed to know.)

HUMAN SKIN FIGHTS POLLUTION

Danish researchers report that squalene oil, an antioxidant on human skin, reduces indoor ozone, which is a pollutant

that irritates the eyes and mucous membranes.

Humans shed their entire outer layer of skin every two to four weeks. Flakes of skin, which contain squalene, are a major component of dust.

The researchers examined how squalene from dust in 500 bedrooms affected indoor air pollution. They found that squalene in settled dust reduced ozone levels about 2 to 15 percent.

Previous studies also revealed that squalene from human skin helped lower levels of ozone from the air in airplane cabins. More than half of the ozone removal measured in a simulated aircraft cabin was attributed to ozone reacting with skin, hair and clothing of passengers.

(Hold onto those used Swiffers; they may be valuable some day.)

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.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.	Roast turkey Sweet potatoes Gravy Mashed potatoes Whipped Jell-O
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.	WEDNESDAY Meatloaf Baked potatoes Spinach Chocolate mint brownies
For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.	THURSDAY Harvest stew Cinnamon applesauce Garlic biscuits Pudding with topping
MONDAY Pork chow mien Rice Carrots Fresh fruit	FRIDAY Grilled cheese sandwiches Cream of tomato soup Fresh fruit Cookies
TUESDAY <i>Welcome Spring Party</i>	

MEMORIAMs

In loving memory of my husband and our father and grandfather, **Jim Larson**, who passed away three years ago, March 25, 2011.

*If we could have one lifetime wish,
A dream that would come true;
We'd pray to God with all our hearts,
For yesterday and you.
In life we loved you dearly,
In death we love you still;
In our hearts you hold a place,
That no one else can fill.
You left behind our broken hearts,
And happy memories, too;
But we never wanted memories,
We only wanted you!*

**We love and miss you,
Dolly and family**

In memory of **Harvey Streiff**, who left us one year ago, March 24.

*Our hearts still ache in sadness,
And secret tears still flow;
What it meant to love and lose you;
No one will ever know.*

**Our love,
Mom and Dad**

LOOKINGBACK

25 YEARS AGO

Dana Marie Buchholz, Falls High School, has earned membership on the 1988-89 Lettering for Excellence Team for her commitment to school work and involvement in community programs.

LuAnne Caul and Wanda Linder were recently awarded trophies for their performances in the city bowling tournament.

40 YEARS AGO

Fred Cooper, 55, began new duties as general superintendent for Boise Cascade Paper Company this month. In his new capacity her will report to assistant mill manager Bob LaFond.

Colin Chisholm of International Falls is one of 37 University of Minnesota, Morris, students taking part in a week-long tour of New York City’s theatrical district.

William J. Scheela of International Falls is one of 44 Mankato State College students in Washington, D.C., this week for the annual “Washington Seminar” sponsored by the MSC Po-

litical Science Department.

50 YEARS AGO

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. Harold Green, South International Falls, 7 pounds, 4 ounces, Lila Marjorie.

Daniel E. Nash, fire control technician third class, son of Mr. and Mrs. Sam C. Nash, Island View Route, is serving aboard the anti-submarine aircraft carrier USS Yorktown presently undergoing overhaul at the Naval Shipyard, Long Beach, Calif.

Winners of the Recreation PeeWee “A” hockey title was the team sponsored by MEC. They are Mike Soboleski, Steve Vigoren, Ross Schultz, Greg Olson, Brian Jackson, Tim Jackson, Brian Briggs, Mark Koerbitz, Tom Graham, David Seegert, Ronald Lindgren, Rodney Grill, John Sirotiak, Jack Larson and Jeff Bishop. Coach is Gene Koerbitz.

Sherry Hyatt, 8-year-old daughter of Mr. and Mrs. Phil Hyatt, Loman Route, returned to her home after

being a patient at the Virginia Municipal Hospital for the past two weeks.

60 YEARS AGO

June Kirvan, daughter of Mr. and Mrs. Cy Kirvan, 712 Seventh St., was honored at a party on her 12th birthday Saturday afternoon.

Pvt. Robert Maxwell, a radio operator with the 529th signal company, is at Camp Hale, Colo., for exercise “Ski Jump,” the Army’s 1954 cold weather and mountain training maneuver.

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Robert Hamilton, Fay Apartments; weight, 5 pounds, 13 ounces; name chosen, Robert Glenn.

Mr. and Mrs. Albert Thorson, 13th Street, were honored by about 40 friends and relatives at a silver wedding anniversary party Saturday night at the home of Mr. and Mrs. Ted Weum, 605 Seventh St.

70 YEARS AGO

Mr. and Mrs. Viggo Olson are parents of a daughter, Janice Arlene, born this

morning at Northern Minnesota Hospital.

The farm home of Mr. and Mrs. William Lovell, three miles west of Ray, was completely destroyed Wednesday afternoon by fire believed to have started from an overheated stove. Mr. and Mrs. Lovell and their two children, Arthur and Ellen, returned home from a shopping trip at the Falls about 4:30 p.m. to find their four-room house in flames.

Pvt. Jacob S. Bocnuk, another Koochiching County war hero, gave his life in Italy on Feb. 20. This information was received recently in a war department telegram to his brother, Mike Bocnuk of Carson-Lupie.

Approximately 50 fellow workers of the sulphite department of the local paper mill gathered Sunday evening in the Moose Hall to bid farewell and good luck to Albert St. Pierre, who will leave soon for service with the armed forces.

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

BIRTHS

Joel Herbert and Julia Santee, of International Falls, announce the arrival of their son, Brantley Joel Alan Herbert, 5 pounds, 10 ounces, 19 inches long, born Saturday, March 15, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Steve Havluck and Lisa Santee,

Paul and Lori Gosselin.

The following birth has been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:
Rhoda and Daryl Meck (nee Martin), Barwick, Ontario, a son, Jared Scott Meck, 9 pounds, 7 ounces, March 8, 2014.

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ECUMENIAL LENTEN SERIES
Theme: Our Time in the Wilderness



Wednesdays
Soup Supper at 6:00 PM
Prayer Service at 7:00 PM
Mar. 12
Faith United Church
Mar. 19
First Lutheran Church
Mar. 26
Holy Trinity Episcopal Church
Apr. 2
Zion Lutheran Church
Apr. 9
St. Thomas Catholic Church
Everyone is welcome!



Breakfast Specials
Mon.-Sat. \$6.29 • Sunday \$7.29

Mon.	Big Moose Skillet with hashbrowns
Tues.	Breakfast Sandwich with hashbrowns
Wed.	French Toast w/eggs & sausage or bacon
Thurs.	Blueberry Pancakes w/eggs & sausage or bacon
Fri.	Biscuits & Gravy w/eggs & hashbrowns
Sat.	Cinnamon Swirl French Toast with ham & eggs
Sun.	Blueberry Cream Cheese Crepes with eggs & ham

Dinner Specials

Mon.	Half Chicken Dinner	\$10.99
Tues.	Full Rack of BBQ Ribs	\$17.99
Wed.	Pan Fried Walleye	\$14.99
Thurs.	Mozzarella Girasole w/Marinara Sauce	\$10.99
Fri.	Fishermen’s Catch	\$16.99
Sat.	Rib Eye Steak	\$17.99
Sun.	Chicken Kiev	\$11.99

Dinners include choice of potato & salad. Choice of soup for \$1.00 Canadian Money at par!



Hwy 53 & Memorial Drive - Open 6 a.m.-10 p.m.
218-283-8888 • chocolatemooserestaurant.com