

# 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

# Best foods for bedtime snack

**Q. Which foods are the best for a bedtime snack?**

A. Eating a small snack a few hours before bedtime may help you sleep by preventing hunger from waking you. However, there are no snacks that guarantee to put you to sleep.

Milk, herbal tea and other comforting remedies help a bit at bedtime because they make you feel more relaxed. However, there is no evidence that they are sleep-inducing.

Some people suggest that cereal with milk, peanut butter on toast, and cheese with crackers are good bedtime snacks because they combine carbohydrates with protein.

The theory is based on the fact that tryptophan, an amino acid, makes you sleepy. Proteins make tryptophan. And carbs make tryptophan more available to the brain.

Studies done on the sedating effects of tryptophan needed up to 15 grams of tryptophan to create an effect. You



Fred  
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would need to eat more than a pound of turkey to get just one gram of tryptophan. That nap you take after Thanksgiving dinner is caused by packing in too much food, not the tryptophan in the bird.

To get a good night's sleep, it is more important to avoid some foods. Here are some foods you should sidestep: high-fat foods, garlic-flavored and highly spiced foods, alcohol, caffeine, and any beverages before bed.

Here are some pointers to help you get better sleep:

Go to sleep and wake up at the same time, even on weekends. Sticking to a

regular bedtime and wake time schedule helps keep you in sync with your body's circadian clock, a 24-hour internal rhythm affected by sunlight.

Try not to nap too much during the day — you might be less sleepy at night.

Try to exercise at regular times each day. Exercising regularly improves the quality of your nighttime sleep and helps you sleep more soundly. Try to finish your workout at least three hours before bedtime.

Try to get some natural light in the afternoon each day.

Don't smoke cigarettes to help you sleep. The nicotine in cigarettes is a stimulant.

Create a safe and comfortable place to sleep. Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a phone by your bed may be helpful. The room should be dark, well ventilated, and as quiet as possible.

Develop a bedtime

routine. Do the same things each night to tell your body that it's time to wind down.

Use your bedroom for sleeping, not daytime activities. After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.

Try not to worry about your sleep. Some people find that playing mental games is helpful. For example, tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks.

If you are so tired during the day that you cannot function normally and if this lasts for more than two to three weeks, you should see your family doctor or a sleep disorders specialist.

*If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at [www.healthygeezers.com](http://www.healthygeezers.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.

<b>MONDAY</b>
Hungarian pork steak
Mashed potatoes
Green beans
Fruit
<b>TUESDAY</b>
Meatloaf

Baked potatoes
Spinach
Cake Mix cookies
<b>WEDNESDAY</b>
<i>Holiday Party</i>
Chicken Kiev
Rice pilaf
Parsley carrots
Cinnamon applesauce
Jell-O
Louisiana sweet potato pie
<b>THURSDAY</b>
Ham
Scalloped potatoes
Carrots
Pineapple upside down cake
<b>FRIDAY</b>
Tater Tot casserole
Beets
Pudding with topping

## MEMORIAMs

In loving memory of our dad and grampa, **William ‘Bill’ Chowan** – Dec. 15, 2005.

*We miss you every day!*

**Your children, grandchildren, great-grandchildren and great-great-grandchildren**

In loving memory of our beloved husband and father, **Chester Mann**, who died four years ago, Dec. 13, 2009.

*Peacefully sleeping, resting at last;*

*The world's weary troubles and trials are past.*

*In silence he suffered, in patience he bore;*

*Til God called him home to suffer no more.*

**Sadly missed by wife and family**

# RLMC Auxiliary gathers for meeting

BY MARGUERITE DAVISON

President Sonia Wegge presided at the Dec. 3 meeting of the Rainy Lake Medical Center Auxiliary. She led in the prayer for hospital auxiliaries.

Margaret Hyatt, safety, environment and security officer, gave a talk on Life Safety issues. Covered were location of fire extinguishers and alarms, evacuation routes, proper use of the equipment and emphasized

safety,. Fire drills are conducted regularly. She urged the volunteers to familiarize themselves with the procedures.

Liaison Kelly Millerbernd gave her report and reminded auxilians of the upcoming Christmas party.

The report on the annual bake sale was given. It was successful and proceeds will be used to buy equipment for the hospital.

Gift shop chairperson Helen Billig gave a finan-

cial report on the shop. All the fruitcakes have been sold. The shop has many new Christmas items for sale.

There was an election of officers for 2014. The nominating committee presented the following: president, Sonia Wegge; vice president, Beverly Beck; recording secretary, Connie Lacher; corresponding secretary, Mary Ann Lien; and treasurer, Bea Brown.

All were re-elected by a

unanimous vote and will be installed at the Jan. 7 meeting.

Attendance prices were awarded to Rose Morin and Sadie Darvell.

The next regularly scheduled meeting of the auxiliary will be Jan. 7 at the hospital campus.

*Koochiching Aging Options wishes to thank the many contributors to the sold-out success of its December 6 fundraiser, the ...*

## LOGGING CAMP CHRISTMAS

### Our Golden Sponsors

Stewarts' SuperOne Foods	Molpus Timberlands Mgmt	Wenberg Transfer
Dobbs Logging	Rainy Lake Medical Center	Ziembra Trucking & Logging

### Our Silver Sponsors

Bergstrom Logging	Green-Larsen Mortuary	Whitefish Creek Enterprise
Bremer Bank	Nagurski Transportation	Susan Fraik
DeLack Logging	Nelson Logging	Cynthia Jaksa
Good Samaritan Society	Shermoen Jaksa PLLP	Kimberly Perkins

### Decorations

No Place Like Home Again	Molpus Forest Management
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### Camp Cooks, Wait-staff, Bull Cooks

Cynthia Warren, head cook	Mike Anton, cookie	Robert Taggert, cookie
Ardel Henrickson, bull cook	Jacob Bishop, cookie	Clarice Thompson, cookie
Charles Skrief, bull cook	Andrea Bond, cookie	Jim Yount, cookie
Steph Heinle, head cookie	Jodi Mann, cookie	RRCC Baseball team, cookies
Jennifer Imbleau, bartender	Betty Mitchell, cookie	Tyler Borgen, washer-upper
John Cann, bartender	Emma Pullar, cookie	Leah Lucek, washer-upper

### Special Guests and Entertainers

Agnes Henrickson, Honorary Chair	John Larson, Paul Bunyan	Wayne Sampson, Santa's Helper
Dean Piekarski, Honorary Cook	Sloughgrass	Margarete Kostiuik, Mrs. Claus
Mark Gierszewski, Honorary Cook	Jessie Laurion, piano,	Dancin' with Darcie Dancers
Douglas Skrief, camp poet, script	music director	
Kimberly Perkins, Sophia	Craig Schmidt, drum	
Willard Johnson, Trapper John	Jordan Manty, bagpiper	

### Other Thanks

City Drug	Chamber of Commerce	Tyler Borgen
Backus Community Center	Chocolate Moose	Don Frick
The Journal	Faith United Church	Kelly Gordon
KGHS/KSDM	Thunderbird Lodge	Mac Shafer
City of Int'l Falls	Amy Mortenson	Graham/Barb Keeney

### Donors

Ballan Furniture	Evolve U Fitness	Nancy Lee	Ranier Municipal Liquor
Bohman Hairways	Falls Lumber Company	Larry Lennox	Ronnings
The Bootery	Forestland Sales and Service	Les & Julie Lepisto	Carol Schumacher
Border Cuts	Sue Fraik	Leslee Loop	SEARS
Borderland Jewelry	Dennis & Sharon Frank	Jodi Mann	Cherie Serrano
Bobbie Boyum	Donna Frederickson	Mason's on Main	Sjblom's Landscape
Norm Boyum	Gearhart's Floral	Al & Myrna Meadows	Sports Shop
Janine Burtness	John Gjertson	Gail Napper	Sportsman's Service
Mary Casanova	Jackie Glowack	Northern Lumber	Spot on 53
Cedar Grove Farm	Ken Henrickson	Northome Senior Center	Streiff's Floral
Chocolate Moose	Falls Chamber of Commerce	Kimberly Perkins	Stride Fitness & Health
City Drug	Int'l House of Bowling	Sheryl Peterson	Swanky Sweet Pea
Coca-Cola Bottling	ItaBelKoo DAC	Polkinghorne's Hardware	Thunderbird Lodge
Coffee Landing Cafe	J2M Apparel Co.	Randy Pozniak, Ltd.	Wachke Family GM Center
Jeannie Corrin	Cynthia Jaksa	Rainy Lake Houseboats	Jim West
County Market Liquor	The Jug Liquors	Rainy River Vet Hospital	Wherley Motors
Lori Dobbs	Lakeside Gourmet	Randy's Discount Auto Ctr	Dianne Wiley

**THANK YOU to the residents of Koochiching County! Best wishes for the Holiday Season!**

**Koochiching Aging Options**



# Pre-Holiday SALE

at The Jug Liquors



**Christian Brothers**  
Brandy 1.75

**\$17.99**

SAVE \$3



**Andre**  
Champagne 750

**2/\$10**

HOLIDAY FAVORITE!



**Arbor Mist**  
Wine

All Varietals 1.5

**2/\$12**



**Molson Canadian**  
**Miller Lite**  
**Miller Genuine Draft**  
**Miller Genuine Draft Light 64**  
24 pack cans

**\$17.99**



**Kahlua**  
Cinnamon  
Spice 750

**Midnight 750**



**Hamm's**  
30 pack cans

**\$13.99**



**Lolita**  
**Wine Glasses**  
**Make a Great Gift!**

Ornaments too!



**Jacob's Creek**  
All Varietals 750

**\$5.99**

MANY FLAVORS TO CHOOSE FROM!

**Don't forget the Bars Supplies! Limited to stock on hand**

**SALE 12/14/13 - 12/21/13**



**The Jug Liquors**  
Borderland's Local Liquor Store  
Hwy 53 & 11th St. - M.-Sat. 8am-10pm

