

# COMMUNITY

## A LOOK AT BORDERLAND

The Journal welcomes ideas for stories about people in our community.  
Call the Journal at 285-7411

### OBITUARIES

The Journal publishes paid obituaries in Wednesday and Saturday editions and on its Web site at [www.ifallsjournal.com](http://www.ifallsjournal.com).

Obituaries must be submitted by 10 a.m. Tuesdays to be published in the Wednesday edition, and by 10 a.m. Thursday to be in the Saturday edition.

All obituaries must be prepaid before they are published.

Obituaries can be faxed to the Journal at 285-7206; e-mailed to [tammiec@ifallsjournal.com](mailto:tammiec@ifallsjournal.com); or mailed to The Journal at 1602 Highway 71, International Falls, MN 56649.

We encourage electronic delivery of obituaries and any accompanying photos.

If desired, The Journal will e-mail or fax a proof of the obituary to the funeral home handling the service.

For more information, call Tammie Calder at 285-7411.

## Erika Emma Carolina Westphal

Erika Emma Carolina Westphal, born Aug. 8, 1918, in Lunenberg, Germany, passed away at 4:50 a.m. May 17, 2014, in Spring Hill, Fla.

Erika emigrated to International Falls with her son and husband in October of 1953 and was a resident of the Falls until 1967.

She had been living in Spring Hill, Fla., for the last 25 years.

Erika was an avid painter

of flowers and landscapes, a prolific chess player, and enjoyed swimming and cycling.

She is survived by her son, Rolf Werner Westphal in Spring Hill and International Falls; her grandson, Ahti Rolf Westphal in Beijing, China; two nieces in Germany, and three nieces and two nephews in the USA.

She gave much joy to others, was a good mother and will be missed by many.

## Pauline Carol Martin

Pauline Carol Martin, of International Falls, Minn., died Thursday, June 12, 2014, at her home.

Memorial services will be conducted at 11 a.m. Monday, June 16, at Bethlehem Lutheran Church, Two Harbors, Minn.

A complete obituary will be announced when arrangements have been completed.

Online condolences may be left at [www.greenlarsen.com](http://www.greenlarsen.com).

Arrangements are with Green Larsen Mortuary Inc., International Falls.

## Jon T. Lattu, 64

Jon T. Lattu, 64, of Littlefork, Minn., passed away Tuesday, June 10, 2014, at the Veterans Affairs Medical Center, Fargo, N.D.

A graveside service is planned for 11 a.m. Satur-

day, June 21, at Oakley Cemetery, Littlefork.

A complete obituary will follow.

Arrangements are with West Funeral Home, West Fargo, N.D.

## James Alfred Hansen, 61

Funeral services for James Alfred Hansen, 61, of Florence, formerly of International Falls, Minn., who passed away at his residence Friday, Dec. 20, 2013, are

planned for 11 a.m. Friday, June 20, 2014, at Northwoods Bible Church, Ray, Minn.

Burial services will be at 10 a.m. Friday, June 20, at Lyman Cemetery, Ray.

**FIND DEALS**  
in  
**The Journal**  
**Classifieds**



## Karen Lucy Cole, 71

Karen Lucy Cole, 71, of International Falls, Minn., was called home Tuesday, June 10, 2014.

She was born Aug. 4, 1942, at Thief River Falls, Minn., to Riley and Mildred Parduhn.

She grew up around rural Warroad, Minn., until moving in 1953 to Dells, Ore., where she graduated from high school. Karen later moved back to Warroad in the summer of 1961.

On April 14, 1962, the former Karen Parduhn was united in marriage to her childhood friend, Belmer Cole. They settled in International Falls where they made their home and raised

their family.

Karen had a lifetime love for music; she gave piano lessons for numerous years and also led two musical groups, "Quartet One" and "Sunshine" at Rainy River Community College. Karen was also well known for playing numerous instruments in various bands at nightclubs around the area.

She was an active member of Zion Lutheran Church and a past president of the Minnesota Musicians Union.

Her hobbies included snowmobiling, fishing and bowling. She also loved making her famous perogies and cabbage rolls.

She was preceded in death by her parents.

Survivors include her husband, Belmer Cole of International Falls; son, Tony Cole (Terry Wood) and daughters, Penny Cole-Jensen and Gretchen (Todd) Coulombe, all of International Falls; grandchildren, Jessica Cole-Frarck, Jake Jensen, Justin Jensen, Kyle Askey and Luke Lundemo; and great-grandchildren, Domanyc and Dayne Larson.

Memorial services will be conducted at 11 a.m. Tuesday, June 17, at Zion Lutheran Church, International Falls.

Interment will be at War-



road at a later date.

Memorials in Karen's memory would be preferred to International Voyageur Snowmobile Club or Rainy Lake Sportsfishing Club.

Condolences may be left at [www.greenlarsen.com](http://www.greenlarsen.com).

Arrangements are with Green-Larsen Mortuary Inc., International Falls.

## George Laird Monahan

George Laird Monahan, born Sept. 8, 1940, at International Falls, Minn., died Sept. 19, 2013, at Stockholm, Sweden.

He is survived by his wife, Nina Schneider Monahan; daughter, Brie Lindsay Monahan; step children, Joakim and Johanna Larby.

Siblings are Robert Hugh Ritchie Monahan (Becky Lucas) and Jean Elizabeth Kelly (Charles A.).

Grandparents, Drs. Elizabeth Stevens Monahan and Robert Hugh Monahan, International Falls, Minn.; Jeanette Dally Ritchie and Arthur Cleveland Ritchie, Duluth, Minn.

"Laird," son of an army ordnance officer, moved all

over the United States with his family, graduating from Washington Irving High School in New York City.

He attended Bemidji State College then enlisted in the United States Navy in 1964. He served as a Seabee in Vietnam. He spent most of his remaining career as a seaman with Interlake Steamship Company on the Great Lakes. He rose to the rank of First Officer before retiring in 1999.

He married Nina Schneider in 2006 and moved to Solna, Sweden, where he resided with Nina and her children.

However, in 2010 he became so agitated by the U.S. Supreme Court decision to grant constitutional

rights to legal entities, including corporations, that he returned to the U.S. to raise people's awareness on how that decision marginalized the democratic process.

He with his brother, Robin, of Shoreview, Minn., started walking in May of 2010 from "sea to shining sea" across the nation in protest. They started at San Francisco and ended at Ocean City, Md., in October. A grass roots organization called "Move to Amend" joined Laird and Robin on the steps of the Lincoln Memorial in Washington, D.C., in October 2010.

Though he and Nina traveled back and forth between the U.S. And Sweden, the



"Move to Amend" movement to restore democracy became his U.S. focus until his death in September of 2013.

Besides his political interests, his passions were mostly listening to music of all kinds, reading books, philosophizing with friends, playing poker and composing hai-ku and other forms of poetry.

## Heart attack causes, drugs information

**Q. What causes a heart attack?**

A. A blood clot in a narrowed coronary artery is the usual cause of a heart attack. The clogged artery prevents oxygenated blood from nourishing the heart. This can lead to pain, the death of heart cells, scar tissue and fatal arrhythmias.

There is a variety of causes that lead to the narrowing of arteries, which is called *atherosclerosis*. This, in turn, increases the likelihood of a heart attack.

The following are some of the leading causes of heart attacks: Genetics, high cholesterol and triglycerides, smoking, high blood pressure, a sedentary lifestyle, obesity, diabetes, stress, excessive alcohol, saturated fat in your diet, age, gender and race.

More than eight out of 10 people who die of coronary heart disease are 65 or older. Men are at greater



Fred

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HEALTH CARE WRITER

risk than women of having a heart attack. African-Americans, Mexican-Americans and Native Americans are at higher risk of heart disease.

**Q. What drugs are used to treat a heart attack?**

A. Drugs that help dissolve clots blocking blood to your heart are lifesavers. These drugs are known as thrombolytics or "clot-busters." The earlier you are given a clot-buster, the better.

A *superaspirin* is given with a clot-buster. The

superaspirin prevents new clots from forming.

Nitroglycerin is used to open arteries, improving blood flow to and from your heart.

Regular aspirin keeps blood moving through constricted arteries. Therefore, paramedics may give aspirin when they respond to an emergency to treat a heart-attack victim. Aspirin reduces mortality from heart attacks.

Beta blockers, which lower your pulse rate and blood pressure, can reduce damage to the heart.

**Q. Can your ears predict a heart attack?**

A. Kay Tee Khaw, a professor of clinical gerontology at Cambridge University in England, said it may be that "big ears predict survival. Men with smaller ears may die selectively at younger ages. Ear size or pattern, or both, may be a marker of some biological process related to health."

While this may sound

far-fetched, many studies have shown that men with a diagonal crease in both ear lobes may have an increased risk of heart attacks.

Older people have bigger ears than they had as young adults. In short, your ears grow larger as you age. I know this sounds like a myth, but it's been proven by many scientific studies.

For example, researchers at the VA Medical Center/Texas Tech University found that ear circumference increases an average of 0.51 millimeters per year. And physicians at the Royal College of General Practitioners in England measured their patients' ears. They found that, as we get older, our ears grow about 0.22 mm a year.

*If you would like to ask a question, write to [fred@healthygeez.com](mailto:fred@healthygeez.com).*

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



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