

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

Dry eyes common in those over 50

Q. My eyes are dry a lot. Is this something common when you get older?

A. If your eyes seem to have become drier than normal to you, you should visit an eye doctor for a check-up. It's always better to have a professional examine you when you experience a troublesome bodily change.

Dry eyes are common in people older than 50 because our production of tears diminishes as we age. A lack of tears is more common among women, especially after menopause.

The tear film in your eyes has three basic layers: oil, water and mucus. Problems with any of these can cause dry eyes.

The outer layer of the tear film, which is produced by small glands on the edge of your eyelids, contains fatty oils. These smooth the tear surface and slow evaporation of the middle watery layer. If your oil glands don't produce enough oil, the watery layer evaporates too quickly, causing dry eyes.

The middle layer is mostly water with a little bit of salt. This layer, produced by the tear glands, cleanses your



Fred
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HEALTH CARE WRITER

eyes. If the tear glands don't make enough of the watery part of tears, you get dry eyes.

The inner layer of mucus helps spread tears evenly over the surface of your eyes. If you don't have enough mucus to cover your eyes, dry spots can form on the front surface of the eye.

Tears are necessary for overall eye health and clear vision. Tears keep eyes moist and wash away debris. They also help protect the eyes from infections.

Dry eye can be caused by an inflammation or any disease that changes tears.

It can be caused by side effects from some medicines including antihistamines, nasal decongestants, tranquilizers, blood pressure medicines,

Parkinson's medications, birth control pills and anti-depressants.

Women who are on hormone replacement therapy may experience dry eye symptoms. Allergies are associated with dry eye. Infrequent blinking from staring at a computer or video screen, may also lead to dry eye symptoms.

People who have had LASIK or other refractive surgery, where their corneas have reduced sensation because of incisions or tissue removal, may also experience dry eye. Also, people who wear contact lenses long term are at risk for developing dry eye.

Dry eye can damage the cornea, the clear, protective surface that covers the colored part of the eye, the iris. Permanent loss of vision from dry eye is uncommon.

[In our next column, we'll detail some treatments for dry eye.]

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthyeezer.com.

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

Moose bestows highest honor on local member

MOOSE INTERNATIONAL STAFF REPORT

Albert Long of International Falls, a member of International Falls Lodge No. 1259, Loyal Order of Moose, was summoned to receive the Pilgrim Degree of Merit, the highest honor that can be bestowed upon a member of the Loyal Order of Moose. The conferral took place May 25 in the House of God at Mooseheart, Ill.

The degree, currently held by less than one-half of one percent of the members of the fraternity throughout the United States, Canada, Great Britain and Bermuda, is the Order's ultimate reward for exceptional devotion to the principles and ideals of caring for children and senior members.

It is earned only by members who have given years of 'above-the-call-of-duty' service to the Loyal Order of Moose and its principle philanthropic endeavors of Mooseheart, a city for children in need, located 40 miles west of Chicago, and Moosehaven, a retirement community for senior members, located on the banks of the St. Johns River in Orange Park, Fla.

The Pilgrim Degree ceremony, traditionally held on the same day as the Commencement Exercises for Mooseheart High School, is conferred only inside Mooseheart's House of God, the magnificent multi-denominational



CONTRIBUTED PHOTO

International Falls Moose Lodge 1259 member Albert Long was summoned to receive the Pilgrim Degree of Merit, the highest honor that can be bestowed upon a member of the Loyal Order of Moose.

cathedral built in 1950.

Members receiving this Degree are entitled to wear a much-coveted gold blazer, which is formally presented to the honoree during a special ceremony attended by other Pilgrims, members of the higher degrees of both the Loyal Order of Moose and Women of the Moose, family, friends, community leaders, and other members of the Order.

Long will receive his blazer at 4 p.m. Sept. 14 at the International Falls Moose Lodge 1259. Also present will be leaders of the Minnesota Association to offer congratulations to Brother Long.

The Moose is an international organiza-

tion of men and women, dedicated to caring for children and seniors, bringing communities closer together, and celebrating life. Jointly, these members tirelessly volunteer their time and talent to assist people in need and make communities better places to live and raise families.

The organization operates over 1,600 Moose Centers throughout North America, Great Britain, and Bermuda, providing members with wholesome family, social, and sports activities. To learn more about what Moose members are doing in area communities, visit www.mooseintl.org, or call 630-966-2229.

MEMORIAM

In loving memory of our mother, **Joan Bounds**, who passed away Aug. 31, 2003.

*If we could have one lifetime wish,
One dream that could come true;
We'd ask with all our hearts,
For yesterday and you.*

Sadly missed by her children and grandchildren

Happy 9th Anniversary

Kristy & Steve!



Happy
Birthday
Kristy!

Love Your Family



**STOP IN AND
CHECK OUT OUR
DAILY SPECIALS!**

PIZZA BARN
Pizza • Tacos • Subs • Soups

Monday-Friday 9am-7pm
Saturday 11am-7pm – Sunday Closed
1111 3rd St., Int'l Falls
283-3400

Forestland Sales & Service



**HAPPY
21ST
BIRTHDAY ON
AUGUST 29TH
LARISSA
THYDEAN
LOVE
KATHIE &
MARK
JACK,
DOLLY &
MARLEY**

WE WOULD LIKE TO
THANK
OUR SPONSORS FOR THE
9TH INT'L FALLS



BASSTOURNAMENT

Hardees, Viking Bar, Pelland Welding, Roches Towing,
Up North Builders, Waschke Family GM,
GreenTech Manufacturing and J2M Apparel.

Thank You

Team #27, Tim Olson & Mike Leahy

In loving memory of
Gail Fish,

Who was taken from us
two years ago,
Sept. 5, 2011.

At the edge of town
On a breezy hill,
We laid our dear loved Gail down.

We know not why,
We only know it was God's will.
With weeping eyes and empty heart,
We had to let our dearest one depart.

So young so sweet, so loved;
Now at home with God so high above.
Somehow we live each lonely day,
So still, so sad, since she went away.



Missed by

Freeman and Rose Forsythe
Annette and Tom Clark and family
Wayne and Beverly Forsythe and family
Shane and Colleen Fish and family

Play Hockey

ATTENTION 5-8 YEAR OLD GIRLS AND BOYS

Try Hockey with free equipment

Available on loan for all first year kids ages 5-8

**Hockey Registration Sept 10 & 11
4:00-7:00pm
Kerry Park Arena**

**All players must register with USA hockey prior
to registration at usahockey.com**

Under players, register online, printed confirmation
will be required at registration.
Full payment required to register.

**Fees: Termites \$110.00
All other age divisions \$210.00
(boys & girls)**

**Coaches needed for
2012-13 season
Please email
Mike Podpeskar
with your interest at
ifallsrechockey.com
Or 218-324-1381**

First year
players are required
to bring a copy of their
Birth Certificate to
Kerry Park to complete
the registration
process.



PUBLIC HEARING NOTICE

Notice is hereby given that a public hearing will be conducted by the Koochiching County Planning and Zoning Commission relative to the following item **on Thursday, September 12, 2013 at 7:00 p.m.** in the County Board Room, Koochiching County Courthouse, International Falls, Minnesota.

A public hearing on a conditional use permit application by **Cedulie LaVigne** in order to conduct a home occupation photography business. The parcel is located along State Hwy 11 approximately 2 miles west of Int'l Falls and is described as Lot 5, Block 2, Auditor's Plat 34, Sec. 20, Twp 70N, Rge 24W, Koochiching County, Minnesota.

All interested parties are invited to attend the said hearing to be heard. If more information is desired, please contact the Koochiching County Environmental Services, ph. (218) 283-1158.

August 26, 2013

Dale Olson
Zoning Administrator
Koochiching County