

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

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 \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each. For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

- MONDAY
Goulash
Fruit
- TUESDAY
French toast dinner
Fruit
- WEDNESDAY
Roast beef
Mashed potatoes
Peas and carrots
Fruit
- THURSDAY
Vegetable barley soup
Chicken salad sandwich
Fresh fruit
- FRIDAY
Chicken parmesean

BIRTH

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

Gabrielle and Jeremy Nussbaumer, Fort Frances, a son, Rafael Nussbaumer, 7 pounds, 4 ounces, April 10, 2015.

Spring into a stress-free retirement

BY TAMMY FLUTO
Bernidji Social Security Manager

As we say “goodbye” to winter weather hardships and “hello” to gardens budding with vibrant color, we welcome the spring season by celebrating Stress Awareness Month. Did you know that stress, also called the “silent killer,” could cause heart disease and high blood pressure? Recognizing the sources of stress is the best way to understand how one can start eliminating life factors that put unnecessary strain on the body and mind. Social Security wants to make retirement planning as stress-free as possible, which is why there are a number of online tools available. One can create their own secure, personal my Social Security account from the comfort of their living room and avoid unpleasant traffic and a possible long wait in one of the field offices. Once a my Social Security account is created, one can view their Social Security Statement, verify their earnings record, and find out what to expect in monthly benefits if retiring at ages 62, 67 or 70. Once one begins receiving Social Security benefits, you can use my Social Security to check benefit information, change address and phone number, change electronic payment method, and obtain an instant benefit verification letter and replacement SSA-

1099/1042S. Sign up for my Social Security at www.socialsecurity.gov/myaccount. If you're thinking about retiring at an age not shown on your Statement, reduce the stress of the unknown by using our Retirement Estimator. The Retirement Estimator allows you to calculate your potential future Social Security benefits by changing variables such as retirement dates and future earnings. You may discover that you'd rather wait another year or two before you retire to earn a higher benefit. Or, you might see that this is the season for you to kiss that work stress goodbye and retire right now. To get instant, personalized estimates of your future benefits, go to www.socialsecurity.gov/estimator. When you decide it's time to start receiving your retirement benefits, the application process is far less stressful now that you're prepared. You can securely apply online without picking up the phone or leaving your house. Simply go to www.socialsecurity.gov/applonline, and, in as little as 15 minutes, you can breeze through our online retirement application. Our website and online tools are always available. You can enjoy Social Security's stress-free retirement planning tools any time of the year, giving you more time to enjoy these warmer months. Doesn't that put a spring in your step?

On the subject of colons ...

Q. When seniors gather, it doesn't seem to take long before we get to our aches and pains. You must get more than your share of that.

A. My friend, Pete, has instituted a colonoscopy rule. He insists that, if a bunch of us geezers are talking about aches, maladies and visits to the doctors, everyone has to change the subject as soon as someone uses the word colonoscopy. Usually we switch to grandchildren, which is a lot more fun.



And whether you've had ulcerative colitis. Polyps are benign growths on the inner wall of the colon and rectum. Not all polyps become cancerous, but nearly all colon cancers start as polyps. Colorectal cancer seems to run in families. And, someone who has already had colorectal cancer may develop this disease a second time. So greater vigilance is a good idea if you or your relatives have had it. This form of cancer is more likely among people on a diet high in fat, protein, calories, alcohol, and both red and white

meat. Low-fat, high-fiber diets seem better for the colon. Ulcerative colitis is a condition in which there is a chronic break in the lining of the colon. Having this condition increases a person's chance of developing colorectal cancer. The following are some symptoms of colorectal cancer: blood in the stool, diarrhea, constipation, stools that are narrower than usual, frequent gas pains or cramps, unexplained weight loss, unrelieved fatigue, vomiting. Go to your doctor if you have symptoms. The medical profession has many detection tools. These include: a test to check for hidden blood in the stool; a sigmoidoscope, a lighted instrument for examining the rectum and lower colon; a colonoscope, a lighted instrument to examine the rectum and entire colon; a barium enema with a series of x-rays of the colon and rectum; a

digital rectal exam to feel for abnormal areas. Two recent studies showed that colonoscopy can find many precancerous polyps that sigmoidoscopy misses. Another major advantage of the colonoscopy is that it enables the doctor to remove any polyps found during the procedure. There is a virtual colonoscopy, a minimally invasive procedure. Doctors are able to see the entire colon using 3-D computer graphics from a computerized tomography scan, or CT scan. Known as CT colonography, this exam is an alternative for patients who are at risk of complications from colonoscopy such as patients who are frail. If a virtual colonoscopy finds significant polyps, they have to be removed by conventional colonoscopy. If you would like to ask a question, write to fred@healthygeezers.com. Cicetti is a health care writer with more than 40 years of journalistic experience.

LOOKING BACK

25 YEARS AGO
Falls High School students Elissa Gjertson, Carrie Wagner and Marjorie Kugel will compete in the State Speech Contest Friday. Alice Marble and Gary enjoyed Easter dinner with their daughter and sister, Mr. and Mrs. Dennis Lagergren and Brian.

40 YEARS AGO
The engagement and forthcoming marriage of Miss Diane Elaine Bolstad and Jeffrey Wold Lindvall, is announced by her parents, Mr. and Mrs. Donald L. Bolstad of the Falls. A boy was born at Falls Memorial Hospital today to Mr. and Mrs. Wesley Tribbett.

50 YEARS AGO
A girl was born today at Falls Memorial Hospital to

Mr. and Mrs. Duane Kerry; 4 pounds, 15 ounces; Jackie Ann. A girl, Julie Marie, was born today at Falls Memorial Hospital to Mr. and Mrs. Fred Zieske; 6 pounds, 12 ounces. Ronald Bird, 20, drowned about noon when the 14-foot boat in which he was riding apparently swamped, then capsized in the Ash River. Ronald graduated from Falls High School in 1962. Mrs. James Karsnia was honored at a pink and blue surprise shower at the home of Mrs. John Cullen last Wednesday evening.

60 YEARS AGO
Pfc. Charles Clifford Peterson, son of Mr. and Mrs. Clifford Peterson, recently graduated from the 11th Airborne division jump school

at Fort Campbell, Kent. Mr. and Mrs. Ed Jameson, 1012 Eighth St., entertained at a birthday party in honor of their daughter, Debbie, who was 1 year old Thursday. Tone's Feed and Seed firm, Littlefork, will observe its second annual free chicks day Saturday. Proprietor Aad A. Tone Jr. is planning to give away 5,000 chicks on a first-come, first-serve basis. There is a limit of 25 per family and children must be accompanied by adults.

70 YEARS AGO
Pfc. Harvey E. Palmer, 22, of this city, made the supreme sacrifice April 9 while serving with an infantry unit in Germany, according to a war department telegram received by

his wife, Mrs. Marie Palmer. Mr. and Mrs. Martin Molstre, 917 Riverside Drive, announce the coming marriage of their daughter, Deloris Mae, to Pfc. James Kendall Merrill, son of Mr. and Mrs. James Merrill, also of this city. Mr. and Mrs. Guy Pullar, Crystal Beach, were overjoyed today to learn that their son, Pvt. Leon Pullar, 19, whom they have not heard from since he was reported missing in action in December, has been liberated from a German prison camp and may be at this moment enroute home. Word was received here yesterday that Carl Roberson, ARM3/c, a former mailer for The Daily Journal, was killed in recent action in the Pacific.

CONGRATULATIONS!



Sr. High
ELIZABETH JULSON

Littlefork-Big Falls March 2015 Student of the Month



Jr. High
ELVERA SIMUTKIN



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