

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

Redirecting your attention

Q. I am 83 years old and I am very afraid of falling down stairs. My mother broke her hip that way, and I think of her every time I am on stairs.

A. If you think about falling while you are on a staircase, you increase the risk of falling. You have to learn how to redirect your attention away from your troubling thoughts and let your body take you up and down the stairs.

The techniques used to block out your worries and act naturally are taught my Zen masters and sports psychologists. The basic concept is this: distract yourself with anything benign so that your worries cannot creep into your consciousness.

Here's an example: Many years ago, I read a book, *The Inner Game of Golf*, by W. Timothy Gallwey. The author employed Zen techniques to allow golfers to use their skills to hit the ball instead of thinking their way through shots. I tried his techniques and immediately improved my game. I was amazed but not convinced. Then I had an experience that proved to me that these Zen techniques worked.

Gallwey recommends replacing your controlling thoughts with mantras — words or sounds you can repeat in your head to keep your worries out of your way. My two mantras were “club back” and then “hit.” That’s all I thought about as I went through my swing.

One afternoon, I found myself in a fairway bunker



Fred
CICETTI
HEALTH CARE WRITER

about 120 yards from the green. The ball was partially submerged in the sand. I had only a vague idea of how to hit this shot to the green. I stepped into the sand with a 7-iron. I focused on my mantras and swung thoughtlessly at the ball. It landed 10 feet from the hole.

You can use the same technique when you are on the stairs. Choose a mantra and repeat it until you are back on a flat floor. Just counting the stairs as you traverse them might work. But a recent study suggested a novel method — clenching your left hand before you go to the stairs. This seems to work for right-handers only. About 90 percent of us are right-handed.

For the study, German researchers tested the skills of athletes. Right-handed athletes who squeezed a ball in their left hand before competition were less likely to choke under pressure than right-handed players who squeezed a ball in their right hand.

Reasoning is associated with the left

hemisphere, while the right hemisphere is linked with automatic body movements.

Juergen Beckmann, chairman of sports psychology at the Technical University of Munich, and the lead researcher, theorized that squeezing a ball or clenching the left hand would activate the brain’s right hemisphere and reduce the risk of an athlete choking under pressure.

“Many movements of the body can be impaired by attempts at consciously controlling them,” Beckmann said. “This technique can be helpful for many situations and tasks.”

Sian Beilock, a University of Chicago psychologist and author of *Choke: What the Secrets of the Brain Reveal About Success and Failure at Work and at Play*, also recommends distracting the mind with meaningless details or speeding up movements so the brain doesn’t have time to overthink. She also recommends writing down your worries.

There is work in clinical psychology showing that writing helps limit negative thoughts that are very hard to shake and that seem to grow the more you dwell on them. The idea is that you cognitively outsource your worries to the page.

If you want to ask a question, write tofred@healthygeezzer.com.

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

VFW Ladies Auxiliary gathers

BY BETH JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order by president Pat DeLapp at 7 p.m. March 10 with 10 members present.

The opening ritual was held, roll call of officers conducted with Tina Hofius, guard, pro-tem and Diane Kelly, conductress pro-tem. There were no petitions or transfers for membership.

Winner of the Voice of Democracy essay, Josey Bates, read her speech to the combined audience of the Ladies Auxiliary and the men of the Post.

Voice of Democracy chairman, Dawn Flesland, presented Bates with a certificate and prizes.

Americanism chairman, Irene Anderson, presented a certificate of appreciation to Harry Batdorf for his contributions to hospitalized veterans. Proceeds from Batdorf’s book, “Fifty Stars On The Flag,” are donated to the VFW Ladies Auxiliary.

Committee reports were given by Anderson, Linda Chezick and DeLapp.

Donations were made to the VFW youth baseball team, March of Dimes and Relay For Life.

The Auxiliary will purchase 2016 calendars to sell as a fund raiser.

The Auxiliary will host a breakfast in recognition of Vietnam veterans from 8 to 11 a.m. March 29, serving biscuits and gravy, etc. Volunteers are needed.

Elections of officers will take place in April. Upcoming events include



CONTRIBUTED PHOTOS

A certificate of appreciation, patriotic citizen award and gift certificate were presented to Harry Batdorf by Irene Anderson in appreciation for his donations to the VFW Ladies Auxiliary.



Dawn Flesland, Voice of Democracy chairman, at left, is pictured with Josey Bates, Voice of Democracy essay winner. Bates was presented a certificate and monetary award.

Poppy Day, Memorial Day and a district meeting in Cook. Johnson won the door prize.

The meeting concluded at 8:30 with closing ceremonies. The next meeting is at 7 p.m. April 14.

Falls Lions Club met March 2

LIONS DEN REPORT

The International Falls Lions Club met March 2 at AmericInn.

The secretary and treasures reports were read and approved.

Old Business:

■ The Fishing Derby: Reported to be a success. At the end of the day, all was sold out. The club raised about \$500. Appreciation was extended to all those who attended the derby and visited the Food Trailer for hot dogs and brats.

■ Raffle: Still waiting on receiving license from the state. When it is received, details will be finalized for the raffle. Raffle winners will be announced the Fourth of July, as was done last year.

Plans will be finalized at the next meeting.

■ A booth fee has been submitted for the Expo. Members encourage the public to stop by to learn more about the Lions.

■ A \$500 scholarship will be given in the name of Lion John Roach, to honor his Lionism. The scholarship can be used for students who will be attending a technical school.

New Business:

■ Lions Dick and Sally Schaak met with Dan Odegaard, chief executive officer of Rainy Lake Medical Center, to discuss if there might be any type of equipment Lions International and International Falls Lion Club could assist with. Odegaard suggested that the

rehab department might have some equipment the club could help purchase. It was agreed to pursue the suggestion. The Schaaks will report back at the next meeting.

■ Drop boxes for eyeglasses and hearing aids with the Lions logo will be purchased. The boxes will be set up in various places, so the community can drop off old glasses and hearing aids. Lions use these glasses and hearing aids by recycling them for those who in need and unable to purchase them.

■ The club will donate \$300 each to STRIVE, the Food Shelf and Salvation Army.

The first of three nomination readings was conducted.

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
Pork chow mien
Fresh fruit
TUESDAY
Roast turkey dinner
Fruit
WEDNESDAY
Meatloaf dinner
Applesauce crisp
THURSDAY
Impossible taco pie
Fruit
FRIDAY
Polish and sauerkraut or alternative
Fresh fruit

NEED HELP?

Do others ask you to turn down the TV?

Do women and children seem to mumble?

Do you have difficulty hearing in groups of people?

If you answer “yes” to any of these questions, then you may be experiencing the early signs of hearing loss.

Trust your hearing to a professional with a college education and 33 years clinical experience. An audiologist is best qualified to help you assess your communication needs and can recommend suitable hearing aids. Spring into action! Call today to schedule a comprehensive hearing evaluation. You deserve to hear better.

Thursdays, March 5,12,19 & 26



Rainy Lake Medical Center
1-800-414-5854

COME TO WASCHKES



LEASE A NEW Sonic
for as low as

\$178/Month!

See Dealer for Details



Supplier Pricing on
**SELECT NEW ½ Ton
Silverado & Sierra
Models!**



See the **ALL NEW
Colorado and
Canyon**

In stock now!

**Get 16% off MSRP on select
New Buick Models!**



Total Savings
\$4,939!!

**NEW
2014 BUICK
REGAL 4DR SDN
TURBO FWD**

\$25,931



Total Savings
\$8,423!!

**NEW
2015 BUICK
ENCLAVE PREMIUM
AWD**

\$44,222



Total Savings
\$5,713!!

**NEW
2014 BUICK
ENCORE PREMIUM
AWD**

\$29,992



FAMILY DRIVEN

www.waschkegm.com

2300 Highway 53
Int'l Falls,
MN 56649
218-283-3471