

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

ENGAGEMENT



CONTRIBUTED PHOTO

JAKE ROSS AND STEPHENY REYES

Jake Ross and Stepheny Reyes announce their engagement and forthcoming wedding. The future groom is employed by UPS and the future bride is employed by University of Minnesota Physicians. Parents of the couple are David and Mary Ross and Steve and Kristi Reyes, all of Maple Grove.

Grandparents of the bride-to-be are Dale and Arlene Peterson of Littlefork and Loren and Donna Reyes of Casa Grande, Ariz., formerly of International Falls. Jake and Stepheny will exchange vows in Minneapolis on Sept. 28, 2013. Following the wedding, the couple will reside in Minneapolis.

MEMORIAM

In loving memory of **Chris Paulson**, who passed away Aug. 22, 2012.  
**Footprints in the Sand**  
*I dreamed that I had died. The Lord and I walked side by side; leaving two sets of footprints in the sand. Ahead in the distance, I could see the pearly gate of heaven. I took one last glance behind me, wanting to remember all the footsteps I had taken through life. Behind me, over the smooth and easy paths of my life's journey, there were two sets of footprints in the sand.*

*But where the road was steep and difficult to travel, there appeared only one set of footprints. I asked the Lord this question, "Lord, I believed that you would walk by my side through my life, during easy times and difficult times. But during the hard journey, I see only one set of footprints. Why?" The Lord answered, "My child, I was with you all through your travels, but along the most difficult paths, I carried you."*  
**Sadly missed by family and friends**

MILITARY NEWS

Air Force Airman Todd R. Tyson graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.  
The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.  
Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.



CONTRIBUTED PHOTO

Tyson is the son of Kim Andersen of Mizpah.

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Happiness comes with age

**Q. Do we get sadder as we get older?**

A. It seems that just the opposite is true. There's a lot of evidence that we get happier the older we get. A Gallup telephone poll of 340,000 people across the nation showed that happiness comes with age. However, the poll didn't uncover the cause of this phenomenon.

Dr. Arthur A. Stone, a professor of psychology at the State University of New York at Stony Brook, was the lead author of a study based on the Gallup survey. He speculated on the causes for this happiness.

"It could be that there are environmental changes, or it could be psychological changes about the way we view the world, or it could even be biological — for example brain chemistry or endocrine changes," Dr. Stone said.

The telephone survey included people between

**Fred CICETTI**  
HEALTH CARE WRITER

18 and 85. The survey showed that people start out at age 18 feeling pretty good. However, they feel progressively worse until they hit 50. At that point, people begin getting happier as they age. By the time they are 85, they are even more satisfied with themselves than they were at 18.

Why are older people happier? I collected some theories. Older people are happier because they have:

A deeper appreciation of the value of life

A feeling of fulfillment  
A greater ability to understand and handle life's vicissitudes

Fewer aspirations and expectations of themselves

The ability to live in the present and not worry about the future

The wisdom to know they can't please everyone all the time

An inclination to see situations more positively

A University of Chicago study also showed that happiness increases with age. The researchers asked a cross section of Americans how happy they were. The question was administered in face-to-face interviews of population samples that ranged from about 1,500 to 3,000.

The Chicago researchers theorized that older people are happier because with age comes positive

psychosocial traits, such as self-integration and self-esteem; these signs of maturity could contribute to a better sense of overall well-being.

"Older people are better able to recognize what will bother them, and better able to negotiate their environment," said Susan Turk Charles, a psychologist at the University of California, Irvine.

One study looked at people's positive and negative emotions over the course of 23 years, and compared participants by age group. Researchers found that teenagers most frequently reported negative emotions, while octogenarians seemed to feel the least negative.

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

Wegge presides at RLMC Auxiliary meeting

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary President Sonia Wegge presided at the Aug. 6 meeting. She led the 14 members present in reciting the auxiliary prayer.

Kelly Millerbernd gave her report.

Volunteer chairperson Sadie Darvell announced at the Retired and Senior Volunteer Program appreciation luncheon will be Oct. 23 at Lenard's. The membership com-

mittee, Beverly Beck, chairperson, conducted a membership drive during Crazy Daze. Membership stands at 74 members.

Discussion centered around updating the by-laws and possible new volunteer opportunities.

Door prizes were awarded to Bea Brown and Edna Doris.

The next regularly scheduled meeting of the auxiliary will be Sept. 3 at the hospital campus.

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.

MONDAY

Chicken strips  
Fresh potato wedges  
Baked bean  
Peaches

TUESDAY

Open-face hot pork sand-

wiches

Gravy  
Mashed potatoes  
Sliced beets  
Whipped Jell-O

WEDNESDAY

Honey glazed meatballs  
Mashed potatoes  
Green Beans  
Pears

THURSDAY

Chicken pasta salad on lettuce leaf  
Fresh fruit  
Oatmeal fruit muffins

FRIDAY

French toast  
Sausage links  
Apple juice  
Fruit  
Pudding

BIRTHS

Molly and Bob French, of International Falls and Balsam Lake, Wis., announce the arrival of their daughter, Averie Joan French, 6 pounds, 12 ounces, 19.5 inches long, born

Saturday, Aug. 10, 2013, at Rainy Lake Medical Center hospital campus.

Welcoming Averie home was her sister, Melissa.

Ross and Katie Hamers,

International Falls, announce the arrival of their son, Bennett James Hamers, 7 pounds, 14 ounces, 20 inches long, born Friday, July 26, 2013, at Rainy Lake Medical Center hospital

campus.

Maternal grandparents are John and the late Beth Prettyman.

Paternal grandparents are Randy and Renie Hamers.

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**Members & Mentors:**

- Carol Anderson
- Sue Anderson
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- Barb Fisher
- Jeff Hardwig, Co-Leader
- Julie Jaks
- Pat Kjellgren
- Brad Krasaway, Co-Leader

- Sue Nordquist
- Becky Roeder
- Nancy Rognerud
- Betty Villalta

**Students:**

- Rachel Amidon
- Wesley Gunnerson

- Elizabeth Kruse
- Nissa Kaminski
- Paige Leseman

- Jaime Sjoblom

**Speakers:**

- September-Jeff Hardwig & Brad Krasaway
- October-Kimberly Perkins

- November-Scott Riley & Brad Krasaway
- December-Steve Earley
- January-Gail Rasmussen

- February-Sue Fraik
- March-Dave Peterson
- April-Elena Favela

Show Up, Do the Work, Have a Positive Attitude