

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

Sleep patterns and aging

Q. I have found that I don't sleep as well as I used to when I was younger. How common is this?
A. Many people believe that poor sleep is a normal part of aging, but it is not. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging.

Seniors need about the same amount of sleep as younger adults — seven to nine hours a night.

Unfortunately, many older adults don't get the sleep they need, because they often have more trouble falling asleep. A study of adults over 65 found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep.

Also, older people often sleep less deeply and wake up more often throughout the night, which may be why they nap more often during the daytime.

Nighttime sleep schedules may change with age too. Many older adults tend to get sleepier earlier in the evening and awaken earlier in the morning.

Here are some pointers to help you get better sleep:

■ Go to sleep and wake up at the same time, even on weekends. Sticking to a regular bedtime and wake time schedule helps keep you in sync with your body's circadian clock, a 24-hour internal rhythm affected by sunlight.



Fred
CICETTI
HEALTH CARE WRITER

■ Try not to nap too much during the day — you might be less sleepy at night.

■ Try to exercise at regular times each day. Exercising regularly improves the quality of your nighttime sleep and helps you sleep more soundly. Try to finish your workout at least three hours before bedtime.

■ Try to get some natural light in the afternoon each day.

■ Be careful about what you eat. Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake. Also, if you like a snack before bed, a warm beverage and a few crackers may help.

■ Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. Also, the nicotine in cigarettes is a stimulant.

■ Create a safe and comfortable place to sleep. Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a phone by your bed may be helpful. The room should be dark, well ventilated, and as quiet as possible.

■ Develop a bedtime routine. Do the same things each night to tell your body that it's time to wind down. Some people watch the evening news, read a book, or soak in a warm bath.

■ Use your bedroom for sleeping, not daytime activities. After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.

■ Try not to worry about your sleep. Some people find that playing mental games is helpful. For example, tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks.

If you are so tired during the day that you cannot function normally and if this lasts for more than two to three weeks, you should see your family doctor or a sleep disorders specialist.

If you would like to ask a question, write to fred@healthygeezer.com.

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

MEMORIAMS

In loving memory of our mother, **Glen-da Lundquist**, who passed away eight years ago, Nov. 15, 2006.

Our Loving Mother

*With joy we shared the journey,
As we traveled on life's road;
Our hearts touched by your loving ways,
And the kindness that you showed.
The days we shared were much too few,
As your path took a different turn;
And our hearts ache with sadness ...
For your presence, we still yearn.
In a while our paths will reunite,
For Heaven waits at journey's end;
It comforts us to know you're there,
Our loving mother and our friend.*

Sadly missed and lovingly remembered by Julie Leinum and family Sue Donnell and family Frank Lundquist and family Tammy Ojala and family

In loving memory of our special and dear brothers, uncles and godfathers, **Gary Underdahl**, whose birthday was Nov. 3, and **Wayne Underdahl**, who went to heaven Nov. 18, 2009.

We love and miss you so very much, precious loved ones.

*Beautiful memories are wonderful things,
They last 'til the longest day;
They never wear out or get lost,
And can never be given away.
To some you may be forgotten,
To others a part of the past;
But to us who loved and lost you,
Your memory will always last.*

Until we meet again - Sadly missed, loved forever and always in our hearts, Bonnie, Wendy, Jeff and families and dear friends XO XO XO

P.S. Love and hugs for Conrad and Millie XO XO

keep in touch online ...

www.ifallsjournal.com

Independent School District #361

Koochiching County

International Falls, MN

Mission Statement: *To prepare all learners for a changing world by developing their potential within a climate of mutual respect and trust.*

AGENDA
REGULAR MEETING OF THE BOARD OF EDUCATION
Monday, November 17, 2014
Falls High School Cafeteria
5:00 p.m.

PRELIMINARIES:

1.0 CALL TO ORDER: 5:00 p.m.

2.0 ROLL CALL

Gordon Dault _____	Darrell Wagner _____
Michelle Hebner _____	Dena Wenberg _____
Michael Holden _____	Kevin Grover _____
Willi Kostluk _____	Gary Haraia _____

3.0 PLEDGE OF ALLEGIANCE

4.0 PREVIEW & APPROVAL OF AGENDA: moved _____ second _____ carried/failed

5.0 OPEN FORUM

5.1 November Students of the Month: Jackson Vollom & Teagan Anderson
5.2 Public Open Forum

6.0 Approve the minutes from the regular meeting of October 20, 2014 and the special meeting of November 6, 2014. moved _____ second _____ carried/failed

7.0 Approve the bills due and payable amounting to \$209,925.75. moved _____ second _____ carried/failed

OLD BUSINESS:

NONE

NEW BUSINESS:

8.0 Program Consent: moved _____ second _____ to approve items 8.1-8.2.

8.1	Accept donations in the amount of \$22,665.77.	
9/3/14	Boise Paper; Pallet of Copy Paper to FES	\$1200.00
10/24/14	Schwan's Cares; 6th Grade Trip	\$129.98
10/28/14	Marshall Knudson Grant; TAGS Group	\$1000.00
11/6/14	Falls Education Foundation; Falls High School	\$5883.64
11/6/14	Falls Education Foundation; Falls Elementary School	\$6145.65
10/30/14	Border State Bank; Intl Falls Trap Club for Shooter	\$5400.00
11/5/14	Bronco Track Boosters; FHS Bronco Track Team	\$2906.50
	TOTAL	\$22,665.77

8.2 Adopt the Indian Education Transmittal of Resolution and Parent Committee Roster for the 2014-15 school year.

8.3 Approve the request from FHS Choir to fundraise for a field trip to Minneapolis in March, 2015.

9.0 Personnel Consent: moved _____ second _____ to approve items 9.1-9.7. carried/failed

9.1 Approve the hire of Bill Schrader as a half-time custodian effective November 10, 2014 and in accord with the Master Agreement between ISD 361 and Local 510.
9.2 Approve the hire of Honey Hoopman as a regular-route, non-union bus driver effective 9-2-14.
9.3 Approve the hire of Staci Nelson as an Educational Support Professional effective November 10, 2014 and in accord with the Master Agreement between ISD 361 and Local 4798.
9.4 Approve the hire of Abigail Oveson as an Educational Support Professional effective October 24, 2014 and in accord with the Master Agreement between ISD 361 and Local 4798.
9.5 Approve the hire of Karen Bates and Erin Warren as co-coaches for Speech for the 2014-15 season and in accord with Schedule "D" of the Master Agreement between ISD 361 and Local 331.
9.6 Recognize the following individuals as Type III van drivers for recreation program activities: Jay Bartkowski, Darrell Boe, Jessica Crosby, Heather Lynch, Brock Morrison, Julie Olson, Jimmy Sauser and Kristen Wold
9.7 Recall Barb Johnson from ULA effective January 5, 2015, to fill the Community Education secretarial vacancy.

10.0 Policy Consent: moved _____ second _____ to approve items 10.1-10.2. carried/failed

10.1 Approve corrected Policy 426 At Will reflecting correction to wage scale and hours for the hourly Accounts Payable and Receivable position.
10.2 Reaffirm Rental Fees for Non-School Events document as an attachment to Policy 902 Use of School District Facilities & Equipment.
10.3 Receive a draft version of a School Meal Charge Policy to be formally adopted at the regular meeting in December.

OTHER NEW BUSINESS

11.0 Approve the hire of Minnesota School Board's Association for strategic planning/goal setting in the amount of approximately \$3900 plus travel expenses. Moved _____ second _____ carried/failed

12.0 Discussion and potential action on participation in the Education Innovation Partners program.

13.0 Consider a request from Rosa Christianson for adjustment of her placement on the salary schedule from step 6 to 8 for 2013-14 and step 7 to 9 for 2014-15 with retroactive pay. Moved _____ second _____ to approve/deny carried/failed

14.0 Receive revised FY15 Revenue and Expenditure budgets.

REPORTS AND INFORMATION:

15.0 Administrative Reports:

15.1 Tim Everson, Principal
15.2 Melissa Tate, Principal
15.3 Kevin Grover, Superintendent
15.3.1 Set a special meeting for Monday, January 5, 2015 at 5:00 p.m. in the Falls High Cafeteria.
15.3.2 MSBA Leadership Conference
15.3.3 World's Best Workforce.
15.3.4 Local 510 participation in PIEP.

16.0 Committee Reports:

16.1 Student member

ADJOURNMENT: Adjourn the meeting at _____ p.m. Moved _____ Second _____ carried/failed

WINTER SAVINGS

at the JUG LIQUORS

Saturday, Nov. 15th – Saturday, Nov. 22nd



Coors Light

16 oz
24 pk cans

\$18⁹⁹



Phillips Vodka

1.75 L

\$13⁹⁹



Bud and Bud Light

24 pk cans

\$17⁹⁹



Sutter Home

1.5 L
All Flavors

\$7⁹⁹



Menage a Trois Midnight

750 mL

\$9⁹⁹

Crown Royal Apple

750 mL

\$22⁶⁹



Luccio Moscato

D'Asti

750 mL

\$7⁹⁹



BUY TWO, GET ONE FREE!

ConCannon Chardonnay and Crimson & Clover \$9⁹⁹!

750 mL bottles are buy 2 get one free this week, on sale for

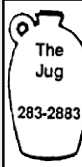
WINE TASTING NOVEMBER 20th

With Pat Cunningham

From 3-6 PM, come experience these featured items:

- Menage a Trois Midnight • Crown Royal Apple
- Luccio Moscato D'Asti • ConCannon Crimson & Clover
- ConCannon Chardonnay

Prize drawings throughout the tasting!



The Jug Liquors

Borderland's Local Liquor Store

Hwy 53 & 11th St. - M.-Sat. 8am-10pm

