

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

Make eye exams part of routine health care

Q. What kind of glasses should you get for low vision?

A. Low vision is a significant reduction in visual function that can't be corrected by regular glasses, contact lenses, medicine or surgery. Low vision can range from moderate impairment — such as tunnel vision or blind spots — to almost total blindness.

One out of every 20 people has low vision. About 135 million people around the world suffer from this impairment.

Irreversible vision loss is most common among people over age 65. However, losing vision is not just part of getting older. Some normal changes occur as we get older. These changes usually don't lead to low vision.

Low vision can be caused by diseases, disorders, and injuries



Fred
CICETTI
HEALTH CARE WRITER

that affect the eye. Many people with low vision have age-related macular degeneration, cataracts or glaucoma. Almost 45 percent of all cases of low vision are caused by age-related macular degeneration, which progressively destroys the central retina (macula) at the back of your eye. The retina is to your eye what film is to a camera.

If you think you may have low vision, consult an eyecare professional

who can tell the difference between normal changes in the aging eye and those caused by disease.

There are many signs that indicate possible vision loss. Under normal circumstances, do you have trouble recognizing faces of people you know? Is it difficult for you to read, sew, match the color of your clothes? Do lights seem dimmer than they used to?

Vision changes like these could be early warning signs of eye disease. Usually, the earlier your problem is diagnosed, the better your chances are for successful treatment and maintaining your vision.

Regular eye exams should be part of your routine health care. However, if you think your vision has changed, you should see your eyecare professional as soon as possible.

A specialist in low vision is an optometrist or ophthalmologist who is trained to evaluate vision. This professional can prescribe visual devices and teach people how to use them.

Devices and rehabilitation programs can help you adapt to vision loss. They may help you maintain your lifestyle.

These devices include: adjustable lighting; large-print publications; magnifying devices; closed-circuit televisions; electronic reading machines; computer systems with voice-recognition; telescopes, and telephones, clocks, and watches with large numbers.

Rehabilitation programs offer a wide range of services such as low-vision evaluations and special training to use adaptive devices. They

also offer guidance for making changes in your home as well as group support from others with low vision.

If you would like to ask

a question, write to fred@healthygeezzer.com.

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

Beck installed president of RLMC Auxiliary

BY MARGUERITE DAVISON

Beverly Beck was installed as president of the Rainy Lake Medical Center Auxiliary at the meeting Jan. 6 at the hospital.

Also installed were Sonia Wegge as vice president. Bea Brown as treasurer, and

Mary Ann Lien was corresponding secretary. The recording secretary will be installed at a later date.

Plans for the February sloppy joe feed were started with Wegge as chairperson. Proceeds from that event will go toward a scholarship which will be awarded to a

highschool senior who is pursuing a health-related career.

Thank you letters were read from Claudia Mescher, president of District B hospital auxiliaries, and from Sadie Darvell.

Membership chairperson Beck reported 51 paid-up members.

Connie Lacher was appointed new membership chairperson.

It was announced that Carol Lagoo was the recipient of the quilt.

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

MEMORIAMs

In loving memory of our mother, **Lois A. Nelson (Thydean)**, who passed away Jan. 19, 1987.

*Thank you, mother, for all that you have done;
You took great care of your daughters and sons.
You loved us all from the very start,
With your warm, kind and loving heart.
Thank you, mother, for being strong;
While trying to teach us right from wrong.
If any time we had a problem,
You were there to help us solve them.
You'd lift us up, when we were feeling blue;
Thank you, mother, for we could always count on you.
You were such an awesome mother,
The love you showed was like no other.
Thank you, mother, for your dear, sweet love;
Now you'll watch over us from heaven above.*

And you are so dearly missed by your family!

In loving memory of our dear father and grandfather, **Jack Faulkner**, who passed away Jan. 18, 2001.

*God took the strength of a mountain,
The majesty of a tree;
The warmth of a summer sun,
The calm of a quiet sea.
The generous soul of nature,
The comforting arm of night;
The wisdom of the ages,*

*The power of the eagle's flight.
Then God combined these qualities,
There was nothing more to add;
His masterpiece was now complete,
He lovingly called it Dad.*

**Sadly missed and loved by
Matt, Meghann and Sam
Rick and Lou Anne**

In memory of **Stan Long Sr.**
Feb. 24, 1945-Jan. 15, 2013

*Hon, I can't believe it's already been two years!
The days and nights go by, and I'm still in tears.
I don't need a month of Sundays,
To say how much I miss you;
'Cause every day when I close my eyes,
Your smiling face comes through.
The pain of losing you continues;
It hasn't healed much at all!
Although the days keep passing by,
The tears for you still flow.*

We love and miss you so much!

**Bev
Sadi Su
and Mika**

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 un-

der 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
Chicken broccoli bake
Ambrosia salad

Fresh fruit
TUESDAY
Boiled dinner or alternate
Fruit
Lemon bar
WEDNESDAY
Tater Tot casserole
Beets
Fruit
THURSDAY

Harvest stew
Garlic biscuit
Cucumber salad
Fresh fruit
FRIDAY
Goulash
Lettuce salad
Dressing
Fruit



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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
Tuesday, January 20, 2015
Falls High School Cafeteria
5:00 p.m.

PRELIMINARIES:

1.0 CALL TO ORDER

2.0 ROLL CALL
Gordon Dault _____ Toni Korpi _____
Michelle Hebner _____ Heather McBride _____
Michael Holden _____ Kevin Grover _____
Tom Holt _____ Gary Harala _____

3.0 PLEDGE OF ALLEGIANCE

4.0 PREVIEW & APPROVAL OF AGENDA
Moved by _____, seconded by _____
to approve the agenda as presented. Motion carried/failed by a _____ vote.

5.0 OPEN FORUM:
5.1 December student of the month: Cole Miggins
5.2 January students of the month: Madison Filipiak and Andrew Larson
5.3 Hear a presentation from Joe Silko on the Education Innovation Partners program.
5.4 Public open forum

6.0 Approve the minutes from the regular meeting of December 15, 2014 and the special meetings of January 5 and January 7, 2015.
moved _____ second _____ carried/failed

7.0 Approve the bills due and payable amounting to \$484,023.87.
moved _____ second _____ carried/failed

OLD BUSINESS: NONE

NEW BUSINESS:

8.0 Adopt a resolution supporting the Minnesota School Trust Lands Director position. Roll Call Vote: Aye _____
Nay _____ carried/failed

9.0 Approve the formation of a FHS drama club. moved _____ second _____ carried/failed

10.0 Receive the 2015-16 revenue budget for adoption at the regular meeting in February.

11.0 Receive revised policy 713 Student Activity Accounts for adoption at the regular meeting in February.

12.0 Motion to restructure hiring committee requirements per MSBA recommendation. moved _____ second _____ carried/failed

13.0 Adopt the Resolution Directing Administration to Make Recommendations for Reductions in Programs and Positions and Reasons Therefor. Moved by _____, seconded by _____
Roll call vote: Aye: _____ Nay: _____
carried/failed by a _____ vote.

14.0 Program Consent: moved _____ second _____ to approve the program consent agenda items as presented. carried/failed
14.1 Approve a contract with the International Falls Figure Skating Club for summer ice time rental from July 20 – 24th, 2015 in the amount of \$800.
14.2 Acknowledge a 6th grade fund raiser of pie sales with proceeds to be used for the annual 6th grade trip to St. Paul/Minneapolis.
14.3 Acknowledge a 4th grade fund raiser of cookie dough sales with proceeds to be used for their annual trip to the Long Lake Conservation Center.
14.4 Approve donations in the amount of \$6,797.55.
12/12/14 Falls Lumber Company; Arena Scoreboard Sponsor \$1,000.00
12/12/14 Harvey & Jeanine Windels; 6th Grade Trip \$50.00
12/15/14 Coca-Cola Bottling Company; Arena Scoreboard Sponsor \$1,000.00
12/16/14 Backus Boralis Bards; FHS Speech Team \$200.00
12/16/14 Arctic Cat – Six snowmobile engines \$500.00
12/17/14 Boise Paper; Partners In Education Committee \$1,000.00
12/22/14 Dean Blais; Bronco Hall of Fame Display Case \$47.55
12/24/14 Peggy Johnson; FHS Student Fund \$1,000.00
1/5/15 Stuart & Susan Nordquist; Bronco Hall of Fame Display Case \$500.00
1/5/15 Stuart & Susan Nordquist; Bronco Hall of Fame \$500.00
1/12/15 Boise Paper; Project Read \$1,000.00
1/12/15 Fairview Health Services; Arena Scoreboard Sponsor \$6,797.55
TOTAL \$6,797.55

15.0 Personnel Consent: moved _____ second _____ to approve the personnel consent agenda items as presented. carried/failed
15.1 Acknowledge Steve Joslyn as a volunteer boys' swim coach.
15.2 Approve the hire of Jamie Hell as a .75 fte secretary with conditions per the Master Agreement between ISD 361 and Local 510 starting February 17, 2015.
15.3 Accept the resignation of Janell Ice as an educational support professional with the last day of employment January 22, 2015.
15.4 Accept the resignation of Tiffany Reineck as an educational support professional with the last day of employment January 20, 2015.

REPORTS AND INFORMATION:

16.0 Administrative Reports:
16.1 Tim Everson, Principal
16.2 Melissa Tate, Principal
16.3 Kevin Grover, Superintendent
16.3.1 Football helmets
16.3.2 MSBA Convention recap
16.3.3 Transportation/Maintenance Director position
16.3.4 Blue Ribbon Panel
16.3.5 District Audit

17.0 Committee Reports:
17.1 Student member

18.0 ENTER INTO A CLOSED SESSION FOR SUPERINTENDENT APPRAISAL REVIEW.
Moved by _____, seconded by _____ to close the meeting at _____ p.m. to discuss the Superintendent's performance appraisal. Motion carried by a _____ vote.

19.0 REOPEN MEETING AND ISSUE SUMMARY STATEMENT OF SUPERINTENDENT'S PERFORMANCE APPRAISAL WITH GOALS AND OBJECTIVES.
Moved by _____, seconded by _____ to reopen the meeting at _____ p.m. Motion carried by a unanimous vote.

20.0 ADJOURNMENT
Moved by _____, seconded by _____ to adjourn the meeting at _____ p.m. Motion carried/failed by a _____ vote.