

# 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

## Great Decisions group discussions planned

The Great Decisions community group of citizen education and discussion programs about foreign policy issues will meet from 4 to 5:30 p.m. Tuesday at the International Falls Public Library meeting room in the lower level.

“China in Africa” will be facilitated by Barb Albert.

High school/college students and community members are welcome and encouraged to attend and actively listen and/or share views.

Meetings are conducted once a month at the library. Schedules are available at the library or from group leader, Sue Nordquist.

The Falls Great Decisions community group is sponsored nationally by the Foreign Policy Association and coordinated by the Minnesota International

Center, a nonprofit, non-partisan organization and inspire the community to understand global issues and cultures in an ever changing world.

Contact Nordquist at 283-8687 or Diane Adams at the library if a group of students or individuals is planning to attend the discussion. Materials will be provided to all guests.

Dates, topics and hosts for 2013-14 gatherings are:

- Nov. 12 — “Intervention,” Darrell Schmidt
- Jan. 7 — “Egypt,” Byrne and Carole Johnson
- Feb. 11 — “Threat Assessment,” Leanne and Bob Crompton
- March 11 — “Myanmar,” Bob Phillips
- April 8 — “Nato,” Donna Erickson and Vicky Hepperlen

## SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.	Meat sauce Tossed salad Dressing Whipped Jell-O
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.	<b>WEDNESDAY</b> Chicken breasts with dumplings Green beans Apple juice Cake Mix cookies
For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.	<b>THURSDAY</b> Roast pork Gravy Mashed potatoes Squash Favorite cake
<b>MONDAY</b> Meatballs Gravy Mashed potatoes Coleslaw Rosie applesauce	<b>FRIDAY</b> Meat Fruit and/or vegetables Dessert Bread
<b>TUESDAY</b> Spaghetti	

## Dial-a-Ride extends hours

**AEOA REPORT**

Arrowhead Transit’s Dial-A-Ride will be available from 7 a.m. to 7 p.m. Monday through Friday within the city of International Falls starting Monday.

“We are very excited to be soon providing Dial-A-Ride service until 7 p.m. Monday through Friday in International Falls,” said Jack Larson, director of Arrowhead Transit. “More and more people in I Falls now depend on Dial-A-Ride as their main source for transportation.”

Arrowhead Transit is also putting on an addition to its building in Gilbert. This addition will give each of the dispatchers their

own office. “When all our dispatchers are talking to customers at once, it gets pretty noisy,” said associate director Joe Gentile. “They each have really needed their own office.”

“Arrowhead Transit is all about providing everyone’s basic need of transportation,” said marketing coordinator Larry Rodgers. “That’s what we do in America. And that’s what we do in Minnesota. We provide for people’s basic needs.”

“More and more young people are now using Dial-A-Ride,” said Rodgers. “With our newly expanded hours, we are expecting to see a whole lot more using the service.”

## Some ‘Silly Science’ research

As a health reporter, I have to follow as many studies as I can to stay on top of the latest research. The best part of this self-education is reading some of the weird stuff going on in academia. From time to time, I do a column on research about “Silly Science.” Here’s another...



Fred  
CICETTI  
HEALTH CARE WRITER

**HUNGOVER SURGEONS**

“Historically, the medical profession has had a reputation for high rates of alcohol consumption,” Anthony Gallagher, of the Royal College of Surgeons in Ireland, wrote in the Archives of Surgery. “It is likely that surgeons are unaware that next-day surgical performance may be compromised as a result of significant alcohol intake.”

To measure the degree of impairment brought on by alcohol, the Royal College researchers invited eight surgeons and 16 students out for a night of revelry.

Half the students and all of the surgeons were encouraged to drink

until they felt drunk. The rest of the students consumed no alcohol.

The next day, all the subjects performed surgery on a virtual reality system. Those with hangovers did worse than when they were tested before the night out.

### SEE NO FAT

Some people think they weigh less than they do, according to a study reported by the American Heart Association.

In the study of women and children in an urban population, most normal-weight women and children in the study correctly estimated their body weight, but most obese women and children underestimated theirs.

With her colleagues, Dr. Nicole E. Dumas of Columbia University Medical Center surveyed women and their pre-adolescent children attending an urban, primary care center in New York City.

The researchers found that 66 percent of the mothers surveyed were overweight or obese, and 39 percent of children surveyed were overweight or obese.

More than 80 percent of obese women underestimated their weight compared to 43 percent of overweight and 13 percent of normal weight women. More than 85 percent of overweight or obese children underestimated their weight compared to 15 percent of normal weight children.

### ANOGENITAL DISTANCE

Baylor College of Medicine researchers tell us that “anogenital distance” — the gap between a man’s scrotum and anus — may provide information about fertility.

In a recent study, the Baylor group investigated whether anogenital distance

differed in fertile and infertile men. They measured the scrotum-anus distance as well as the penis length of 117 infertile and 56 fertile men visiting a clinic.

The infertile men had a significantly shorter anogenital distance and penis length than the fertile men, the study found.

“This could represent a noninvasive way to test testicular function and reproductive potential in adult men,” said Dr. Michael Eisenberg, the study’s lead author. He said that more research into this subject is necessary.

“We would all like a simple, noninvasive way to predict potential problems with fertility in men, but unfortunately, this one is not ready for prime time,” said Dr. Elizabeth Kavaler, a urology specialist at Lenox Hill Hospital in New York.

If you would like to read more columns, you can order a copy of “How to be a Healthy Geezer” at [www.healthygeezers.com](http://www.healthygeezers.com).

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

## POW/MIA Recognition Day

Margarete Kostiuk sang the National Anthem and Irene Anderson read the POW/MIA Prayer in honor of POW/MIA Recognition Day, Sept. 20, as the Veterans of Foreign Wars Ladies Auxiliary to Peter Graham Post 2948 presented a POW/MIA flag to Good Samaritan Society-International Falls, for their new facility.

The number of Americans returned and identified since the end of the Vietnam War in 1975 is 939 and 63 were identified before the end of the war — a total of 1,002 — according



CONTRIBUTED PHOTO

Pictured are Tina Hofius, Irene Anderson, Margaret Tyson, Beth Johnson, Margarete Kostiuk, Good Samaritan Society-International Falls Administrator Adam Coe, and Patricia DeLapp, auxiliary president.

to the Defense POW/MIA Personnel Office. There are still 1,664 unaccounted for, of which 90 percent are in Vietnam and areas of Laos and Cambodia.

## BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances.

Born to:

Jeremy and Alicia Rempel (nee Kornelson), Fort

Frances, a son, Blake Henry Rempel, 8 pounds, 1 ounce, Sept. 15, 2013.

Jim and Amy Teeple (nee Shute), Blackhawk, Ontario, a son, Miles James Teeple, 7 pounds, 9 ounces,

Sept. 16, 2013.

Joel and Kaitlyn Veldhuisen (nee Ferris) Emo, Ontario, a daughter, Rhy-an Jenelle Veldhuisen, 8 pounds, 12 ounces, Sept. 19, 2013.

Ashley Benoit and Graham Cumming, Fort Frances, a son, Laken Jace Cumming, 8 pounds, 9 ounces, Sept. 19, 2013.

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