

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

Health benefits of aspirin

Q. I've been hearing a lot about the health benefits of aspirin. Is it some kind of cure-all or am I the victim of hype?

A. I wouldn't call it *hype*. There's a lot of research that indicates aspirin is good for many ailments.

Aspirin is in a group of drugs called salicylates. It works by reducing substances in the body that cause pain, fever, swelling and blood clots.

Aspirin is used to treat mild to moderate pain, fever or inflammation. It is sometimes used to treat or prevent heart attacks, strokes and other cardiovascular conditions. Recent studies concluded that taking aspirin may battle cancer.

Aspirin reduces the risk of heart attacks and strokes by preventing blood clots from forming along the lining of blood



Fred
CICETTI
HEALTH CARE WRITER

vessels. Blood clots block the flow of blood. Clots that block blood flow to the heart cause heart attacks, and clots that block blood flow to the brain cause strokes.

Aspirin's most common side effect is upper abdominal pain caused by gastric irritation. Aspirin causes gastrointestinal bleeding – about one event for every 1,000 patients treated for a year. One to

two percent of people are allergic to aspirin.

Other possible side effects are nausea, vomiting, heartburn, hives, rash, swelling, wheezing, hoarseness, rapid heartbeat and breathing, clammy skin, ringing in the ears, loss of hearing, bloody vomit and blood in stools.

Many people take aspirin daily to prevent heart attacks. Don't start this therapy on your own; ask your doctor about it. And don't *stop* taking daily aspirin without consulting a physician.

WARNING: Stopping daily aspirin therapy can have a rebound effect that may increase your risk of heart attack.

Should you take an aspirin if you think you're having a heart attack?

First, call 911. The operator may advise you to

chew an aspirin, but will first make sure you don't have health conditions that would make taking an aspirin during a heart attack too risky.

Aspirin is a non-steroidal inflammatory drug (NSAID). Other NSAIDs include ibuprofen (Motrin, Advil) and naproxen (Aleve). Aspirin is a unique NSAID because it is the only one that inhibits blood clotting for a prolonged period— 4 to 7 days.

If you are taking aspirin regularly to prevent heart attack or stroke, do not take other NSAIDs to treat pain or fever without talking to your doctor.

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.

Coming soon to a woods near you



Wally
PECK
MASTER GARDENER

A lot of attention is being given to aquatic invasives this year. This makes it easy to forget about terrestrial invasives, both insects and plants that threaten the quality of our north woods environment.

While there are many plants and insects that are not native and pose a great threat to our environment, three are insects that are easy to recognize and have the potential to cause great loss of trees in northern Minnesota.

The first of these is the emerald ash borer. First found in Michigan, it spread rapidly to Minnesota and was first detected in 2009. The nearest detected locations are the northern suburbs of Minneapolis-St. Paul and Superior, Wis.

In areas where the emerald ash borer has become established, virtually all ash trees have died or been removed. The most common route that the beetle takes is to hitchhike on ash firewood. Moving firewood out of local areas is illegal.

The emerald ash borer is a small, emerald green beetle. The color is what distinguishes it from others. There are several other green beetles so a picture helps with identification. It is unlikely that you will see the beetles since they infest the tops of ash trees first; the first sign of an infestation will be the tops of the trees dying.

Second is the gypsy moth. Gypsy moths are from Europe and damage trees by defoliation. We have had forest tent caterpillar infestations in northern Minnesota for many years with infestations that occasionally defoliate trees but then are not seen for a number of years afterward. Gypsy moths, on the other hand, can

completely defoliate an area, leading to the death of trees. Aspen and oak are their favorite meals.

The male and female gypsy moths are very different.

The female is larger, up to a two-inch wingspan, is white with bands of black while the male is browner and smaller. Pockets of gypsy moth have been identified and eradicated along the north shore of Lake Superior. The female lays an egg mass in many places, including camping equipment, making their spread more rapid.

Third is the Asian long-horned beetle. First found as a hitchhiker in wood packing boxes in New York, this beetle has spread to Illinois destroying millions of trees in its path. In Minnesota we see a white-spotted sawyer which looks a lot like the Asian long-horned beetle but is not nearly so destructive. The beetle is 1 to 1 ½ inches in length, is glossy black with irregular white spots and has antennae that are as long as the body. There's an easy way to tell the difference; the native beetle has a white spot behind the head.

Identifying these pests so that action can be taken to slow or stop their spread is of vital importance.

Minnesota has a joint program between the Minnesota Department of Agriculture, Department of Natural Resources, and the University of Minnesota Extension to identify infestations of these pests. The program relies on the public to report suspected infestations. Volunteer Forest Pest First Detectors assist these agencies by photographing, collecting and forwarding information to a central site. The website is Arrest. The.Pest@state.mn.us and the hotline is 888-545-6684 to report a suspected infestation.

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

Swiss steak
Mashed potatoes
Peas and carrots
Fruit

TUESDAY

Roast turkey
Gravy
Mashed potatoes
Squash

Dressing
Canned fruit
WEDNESDAY
Beef and rice casserole
Tossed salad
Homemade French dress-

ing

Mixed vegetable
Fresh fruit

THURSDAY

Chef salad or alternate
Lettuce
Ham

Cheese
Green pepper
Onion
Homemade French dress-

ing

FRIDAY

Meatloaf
Baked potatoes
Spinach
Hawaiian cake

LOOKINGBACK

25 YEARS AGO

Maria Michelle Kalar, daughter of Dennis and MayAnn Kalar of South International Falls, has been accepted for admission at the College of Saint Benedict.

Danny R. Harris has been promoted in the United States Air Force to the rank of staff sergeant.

40 YEARS AGO

Boise Cascade, Minnesota, Woodlands, has awarded two \$725 scholarships to recent area high school graduates under the Boise Cascade Safety Scholarship Program. The two recipients are Helen Kay Schwankl, daughter of Mr. and Mrs. C.H. Schwankl, 800 Third St., and Teresa Ann Pickar, daughter of Mr. and Mrs. Ronald Pickar, Littlefork.

A boy was born today at Falls Memorial Hospital to Mr. and Mrs. Henry Youso.

Judy Kukuk, Leanna Tessier and Judy Zeipen, all of the Falls, and Deborah Fox, of Ranier, were among the

897 students at St. Cloud who were named to the winter quarter dean's list.

50 YEARS AGO

Darby Miles Nelson, son of Mr. and Mrs. Miles F. Nelson, 125 Riverview, was among seven International Falls students receiving degrees at ceremonies at Memorial Stadium, University of Minnesota, on June 13.

A Falls High School graduate, Nancy Carol Nelson, daughter of Mr. and Mrs. Ed Nelson, 1004 Seventh St., was among the graduates at the 88th annual commencement exercises at Wilmington College, Wilmington, Ohio, on June 7.

Mr. and Mrs. Ralph Foster, whose 25th wedding anniversary was June 17, will be honored at an open reception on Sunday afternoon, June 28, in the Littlefork Lutheran Church parlors from 2 to 5 o'clock.

Mr. and Mrs. Ernest Hodel, Frederic Hotel, Apartment 3, marked their 48th wedding anniversary June

1, but postponed the celebration until June 13 so that all their children could attend. Covers were laid for a 6:30 p.m. dinner at Island View Lodge.

60 YEARS AGO

The Rev. and Mrs. Alfred Andersen will be honored at a farewell party in the Calvary Methodist Church parlors at 8 o'clock Friday. The Rev. Andersen is retiring because of ill health.

Friends, neighbors and relatives surprised Mrs. John Saumier on her birthday Friday evening at her home, Old Highway 11.

Mr. and Mrs. Edwin Weum, 1007 Ninth St., were honored at a surprise party Saturday evening at the home of their nephew, Tilford Weum, 1022 10th St., on the occasion of their 25th wedding anniversary.

Appointment of a full-time fire chief and warden was proposed to the International Falls City Council by Major Joe Bartkowski. The chief of the department

in the past has served on a part-time basis.

70 YEARS AGO

"Can't say definitely until I've tried it, but I think I am going to like the coaching game," said Bronk Nagurski last night just before he boarded the southbound train for the first stage of his journey to Los Angeles and his new job as backfield coach at UCLA.

Mrs. Ed Hoffman, 1021 Eighth St., underwent a tonsillectomy at the Littlefork Hospital. Mr. Hoffman is also a patient at the hospital, recovering from a major operation which he underwent recently.

Marilyn, 12-year-old daughter of Mr. and Mrs. Eugene Granger, 812 Third St., celebrated her birthday yesterday by entertaining 14 boys and girls at a swimming party at the City Beach.

Ensign and Mrs. C. Keith Hansen are parents of a son, George Keith, born at Northern Minnesota Hospital last night.

Dancin' with Darcie

early registration for 2014-2015 dance.

Tuesday, June 24 & Wednesday, June 25

5:00 - 7:00 p.m.

Dance Studio - Room 112

Backus Community Center, 900 5th St.

◆ There will be a one time registration fee of \$25 (non-refundable).

◆ First half dance tuition is \$115 for 45 min. class, \$125 for 1 hour class, \$155 for 1.5 hour class and \$160 for performing lines. Second half of tuition due in November.

◆ Costume deposit due at time of registration.

◆ All shoes to be purchased from dance teacher in August prior to classes beginning the week of September 8th.

◆ Late registration August 19 & 20, 4:30- 7:30 p.m.

Call Darcie with questions

218-286-3581 or 952-913-1651

SCHOOL RUMMAGE SALE

Thursday, June 26, 2014

8:00 to 11:00 a.m.

Bus Garage - 2001 First Ave. W.

(behind old Holler School)

School furniture, shop equipment, miscellaneous

ALL SALES FINAL – NO EARLY SALES

Pelland Welding

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SUMMER LABOR SAVERS

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• 21 inch cutting width

• 140cc Briggs & Stratton engine

• Compact design

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