

# 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

## Some advice on coconut oil

**Q. I read on the internet that coconut oil is great for your cholesterol and has other health benefits. I thought coconut oil was very bad for you. What gives?**

A. Here's the advice of Walter C. Willett, MD, of the Harvard School of Public Health, Department of Nutrition:

*I'd use coconut oil sparingly. Most of the research so far has consisted of short-term studies to examine its effect on cholesterol levels. We don't really know how coconut oil affects heart disease. And I don't think coconut oil is as healthful as vegetable oils like olive oil and soybean oil, which are mainly unsaturated fat and therefore both lower LDL and increase HDL. Coconut oil's special HDL-boosting effect may make it "less bad" than the high saturated fat content would indicate, but it's still probably not the best choice among the many available oils to reduce the risk of heart disease.*

Dr. Thomas Brenna, professor of nutritional sciences at Cornell University, has done a thorough review of the literature on coconut oil. He explains why coconut oil was given a bad name.



Fred  
CICETTI  
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*Most of the studies involving coconut oil were done with partially hydrogenated coconut oil, which researchers used because they needed to raise the cholesterol levels of their rabbits in order to collect certain data. Virgin coconut oil, which has not been chemically treated, is a different thing in terms of a health risk perspective. And maybe it isn't so bad for you after all.*

Most foods contain several different types of fat.

**Saturated fat**  
Saturated fat is found mostly in foods from animals and some plants. Foods from animals include meats and dairy products.

Plant foods that contain

saturated fat include coconut oil, palm oil and cocoa butter. Saturated fat raises low-density lipoprotein (LDL) – the bad cholesterol — and high-density lipoprotein (HDL), the good cholesterol.

**Unsaturated fat**  
Polyunsaturated and monounsaturated fats are the two unsaturated fats. They're found mainly in many fish, nuts, seeds and oils from plants. Some examples of foods that contain these fats are salmon, trout, herring, avocados, olives, walnuts and liquid vegetable oils such as soybean, corn, safflower, canola, olive and sunflower. Studies show that eating foods rich in unsaturated fats lowers LDL cholesterol and raises HDL cholesterol.

**Trans fat**  
Most trans fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, which makes the oil less likely to spoil. Using trans fats in the manufacturing of foods helps foods stay fresh longer, have a longer shelf life and have a less greasy feel.

Hydrogenation is common in margarine and shortening. Trans fat is a cholesterol nightmare. Trans fat raises your LDL cholesterol and lowers your HDL cholesterol.

Why is coconut oil getting internet attention and a lot of buyers in health food stores? As Dr. Willett points out, coconut oil seems especially effective in giving HDL a boost.

There are several forces creating this phenomenon. The coconut oil industry is working hard to win public favor. There are scientists who are backing off from the damnation of coconut oil. And then there are vegans, who abstain from animal products. Many vegans use coconut oil as a butter substitute. Coconut oil is solid at room temperature.

[In my next column, we'll hear from the coconut-oil advocates.]

*If you would like to ask a question, write to fred@healthy-geezer.com.*

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

## MEMORIAM

In loving memory of our dear wife and mother, **Len-nis Connors**, who passed away one year ago today, May 17, 2013.

**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 Husband Jim Cindy, Gordy and family Shelley Kevin, Debbie and family Brandy and family Taunya, Dustin, Haylee and family**

## Auxiliary hears report on hospital happenings

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary met May 6 with president Sonia Wegge presiding. There were 14 members present.

Hospital liaison Kelly Millerbernd gave a report on hospital happenings. She announced that the open house conducted May 5 was well attended. A community baby shower will take place May 17 at the Coffee Landing Cafe. Membership chairperson Beverly Beck reported that memberships stand at 50 members. She also reported that several scholarship applications had been received and will be reviewed.

Gift shop chairperson Helen Billig gave the gift shop treasury report. She said new items had been

received at the gift shop including garden stakes, wind chimes, dishes and jewelry.

Plans are well underway for the fall meeting of District B Health Auxiliaries of Minnesota, which will be hosted by the local auxiliary.

Five members who attended the spring forum of HCAM reported a "wonderful meeting." The event, hosted by the Cook hospital auxiliary, gave an update on hospital auxiliaries and also featured a speaker on gardening. Members who attended were Connie Lacher, Beth Johnson, Wegge, Bea Brown, Davison and Millerbernd.

The next regularly scheduled meeting of the auxiliary will be June 2 at the hospital.

## 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 beans  
Strawberry sauce  
**TUESDAY**  
Open faced hot pork sand-

wiches  
Gravy  
Mashed potatoes  
Sliced beets  
Mandarin oranges  
**WEDNESDAY**  
Chicken dressing bake  
Gravy  
Carrots  
Salad  
Baked apples

**THURSDAY**

Chili  
Coleslaw  
Corn bread  
Cookies

**FRIDAY**

Sweet and sour pork  
Brown rice  
Green beans  
Applesauce

## 2014 AAS vegetable award winners

Since 1932 the All-American Selections committee has evaluated new varieties of seeds. Test gardens are spread across the country and entries with the highest scores are given the AAS Award. This year, in addition to the national awards, they are giving regional recognition as well. As we Zone 3 gardeners well know, not all the wonderful plants we see in the catalogs will grow here.

Most of this year's choices can be grown in containers. While it's probably a little late to start the tomatoes from seed yourself, they might be found at your favorite greenhouse. Here are the 2014 Vegetable Award Winners suitable for our area.

'Mascotte' bush bean is a compact French bean that produces 5-6 inch straight, stringless beans 50 days from sowing. This dwarf plant should do well in a pot or window box as in the ground.

Eggplant 'Patio Baby,' an F1 hybrid, is a compact early eggplant. This plant produces 3-inch egg-shaped eggplants on an ornamental plant. Its compact habit makes it a good choice for containers as well as the



Marylou  
MARCHAND  
MASTER GARDENER

garden. The judges felt the flavor was excellent.

Cucumber 'Pick a Bushel' is a regional winner for our northern area. It sets fruit early and is a prolific bush cucumber spreading only about 24 inches. It produces a sweet, light-green cucumber with a firm texture. They are good for pickling when picked early. When left to grow larger, should be picked at around 6 inches. This F1 hybrid is another vegetable for containers.

'Saladmore' bush cucumber, a semi-bush vine, produces sweet crisp cucumbers. This new slicing cucumber has good disease resistance and is good in small-space gardens.

Pepper 'Mama Mia Giallo' produces a large crop of 7-9 inch long tapered peppers that are yellow/gold when

mature, about 95 days after transplanting. This sweet pepper can be eaten fresh or roasted and again would do well in a pot.

'Chef's Choice Orange' tomato, an indeterminate plant, is not a good choice for container growing. It was bred from the heirloom 'Amana Orange' to make it earlier, more productive and disease resistant. It bears large, 1-pound, orange-red fruit in 75 days.

'Fantastico' tomato produces an abundance of half-ounce grape-type fruits about 60 days from transplanting. This petite tomato grows to be only about 16-24 inches tall, making it another good container vegetable. It is said to resist late blight.

'Mountain Merit' hybrid tomato offers resistance to multiple tomato diseases including late blight. It's a good slicing tomato with globe-shaped deep red fruits that start to mature 75 days after planting. These mild-tasting tomatoes are crack resistant as well.

'Rivoli' radish has large rounded bright red roots and is bright white on the inside. This larger radish should be spaced farther apart than other radishes. 'Rivoli'

remains tasty even if left in the garden for a while. It produces in 30 days from sowing to harvest.

'Nu-Mex Easter' is a very hot edible pepper was developed by the Chile Pepper Institute at New Mexico State University. The tiny fruits are lavender and cream and turn orange when mature. The conical fruit grows in an upright cluster of 5 or 6 on a short, 6 inch plant, a size perfect for a pot or the front of the border.

AAS winners are tested in the United States and Canada for overall suitability in the home garden. Most of this year's choices are especially suitable for the balcony garden.

**Reference the University Of Minnesota Extension Service website <http://www.extension.umn.edu/garden/yard-garden/> for more information on horticultural topics. In addition, local Master Gardeners will again answer your questions on home horticulture. Call 218-444-7916, leave your name, number, and question and you will get a call.**

## Need a Web site?

Call Sean at North Star Publishing  
218-285-7411



Early Childhood Family Education (ECFE) would like to thank the following for their contributions/help for all the events (including field trips) held during this past 2013-2014 school year. They would not have been as successful without their support.

- FALLS FIRE HALL
- STEVE AND DEB LAGEN
- SUPER ONE
- TRUSTAR FEDERAL CREDIT UNION
- MARY CASANOVA
- KING OF THE ROAD ENTERTAINMENT
- RANIER REC CLUB
- DOMINOS



COMING TO LITTLEFORK!

## Powerful Tools for Caregivers

**Powerful Tools for Caregivers gives informal / family caregivers helpful skills to enhance their own well being as they care for another.**

**Call or write to register : Koochiching Aging Options 1000 Fifth Street International Falls, MN 56649 Phone: (218) 283-7030 Toll Free: (800) 950-4630**

KoochichingAgingOptions@gmail.com



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will help you:

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- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase your ability to make tough decisions
- Learn to locate helpful resources

**Please register by : Tuesday, May 27, 2014**

\$25.00 suggested donation includes books and materials

Mondays

June 2

June 9

June 16

June 23

June 30

July 7

12:30 – 3:00 pm

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