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

Info on chemicals, seizures and hiccups

Fred CICETTI

HEALTH CARE WRITER

Q. What chemicals in the environment have a real impact upon our health?

A. There are way too many to cover. Here are a few important ones:

LEAD — Paint chips, dust, fumes and water containing lead can get into your body. Even small amounts of lead in your system can impede learning and generate behavior changes. Large quantities of lead can be fatal. A simple blood test can alert you before lead poisoning causes significant problems.

MERCURY — Mercury is a poisonous metal that can get into your body from eating contaminated fish. This silvery metal can build up in the body and cause health problems.

FLUORIDE — Almost half of all Americans drink water that is either naturally fluoridated or treated with fluorides. This has lowered the incidence of cavities as much as 65 percent. Use fluoride toothpaste.

CARBON MONOXIDE — A fire alarm is not enough to protect you in your home. You need a carbon monoxide (CO) detector that you can get at the hardware store. Carbon monoxide is a byproduct of combustion that is produced by a home heating source. If a chimney from your furnace is blocked, carbon monoxide can collect in your home and kill you in your sleep. If you don't have one in your house, get one.

RADON — Radon is an invisible, odorless radioactive gas that could be in your home. A naturally occurring gas that seeps out of rocks and soil, it comes from uranium buried in the earth and is itself radioactive. Radon poses a risk of lung cancer. Get your house tested.

Q. A friend of mine has been diagnosed with epilepsy and it occurred to me that I wouldn't know what to do if he had a seizure in front of me.

A. The following are some instructions if you see someone having a seizure:

- First, call immediately for medical help.
- Roll the person on his/her side to prevent choking on any fluids.
- Cushion the person's head.
- Loosen any tight clothing around the neck.
- Do not put anything into the person's mouth, especially your fingers. It's a myth that people are in danger of swallowing their tongues during a seizure.
- Keep the person's airway open. If necessary, grip the person's jaw gently and tilt his/her head back.
- Don't try to restrain or wake someone having a seizure.
- If the person is moving, clear away dangerous objects.
- Stay with the person until medical personnel arrive. If possible, observe the person closely so that you can provide details on what happened.
- Look for a medical alert bracelet. The bracelet should have an emergency contact and names of medications the person uses.

Q. What causes hiccups?

A. A hiccup is a sudden, involuntary spasm of the diaphragm, the muscle at the base of the lungs that helps you breathe.

The exact cause of hiccups is an ancient mystery. Here are some possible causes:

- Stomach expansion from a big meal or swallowing air by gobbling food, drinking carbonated beverages or chewing gum. The expanded stomach presses on the diaphragm.
- Eating spicy food, which may irritate the nerves controlling diaphragm contractions.
- Drinking alcohol, which can relax your diaphragm and vocal cords.
- Stress or sudden excitement.
- Smoking, which may irritate the nerves that control the diaphragm.
- A sudden internal or external temperature change.
- Noxious fumes

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.

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 under 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
Spaghetti
Fresh fruit

TUESDAY
Swiss steak
Fruit

WEDNESDAY
Crispy Parmesan chicken breasts
Cookies

THURSDAY
Roast beef dinner
Fresh fruit

FRIDAY
Boiled dinner or alternative
Fruit

MEMORIAMS

In loving memory of our mom and grandma, **Ollie McBride**, who passed away 15 years ago, Nov. 10, 1999.

The sweetness of her quiet life,
Blessed all within her view;
And good thoughts where her footsteps pressed,
Like fairy blossoms grew.
Sweet memories of her deeds and love,
Will always remind us she's in Heaven above.

Lovingly remembered by
Rick and Therese
Dwayne and Lu
Patty and J.R.
Pam and Brad
and families

In loving memory of **Mary Sampson**, who passed away Nov. 8, 1985.

Nothing can ever take away,
The love the heart holds dear;
Fond memories linger every day,
Remembrances keep her near.

Sadly missed by
her husband, Wayne
sons, Tim and Michael

Time for gardens and gardeners to prepare for winter's rest

Helenruth SCHUTTE

MASTER GARDENER

In the north the harvest is over. Think about which garden goodies you and your family enjoyed most. Next spring, vow to be in better harmony with your harvest and plant these items.

Look over new recipes this winter for your favorite vegetables. To make even more delicious veggie dishes next year, plant more herbs and learn to use them. They are packed with good vitamins and antioxidants.

Also, aim to maximize your production by using the succession-sowing method. Once the spinach is spent, sow beans in that same spot. When the beans are done, consider a fall planting of carrots. If you'd like to expand your garden, but don't have the room, go vertical with space-hogging plants like squash and melons next year.

Planning for next year's garden keeps one's mind alert to new offerings from the seed catalogues and other garden resources.

Continue watering your lawn as needed during extended dry periods in the fall to minimize turf grass water stress going into winter. Gradually reduce mowing height to 2.5 inches until grass goes dormant. Long grass left through winter will fold over under the weight of snow forming humid pockets that favor the growth of snow mold.

These few ending garden/yard tips may be important for our outdoor areas but more important is how our own body works. Sitting for hours on end may raise your risk of some types of cancer, even if you get exercise at other times of the day. The American College of Sports Medicine recommends "interspersing frequent, short bouts of standing and physical activity between periods of sedentary activity, even in physically active adults."

Adjusting to the loss of your "in garden" time is important to prevent weight gain over winter. Practice standing from a sitting position using your leg and abdominal muscles. These are your core gardening muscles. To maintain balance and flexibility do not sit through an evening of TV without standing and stretching. Spring will arrive in 2015 and we gardeners will want to be mentally and physically prepared to enjoy another season of garden beauty and harvest.

Beltrami County Master Gardener Writers' Group hopes you have enjoyed and profited from our writing this past gardening year and thank you for your interest in gardening and its joys and benefits. Information is always available on the University of Minnesota Extension website http://www.extension.umn.edu/garden/ but we will not be manning the Voice Mail line until next April. Look for our Brown Bag education series starting in February. These articles will resume in the spring. We hope you have a marvelous winter with time to recover from the rigors of gardening with its joys and disappointments. The seed catalogs will soon arrive with their promises of perfection. We will return to help you when the expectations don't quite match the results.

LOOKINGBACK

25 YEARS AGO

Retired area game warden Ray Thorpe, present area game warden Dave Rorem and retired warden Marvin Smith shot three 10-point bucks opening morning of deer hunting season.

The Charlie Hanson family recently enjoyed a family gathering and supper at the Hanson home for the wedding anniversary of Mr. and Mrs. Charlie Hanson.

40 YEARS AGO

Allen Karsnia, No. 18 for the Fighting Irish of Notre Dame, will be vying for a position on the Notre Dame hockey team this season as a sophomore.

Teachers who have retired include Henry Peters, Mrs. Marguerite Johnson, Mrs. Esther Tone, Mrs. Jane Olander, Miss Mabel Anderson, Mrs. Beatrice Bilben, Frank Larson, Mrs. Helen Robinson, Mrs Ann Spargo and Mrs. Jean Frohrip.

Five senior girls might be playing their final volleyball games of their high school career when the district tournaments begin today. They are team captain Melody Johnson, student manager Dawnelle Blankman, Carla Grinsell, Sharine Howland and Peggy Kirk.

50 YEARS AGO

Mr. and Mrs. Kenneth L. Barclay, Orange, Calif., announce the birth of a daughter, Kristen Marie, today. Mrs. Barclay is the former Judith Lundquist, daughter of Mr. and Mrs. LeRoy Lundquist, 1412 Third Ave. E.

60 YEARS AGO

A son was born today at Falls Memorial Hospital to Mr. and Mrs. William Sheasby, 304 Sixth St.; weight, 7 pounds, 14 ounces; name chosen, Michael Wayne.

Football champions of the fourth and fifth grades are "Larson's team" captained by Coach Frank (Butch) Larson's son, Donald. Other team members are John Pelto, Tony Lynch, Ronnie Kopp, Kenneth Barby, Billy Holen, Mickey Shuff, Allen Weir, Leonard Olson, Richard Hauglund and John Gust

Archie Kangas, well-known owner of the Arrowhead Bar, 220 Second Ave., prepared to leave today for Las Cruces, New Mexico, where he will enter business in partnership with Ed LaPage, formerly of the Falls.

70 YEARS AGO

President Roosevelt's fourth term victory, looming larger by the hour, held the prospect today of surpassing his third term triumph.

Pfc. Nello Coran of the marines has sent home to his mother, Mrs. John Coran, 707 Sixth St., the Purple Heart which he received for wounds suffered Sept. 26 in the invasion of Pelelue Island.

Memorial services for Pfc. Arthur R. Haugland, who gave his life Aug. 25 on a battleground in France, will be conducted at 12 o'clock noon Sunday, in Zion Lutheran Church, immediately following the regular worship service.

Pvt. Clarence Sundberg arrived from Camp Lee, Va., this morning to spend a 10-day furlough with his wife and family. He will also visit his father, Louis Sundberg.