

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

Protect yourself against the flu

It's that time of year again. The flu vaccine is available. Getting vaccinated every year is the best way to protect against the flu.

There are two types of vaccines: the flu shot and the nasal spray.

The flu shot is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and those with chronic medical conditions.



Fred
CICETTI
HEALTH CARE WRITER

term "stomach flu" is inaccurate.

When symptoms strike, get to a doctor as soon as possible. There are prescription antiviral drugs to treat flu. Over-the-counter medicines can help relieve symptoms of the flu. You should also drink liquids to prevent dehydration, and sleep to bolster your immune system.

The best way to combat the bug is to get the flu vaccine. You have to get inoculated annually because new vaccines are prepared every year to combat new versions of the virus. When you battle the flu, you develop antibodies to the invading virus, but those antibodies don't work on new strains. The vaccine does not prevent flu in all people; it works better in younger recipients than older ones.

There are three different flu shots available: a regular flu shot approved for people ages 6 months and older; a high-dose flu shot approved for people 65 and older, and an intradermal flu shot approved for people 18 to 65 years of age.

The intradermal flu vaccine is a shot that is injected into the skin instead of the muscle. The intradermal shot uses a much smaller needle than the regular flu shot, and it requires less antigen to be as effective as the regular flu shot. Antigen is the part of the vaccine that helps your body build up protection against flu viruses.

The nasal-spray flu vaccine is approved for use in healthy people 2 through 49 years of age who are not pregnant.

Flu is a contagious illness of the respiratory system caused by the influenza virus. Flu can lead to pneumonia, bronchitis, sinusitis, ear problems and dehydration.

Droplets from coughing and sneezing spread the flu. An adult with flu can infect others beginning one day before symptoms develop and up to five days after becoming sick. Children may spread flu for more than seven days.

The recovery time for the flu is about one to two weeks. However, in seniors, weakness may persist for a longer time.

The common scenario for flu is a sudden onset of symptoms, which include chills, fatigue, fever, cough, headache, sore throat, nasal congestion, muscle aches and appetite loss.

While nausea, vomiting and diarrhea can be related to the flu, these are rarely the primary flu symptoms. The flu is not a stomach or intestinal disease. The

Contrary to rumor, you can't catch the flu from the vaccine. The flu vaccine is not made from a live virus.

The vaccine can be administered anytime during flu season. However, getting the vaccine earlier is better. Adults over 50 are prime candidates for the vaccine because the flu can be fatal for older people.

You can get the flu vaccine from your doctor, at public health centers, senior centers, pharmacies and supermarkets.

Three kinds of influenza viruses commonly circulate among people today: Influenza A (H1N1) viruses, influenza A (H3N2) viruses, and influenza B viruses. Each year, these viruses are used to produce seasonal influenza vaccine.

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthygeezers.com.

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

VFW Auxiliary gathers for meeting

BY BETH M. JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order by President Pat DeLapp at 7 p.m. Sept. 10 with nine members present.

The opening ritual was held and roll call of officers conducted. Linda Chezick served as chaplain, pro-tem and Beth Johnson as conductress, pro-tem.

There were no petitions for membership.

Minutes from the August meeting were read and stand approved as read. Correspondence as well as the General Orders were read.

The treasurer's report was read and filed subject to audit.

A report on Americanism was given by Irene Anderson. Chezick gave reports on Membership, Legislative and Veterans and Family Support. DeLapp gave a report on Cancer Aid and Research.

September will be the Avon fundraiser. The Stand Down will take place from 8 a.m. to 4 p.m. Oct. 9 at the Bob Walls Memorial Union Hall. The auxiliary will prepare a sloppy joe lunch. Volunteers are needed to assist with this event and should contact DeLapp.

An open house is planned for 2 to 4 p.m. Oct. 6 for all auxiliary

members in recognition of those sisters who have been members for over 30 years. Volunteers are needed to assist with the cake and coffee and should contact DeLapp.

Bingo is planned for Sept. 19 at the Good Samaritan Society-International Falls. Volunteers are asked to arrive by 2:15 p.m.

A donation was received from Harry Batdorf from the sale of his book. Funds will be used to help hospitalized veterans.

DeLapp thanked members who assisted with the open house for the VFW baseball team and the Second Wind Harmonic Band.

Diane Kelly will be the community service representative. Members should call her monthly with volunteer hours.

POW/MIA Remembrance Day is Sept. 20. The auxiliary will purchase a POW/MIA flag and donate it locally.

A donation was made to Veterans and Family Support.

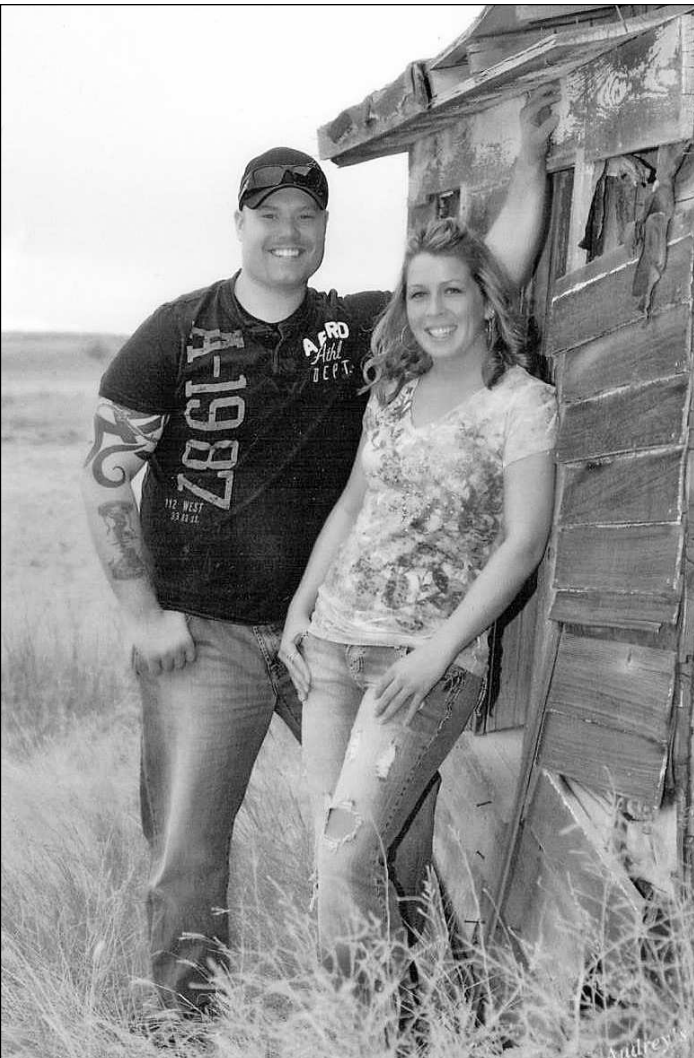
For the Good of the Order: Members are encouraged to attend the open house for auxiliary members Oct. 6.

The door prize was won by Wanda Linder.

The meeting concluded at 8:15 p.m. with the closing ceremonies.

The next meeting is set for 7 p.m. Oct. 8 at the Post Home dining room.

ENGAGEMENT



CONTRIBUTED PHOTO

JESSE WELLEN AND SHANNON MONNENS

Jesse Alan Wellen and Shannon Renae Monnens announce their engagement and forthcoming marriage. Jesse is the son of Donald and Lois Wellen. Shannon is the daughter of Kathy and Ivan Moran and Joseph and Renee Monnens. Jesse is a 2003 graduate of Indus School. He enlisted in the United States Army and was honorably discharged in 2007. Jesse went on to complete law enforcement training and graduate from Hibbing Community College in 2010. Shannon is a 2003 graduate of Greenway High School and graduated law enforcement training from Hibbing Community College in 2010. Both Shannon and Jesse made their home and are employed in Watford City, N.D. Jesse is employed as chief of police and Shannon as sergeant of the Watford City Law Enforcement. They will be married Oct. 5, 2013, in Coleraine, Minn.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.	bake or alternative Cinnamon rolls
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	WEDNESDAY
Pulled pork sandwiches	Fall Festival Party
Cookies	Roast turkey
	Mashed potatoes
	Gravy
	Dressing
	Carrots
	Pumpkin bars
TUESDAY	THURSDAY
Spinach and ham egg	Goulash
	Tossed salad
	Peaches
	FRIDAY
	Cabbage roll dinner
	Jell-O with topping

BACKUS COMMUNITY CENTER
presents
CHRIS KOZA
Singer/Songwriter
"ROGUE VALLEY"
Folk/Rock Band

IN CONCERT
Saturday, Sept. 28, 2013 - 7:00 pm
Backus Auditorium

Featuring Chris Koza, Peter Sieve, Linnea Mohn, Paul Engels, Luke Anderson & Joey Kantor
*Vocals, Electric & Acoustic Guitar, Keyboard, Drums
Bass & Tambourine*

Single admission tickets:
Adult ~ \$12.00 • Family ~ \$25.00 • Student ~ \$6.00

****Season Tickets also Available for
Backus Concert Series 2013-2014****
Adult ~ \$45.00 • Family ~ \$95.00 • Student ~ \$10.00

**Tickets available at Backus Office or at the Door,
City Drug and Betty's in Fort Frances**

Backus is fully accessible to persons with disabilities – please call our office for specific accommodations.

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund. Additional funding from the Marshall N. Knudson Family Community Fund.

Visit our website www.backusab.org or find us on facebook – Backus AB

Play Hockey

ATTENTION 5-8 YEAR OLD GIRLS AND BOYS

Try Hockey with free equipment
Available on loan for all first year kids ages 5-8

**LAST & FINAL
Rec Hockey Registration
September 24, 5:00-6:00 pm
Kerry Park Arena**

All players must register with USA hockey prior to registration at usahockey.com

Under players, register online, printed confirmation will be required at registration.
Full payment required to register.

**Fees: Termites \$110.00
All other age divisions \$210.00 (boys & girls)**

**Coaches needed for 2012-13 season
Please email
Mike Podpeskar
with your interest at
ifallsrechockey.com
Or 218-324-1381**

First year players are required to bring a copy of their Birth Certificate to Kerry Park to complete the registration process.

SILENT BID AUCTION & GARAGE SALE

- Mid 1950's 9N Ford Tractor With Back Blade
- 6FT Tandem 3 Point Disk
- 1 Bottom Plow 3 Point
- 7Ft Landscape Rake 3 Point
- Older Plaris 6 Wheeler- Good Runner
- Mini Bikes & Wheelers
- 3 Leg Portable Deer Stand
- 500 CC Silver Wing Motorcycle
- 3 Gang Reel Type Lawn Mower
- Back Pack Gas Fogger
- Bass Wood Lumber
- 1976 Chevy Welding Truck With Plow
- 4 Wheeler Tires With Rims
- Water Boss Water Softener- Hardly Used
- 4 Wheeler 12Volt Pump Sprayer & Seed Broadcaster
- Composter
- Weed whacker On Wheels
- Craftsman 20HP Lawn Mower- Low Hours
- Push Lawn Mower With Grass Catcher
- 1989 743 Bobcat With Tracks & Spare Tires
- MANY House Hold Items Also

**Open 10am to 5pm
September 21st Thru September 28th**

**MAI'S CABINETRY
3503 TOWN ROAD 200
INTERNATIONAL FALLS, MN 56649**

**17 Miles West of
International Falls on Highway 11
(Watch For Signs)**

No Early Birds Please