

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 ‘blue blockers,’ weight loss and nicotine gum

Q. What are “blue blockers” and are they worth getting?
A. There’s a controversy over the possible harm done by blue light. There is blue light in the bright glare from snow or water. Lenses that block all blue light are usually amber colored. This color is supposed to help you see distant objects more easily. Amber sunglasses are used by many pilots and hunters.
But, if you are shopping for sunglasses, the most important feature to look for is the ability to protect your eyes from invisible ultraviolet (UV) light, which also causes sunburn.
Long-term exposure to the high-energy ultraviolet radiation in sunlight is linked to eye disease. Buy



**Fred
CICETTI**
HEALTH CARE WRITER

sunglasses that block 99 percent or 100 percent of all UV light. Look for a label that lists protection.
If you want to be extra careful, get wrap-around sunglasses because they keep out more light. Eye doctors also recommend wearing a brimmed hat when you’re going to be in the sun for a long time.
If you don’t protect your

eyes from the sun, you risk getting cataracts, macular degeneration and cancerous growths on the eye.
Q. Any tips for losing weight?
A. First, always discuss any weight-loss program with your physician. The following are a dozen tips I found from reputable sources:
1. Keep track of the food you eat; this prevents overeating.
2. Don’t cut back too much because your body will begin conserving energy and make it difficult to reduce.
3. Begin exercises to develop muscle so your body will burn more calories.
4. Avoid fads. Eat a balanced diet or you may deny yourself important

nutrients.
5. Losing weight is difficult so don’t be tempted by reduction plans that make it sound easy.
6. You know what’s fattening without checking a book. If it tastes heavenly, avoid it as much as possible.
7. Drink water. It has no calories and will help you with your hunger.
8. Eat because you’re hungry, not because you’re bored. Take a walk instead.
9. Eat slowly and savor your food so you don’t feel deprived later.
10. Don’t skip meals or you will become ravenous and then overeat.
11. Alcoholic drinks are loaded with non-filling calories. They also dissolve your inhibitions and make you eat more. Be careful.
12. Eat off smaller plates; it will make you feel you’re having more than you are.
Q. Does nicotine gum work to get you off cigarettes?
A. Using nicotine gum can double the quitting success rate from about 10 to 20 percent.
Over-the-counter nicotine gum, which is sold under a variety of brand names, was introduced in the United States in 1984. Each year, about two million Americans use nicotine gum to quit smoking.
The nicotine level in the gum is much lower than it is in cigarettes. You’re supposed to use the gum no longer than 12 weeks. More than half of those who use the gum stay with it for longer than six months.
The gum is available

in 2-mg and 4-mg pieces. Users are instructed to use a piece of gum every one-two hours for the first six weeks, then to reduce use to one piece every two-four hours for three weeks, and one piece every four-eight hours for three weeks. In highly dependent smokers, the 4-mg gum is superior to the 2-mg gum.
Most side effects such as a sore jaw or headache don’t last long. If you absorb too much nicotine accidentally, you may suffer some dizziness, a racing heart, nausea, and insomnia.
If you would like to ask a question, write to fred@healthygeezee.com.
Cicetti is a health care writer with more than 40 years of journalistic experience.

MEMORIAMS

In loving memory of our dear friend, **Sebrinia Bahr**, who went to heaven 23 years ago, Oct. 13, 1991.
*We miss you in so many ways,
We miss the things you used to say;
And when old times we do recall,
It’s when we miss you most of all.
But one thing we’ll always cherish,
No matter what life sends;
A memory of the happy times,
Of us just being friends...*
It’s just a little, but means a lot, to say our dear friend we haven’t forgotten -

**Love and miss you,
Wendy and Dianne**

In loving memory of our dear mother and grandmother, **Gladys Kirvan**, who passed away 36 years ago, Oct. 14, 1978.
**For Those I Loved ...
For Those Who Loved Me**
*When I am gone, release me, let, me go.
I have so many things to see and do.*

*You mustn’t tie yourself to me with tears —
Be happy that we had so many years.
I gave you my love, you can only guess,
How much you gave me in happiness.
I thank you for the love you each have shown,
But now it’s time I traveled on, alone.
So grieve awhile for me, if grieve you must,
Then let your grief be comforted by trust.
It’s only for a while that we must part,
So bless the memories that lie in your heart.
I won’t be far away, for life goes on,
So if you need me, call and I will come.
Though you can’t see or touch me, I’ll be near.
And if you listen with your heart, you’ll hear;
All of my love around you, soft and clear.
And then, when you must come this way, alone,
I’ll greet you with a smile and ... “Welcome Home!”*
- Anonymous

**Missed by
June, Bobby,
Suzanne and Jennifer**


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
Porcupine meatballs
Gravy
Mashed potatoes
Wax beans
Cinnamon applesauce
TUESDAY
Hash brown casserole or
alternative
Three-bean salad
Fruit
WEDNESDAY
Spaghetti
Meat sauce
Tossed salad
Dressing
Fresh fruit
THURSDAY
Roast pork
Gravy
Mashed potatoes
Squash
Pineapple upside down
cake
FRIDAY
Chili
Juice
Cornbread
Fresh fruit

Public Notice

The Solid Waste Facility and Recycle Center will be CLOSED on Monday, October 13th in observance of Columbus Day.

Normal operating hours
Monday - Friday 9:00 a.m. - 4:00 p.m.
Saturday 9:00 a.m. - 1:00 p.m.

 **If you have any questions please contact the Environmental Services Department at 283-1157**

ENDORSED BY KOOCHICHING COUNTY LABOR ASSEMBLY

- Falls Senior High School Graduate-1984
- Vermilion Community College Graduate- 1986 (A.A. Natural Resources Law Enforcement)
- Hibbing Community College Graduate- 1986 (Law Enforcement Skills Program)
- Hired Koochiching County Boat/ Water Patrol- Summer 1986/1987

- Hired Full-Time International Falls Police Dept.- 1991
- D.A.R.E. Officer, K-9 Officer with International Falls Police Dept.
- Past President LELS #105 Local Union
- Hired Chief Deputy with Koochiching County Sheriff’s Office- 2007 (Successfully Investigated minor crimes to Murder)
- Appointed Sheriff Koochiching County- 2012
- Emergency Manager Koochiching County (Incident Commander of June 2014 flood operations)
- Graduate of the National Sherrif’s Institute- 2013
- Past President International Falls Little League
- Youth Hockey Coach- International Falls
- Recreation Football Coach- International Falls
- International Falls Little League Baseball and Softball Coach
- CEO’S in the classroom presenter- 8th grade classes
- Past Board Member of Friends Against Abuse and Sunrise Center
- 27 years Law Enforcement Experience

VOTE
NOV. 4th!

 **ELECT**

VOTE
NOV. 4th!

BRIAN JESPERSEN

KOOCHICHING COUNTY SHERIFF
Paid for by the committee to keep Brian Jespersen Sheriff
Teresa Waller Treasurer

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