

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

Tidbits on bad breath, cocaine and cirrhosis

Q. What causes bad breath?

A. The following are causes of bad breath:

■ Any food stuck in your teeth will decay and give off an odor. If dentures don't fit correctly or are not cleaned often, they can collect food and lead to bad breath.

■ Some foods such as onions, garlic, spices and herbs. They contain substances that create bad breath when digested.

■ Alcoholic beverages. Alcohol, itself, is odorless, but many alcoholic beverages contain ingredients that leave a telltale odor.

■ Periodontal (gum) diseases and canker sores

■ Dry mouth (xerostomia) is a condition that allows dead cells to accumulate in your mouth creating bad breath.

■ Diseases of the lung, kidney, liver, stomach and pancreas.



Fred
CICETTI
HEALTH CARE WRITER

■ Sinus infections, strep throat, tonsillitis and mononucleosis.

■ Smoking. This dries the mouth and causes an odor of its own.

■ Severe dieting. Here are some ways to prevent bad breath:

■ Brush your teeth after you eat.

■ If you wear a denture, clean it at least once a day.

■ Floss daily or use another interdental cleaner such as a high-power electric toothbrush.

■ Brush your tongue,

which can collect bacteria and food particles.

■ Drink water to moisten your mouth.

■ Chew sugarless gum. It stimulates saliva production and collects debris.

■ Buy a new toothbrush several times annually.

■ Get a dental examination.

Q. How addictive is cocaine?

A. Cocaine is so addictive that you can be hooked with a single use. It causes a short-lived high that is immediately followed by depression, edginess, and a craving for more of the drug.

Cocaine interferes with the way your brain creates feelings of pleasure, so you need more of the drug to feel normal.

Cocaine, which is illegal, is extracted from the leaves of the coca plant. It is a drug that comes in the form

of a white powder that is snorted. It can be converted to a liquid form for injection. Crack is cocaine processed into a crystal form for smoking. Crack, also called "rock," looks like small chunks of soap.

Cocaine is lethal. It can cause strokes, heart attacks and respiratory failure. In addition, it can cause irregular heartbeat, depression, violent actions, and loss of sexual function.

Cocaine was first used in the 19th century in surgery as an anesthetic and to reduce bleeding; it constricts blood vessels. Safer drugs came along to replace it.

Q. How much alcohol do you have to drink to get cirrhosis?

A. Cirrhosis is a condition that causes irreversible damage to the liver. Whether you get cirrhosis depends upon the amount of alcohol you drink and a predisposition for the

condition. Even "social drinkers" can develop cirrhosis.

If you drink a lot of alcohol, you will hurt your liver. However, you will not necessarily get cirrhosis. You have a one-in-three chance of getting cirrhosis if you drink 8 to 16 ounces of liquor a day (or the equivalent in other alcoholic drinks) for 15 years or more.

The liver, which is located in the upper right side of the abdomen, is the largest organ in the human body. It weighs about three pounds and is — believe it or not — about the size of a football. You cannot live without a liver.

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

Chili
Cornbread
Pears
Pudding with topping

TUESDAY

Chicken tetrazzini
Peas and carrots
Fruit
Cookies

WEDNESDAY

Cream of broccoli soup
Egg salad sandwiches
Wheat bread
Lettuce leaf
Fruited Jell-O

THURSDAY

Harvest stew
Tossed salad
Dressing
Biscuits
Halloween cake

Former Falls resident focus of Texas newspaper story

JOURNAL STAFF REPORT

A former International Falls resident and his unique business was featured in a Texas newspaper story in August.

Dale Harder's Bug Acres, located near Copperas Cove, Texas, was featured in a story published Aug. 25 by Herald Correspondent Steve Pettit. The full name and location of the newspaper was not included in the clipping provided to The Journal.

Bug Acres is known for its salvage components for Volkswagen Beetle,

Microbus or Transporter, Karmann Ghia and Safari Thing. His business has an array of air-cooled Volkswagen Beetles park in the front, which often attracts passers-by, said the story.

The story reports that the business was featured in Hot VWs magazine and parts seekers from all over the country visit Bug Acres frequently.

Harder, a 1978 graduate of Falls High School, is the son of Ila and the late Don Harder, according to his sister Dawn Piekarski, who provided the clipping to The

Journal. She notes that he has spent most of his life after high school in Lampasas and Copperas Cove, Texas.

Harder became the sole proprietor of Bug Acres in 1992 and, serving as master mechanic, continues to work on the vehicles. A 1956 oval window sedan was the VW project he was working on at the time the story was written.

The story says that Harder is "old-school" — he doesn't have a computer and won't accept credit cards, but admits grudgingly to using a cell phone.

MEMORIAMS

In memory of **Thomas Brice**, who passed away Aug. 12, 2005 – **Judy Brice**, who passed away Oct. 27, 2005.

You Will Be Remembered

*You will be remembered when the flowers bloom in the spring,
And in the summertime that summer fun brings.
You will be remembered when fall brings leaves of gold,
In the wintertime remembered in the stories that are told.
You will be remembered each day from the start,
For the memories we once shared
And forever live in our hearts.*

All your family

March 24, 2012.

*Oct. 29 – Today would be your birthday, 60 years ago.
They say there is a reason; they say time will heal.
Neither time nor reason could change the way we all feel.
For no one knows the heartaches behind our smiles;
How many times we cry.
We want to tell you something so there won't be any doubt,
You are wonderful to talk and think about;
but so hard to live without.
Love you, **Hump***

Mom

Rod and family
Terry and family
Robin and family

Go to
ifallsjournal.com

Read. New stuff every day.

Register. Once. You're done!

Remark. Comment. Blog.



The Journal

HALLOWEEN PARTY!

FRIDAY NOVEMBER 1ST
FROM 8PM-1AM

Prizes paid for the top 3 costumes!

Win a prize by guessing the
Mystery Bartender

Drink Specials all Night

Free cab rides from 12:30am-1:30am

THE JUNCTION
INTERNATIONAL FALLS, MN
on Hwys 11 & 71 • 283-4411

Join us for the 7th Annual

POWER of the purse

A Women's Initiative...

An evening of food, friends, fun & inspiration!

Wine tasting and dinner along with a silent auction and raffles

Friday, November 8, 2013
5:30 p.m. social - 6:30 p.m. dinner
AmericInn Hotel & Suites
\$45 per person (non-refundable)

Ticket includes a chance to win an authentic Coach purse

Grab your girlfriends and join the fun.
You don't want to miss this event!
(You will spend much less than your husband during deer season!)

Tickets must be purchased in advance!
Only 200 tickets available
Stop in at City Drug to purchase yours today!

All proceeds to benefit:
The United Way of Northeastern MN
serving Koochiching County

Major Event Sponsors

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