

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 dentures, swallowing difficulties, dialysis options

Q. I wear dentures now. Any pointers I should know about?
The following are some tips for eating with dentures:
■ Don't bite with your front teeth or pull your food outward from your mouth.
■ Chew food on both sides of your mouth simultaneously to stabilize your dentures.
■ Cut food into small pieces.
■ When you first eat with your dentures, you should avoid sticky foods, raw vegetables and hard-to-chew meats.
■ It is more difficult to feel inside your mouth when you wear dentures, so be careful with hot foods and anything with small bones.
■ And here are some more challenges that usually confront denture-



Fred
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wearers:
■ Speaking is a different experience. You should try speaking slowly at first, and practice by reading aloud.
■ You may have more saliva in your mouth.
■ When you sneeze, cough or yawn, your dentures may loosen.
■ Dentures have to be removed at least once daily to rest the tissue below them. Most denture-

wearers remove their plates before bed, and store them a cleaning solution.
■ After you have been wearing dentures for years, your jaws become smaller, and the dentures don't fit as well. Slippage, gum irritation and odor indicate that your dentures may not fit correctly.
Q. I've been having some difficulty swallowing food. Should I be worried?
You shouldn't worry about occasional difficulty swallowing. Persistent swallowing problems, though, can be a symptom of a serious condition, so it is something to be concerned about. I'd get it checked out by a physician as soon as possible.
Difficulty swallowing — called dysphagia — is one of those age things ... yet again.

As we get older, the esophagus, which is the tube that connects your throat to your stomach, loses its ability to move food downward. So, while difficulty swallowing can happen to anyone, it is most common in older adults.
There are a variety of causes for dysphagia. Probably the most common causes for occasional problems are chewing improperly or gobbling food.
Dysphagia can impede nutrition and hydration. And, if food or drinks get into your windpipe when you're trying to swallow, you can suffer from respiratory problems, including pneumonia.
Occasional dysphagia can be prevented by chewing thoroughly and slowing down when you eat.

Q. I may need dialysis. What are my options?
If your kidneys aren't working properly, unwanted substances in the blood can be removed through dialysis. Most people who need dialysis can lead a reasonably normal life.
There are two types of dialysis — hemodialysis or peritoneal dialysis.
In hemodialysis, a patient is connected to an artificial kidney. This mechanical kidney — or dialyzer — filters the blood and then it is returned to the patient. The treatment time typically lasts three to four hours. Most people suffering chronic kidney failure require hemodialysis three times a week. Hemodialysis can be done in a healthcare facility or at home.
In peritoneal dialysis,

the filter that is used is the peritoneum, the large, blood-rich membrane lining the abdomen and the organs within it. A fluid is sent into the abdominal cavity via a catheter inserted into the abdominal wall. This fluid (dialysate) is left in the cavity long enough to absorb blood wastes. Then the fluid is drained and replaced.
More than half of the people on long-term dialysis are 60 or older. Older people often adapt more easily than younger people to long-term dialysis. However, seniors are more likely to find the treatments tiring.
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.

Consider cover crops to enrich soil

No doubt that many of you have started clearing away part of your garden. This was an unusual year in that many vegetables did not do well or annual flowers were disappointing. Here is a way to put back something into the soil for next year.



Wally
PECK
MASTER GARDENER

Cover crops can be seeded now to help enrich and protect the soil. The benefits to planting a cover crop include enhancing soil nutrients, improving moisture retention, protecting against erosion, controlling weeds, improving soil structure, and increasing organic matter in the soil.
There are some risks in planting a cover crop. Certainly there is more work involved in planting and then tilling under in the spring. Presence of a cover crop will cool the soil in the spring and may delay planting but will also slow weed growth in the spring. One has to weigh the benefits and risks before planting cover crops.
What can be planted as a cover crop? In Minnesota, cover crops used in farm fields include winter rye, oats, hairy vetch (a legume), red clover, brassicas (mustard, radish, etc.), and grasses such as annual rye or sudan grass. Some are winter hardy so will resume growing in the spring while others will winter kill.
If nitrogen fixing is desired to replenish fertility to soil with depleted nutrients, such as in a corn

plot, legumes like hairy vetch or clovers will help with fertility. Where soil structure is poor, brassicas will improve tilth. Winter rye or winter wheat can be used to outcompete weeds and add organic material to the soil. I would like to try hairy vetch this year on our corn patch that hasn't performed so well.
Another example is a chicken yard that we are taking a couple years off from raising chickens. To prevent an uncontrolled weed patch, we planted red clover and ryegrass this year to re-establish organic material and crowd out weeds. I can report that it has worked very well.
Management of cover-cropped areas is important in the spring. Cover crops that do not winter kill, such as red clover and sometimes winter rye, will have to be turned under before they get away from you in the spring. Others may be mowed, then tilled, if later planting is desired.
Seed is available locally in Bemidji at Cenex,

Rhode's, and Country Greenhouse. Many of the food plot mixes popular with deer hunters are mixtures of cover crops. A check with the various businesses indicated that clovers, brassicas, winter wheat and rye, triticale, buckwheat and rapeseed are available. If you choose to order by mail, Pinetree Seeds (superseeds.com) or Johnny's Selected Seeds (johnnyseeds.com) both have good sections on farm seeds or grains and cover crops.
The University of Minnesota has an excellent resource for further information. There is a chapter entitled "Winter Cover Crops" in a larger guide called Risk Management for Organic Producers. It is available online at http://www.organicriskmanagement.umn.edu/winter_cover13.html. There is condensed version in the Yard and Garden site called "Green Manure."
Additional information on horticulture is available on the University Of Minnesota Extension Service website <http://www.extension.umn.edu/garden/yard-garden/>. 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.

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.
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Carrots
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Fruit
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Spinach
Fresh fruit
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Chicken breast with

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Forum will focus on Greater Minnesota

COALITION OF GREATER MINNESOTA CITIES REPORT

Gov. Mark Dayton and GOP challenger Jeff Johnson will debate head-to-head for the first time at a gubernatorial forum co-sponsored by the Coalition of Greater Minnesota Cities, Post Bulletin and the Rochester Area Chamber of Commerce. Independence Party candidate Hannah Nicollet has agreed to participate as well.
The forum, slated to be the first of the campaign season for the three major-party candidates running for governor, will be held at 7 p.m. Oct. 1 at the Mayo Civic Center in Rochester. The event is free and open to the public. It will also be broadcast live on Minnesota Public Television Association stations across the state.
Jay Furst, managing editor of the Post Bulletin, will moderate the forum, which will focus on issues that are of particular importance to communities, businesses and residents in Greater Minnesota. Possible question topics

include local government aid/property taxes, transportation, broadband expansion, environmental regulations and job training.
“We are pleased that the candidates have shown an interest in Greater Minnesota by agreeing to participate in our forum and making it the first debate of the season,” said Heidi Omerza, CGMC president and a member of the Ely City Council. “Although

all three candidates live in the metro area, it is extremely important for the future of our rural communities, and the entire state, that we have a governor who is informed and engaged on rural issues.”
Omerza continued, “We look forward to a lively and thoughtful discussion on the issues that are vital to the continued health and economic growth of Greater Minnesota.”

My deepest gratitude for the many hours of time consuming help and patience regarding my father's death.

Eddie Woods, Eric Strand and Mike Katrin, thank you for your friendship extended to my father.

Thanks to many others who he knew and respected over the years.

Wendy Banen