

# 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

## Ways to reduce body odor

**Q. Do older people have more body odor?**  
A. It seems that seniors do stink more than younger people. Aren't we lucky?

A Japanese study published in the Journal of Investigative Dermatology found that "2-Nonenal," a recently found substance in human body odor, tends to increase with aging.

The body odor of subjects between the ages of 26 and 75 was analyzed. The researchers found that 2-Nonenal, which has an unpleasant greasy and grassy odor, was detected only in subjects 40 or older.

So, what causes body odor (aka B.O.)? Most often, it's the bacterial breakdown of sweat that causes an odor. Perspiration, itself, is practically odorless.

Sweating helps maintain your body temperature, hydrates your skin and balances your body fluids. There are two types of sweat



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glands: eccrine glands and apocrine glands. Eccrine glands are located over most of your body. Apocrine glands develop in hairy sections of your body.

Eccrine glands secrete perspiration that is composed primarily of water and salt. Apocrine glands secrete a fatty sweat. The bacterial breakdown of apocrine sweat is what usually causes an odor.

Over-the-counter antiperspirants and deodorants are effective cures for most body odor. There are prescription

antiperspirants if the OTC products don't work.

Antiperspirants contain aluminium-based compounds that temporarily block sweat pores. Deodorants eliminate odor but not perspiration; they're usually alcohol-based and turn your skin acidic, making it less attractive to bacteria. Deodorants often contain fragrances, too, to mask odor.

You can reduce body odor in the following ways:

■ Shower or bathe every day. This reduces the bacteria on your skin.

■ Dry your feet thoroughly after showering. Microorganisms love moisture between your toes.

■ Wear clothing – especially socks – made of cotton and wool; avoid synthetics. Moisture-wicking athletic clothing is good when you are exercising and sweating a lot. Women should wear pantyhose with cotton

soles. Change socks at least once a day.

■ Wear shoes made of leather. Natural materials allow your feet to breathe and stay dry. Also rotate your shoes so they have enough time to dry.

■ Go barefoot when you can, or remove your shoes occasionally.

■ Apply antiperspirants nightly.

■ Consider relaxation techniques such as yoga, meditation or biofeedback. These can help you control the stress that triggers perspiration.

■ Change your diet. If foods or beverages cause your perspiration to smell, consider eliminating them. Avoid foods with strong odors, such as garlic and onions.

If you would like to read more columns, you can order a copy of "How To Be A Healthy Geezer" at <http://www.healthygeezers.com/>.

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

### COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

**DEC. 3**  
Volunteer Group – First Lutheran Church

Meat loaf  
Mashed potatoes  
Gravy  
Vegetable

**Dec. 5**  
Volunteer Group – First Lutheran Church

Spaghetti  
Salad  
Garlic bread sticks

**Dec. 10**  
Volunteer Group – United Health Group

Chicken wild rice soup or chili  
French bread  
Fruit

**Dec. 12**  
Volunteer Group – Evangelical Covenant Church

Cheesy hashbrowns  
Ring sausage  
Fruit

**DEC. 17**  
Volunteer Group – Zion Lutheran Church

Hamburger noodle casserole  
Corn  
Fruit

**DEC. 19**  
Volunteer Group – Holy Trinity Episcopal Church

Scalloped potatoes  
Ham  
Vegetable  
Fruit

**DEC. 24**  
Closed

**DEC. 26**  
Volunteer Group – Zion Lutheran Church

Beef stew  
Dinner rolls  
Fruit

**DEC. 31**  
Closed

**JAN. 2**  
Volunteer Group – St. Thomas Social Concerns

Taco hashbrown bake  
Vegetable  
Pudding

### 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

Cream of broccoli soup  
Egg salad sandwiches  
Fruit

#### TUESDAY

Boiled dinner or alternative

Peaches  
Bread/raisin pudding

#### WEDNESDAY

Parmesan crusted chicken  
Parsley potatoes  
Carrots  
Snowball cupcakes

#### THURSDAY

Roast beef

Mashed potatoes  
Beef gravy  
Beets  
Bananas

#### FRIDAY

Salisbury steak  
Mashed potatoes  
Gravy  
Peas and carrots  
Jell-O with topping

Bee Informed.

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Notice

Dog and Cat License

Within the City Limits of International Falls all dogs and cats are required to be licensed annually. Dog and Cat License for 2014 are available at the City Administrator's Office, 600 4th Street or the Borderland Humane Society Holding Facility 1410 Highway 71.

According to the City Code Sec. 10-11 It is unlawful for the owner of any dog or cat to permit such animal to run at large. Any dog shall be deemed to be running at large with the permission of the owner unless it is a durable leash secured to an object which it cannot move and on the premises of the owner, or on a leash and under the control of an accompanying person of suitable age and discretion. Any cat shall be deemed to be running at large with the permission of the owner unless it is on the premises of the owner.

Littlefork Lutheran's Lutefisk Dinner

Sunday December 8<sup>th</sup>

11:30 A.M. to 3:00 P.M.

Lutefisk Dinner \$13

Meatball Dinner \$9

Children 12 years & under \$5

Children 4 years & under FREE

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