

# 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

## It’s time to get your geek on

### Library takes part in ‘Geek the Library’ campaign

BY DIANE ADAMS

Add a new verb to your vocabulary — ‘geek.’  
The International Falls Public Library is participating in Geek the Library, a community-based public awareness campaign. The campaign highlights what people are passionate about and how libraries can support them as they pursue their passions.  
Geek the Library features local educational material that introduces ‘geek’ as a verb, and encourages the public to talk about what they ‘geek’ – whether it’s engineering, superheroes or art. The public awareness campaign illustrates the fact that everyone is passionate about something – everyone ‘geeks’ something – and that the library support them all.

“This campaign is designed to provoke conversation about the vital role that public libraries and librarians play in today’s challenging environment,” said Cathy De Rosa, global vice president of marketing for OCLC, a nonprofit library cooperative which led campaign development and conducted a pilot campaign from June 2009 to April 2010. “We hope it will spark important community discussions about how public libraries can remain strong.”  
The awareness campaign will feature newspaper, radio and direct mail advertising, social networking elements, a website and grassroots initiatives. The campaign website, [www.geekthelibrary.org](http://www.geekthelibrary.org), provides information about how people can get active and

support their local library. As the economic downtown struggles to recover, millions of Americans turn to local libraries for educational opportunities, job-searching resources and entertainment.  
The staff at the International Falls Public Library wants each and everyone in this community to remember their passions and share with us what they love to learn about, do, and share with others. We see this as a chance to bring back enthusiasm to the community. It has been a very long year and we see a tired community that doesn’t have the same spark for life that we saw a couple of years ago.  
So let’s share with one another what makes us passionate and excited about living.

## Get on the right track with sodium intake

**Q. I have high blood pressure and I’m trying to cut down on the sodium in my diet. Should I switch to sea salt from regular table salt?**

A. Sea salt is made from evaporating sea water. Table salt comes from underground mines.  
Sea salt sounds healthier doesn’t it? It evokes lots of images of crashing surf, tanned bodies, marlin jumping out of the water. How bad can it be?  
Sea salt and table salt contain the same amount of sodium chloride. Switching won’t help you with your high blood pressure. But you’re on the right track.

The U.S. Department of Agriculture advises people with high blood pressure to reduce their daily sodium intake to 1,500 mg per day. The recommendation for adults who do not have high blood pressure is 2,300 mg per day, which is about the amount of sodium in a teaspoon of table salt. However, the American Heart Association says the daily intake of sodium should be limited to less than 1,500 mg a day for *all* adults.

About nine out of 10 Americans consume too much sodium. Americans on average consume 3,436 mg sodium daily.

High-sodium diets are linked to increased blood pressure and a greater risk for heart disease and stroke. Reducing the amount of sodium you



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consume can help lower blood pressure or prevent it from developing. Less sodium also makes blood-pressure medications more efficient.

Table salt (sodium chloride) is not the only problem. The main sources of sodium in the average U.S. diet are: five percent added while cooking, six percent added while eating, 12 percent from natural sources and 77 percent from processed foods.

So, focusing on those prepared and packaged foods is the most effective way to cut down on sodium. When you buy these foods, read the *Nutritional Facts* panel for the amount of sodium. Some products also include sodium terms.

Here’s what these terms mean: *sodium-free*, less than 5 mg per serving; *very low-sodium*, 35 mg or less per serving; *low-sodium*, 140 mg or less per serving; *reduced sodium*, 25 percent less sodium than usual; *lite or light in sodium*, 50 percent less sodium than the regular version; *unsalted*,

*no salt added* or *without added salt*, contains only the sodium that’s a natural part of the food.

Most of the body’s sodium is in blood and other fluids. Sodium helps keep fluids in a normal balance and helps maintain normal nerve and muscle function. The body gets sodium through eating and drinking, and loses it by sweating and urinating. Healthy kidneys maintain a consistent level of sodium in the body by adjusting the amount excreted in the urine.

Seniors have to be especially careful about sodium consumption because their bodies can’t handle it as well as they did when they were younger. Here are some reasons:

■ Kidneys may not work as well as they did.

■ As we age, we are not as sensitive to thirst and may not drink fluids when we need them.

■ About 45 percent of body weight is fluid in healthy older people, compared with 60 percent in younger people. Even a slight loss of fluid and sodium in a senior can cause health problems.

■ Some older people have physical problems that prevent them from getting something to drink.

*If you would like to ask a question, please write to fred@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 \$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

Chicken strips  
Fresh potato wedges  
Baked beans  
Strawberry sauce

### TUESDAY

Open faced hot pork sandwich  
Gravy  
Mashed potatoes  
Sliced beets  
Mandarin oranges

### WEDNESDAY

Chicken pasta salad on lettuce leaf

Orange juice

Fresh fruit

### THURSDAY

Cheeseburger  
Bun  
Slice of cheese  
Potato wedges  
Baked beans  
Peaches

### FRIDAY

Sweet and sour pork  
Brown rice  
Green beans  
Applesauce

## BIRTHS

Mollie Welsh and Harold Hyatt, International Falls, announce the arrival of Nevaeh Rae Welsh, 8 pounds, 8 ounces, 20 inches long, born Saturday, June 28, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Shelley Isensee, Dale Welsh, Martin Hyatt and Margaret Hyatt.

Chelsea Richard, Littlefork, announces the arrival of her daughter,

Adalynn Lea Marie Richard, 6 pounds, 4 ounces, 19 inches long, born Saturday, July 5, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Shelly and Andrew Timmer.

Friday Nights. Bright Lights.  
Cheering Fans. Packed Stands.  
Passion For The Game.  
Sports season is almost here.  
Are you ready?



Schedule your Sports Physical at the  
Rainy Lake Rural Health Clinic!  
Call 283-5503.

Dr. Jay Knaak: August 5th → 1:30 pm - 4:30 pm  
Brad Reiners, PA-C: August 8th → 1:30 pm - 4:30 pm  
Nancy Burmeister, FNP-BC: August 4th & 6th → 8 am - noon

Feel free to schedule your appointment any time. These dates and times above are blocked off for your convenience.



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to all that attended the party  
or sent cards for Warren & Ad Bilben's  
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is greatly appreciated.

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