

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 CPR, Kegel exercises, signs of heart attack

Q. How do I go about learning CPR?

A. If you would like to learn CPR, contact the American Heart Association at <http://www.americanheart.org/> or by phone at 1-877-AHA-4CPR. Another CPR resource is the American Red Cross at <http://www.redcross.org/>. Or, you can try a local hospital.

CPR, which stands for cardiopulmonary resuscitation, employs chest compression and mouth-to-mouth breathing to treat cardiac arrest, heart attack, drowning and electrocution. CPR can keep some blood flowing to the brain and heart during an emergency.

Maintaining blood flow can prevent brain injury and save a life. The brain suffers irreparable damage in a few minutes if it doesn't get oxygenated



Fred
CICETTI
HEALTH CARE WRITER

blood. An unaided victim of cardiac arrest will die in 5 to 10 minutes.

To learn CPR properly, take an accredited first-aid training course. There is no substitute for taking a course from a trained instructor, but it would be helpful to understand the basics of CPR.

The University of Washington School of Medicine offers a free public service that explains

CPR. Go to: <http://depts.washington.edu/learn/cpr/>. There are helpful illustrated guides and online videos on this website.

Q. What are "Kegel exercises"?

A. Kegel exercises were developed 60 years ago by Dr. Arnold Kegel to control incontinence in women after childbirth. These exercises are now recommended for both women and men who experience urinary or fecal incontinence.

Kegel exercises strengthen the muscles of the pelvic floor. The exercises improve the functioning of both the urethral and rectal sphincters.

The muscles that are developed through the Kegel program are the ones you feel when you try to stop the flow of urine. After about eight weeks

of exercising, you usually see results, such as less frequent urine leakage.

Urinary and fecal incontinence are examples of "pelvic-floor disorders." The pelvic floor is a network of muscles, ligaments and other tissues that hold up the pelvic organs—the vagina, rectum, uterus and bladder. When this network—often described as a hammock—weakens, the organs can shift and create disorders.

Q. How can I tell if I'm having a heart attack?

A. Here are six common warning signs:

1. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes. It may pause for a while and then restart. The discomfort can be in the form of pain or pressure. Some experience a squeezing or feeling of fullness.

2. Pain in shoulders, arms, back, upper abdomen, neck and jaw

3. Shortness of breath
4. Cold sweat
5. Nausea
6. Lightheadedness
7. Anxiety

A blood clot in a coronary artery narrowed by cholesterol and other substances is the usual cause of a heart attack. Doctors call a heart attack a "myocardial infarction." Loosely translated, the term means heart-muscle death. The clogged artery prevents oxygenated blood from nourishing the heart. This can lead to pain, the death of heart cells, scar tissue and fatal arrhythmias.

About 1.1 million Americans have a heart attack every year. About 460,000 of those heart attacks are fatal. About half the fatalities happen within

an hour after symptoms begin and before the victim gets to a hospital.

A heart attack can happen anytime — during exertion or at rest. Some heart attacks are like the ones you see in films and on stage; they're sudden and dramatic. However, most heart attacks build gradually over several hours. Many heart-attack victims have symptoms days or weeks in advance.

If you think you're having a heart attack, call 9-1-1 immediately. There are drugs that break up clots and open arteries; they work best when given within the first hour after the onset of a attack.

If you would like to ask a question, write to fred@healthygeez.com.

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

Witnesses attend Circuit Assembly

JEHOVAH'S WITNESSES REPORT

Area members of the International Falls congregation of Jehovah's Witnesses attended a one-day Circuit Assembly April 27 at Bemidji High School.

"God's Word Exerts Power," based on Hebrews 4:12, was the Assembly theme. Talks, symposiums, demonstrations, interviews, and experiences emphasized the "Power of God's Word." A special feature was the

baptism of newly-dedicated ones by total water immersion.

Traveling representative Mel Jones spoke on the subject, "Let the Power of God's Word Keep Transferring You."

Over 700 were in attendance from 10 northeastern Minnesota congregations. Their ministries, which feature free home Bible study, resumed upon the return to their home congregations.

LOOKINGBACK

25 YEARS AGO

Lab technician Eugene L. Beach has retired after 37 years of service with Boise Cascade.

Rainy Lake One Stop has been purchased by Billy Walls and Leroy Rognerud.

40 YEARS AGO

Charles Holland, 16, son of Mr. and Mrs. Kenneth P. Holland, 1103 11th Ave., has been selected as official delegate to represent Independent School District 361 and the local William Robideau Post 66 of the American Legion at the 26th Annual Legion Boys State for 1974. Named as alternate is Blake Hardina, 17, son of Mr. and Mrs. Neil Hardina of Ericsburg.

Daniel Johnson, Neena Desens, Susan Houska, Raelene Buchholz, Craig Johnson, Richard Vance, Daniel Vitkus, Kent Koerbitz and David Johnson were confirmed at St. Paul's Lutheran Church on May 5 by the Rev. Vatthauer.

Linda Beck, Larry Bar-

on, Janette Oveson and Duane Kerry are the four top bowlers of the Wednesday Night Mixed League.

50 YEARS AGO

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. LeMoine Lindahl, 6 pounds, 8 1/2 ounces.

One Hour Martinizing — the most in dry cleaning. Under new management. Harvey Roy at your service.

Mr. and Mrs. Sherman Taylor, formerly of Mizpah, have moved to International Falls to make their home.

Postmaster General John A. Gronouski has announced that a contract has been awarded to H.C. Moe, Ranier, to build a new post office at Ranier.

60 YEARS AGO

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Emo Mattson, 620 Fifth Ave., 7 pounds; name chosen, Terrance John.

A daughter was born at

Falls Memorial Hospital to Mr. and Mrs. Michael Kleis; weight, 6 pounds, 8 1/2 ounces; name chosen, Julie Ann.

A son was born today at the Littlefork Hospital to Mr. and Mrs. Leonhard Burmeister; weight, 9 pounds, 1 ounce; name chosen, Rodney Alan.

Henry Youso, 4, gave his parents an anxious afternoon yesterday while "playing". The tot, son of Mr. and Mrs. Frank Youso, Highway 53, was missing for about 2 1/2 hours after wandering off from home. His parents were ready to call for help when he was found, with other youngsters, playing, in a South International Falls area, a good 1 1/2 miles from home. "He thinks he's bigger than he is," was Mrs. Youso's comment after putting the boy to bed.

70 YEARS AGO

For the past two weeks, junior and senior boys who

cannot dance have been taking dancing lessons in the library room during the noon hour in preparation for the junior-senior prom. Nina Stepoway, Doris McCartney, Sheila Oliver, Bertha Santine, Leone Watrous and Adeline Gorder were in charge of the arrangements.

Lang's Shoes — selling out entire stock. One lot of ladies shoes, ration-free, now \$1 a pair. Mr. Jerry and John Lang, owners, are going to war ... that's why.

Ann Parsons and Joan Preece have earned the 50-word expert typist pins, according to J.R. Thompson, typing instructor.

A-C John L. Hamilton Jr., son of Mrs. Esther Thomas of Ranier, recently completed his primary flight training at the naval air station, Grosse Isle, Mich.

Compiled by the Falls Public Library. Visit them online at www.internationalfallslibrary.us

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

Salisbury steak
Gravy
Mashed potatoes
Green beans
Fruit

TUESDAY

Garden potato soup or

alternate

Ham slice
Whole wheat bread
Lettuce leaf
Cheese slice
Refrigerator pickles

WEDNESDAY

Chicken pasta salad on lettuce leaf
Orange juice
Fresh fruit

THURSDAY

Roast beef
Mashed potatoes
Gravy
Spinach
Rhubarb upside down cake

FRIDAY

Chicken breast on a bun
Lettuce leaf
Potato salad
Corn cobette
Fresh fruit

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:

John and Meghan Cox, Fort Frances, a daughter, Annabelle Grace Cox, 7 pounds, 2 ounces, April 21, 2014.

Wayne Strachan and Nina Bird, Fort Frances, a son, Cohen Robert Strachan, 9 pounds, 12 ounces, April 21, 2014.

Sean and Jackie Councilor (nee Wood), Fort Frances, a son, Tripp Micheal Councilor, 7 pounds, 2 ounces, April 22, 2014.

Rebecca Mosbeck and Dylan Mainville, Fort Frances, a daughter, Sawyer Paige Mainville, 9 pounds, April 22, 2014.

Kelly Caul, Fort Frances, a daughter, Nea Patricia Caul, 8 pounds, April 24, 2014.

www.ifallsjournal.com

Relax & enjoy

Mother's Day with us at our house.

SUNDAY, MAY 11TH 2014

Mother's Day Buffet ~ 11 a.m. to 3 p.m.

- Rosemary Pork Loin • Lemon Chicken • Chef Carved Roast Beef
- Mashed Potatoes & Gravy • Gourmet Potato Casserole
- Alfredo Pasta • Whole Green Beans • Honey Glazed Carrots
- Egg Bakes • Homemade Dinner Rolls • Full Salad Bar
- Grandma's Homemade Dessert Bar

Adults \$14.99 Seniors \$12.99 Children 6-12 \$9.99 Kids 5 & under Free (1 per adult)

Plated Mother's Day Dinner in the dining room ~ 4 p.m. to 9 p.m.

- Rosemary Pork Loin or Roast Beef • Mashed Potatoes & Gravy
- Vegetable • Popover • Tossed Salad *only* \$11.99

Bar, Restaurant and Catering Services
In the new AmericInn in International Falls (former Holiday Inn)
RESERVATIONS RECOMMENDED 218-283-4800
We cannot guarantee seating without a reservation.

We are now open Sunday evenings until 8 p.m.

KOOCHICHING COUNTY
Household Hazardous Waste Collection Day
Wednesday, June 4, 2014 • Noon - 4 p.m.
At the Recycling/Transfer Facility

Hazardous Waste from businesses will NOT be accepted on this day.

Safely dispose of household hazardous waste at no charge.

ACCEPTABLE HOME WASTE

- Paint (all types)
- Home & Garden pesticides
- Button & Rechargeable Batteries
- Thinners, Solvents, Flammables
- Fluorescent Tubes
- Household Cleaners
- Adhesives, Hobby Supplies

NON ACCEPTABLE HOME WASTE

- Tires
- Alkaline Batteries
- Empty Containers
- Propane Tanks
- Bullets/Explosives
- TV's/Computers/Electronics
- Appliances/Microwave

No products accepted before noon.

Sponsored by the Western Lake Superior Sanitary District and the Minnesota Pollution Control Agency in partnership with Koochiching County.
For more information call the Environmental Services Dept. 283-1157.