

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

Ineffective uses of fish oil

[In my previous column, I explained effective uses for improving health with fish oil. Today's column is about ineffective uses of fish oil.]

Fish oil is touted so often that it's beginning to sound like a cure-all. It isn't. And you have to be careful taking it. High doses of fish oil can be dangerous. Always check with your doctor before changing your intake of foods or supplements.

You get fish oil directly from fish or by taking supplements made from oily fish. Fish loaded with beneficial oils known as omega-3 fatty acids include anchovy, bluefish, herring, mackerel, menhaden, mullet, salmon, sardines, sturgeon, trout and tuna.

Fish oil is recommended for many conditions. How effective is it?

Natural Medicines Comprehensive Database



Fred
CICETTI
HEALTH CARE WRITER

rates effectiveness based on scientific evidence. Some of the effectiveness ratings for fish oil are as follows:

Effective

- High triglycerides, which are associated with heart disease and untreated diabetes

Likely effective

- Heart disease

Possibly effective

- High blood pressure
- Rheumatoid arthritis
- Menstrual pain

- Attention deficit-hyperactivity disorder (ADHD) in children
- Stroke
- Osteoporosis
- Hardening of the arteries
- Kidney problems
- Bipolar disorder
- Psychosis
- Weight loss
- Endometrial cancer
- Age-related macular degeneration
- Movement disorder in children
- Psoriasis
- High cholesterol
- Coronary artery bypass surgery
- Cancer-related weight loss
- Asthma

Possibly ineffective

- Chest pain (angina)
- Gum infection (gingivitis)
- Liver disease
- Migraine headaches
- Muscle soreness
- Breast pain

- Skin rashes
- Stomach ulcers

Likely ineffective

- Type 2 diabetes

Insufficient evidence to rate effectiveness

- Allergies
- Alzheimer's disease
- Atrial fibrillation
- Depression
- Cancer
- Cataracts
- Chronic fatigue syndrome
- Chronic kidney disease
- Thinking skills
- Crohn's disease
- Prediabetes
- Ulcerative colitis
- Systemic lupus erythematosus (SLE)

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

Pulled pork sandwiches
Potato wedges
Baked beans
Cookies

TUESDAY

Barbecue chicken breasts

Butter parsley potatoes
Cream corn
Fresh fruit

WEDNESDAY

Swiss steak
Sauce
Mashed potatoes
Wax beans
Jell-O with fruit

THURSDAY

Chili
24- Hour coleslaw
Corn bread
Mandarin oranges

FRIDAY

Baked ham (or alternate)
Au Gratin potatoes
Spinach
Carrot bars

BIRTHS

Justin Wade and Roberta Dunbar, of International Falls, announce the arrival of their daughter, Kimberly Jean Dunbar, 6 pounds, 15 ounces, 21 inches long, born Saturday, Jan. 25, 2014, at Rainy Lake Medical Center hospital campus.

Welcoming Kimberly home were her siblings, Justin B., Jason A. and Joseph Wayne.

Grandparents are Jerry "Wayne" and Gala Dunbar and Myron "Wayne" Gordon and Mildred Peck.

Maria Nordlund and Ryan Street, of Littlefork, announce the arrival of their son, Haven Liam Street, 9 pounds, 2 ounces, 21.5 inches long, born Friday, Jan. 17, 2014, at Rainy Lake Medical Center hospital campus.

Grandparents are Bernard and Jerolyn Nordlund, Curtis and JoAnn Street.

MEMORIAMs

In loving memory of my husband, **Larry Long**, who passed away four years ago, Feb. 4.

*Peacefully sleeping, resting at last;
The world's weary troubles and trials are past.
In silence he suffered, in patience he bore;
Till God called him home, to suffer no more.*

Lovingly remembered by Katsy

In loving memory of **Larry Long**, who passed away four years ago, Feb. 4.

*The things you taught me I will always know.
How could I not?
The roots have sunk so deep,
All lessons of the heart that I will keep.
No matter who I am or where I go.
Kids learn from what their parents are,
And so you are my book of life.
The thoughts I reap,
Only in your arms I quietly sleep.
Under my words your voice sings soft and slow.
From you I learned the rules of right and wrong.
Against which I at times had to rebel,
Though with regret I carry with me still.
How lucky I am to have been loved so well,
Even as I pushed against your will.
Relying on a father fair and strong.*

Gone, but never forgotten by daughters - Julie, Bruce and family Pam, Matt and family Diane and family

CEOs in area classrooms for third year

CHAMBER OF COMMERCE REPORT

CEOs in Borderland will once again visit area classrooms with motivational messages for achieving dreams and getting on the path toward rewarding careers and lifestyles.

This is announced by the CEOs in the Classroom program coordinators: the International Falls Area Chamber of Commerce, Koochiching Economic Development Authority and the local Northeast Minnesota Office of Job Training.

CEOs in the Classroom, in its third year, will be delivered to eighth graders in five schools in the region: Falls High, St. Thomas Catholic, Littlefork-Big Falls, Indus and Northome.

Last year, nearly 200 students heard the program designed to get students thinking about the world of work and how decisions made now could affect their dreams and ultimate quality of life. In addition to the eighth-grade students who heard the program last year, it

was also presented to local STRIVE students and a career class at Rainy River Community College.

The program has received the cooperation and appreciation of area school administration as was expressed by Independent School District 361 Superintendent Nurdy Nelson following a fall presentation before the Falls school board by Jenny Herman of the Small Business Development Center and Faye Whitbeck of the local chamber.

The term "CEOs" is a label for a broader range of presenters that includes business owners, managers, entrepreneurs and officials who tell of personal journeys leading them to the positions they now hold. The narratives are added to a formatted PowerPoint presentation, universal to all CEOs in the Classroom presentations. Local CEOs enthusiasm has been so strong that alumni of the original training sessions have kept the program going, Whitbeck said.

"These stories are not always full of glory and ac-

complishment," she noted. "That's what makes them appealing and realistic to kids. They hear about tough family times, setbacks and some failures, but also that determination can get you through these if you set your mind on your path."

"The messages also come with the reminders of teenage pitfalls – that drinking or taking drugs, being sexually irresponsible, ignoring school and even careless social media involvement can ultimately mess up your life journey," Whitbeck added.

Students each year are also asked to estimate what they think it costs to live on one's own without parental support. This is frequently the most eye-opening exercise, according to Whitbeck, as students usually know the costs of the central things in their lives such as cell phones, computers, clothing and vehicles. "But they're shocked at the income they'll need to pay for things such as insurance, rent, utilities, food, pet needs and other inescapable costs of liv-

ing," said Whitbeck. "It's surprising how many don't know the significant taxes that come right off the top of your paycheck."

Parents are encouraged to ask their children about what they heard at the presentations because this is an opportunity to open the door on discussion of future dreams, according to the coordinators. The chamber will also try to set up mentors with students if they make that request, according to Whitbeck.

Littlefork-Big Falls students will hear CEOs in the Classroom Feb. 27 and Falls High on March 5, presented by Mark Hauke of Boise Paper, a Packaging Corporation of America company, Nissa Fougner of Rainy Lake Medical Center hospital campus, David Hebig of Border State Bank, Falls Police Chief Mike Musich and Koochiching County Sheriff Brian Jespersen. Schedules for Northome, Indus and St Thomas are still under arrangement.

For more information on CEOs in the Classroom, call Herman at 283-8585 or Whitbeck at 283-9400.

Welcome "The New Kid on the Block"

Haven Liam Street

Parents:
Maria & Ryan

Open House at Dena Bergstrom's Home
1306 18th Street (Stenberg Addition)
Thursday, February 6, 2014
3:30pm - 6:30pm
Registered @ Target

SNUFFY IS 80 YEARS YOUNG!

Wishing you a very Happy Birthday
on February 6th.

Love, Your Family

Children's Carnival

Games Prizes

Saturday, March 1st
6:00-9:00pm

St. Thomas Church Basement

SNACKS
MOVIE

FREE
WILL OFFERING

Italian Dinner:
Spaghetti, Garlic Bread, Carrots,
Cannoli Cupcakes

Pre-Register with St. Thomas School
283-3430

Hosted by St. Thomas Youth Ministry
and School Parents

Don't put your life on our line.

This winter, prevent a senseless tragedy by steering clear of train tracks. Not only is riding a snowmobile on a railroad's right of way illegal, but you may also be too focused on having a good time to hear a train coming.

all aboard for **safety**

cn.ca/ridesafely

Your Community.

Your Newspaper
The Journal