

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

More study about TMS needed

Q. I know magnets are used for different bodily problems, but can they be used to alleviate mental disorders?

A. There is a relatively new procedure known as Transcranial Magnetic Stimulation that is used to treat moderate depression when medication and psychotherapy aren't effective.

TMS was developed in 1985. It has been studied as a possible treatment for depression and other disorders since the mid-1990s.

In October 2008, TMS was approved for use by the U.S. Food and Drug Administration as a treatment for major depression for patients who have not responded to at least one antidepressant medication. It is used in other countries such as Canada and Israel as a treatment for depression.

During TMS, doctors place an electromagnet



Fred
CICETTI

HEALTH CARE WRITER

against your head. The magnet creates electric currents that work on the part of your brain that is responsible for mood control. Scientists don't know how it works, but it appears that the stimulation changes how the brain functions.

More study about TMS is needed. Some research demonstrated that TMS relieved depression; other studies showed that it wasn't effective. Transcranial magnetic stimulation may be less likely to work if the depression has lasted for more than four years,

or a patient is suffering from a break from reality.

TMS is usually an outpatient procedure. It can be done in a doctor's office. Treatments are done daily for about 40 minutes, five times a week for four to six weeks. They do not require anesthesia.

There are mild side effects that usually go away after a week of treatment. These include headache, tingling, feeling lightheaded and some scalp discomfort. Serious side effects are uncommon.

During a procedure, you usually sit in a comfortable chair such as a recliner. A magnetic coil is placed on your forehead. When the magnet is turned on, short pulses are administered through the coil. You will feel tapping and hear clicking. The magnetic field is similar to that used by a magnetic resonance imaging (MRI)

machine. When the treatment is completed, you can return to your normal activities.

The major advantages of TMS are safety and ease of treatment. The biggest drawbacks are that it doesn't help some patients, it can take several weeks to begin to work, and it is expensive. Treatments cost between \$250 and \$500 each.

The biggest barrier to getting TMS is concern about insurance coverage. As TMS becomes more firmly established, it's likely that insurance coverage will become more universal.

In my next column, I'll cover other brain-stimulation therapies.

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

Chili
Pears
Cornbread
Pudding with topping

TUESDAY

Roast turkey
Mashed potatoes
Gravy
Carrots
Dressing
Pumpkin bars with cream cheese frosting

WEDNESDAY

Closed

THURSDAY

Polish sausages
Sauerkraut
Fruit

FRIDAY

Tomato soup
Grilled cheese sandwiches
Cookies

Love and miss you,
Missy

FIND DEALS
in
The Journal
Classifieds



AGENDA

Special City Council Meeting
Monday, December 30, 2013
4:30 pm
Council Chamber

CALL TO ORDER

PLEDGE OF ALLEGIANCE TO THE FLAG

ROLL CALL

NEW BUSINESS

1. Consider for approval a resolution transferring the Small Community Development Program grant held by Mr. Alton Shannon, Shannon's Square to Mr. Lyle Larsen in accordance with the sale of the building and property to Mr. Larsen.
2. Consider for approval city license requests for businesses for the year 2014.
3. Consider for approval International Falls-Koochiching County Airport Commission project payments.

ADJOURNMENT

• PLAY PULL TABS • PLAY PULL TABS • PLAY PULL TABS

Join us at the
Moose Lodge
for
New Year's Eve

Social 5pm Dinner 6:30pm
Dance the night away with
Live music by "Timberline"
From 8pm - 12:30am

Mainstreet • Int'l Falls
283-3615

• PLAY PULL TABS • PLAY PULL TABS • PLAY PULL TABS

RETIREMENT OPEN HOUSE

PLEASE JOIN US
in wishing
Patty Bruyere
a relaxing, fun-filled
RETIREMENT

Tuesday
December 31
2:00-4:00 pm

Shermoen & Jaksa, PLLP
345 6th Avenue, International Falls, MN 56649

PUBLIC HEARING NOTICE

Notice is hereby given that a public hearing will be conducted by the Koochiching County Planning and Zoning Commission relative to the following item's **on Thursday, January 9, 2014 at 7:00 p.m.** in the County Board Room, Koochiching County Courthouse, International Falls, Minnesota.

A second public hearing on a combined parcel rezoning & conditional use permit by **Wagner Construction Inc.** in order to start-up & operate a rock quarry/crushing operation. The current zoning is O-1 (open space) and the proposed zoning is M-2 (manufacturing). The parcel is located adjacent to the Trap Club at the south end of County Road 144 (aka: Moonlight Rock Road) and is described as part of Gov't Lot 4, Sec. 6, Twp 70N, Rge 23W, Koochiching County, Minnesota. This item was tabled at the October 22, 2013 Koochiching County Board meeting.

A public hearing on a conditional use permit by **Gerald Albrecht (aka: Seretha Northfork, Inc.)** in order to expand his existing rock quarry located approximately 1-mile west of Margie. The footprint of the proposed quarry will be greater than 1-acre or approximately 200 x 300ft. The parcel is located along County Road 61 and is described as the West 1/2 of the NE1/4, Sec. 10, Twp 153N, Rge 26W, Koochiching County, Minnesota.

All interested parties are invited to attend the said hearing to be heard. If more information is desired, please contact the Koochiching County Environmental Services, ph.(218)283-1158.

December 17, 2013

Dale Olson
Zoning Administrator
Koochiching County

Without you, these Community programs would not exist.

We appreciate your continued donations.

American Cancer Society,
Relay For Life of Koochiching County
1125 Whiting Rd. NW
Bemidji, MN 56601
Denaee Alamo 218-368-2533
denae.alamo@cancer.org
www.cancer.org

Backus Community Center
900 5th Street
Int'l Falls, MN 56649
Ward Merrill 218-285-7225
wardmerrill@backusab.org
www.backusab.org

Falls Hunger Coalition, Inc
1000 5th Street
Int'l Falls, MN 56649
Brittany Rognerud
218-283-8020
fallshungercoalition@gmail.com

Friends Against Abuse
407 4th Street
Int'l Falls, MN 56649
LeeAnn Meer 218-285-7220
leeann@friendsagainstabuse.com

Good Samaritan Society
2201 Keenan Drive
Int'l Falls, MN 56649
Jenniffer McKelvey 218-283-8313
jnmckelvey@good-sam.com
www.good-sam.com/falls

Koochiching Aging Options
1000 5th Street
Int'l Falls, MN 56649
Douglas Skrief 218-283-7084
douglas.skrief@co.koochiching.mn.us

Rainy River Community
College Foundation
1501 Highway 71
Int'l Falls, MN 56649
Barb Fisher 218-285-7722
barb.fisher@rainyriver.edu
www.rainyriver.edu

U of MN Extension
Youth Development,
Koochiching 4-H
715 4th Street
Int'l Falls, MN 56649
Stacy Hall 218-285-0962
smhall@umn.edu

United Way of Northeastern MN,
Serving Koochiching County
Julie Ehrman, 1303 16th Street
Int'l Falls, MN 56649
Elizabeth Johnson 218-254-3329
elizabeth@unitedwaynemn.org
www.unitedwaynemn.org

Thank You



Breakfast Specials
Mon.-Sat. \$6.29 • Sunday \$7.29

Mon.	Big Moose Skillet with hashbrowns
Tues.	Breakfast Sandwich with hashbrowns
Wed.	French Toast w/eggs & sausage or bacon
Thurs.	Blueberry Pancakes w/eggs & sausage or bacon
Fri.	Biscuits & Gravy w/eggs & hashbrowns
Sat.	Cinnamon Swirl French Toast with ham & eggs
Sun.	Blueberry Cream Cheese Crepes with eggs & ham

Dinner Specials

Mon.	Half Chicken Dinner	\$10.99
Tues.	Full Rack of BBQ Ribs	\$17.99
Wed.	Pan Fried Gilyase	\$14.99
Thurs.	Mozzarella Calasole	
	w/Marinara Sauce	\$10.99
Fri.	Fishermen's Catch	\$16.99
Sat.	Rib Eye Steak	\$17.99
Sun.	Chicken Kiev	\$11.99

Dinners include choice of potato & salad. Choice of soup for \$1.00
Canadian Money at par!



Hwy 53 & Memorial Drive - Open 6 a.m.-10 p.m.
218-283-8888 • chocolatemooseresaurant.com