

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

Apples are healthy, but don't keep doctor away

Q. What happens to you if you eat more than one apple a day?

A. I realize that this question was meant to be humorous, but there is a serious answer to it. Believe it or not, there is a three-apple-a-day diet, which I'll get to later. But, first, let's discuss a single apple a day.

We have to go back in time to Wales to find the origins of "An apple a day keeps the doctor away."

The earliest known record of the maxim is in an 1866 edition of "Notes and Queries" magazine: *A Pembrokeshire proverb.*



Fred
CICETTI
HEALTH CARE WRITER

Eat an apple on going to bed, And you'll keep the doctor from earning his bread.

A number of variations were heard around the turn of the 20th century.

In 1913, there's a record in "Rustic Speech and Folklore" of the first known mention of the version we use now:

Ait a happle avore gwain to bed, An' you'll make the doctor beg his bread; or as the more popular version runs: An apple a day keeps the doctor away.

Apples have many healthful qualities, but they don't keep the doctor away. A better rhyme for today would be: *You'll hit a wall if you want a house call.*

So what's in an apple that makes it so good for you?

■ Vitamin C, which

boosts your immune system.

■ Pectin, a fiber that lowers blood pressure and bad LDL cholesterol.

■ Boron, a nutrient that is good for your bones and brain.

■ Quercetin, a nutrient that may work against cancer and Alzheimer's disease.

■ Phytonutrients, compounds that can reduce the risk of heart disease, diabetes and asthma.

Researchers in the Netherlands found that eating apples is associated with a lower risk of stroke.

They don't know why, but the anti-stroke effect may be from the pectin that lowers blood pressure, and the quercetin that may have anti-inflammatory properties.

Apples help you fight obesity. They fill you up. They have lots of fiber and require that you spend time chewing. The natural sweeteners in apples level your blood-sugar so you avoid cravings.

The "3-Apple-A-Day Plan" is a diet that instructs you to eat an apple before every meal because the fiber in apples makes you feel full and

the sweetness satisfies cravings.

Apples are brain food. Apples are now thought to keep your brain sharp as you age because they boost the production of a chemical that transmits messages between nerve cells.

Apples are good for fighting tooth decay, too, because they clean your teeth when you eat them.

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.

Do your evergreens have winter burn?

Winter burn can be a serious problem for evergreens. After the cold and windy winter we had, signs of winter burn abound on evergreen shrubs and trees. There are some broadleaved evergreens such as azaleas and rhododendrons in our zone 3 area, but most of our evergreens have needles.

The most obvious symptom of winter burn is browning of foliage on the south, southwest, and windward sides of plants. Sometimes, however, the plant appears bleached by the sun. Also obvious is how deep the snow was around evergreens. If the bottom branches were buried under snow, they are protected from winter injury while the plant parts above the snowline are damaged by the wind and sun.

Winter burn happens because of transpiration, or water loss, from the plants during winter. Both deciduous and evergreens prepare for winter through the process of hardening off. The plant stops growing and slows down its rate of transpiration and consumption of



Marylou
MARCHAND
MASTER GARDENER

nutrients. Deciduous trees and shrubs drop their leaves and transpiration stops.

Evergreens retain their foliage and transpiration continues. On warmer sunny days the cells of the foliage thaw even though the temperature is below freezing. The temperature falls at night and damages the cells when they refreeze. Leaves gradually dry, die and turn brown. In extreme cases the entire plant may die. Wind can also cause damage. Continuous drying, cold winter winds can evaporate any moisture the tree has preserved during the hardening off process. Over time the foliage will become desiccated becoming brown and dead.

What to do now? Be patient. The University of Minnesota Extension Service recommends examining the buds. Are they still alive? Where the buds and stem tissue are still alive, the new foliage will regrow to replace winter burned foliage. Wait for the first flush of growth before deciding what needs to be pruned. The buds on the spruce in my yard are showing new growth right now. On the other hand, if buds and stem tips were severely damaged, branches should be pruned back to ¼" above a bud in the live portion of the plant. If there are no signs of new growth, it is likely the evergreen will have to be removed.

To prevent winter burn in future years, keep evergreens sufficiently watered through the fall until the ground freezes. In Minnesota, this can be as late as November. Place mulch around evergreens to help retain soil moisture. Reduce exposure to sun and wind damage by protecting those plants in exposed sites using burlap, snow

fencing or other materials. Avoid planting evergreens on the south or southwest sides of buildings or in any site with high exposure to winter sun and wind.

If you still have winter damage brown spots in your lawn, it is not too late to repair them. Clean up the dead grass, loosen the soil with a garden rake or garden claw then plant a mix of Kentucky bluegrass and fine-leaved fescues such as creeping red or hard fescue. If you like clover, you might mix in a little with the grass seeds. Remember to keep the plantings watered well. Don't mow them until they are well established.

Refer to the University Of Minnesota Extension Service website <http://www.extension.umn.edu/garden/yard-garden/> for more information on horticultural topics. In addition, local Master Gardeners will again answer your questions on home horticulture. Call 218-444-7916, leave your name, number, and question and you will get a call.

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.

July 1
Volunteer Group – First Lutheran Church
Pulled pork on a bun
Apple slaw with carrots
Pickles

July 3
Volunteer Group – First Lutheran Church
French toast bake
Sausage
Scrambled eggs

July 8
Volunteer Group – St. Thomas Social Concerns
BBQ chicken
Roasted potatoes with onions
Corn
Dinner roll

July 10
Volunteer Group – St. Thomas Social Concerns
Hot beef on a bun

Tater Tots
Watermelon
July 15
Volunteer Group – Zion Lutheran Church
Lasagna
Salad
Bread stick

July 17
Volunteer Group – Zion Lutheran Church
Chicken Caesar salad
Garlic bread
Fruit

July 22
Volunteer Group – Evangelical Covenant Church
Baked pork chops (in sour cream mushroom sauce)
Baked potato
Fruit
Dinner roll

July 24
Volunteer Group – First Baptist Church
BBQ ribs
Baked fries
Fresh broccoli and carrots

July 29
Volunteer Group – Holy Trinity Episcopal Church
Pizza
Coleslaw
Mixed fruit

July 31
Volunteer Group – Holy Trinity Episcopal Church
Fish and chips
Mixed veggies
Dinner roll

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 un-

der 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 cacciatore
Spaghetti
Wax beans

Fresh fruit
TUESDAY
Goulash
Bean salad
Fruit
WEDNESDAY
Ham dinner or alternate Ham
Whipped sweet potatoes
Peas and carrots

Emerald pears
THURSDAY
Chicken breast
Bun
Lettuce leaf
Potato salad
Corn cobette
Strawberry shortcake
FRIDAY
Closed

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TICKET TO THE OPERA PRODUCTION

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for information and to register

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