

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

Harvesting and storing produce

It's time to think about gathering your garden's bounty and keeping it as long as possible to enjoy when the garden is covered with snow. Different vegetables require different harvest times; storage methods also differ for the best results. Summer squash, peppers and cucumbers do not store well, you can only expect a week or more if stored in a perforated bag, not in the refrigerator.

Allow onions to stay in the garden until the necks are tight and the scales (paper covering) are dry. Usually they are fine left in the garden into the fall but not if a frost is threatened. Avoid bruising them when picking. Lay them in the sun to dry down; then cure in a warm, dry place for two weeks before storing. Onions need to be stored *cold* and dry, 32-40 degrees with low humidity. Some varieties do not store well and need to be turned into onion soup!

Squash and pumpkins need to have a hard shell before harvesting but will not tolerate a hard frost. They should be cured in a warm, dry place for about 10 days before storing. Washing them with a weak bleach solution or an alcohol solution helps prevent molds and rot. They need to be stored in a *cool*, dry location, 50-60 degrees. Many basements fit this description. A variety we grow lasts until April this way.

Tomatoes are late this year but will continue to ripen after picking. If you have a place to lay them out on newspapers, they will ripen at room temperature. Do not store them in the refrigerator; they lose color and firmness below 40 degrees. Washing with a weak bleach or alcohol solution and rinsing after picking will reduce the number that rot.

Some vegetables require *cold* and *moist* conditions for storage, 32-40 degrees with 95 percent humidity. Root cellars or a specially designed storage room are the only ways to achieve this with modern building methods. Beets, cabbage, kohlrabi, carrots, cauliflower, muskmelon, parsnips, rutabagas, turnips, and especially potatoes require this means of storage if not processed. Light



Wally
PECK
MASTER GARDENER

should be excluded from potatoes. A feature you may want to consider is an underground root cellar. Houses built in the 50s with a fallout shelter are a real find!

If you grow your own sweet potatoes, harvest them before the soil temperature drops below 55 degrees. Dig them very carefully and treat them as tenderly as eggs. Be very careful to avoid bruising the flesh. Tubers need to be cured at 85-90 degrees for five days after harvesting. We do it in the shaded greenhouse. Store your sweet potatoes at 60 degrees or warmer; they are very susceptible to chilling injury below 50 degrees. Never store in plastic; the tubers need to breathe. The best flavor develops after curing and at least two months of storage.

Vegetables are not inert and continue to breathe after harvesting. Placing them in a closed container is not desirable, they need ventilation to prevent rot. Some vegetables allow other alternatives for storage such as carrots and parsnips. Generally we do not harvest all of our carrots until very late. With parsnips, simply leave the ones you do not eat in the ground until the next spring. They actually improve in flavor this way! Rutabagas, turnips and parsnips can be waxed with paraffin to extend storage time as well.

To find reliable information about gardening and other horticultural topics, go to the University of Minnesota Extension website <http://www.extension.umn.edu/gardeninfo/>. Local master gardeners will also answer your gardening questions via a voice-mail service. Call 444-7916, leaving your phone number, name and the nature of your question. A volunteer master gardener will give you a call.

Hypnosis achieves focused attention

Q. Can hypnosis help me to quit smoking?

A. Hypnosis is one of several relaxation methods that was said to be useful by an independent panel of the National Institutes of Health (NIH). The panel found it may be helpful for treating chronic pain, alleviated anxiety, reducing the frequency and severity of headaches, and controlling bleeding and pain during dental procedures.

Hypnosis is also promoted to change undesirable behaviors, such as smoking, alcohol dependence, and bedwetting. It is used along with other methods by some mental health professionals to help patients overcome common fears, such as the fear of flying or of meeting new people.

Hypnosis achieves focused attention. It is like using a magnifying glass to focus the rays of the sun and make them more powerful. When our minds are concentrated, we are able to use them more powerfully.

Hypnosis — also known as hypnotherapy or hypnotic suggestion — has been a healing practice for thousands of years.



Fred
CICETTI
HEALTH CARE WRITER

The term comes from the Greek “hypnos,” which means sleep. The use of trance-like states and positive suggestion was an important technique used in the early Greek healing temples. Variations of those techniques were practiced throughout the ancient world.

Modern hypnosis can be traced to the German physician, Franz Anton Mesmer, who believed that imbalances in magnetic forces in the human body were responsible for illness. Mesmer applied a therapy, which he called mesmerism; it involved the use of tranquil gestures and soothing words to relax patients and restore the balance to their magnetic forces.

The evolution of

Mesmer's ideas and practices led the Scottish neurosurgeon James Braid to coin the term hypnosis in 1842. Called the “father of modern hypnotism,” Braid rejected Mesmer's theory of magnetic forces and instead ascribed the “mesmeric trance” to a physical process that resulted from prolonged attention to an object of fixation.

Sigmund Freud, the father of psychotherapy, found hypnosis useful for treating hysteria, but later abandoned the practice after observing that he stirred up powerful emotions within his patients.

Eventually, the notion of using a state of altered awareness gained greater acceptance in conventional Western medicine. Today, hypnosis is used widely in the United States and other Western countries. People who practice hypnosis are generally licensed and are often trained in several psychological techniques.

Under hypnosis, you're more open than usual to suggestions, and this can be used to modify your perceptions, behavior, sensations and emotions. Therapeutic hypnosis

is used to improve your health and well-being and is different from so-called stage hypnosis used by entertainers. Although you're more open to suggestion during therapeutic hypnosis, your free will remains intact and you don't lose control over your behavior.

Some people are not able to enter a state of hypnosis fully enough to make it effective. Certain qualities may mean you're more likely to have success with hypnosis. These include the ability to be so engrossed in an activity that you aren't aware of your environment, the capacity to recall vivid memories through the sense of smell, and the ability to recall physical sensations of past events.

Adverse reactions are rare but may include headache, dizziness, nausea, anxiety, and creation of false memories.

[More on hypnosis is our next column.]

If you would like to read more columns, you can order a copy of “How To Be A Healthy Geezer” at www.healthyygeezers.com.

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

LOOKINGBACK

25 YEARS AGO

Mr. and Mrs. William Reff are celebrating their 40th wedding anniversary. They were married on this day in 1948 at St. Thomas Catholic Church.

Rainy River Community College has hired two new staff members: Ann Leahy as volleyball coach and physical education instructor, and Barb McMahon as assistant coordinator of the Services to Indian People program.

40 YEARS AGO

September is the beginning of retirement for four long-service hourly Boise Cascade employees. Included in the group were Paper Division employees Stanley Cookson, welder, Earl Clauson, rewind operator, and Steve Lucachick, papermaker. William Stone, Insulite kiln inspector, is taking a disability retirement due to ill health.

James Landstrom, 26, joined the Insulite Division of Boise Cascade Corporation on Sept. 1 and is presently training for the position of finishing supervisor.

Dan Lucachick, 20-year-old son of Mr. and Mrs. Steve Lucachick, phoned his parents the other evening to announce his safe arrival in Redwood City, Calif., where he is visiting an aunt and uncle. The Lucachicks were quite re-

lieved, inasmuch as Dan made the entire trip by bicycle — by way of Canada! In three weeks!

50 YEARS AGO

Newly-elected officers of the Ladies Section of Falls Country club are: Blanche Banen, president; Jean Harrison, vice president; Edie Rose, secretary; and Gladys Lindvall, treasurer.

A boy was born today at La Verendrye Hospital, Fort Frances, to Mr. and Mrs. Bert Dandeneau, 407 11th St.

Mr. and Mrs. Cyril Vapura, whose 25th wedding anniversary was Sept. 2, were honored at a surprise party Saturday at the Freeman Forsythe home, Van Lynn Road.

Michael and Debra Gambino, children of Donna Gambino of Eugene, Ore., left for their home after spending the summer months here with their grandparents, Mr. and Mrs. William Wagner and other friends and relatives.

Owen L. Gorden, Big Falls, was honored on his 15th year as a member of the Selective Service System in Minnesota.

60 YEARS AGO

Julius A. Sher, 60, International Falls jeweler since 1911, died unexpectedly as the result of a heart attack while visiting friends last evening.

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Donald Johnson, weight, 8 pounds, 5 ounces. Name chosen, William Edwin.

A son was born today at Falls Memorial Hospital to Mr. and Mrs. John Frahm, Ray, weight, 8 pounds, 3 ounces. Name chosen, Duanne Allan.

Twin sons were born today to Mr. and Mrs. Leonard Thramer, Highway 53, weight, 5 pounds, 14 ounces and 4 pounds, 14 3/4 ounces.

70 YEARS AGO

Seaman 2/c and Mrs. Roy Snodgrass are parents of a daughter born today at the Laurion Maternity Hospital.

Carl Albert Sadewasser of this county and Madeline Mary Mainville of Emo, were married yesterday afternoon in the courthouse.

Mr. and Mrs. John Terry report the birth of a son today to their son-in-law and daughter, Mr. and Mrs. Claude Hemsworth, in Duluth.

Sgt. Wilbur Byman, who is in the Army Air Corps and stationed at Perrin Field, Sherman, Texas, is on furlough at the home of his parents, Mr. and Mrs. Ernest Byman.

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

Hungarian pork steak
Fruit

TUESDAY

Meatloaf
Pumpkin nut cookies

WEDNESDAY

Baked chicken dinner
Peaches

THURSDAY

Tater Tot casserole
Pudding with topping

FRIDAY

Ham dinner or alternate
Pineapple upside down
cake



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BRIAN & SUSAN FRANK

Invite you to come and dance to our favorite music from the 70's and 80's and help us celebrate our 25th wedding anniversary.

September 21st at "The Spot on 53"

6:30 Social Hour

8:00 Music

DJ Music provided by our friend Tim Stencil

No gifts please.



25TH

Anniversary

