

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

Suggestions on performing CPR

Q. I'd like to be able to do CPR, but I'm squeamish about doing mouth-to-mouth on a stranger. Any suggestions?

A. There is an emergency technique called Hands-Only CPR. This is CPR without mouth-to-mouth breaths. It consists of two easy steps: Call 9-1-1 and push hard and fast in the center of the victim's chest. That means 100/minute uninterrupted compressions until paramedics arrive.

The University of Arizona College of Medicine offers this helpful video of Hands-Only CPR at this website:<http://ahsc.arizona.edu/node/730>

This form of CPR (cardiopulmonary



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resuscitation) is recommended by the American Heart Association for helping anyone who is a teenager or older. It is used when a person collapses suddenly outside of a hospital setting.

However, there are occasions when you should use CPR with breaths, according to the

AHA. These include:
■ All infants (up to age 1)
■ Children (up to puberty)
■ Anyone found already unconscious and not breathing normally
■ Any victims of drowning, drug overdose, collapse because of breathing problems, or prolonged cardiac arrest

If you use the hands-only version of CPR in these circumstances, it is better than being a passive bystander.

When teens or adults suddenly collapse with cardiac arrest, they usually have enough oxygen in their lungs and blood for the first several minutes after the collapse. This oxygen will keep vital organs healthy as long as someone uses chest compressions to

pump blood to the heart and brain. An unaided victim of cardiac arrest will die in 5 to 10 minutes.

The chest compressions should have minimal interruptions. Stopping compressions to give mouth-to-mouth breaths may bring some additional oxygen into the lungs, but the benefit of that oxygen can be offset if you stop the blood flow to the brain and heart muscle.

All CPR training courses that include skills practice will teach you Hands-Only CPR. You can learn more at <http://www.heart.org/handsonlycpr>.

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

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

VFW Ladies Auxiliary meets

BY BETH JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order at 7 p.m. Nov. 11 by president Pat Delapp with nine members present.

The opening ritual was held, roll call of officers conducted and there were no petitions for membership.

The minutes from the October meeting were read and corrected. Correspondence and the general orders were read.

The treasurer's report and audit report were read by treasurer Linda Chezick. The treasurer's report was filed, subject to audit.

Committee reports were given by Irene Anderson; Americanism, patriotic art contest and youth activities, Linda Chezick; membership and veterans and family support, Robbie Leerssen; legislative report, hospital; Beth Johnson and Margaret Kostiuk on the loan closet for hospital supplies.

The Auxiliary will serve breakfasts at the Post for the month of December. Volunteers are needed to cook, serve and clean up.

The Auxiliary will ring bells at Super One starting

at 10 a.m. Nov. 25. Contact Delapp to sign up.

The VFW and Auxiliary will participate in the parade Nov. 28. Members should be at the Post 6 p.m. to ride the float.

The Auxiliary will serve pies Dec. 11 at Littlefork Care Center. Kids shopping is set for 8 a.m. Dec. 13 at Kmart. The kids' Christmas party at the Post is set for 6 p.m. Dec. 15. A blood drive is scheduled for Dec. 30 at the Post.

The charter was draped in memory of Polly Hickey, who passed away Oct. 30.

Donations were made to the Cystic Fibrosis Foundation, Minneapolis VA for homeless veterans and National Home.

The door prize was won by Leerssen.

The meeting concluded at 8:16 with closing ceremonies.

The next meeting is set for 5 p.m. Dec. 9. Following the meeting, members will go to The Spot on 53 for dinner.

Members will make a donation to the Food Shelf and a drawing for a life membership to National Home will be made. Members are asked to contact Johnson to sign up for the dinner.

BBB offers tips to Black Friday shoppers

BBB STAFF REPORT

The Thanksgiving holiday is right around the corner, and some retailers have already announced at least some of their Black Friday deals. Though more and more stores are opening their doors to shoppers on Thanksgiving Day, the day after Thanksgiving – Black Friday – will remain one of the biggest shopping days of the year. Better Business Bureau of Minnesota and North Dakota is offering advice for people making plans to capitalize on Black Friday savings offers.

“Though the impact of Black Friday shopping might be at least somewhat diluted with some stores opening their doors on Thanksgiving Day, we still believe it will be a day where many folks will focus their holiday shopping – and bargain-hunting – efforts,” said Dana Badgerow, president and CEO of BBB of Minnesota and North Dakota.

The National Retail Federation forecasts that holiday sales will increase by more than four percent this year. As always, retailers will compete feverishly to get shoppers to visit their stores – and their websites. Whether you'll be doing your holi-

day shopping on Black Friday or beyond, be sure to keep these BBB tips in mind to help ensure a satisfactory experience:

■ Research the company. Visit bbb.org or call 800-646-6222 to obtain free Business Reviews. Remember, BBB Business Reviews have been optimized for smartphones.

■ Getting the real deal. Do you know if a sale is really a sale? Many times companies boast “70 percent off,” but 70 percent off what? It always pays to comparison shop. If a company is advertising a “Going out of Business” sale, don't automatically assume they are offering the best prices in town. Take the time to check prices on the same items at other stores.

■ Search for Black Friday Ads Ahead of Time. Some retailers have ‘gone for it,’ announcing their Black Friday specials well in advance of Friday, Nov. 28. Newspapers often have coupons that outline store discounts for Black Friday, and some specials are posted on the Internet. By keeping your eyes open and nose to the ground, you can sniff out deals others might miss.

■ Return policies, restocking fees and refunds. Ask for the store's return

policy before you make your purchase. Companies are not required to give you your money back, but they need to post their return policy prominently near the cashier. Also, always ask about restocking fees, and save your receipts in one place so you don't lose them. Many companies will require you to produce a receipt for a return. Ask for a gift receipt.

■ Watch out for deals too good to be true. While many retailers offer ‘doorbusters’ – specials that are eye-opening – some websites offer suspiciously low prices on sought-after goods in an effort to entice shoppers into turning over their credit card information. Stick to trustworthy websites and look for the BBB seal and other recognized “trust marks.” Be sure to click on the seals to confirm they are valid.

Gift cards. Gift cards regularly top consumers' wish lists. Federal rules govern gift card sales, and those rules state:

■ An inactivity fee cannot be charged until the card has not been used for 12 months.

■ Gift cards cannot expire for at least five years.

■ No more than one fee (of any kind) can be charged to the cardholder in a single month.

■ Information printed on the card must disclose fees and expiration date and provide a toll-free phone number or website where you can get more information.

■ A one-time fee can be charged when you buy the card, though this generally only applies to gift cards purchased through your credit card company – not those purchased directly from stores and restaurants.

■ If you receive a gift card, you should redeem it promptly if, possible.

Finally, consumers should keep in mind there will be many more opportunities for savings as we go through the long holiday season.

The mission of Better Business Bureau is to be the leader in building marketplace trust by promoting, through self-regulation, the highest standards of business ethics and conduct, and to instill confidence in responsible businesses through programs of education and action that inform, assist and protect the general public. Hours are 8 a.m. to 5 p.m. Monday through Friday. Contact BBB at bbb.org or 651-699-1111, toll-free at 1-800-646-6222.

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 under 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	Pulled pork sandwiches Fruit
TUESDAY	Meatloaf dinner Pineapple upside down cake
WEDNESDAY	Chicken and dumplings Fresh fruit
THURSDAY	Closed
FRIDAY	Closed

MILITARY NEWS

Koenig selected as the Senior Non-Commissioned Officer of the Year

Senior Master Sergeant Josh Koenig was selected as the Senior Non-Commissioned Officer of the Year for the 133rd Small Air Terminal, 133rd Logistics Readiness Squadron, and 133rd Mission Support Group.

SMSgt Koenig has been a member of the Minnesota National Guard for the past 24 years, has served his country overseas, and has been a member of the 133rd Air Wing since 1999.



SMSgt Josh
Koenig

HOLIDAY BELL RINGING 2014

We are gearing up for our Christmas bell ringing campaign. Our local bell ringing sites are:
Super One, K-Mart and County Market. We are ringing Mon.-Sat. 10am-8pm (Excludes Thanksgiving). Ringing will end on December 24th at 2pm. If you would like to volunteer you can go online at www.salvationarmynorth.org/internationalfalls and click on Register to Ring or call The Salvation Army at 283-3394.

Day After Thanksgiving ONE DAY SALE

Name _____

Address _____

25% off Your Entire Purchase

(all regular priced items)
Valid Nov. 28, 2014 Only - 1 per customer
Please Present Coupon for Discount
(Exclusions Apply)

FREE Gift Wrapping

Save big on our excellent selection!!

The Hideaway

Clothing for Women & Children

Downtown
326 3rd St.
283-4358

HAPPY HOLIDAYS

The holiday season is upon us and we at Renaissance Hearing Centers wish you a very merry Christmas and a prosperous New Year.

Our office schedule will be lighter during the holiday season. Any end of year purchases of hearing aids need to be ordered on or before December 4th for it to be billed during the 2014 year.

This is the season of Hope. We hope that the New Year will bring about good health, an improved economy, better jobs and a more peaceful world.

Our holiday schedule is as follows:

Thursdays, November 20

Thursdays, December 4, 11 Wed. Dec. 17

Thursdays, January 8, 15, 22 & 29

We wish all our customers and friends a very Merry Holiday Season.

RENAISSANCE

HEARING CENTERS, INC.

Rainy Lake Medical Center

1-800-414-5854

Timberpins Bowling Lanes

Is hosting Football Sunday! Come watch the Vikings

Open at 11am!

\$5.00 Food Special!

Give back to your community with a football fundraiser for the High School bowling team!

HAPPY HOUR ALL THROUGH THE GAME!

For every meal you buy, \$1.00 is donated to the FHS Bowling team!

NOW OPEN 7 DAYS A WEEK, 3PM-CLOSE!!

Phone 218-373-2695

12 Shorewood Drive