

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

Books to encourage kids to read

It's October and that means cooler nights and shorter days. Here are new children's books to encourage your children to read in the evening for fun.

Jeffrey Brown has written two books in the graphic novel series Star Wars: Jedi Academy. The first is "Jedi Academy" and the second is "Return of the Padawan." What would middle school be like if it was run as a Jedi Academy?

"My Zombie Hamster" by Havelock McCreely is about Snuffles, a hamster given to Matt by his parents for Christmas. But this hamster is losing parts of his face and still moving, and Matt is worried when the hamster stares at Matt with black beady eyes and lean, hungry look.

Art and mysteries seem to go together really well, from the classic "From the Mixed Up Files of Mrs. Basil E. Frankweiler" by E. L. Konigsburg to



Diane
ADAMS

@ YOUR LIBRARY

"Chasing Vermeer" by Blue Balliett and now "Under the Egg" by Laura Marx Fitzgerald. Theodora Tenpenny is left a painting by her grandfather. Is it really a famous painting and if so how did her grandfather who was a security guard at the Metropolitan Museum of Art get it? Can she be arrested for having the painting?

Science books are so much fun. They include gorgeous photography, cool information and awesome experiments. Here are a

few new ones to borrow. "Junk Drawer Physics" by Bobby Mercer includes 50 experiments that don't cost a thing. Learn how to make a pinhole camera using a plastic cup, rubber band and a thumbtack, or use a cork, string and water-filled plastic bottle to create an accelerometer. "Chasing Cheetahs" by Sy Montgomery and Nic Bishop heads to the savannah to share the work of the Cheetah Conservation Fund African headquarters in Namibia. Meet Laurie Marker as she seeks to save the cheetah from extinction.

Meet Dr. Kimberly Stewart in "Sea Turtle Scientist" by Stephen R. Swinburne. Travel to the Caribbean island of St. Kitts and watch as 800 pound leatherback sea turtles crawl out of the sea to lay eggs, then see those eggs hatch and the babies try to make it to the sea.

Or perhaps you think

you'd like to work in a National Park. Check out "Park Scientists" by Mary Kay Carson and Tom Uhlman for information about studies being done on gila monsters, geysers and grizzly bears.

Get a reading log and participate in "Reading Ready" our program for newborns to entering kindergarten children. Read books aloud to your child and help them earn free books. See the library for full details.

The library is still interested in what you 'Geek.' Come fill out a "I Geek" slip and post it on the board at the library or stop by and talk to us about your passions, dreams and how we can help you pursue them.

Great Decisions will hold their monthly meeting on Tuesday, Oct. 7, from 4 to 5:30 p.m. to discuss Food and Climate for anyone in middle school and up, refreshments provided.

PET OF THE WEEK



CONTRIBUTED PHOTO

Hi, my name is "Sparky." I am a 2-year-old, black and white Labrador mix. I am neutered and up-to-date on vaccinations. I am what people call a "leaner." If there is something I can lean on that will help me get attention, I am all about that. I lean against walls, I lean against cabinets and I even lean against people, just to be pet and to be loved. I am a good boy who enjoys going for walks and just enjoying each day as it comes along. One

thing I do love is an adventure. Exploring everything when I go on walks is so much fun! One adventure I would like to go on it the one where I find my forever home. I am curious, would you like to take that adventure with me? If so, won't you please come and visit me, I can't wait to meet you. —Sincerely, *Sparky* For more information, visit the website at www.borderlandhumanesociety.org or call 218-324-2313 or 283-9276.

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:
Ashley Sharp and Matthew Morrison, Stratton, Ontario, a son, Connor James Matthew Morrison, 6 pounds, 12 ounces, Sept. 9, 2014.
Samantha Bell and James

Thomas, Thunder Bay, Ontario, a daughter, Blaire Alexandria James Thomas, 6 pounds, 13 ounces, Sept. 10, 2014.
Sheila and Chad Canfield (nee Lahti), Fort Frances, Ontario, a daughter, Brielle Catherine Louise Canfield, 6 pounds, 13 ounces, Sept. 11, 2014.

Michigan woman's service dog detects gluten

BY LOUISE KNOTT AHERN
Lansing State Journal

GREGORY, Mich. (AP)—Last Christmas Eve, Dawn Scheu set a bag of groceries on the floor of the kitchen in her Gregory home and got busy putting them away.

Her dog immediately started pawing at the back of her legs, according to the Lansing State Journal (<http://on.lsj.com/1tWQptf>).

"Willow, quit," Scheu admonished the German shorthaired pointer. From the other room, her husband yelled: "Is she indicating?"

Scheu froze. Is that what was going on? Was her service dog warning her that something in her grocery bag contained gluten?

Scheu, who suffers from celiac disease, called Willow back into the kitchen and ordered her to check. Once again, Willow began to paw — this time at a bag that Scheu thought contained gluten-free chips. But the bag Scheu had grabbed in a hurry actually contained crackers packed with gluten.

It was the first time — but not the last — that Willow saved Scheu from ingesting a substance that could make her sick for weeks or, in large-enough quantities, potentially kill her.

Willow is one of just a handful of service dogs in the United States trained to detect gluten — a protein found in grains such as wheat, barley and rye.

Before Willow, Scheu said she felt trapped in her own home, so afraid of cross-contamination that everyone and everything seemed like a threat.

Now, Scheu takes Willow everywhere — to the grocery store, on vacation, to restaurants.

"My husband and I went out to dinner for our anniversary," Scheu said. "Willow came with us. It was the first time in four years I've been able to eat out."

Gluten-free diets have become almost common in recent years as more people abandon grains and carbohydrates for less-processed fare.

Sales of gluten-free foods reached \$4.2 billion in 2012, according to a survey by a marketing research firm called Packaged Facts. That number is expected to continue to grow to more than \$6.6 billion by 2017.

Studies vary on how many people actually need to cut gluten from their diets for health reasons. But for the less than 1 percent of Americans with celiac disease — an autoimmune disorder that causes gluten to damage the small intestine and interfere with the absorption of nutrients — avoiding gluten is not just a lifestyle choice. It's a medical necessity.

Scheu began experiencing symptoms of gluten intolerance nearly a decade ago. They got progressively worse. She lost so much weight that she dropped below 100 pounds.

Doctors suspected irritable bowel syndrome, Crohn's disease and even colon cancer until finally diagnosing her with celiac four years ago.

By then, doctors told her if they didn't get the disease under control, she had just three to five years to live.

Surviving with celiac is not just a matter of cutting out grains, Scheu said. Scheu's sensitivity is so severe that she can get sick just from eating food that was cooked on the same grill as something containing gluten.

"Gluten is in everything," she said. "When I'm out in public, I can't even touch my mouth because it might be contaminated."

In August last year, Scheu — who once trained search and rescue dogs — adopted a 10-week-old German shorthaired puppy and named her Willow.

And that's when she started thinking.

Could a puppy be trained to detect gluten?

Scheu said she called several service dog trainers in search of someone who would give it a try but none was willing.

Then, she met Kathryn Watters, a FEMA-certified master dog trainer from Brighton. Watters was willing to see if it would work and almost immediately started training Willow.

Willow almost immediately responded.

Willow picks up gluten in things Scheu never would have suspected, she said.

More than two months ago, for example, Scheu doused herself with bug spray. Willow immediately started pawing at her.

Scheu had no idea the bug spray contained gluten. She immediately jumped in the shower to wash it off, but she's still recovering from the contamination, she said.

She wonders how worse it would have been without Willow to warn her.

Willow has been such a success that Watters and Scheu decided they wanted to help others.

Together, they've launched a business called Nosey Dog-Detection Partners Inc. to train other gluten-detecting dogs. They also offer their own dogs to "sweep" restaurants or other locations for people who worry about contamination.

Watters said they're also training a dog who can detect peanuts for children who have severe peanut allergies, as well as a dog that can detect sugar levels in diabetics.

They've already fielded requests from around the country, Watters said.

Scheu said she wants people to know that while a service dog can't fix everything — celiac sufferers still need to pay close attention to what they eat, diabetics still need to take responsibility for their own health — dogs like Willow are an extra level of protection.

"Willow has given me back my life," she said.

Evangelist Batchelor at Full Gospel Fellowship

JOURNAL STAFF REPORT

Evangelist Leon Batchelor and his wife Robbie will share at Full Gospel Fellowship, 1530 Sixth Ave. W. in the ministry for 40 years in the Tyler, Texas, area, the couple have been evangelizing during the last five years and have ministered at conferences and

churches all over the nation. The couple will be featured at 7 p.m. Saturday and at 10:45 a.m. and 7 p.m. Sunday. Everyone is welcome.



Leon
Batchelor

St. Thomas Aquinas

Bingo

Higher Progressive
Jackpot Starting
At \$300

~Thursday~ October 2nd
7:00 PM

Doors Open at 5:45 PM

Bonanza Begins at
6:45 PM

~Pull-Tabs~
~Snack Bar~

Church of St. Thomas Aquinas
International Falls, MN 56649
Gambling Lic. #01336

catch up online ...

... www.ifallsjournal.com

Harley M. Droba
City Council Candidate

Meet & Greet/Fundraiser
Hot Dogs & Chips
Moose Lodge
Wednesday Oct 1st
6:00-8:00pm

Open to all
Working together for OUR future!

Paid for by: Harley Droba for Council, Joe VanGuse: Treasurer, Int'l Falls, MN

Put your
Wedding or
Engagement in
The Journal

cost is \$50

Submit photo and
information to
Tammie Calder
tammiec@ifallsjournal.com
or call 218-285-7411

Now open

North Star
PUBLISHING

Paper & More
STORE

Offering:

- Colored text & cardstock
- Specialty paper
- Garage sale signs
- Poster board
- Boxes
- Newspaper end rolls

And More!!

North Star Publishing
and The Journal
1602 Highway 71
Int'l Falls
218-285-7411
Hours: M-F 8 am - 5 pm