

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

Safe to purchase medicine online?

Q. Is it safe to buy medicine online?

A. Only if you are very careful. There are many fraudulent operators on the internet.

According to the National Association of Boards of Pharmacy, the professional organization that represents the state agencies that license pharmacies, only three percent of online websites reviewed appear to meet state and federal pharmacy laws.

The U.S. Food and Drug Administration (FDA) warns you to beware of on-line pharmacies that:

- Offer very low drug prices that seem too good to be true.
- Are located outside the United States.
- Are not licensed in the United States by a state agency.
- Allow you to buy medicine without a prescription or by asking you to complete an online survey instead of



Fred
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requiring a prescription.

■ Do not have a licensed pharmacist available for consultation.

■ Send spam or unsolicited e-mail offering deep discounts on medicine.

■ Ship prescriptions worldwide.

■ Ship drugs from a foreign country.

The FDA is conducting a public education campaign called BeSafeRx: Know Your Online Pharmacy to help consumers understand and minimize the

risks of buying medicines online.

The risks include buying medicine that is counterfeit, contaminated, expired, not FDA-approved, or that contains none of the necessary active ingredient. The medicine you buy with your computer may also have too much or too little of the active ingredient. In the worst-case scenario, you will buy medicine with the wrong active ingredient.

So, how should you proceed if you want to buy medicines online?

First, go to your doctor to get prescriptions.

Then, buy from a licensed pharmacy. Some websites have a seal of approval from Verified Internet Pharmacy Practice Sites (VIPPS). If not, check the NABP to see if he online pharmacy is licensed. Go to <http://www.nabp.net/>

Make sure the website offers the services of a reg-

istered pharmacist. Legitimate online pharmacies have pharmacists you can consult. Often, these sites offer a toll-free number to connect with a pharmacist.

Just because you are buying online doesn't guarantee that you will get the best price. Do some comparison shopping at your local drug stores.

The FDA encourages consumers to report suspected fraudulent sales of medical products on the internet. Go to <http://www.fda.gov/Safety/ReportaProblem/ucm059315.htm>

The FDA also wants consumers to report any adverse effects from any medical product. Go to <http://www.fda.gov/Safety/MedWatch/default.htm>

If you would like to ask a question, write to fred@healthy-geezer.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 \$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**
Chili
Juice
Cornbread
Fresh fruit

- TUESDAY**
Meat
Fruit and/or vegetables
Dessert
Bread

- WEDNESDAY**
Chicken tetrazzini
Peas and carrots
Coleslaw
Fruit

- THURSDAY**
Harvest stew
Tossed salad
Dressing
Fresh fruit
Biscuit

- FRIDAY**
Baked fish
Baked potatoes
Baked beans
Banana cake

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.

- December 2**
Volunteer Group –
First Lutheran Church
Baked fish
Roasted potatoes
Vegetable
Bread

- December 4**
Volunteer Group –
Rotary Club
Pizza
Salad
Fruit

- December 9**
Volunteer Group – St. Thomas
Social Concerns
Hearty potato soup
Fruit cobbler
French bread

- December 11**
Volunteer Group –
St. Thomas Social Concerns
Pork loin
Au Gratin potatoes
Peas
Dinner roll

- December 16**
Volunteer Group –
Zion Lutheran Church
Breakfast quesadilla
(scrambled eggs, bacon, cheese on tortilla)
Hash rounds
Bananas

- December 18**
Volunteer Group –
Zion Lutheran Church
Lasagna
Corn

- Garlic bread
December 23
Volunteer Group –
Evangelical Covenant Church
Baked ham
Mashed potatoes
Gravy
Honey glazed carrots
Dinner roll
December 25
Christmas – No meal
December 30
Volunteer Group –
Holy Trinity Church
Chicken and broccoli Alfredo
Fruit
Bread stick

TOMMY HAS LEFT THE BUILDING!

Congratulations on your retirement.

Come join us for lunch and beverages from 2:00P.M. until whenever on December 6th at The Philosophers Club across from Northern Lumber.

No Gifts Please

LOOKINGBACK

25 YEARS AGO

Ken and Suzie Bombay announce the arrival of their daughter, Gina Laura, 9 pounds, 4 1/2 ounces, 21 inches long, born today at Falls Memorial Hospital.

Michael and Michelle Karpesh announce the arrival of their son, Jonathan Keith, 9 pounds, 2 ounces, born today at Methodist Hospital, Minneapolis.

40 YEARS AGO

Borderland's new Baptist church, located on Shorewood Drive, is just about ready for occupancy, according to the Rev. Morris Bender.

50 YEARS AGO

The coldest November weather in 71 years numbed Minnesotans in temperatures as far down the scale as 30 below. International Falls was 25-below.

City firemen answered a call at 1:45 p.m. today to the residence of Mrs. Eva Mongrain, 505 Seventh St. Mrs. Mongrain's son, Leo, was using a blow torch to thaw out a frozen water pipe under the house beneath the breakfast nook when fire broke out.

60 YEARS AGO

James Lutz, AMAN, son of Mr. and Mrs. Roy Lutz, South International Falls, arrived home on leave this morning from Jacksonville, Fla., where he has been stationed with the United States Navy.

Mrs. A.L. VonAlman suffered a fracture of her left arm last Thursday when she slipped and fell at the local forestry office where she is employed.

70 YEARS AGO

The Purple Heart awarded to Pfc. Livio Lucca for wounds suffered in the Battle of Saipan, has been sent by Pvt. Lucca to his parents, Mr. and Mrs. Tony Lucca of this city.

Pvt. Conrad Underdahl arrived this morning from

Camp Robinson, Ark., to spend a 10-day furlough with his wife and daughter, Yvonne Rae, and his parents, Mr. and Mrs. Harold Oustad.

Mrs. Marie Watkins, former employee of Minnesota and Ontario Paper Company, plans to go to Portland next week to seek employment.

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at the
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912 Main Street
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Bigfork Valley Specialty Clinic
Dr. Daniel Baker
No referral needed, call
1-866-776-0262
for an appointment.

RAINY RIVER
COMMUNITY COLLEGE

INDUSTRIAL MAINTENANCE OPEN HOUSE

Please join us as we celebrate the **Grand Opening** of our new Industrial Maintenance location!

WHAT: RRCC IM Grand Opening
WHEN: Tuesday, December 2, 2014
11:30 AM - 1:30 PM
WHERE: GreenTech Manufacturing Inc.
2716 Crescent Drive

A light lunch will be served!
Call 285-7722 for more information!
www.rainyriver.edu

County Market LIQUOR

Michelob Ultra
24 Pack Cans
\$18.97

Pabst Blue Ribbon
24 Pack Cans
\$14.97

Budweiser, Bud Light & Bud Select
24 Pack Cans
\$17.97

Leinenkugel's Crafts
12 Pack Bottles
\$12.97

Blue Moon
12 Pack Bottles
\$13.97

Sierra Nevada
12 Pack Bottles
\$12.97

Black Velvet
1.75 Liter
\$11.97

RonDiaz Rum
1.75 Liter
\$12.97

Petri Brandy
1.75 Liter
\$11.97

Canyon Oaks Wines
750 ml
\$4.94

Bota Box Wines
3 Liter Box
\$15.97

Woodbridge Wines
750 ml
\$4.94

County Market LIQUOR
Prices good thru Friday Dec. 5, 2014
1907 Valley Pine Circle • Int'l Falls, MN 56649
Right next to County Market • 218-283-6163
Come for the SERVICE.....Leave with the SAVINGS!

Monday – Saturday 8a.m. – 10p.m.
Sunday - CLOSED