

# 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

## Hand sanitizers fight germs

[In our last two columns, we discussed gastroenteritis. In this column, we'll go over hand sanitizers to fight germs that cause stomach infections.]

Before we go further, we have to define germs. Germs are microbes that cause disease. Microbes are microscopic organisms that are everywhere. Some microbes cause disease. Others are essential for health. Most microbes belong to one of four major groups: bacteria, viruses, fungi, or protozoa.

Among the most common germs are noroviruses. These give you gastroenteritis, mistakenly called stomach flu. Gastroenteritis is an inflammation of the stomach and intestines; it is not related to flu, a respiratory illness caused by influenza virus.

Norovirus (the common term for the infection) is highly contagious and spreads swiftly wherever there are crowds of people — nursing homes,



Fred  
CICETTI  
HEALTH CARE WRITER

dormitories, hotels and cruise ships. Usually they are found in contaminated food or drinks, but they also live on surfaces. They can be spread through contact with an infected person.

How can you protect yourself from getting norovirus?

The Centers for Disease Control and Prevention says the best defenses against norovirus are washing your hands with soap and water often, avoiding handshakes during outbreaks and using alcohol-based hand sanitizers.

However, there is much more to know about hand sanitizers, which come in gels, foams, wipes and sprays. While the active ingredient in most of these products is alcohol, others use triclosan and benzalkonium chloride.

The level of alcohol in most sanitizers is 62 to 65 percent. It is effective against most bacteria, fungi and many viruses. Alcohol dries the skin, irritates sores and doesn't protect against new germs that infect the hands.

Triclosan comes in a concentration of about 0.1 percent. It kills bacteria, but not viruses. Triclosan is usually non-drying and won't sting. It provides some short-term protection from new germ exposure when it dries.

Benzalkonium chloride and its close relative benzethonium chloride are synthetic germicides. BAC is a newer active ingredient in hand sanitizers. It is part of a group known as Quats, which have been used

for about 70 years in thousands of products such as Lysol, Bactine and Wet Ones. BAC is at 0.1 percent in hand sanitizers. It is a full spectrum germ killer and seems to provide short-term protection against more germ exposure.

So, which kind of hand sanitizer should you use to avoid norovirus? There's a body of evidence that alcohol sanitizers are not very effective against norovirus, but that hand sanitizers with BAC provide protection against the bug.

The recommended application method is the same for all hand sanitizers. Put some on and rub it over all areas of your hands. Use enough so that it stays wet on your hands for at least 15 seconds for maximum effect.

*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.**

### 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**

Bratwurst or alternate  
Sauerkraut  
Mashed potatoes  
Fresh fruit

**TUESDAY**

Goulash  
Bean salad  
Fruit

**WEDNESDAY**

Ham  
Whipped sweet potatoes  
Peas and carrots  
Emerald pears

**THURSDAY**

*Mother's Day Party*  
Parmesan crusted chicken  
Parsley buttered potatoes  
Carrot coin salad  
Strawberry shortcake

**FRIDAY**

Hawaiian turkey salad  
Lettuce leaf  
Fresh fruit  
Rhubarb sauce

### BIRTH

Brittany Rognerud and Cory Reuter announce the arrival of their son, Reed Paul Reuter, 5 pounds, 2 ounces, 17.5 inches long, born Tuesday, Jan. 28, 2014, at Rainy Lake Medical Center hospital campus.

Maternal grandparents are Shayne and Annette Rognerud.

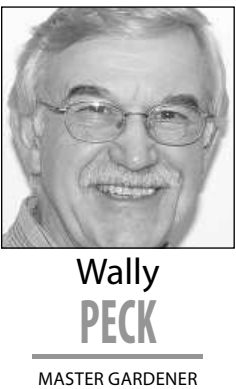
Paternal grandparents are Donnie Reuter, Cindy and Bob Bruggeman.

## New plant challenge: Growing peanuts in the far north

Isn't it funny how some gardeners are anxious to experiment with a plant others say cannot be grown here? My challenge this year is to try raising peanuts in the far north.

Domesticated peanuts, sometimes called groundnuts, or "goober peas," probably originated in Paraguay and have since spread all over the world. The word goober is a Kongo word brought over by slaves to refer to groundnuts that were considered livestock feed and only eaten by the lowest classes. It was not until after the Civil War that peanuts became a major agricultural crop.

Today there are four main types of peanuts: 1.



Wally  
PECK  
MASTER GARDENER

Virginia are the largest; 2. Runner peanuts are typically ground into peanut butter; 3. Spanish have the smallest seeds but the highest oil content; and 4. Valencia are considered the sweetest and have a bright red skin.

You will probably not

find peanut seed in the local stores or garden centers. I found seed at Pinetree, Burpee and the Southern Exposure Seed Exchange catalogs. Upon arrival care has to be taken not to disturb the papery outer covering (skin) on the seed. For that reason many are sold in the shell; your first task is to carefully shell the peanuts before planting.

Peanuts typically have a 120-day growing season so you will need to extend the season by starting them in peat pots a month before the last frost. Plant them one inch deep, being careful not to disturb the papery covering of the seed. They will need bottom heat or

a sunny warm location to germinate.

The soil for peanuts should be sandy or very loose organic loam with a slightly acid pH (6.5) for best growing. Since they are legumes, they require no fertilizer as they fix nitrogen from the air. They are delicate to transplant so be careful not to disturb any protruding roots. Plant 10" apart and add a layer of compost or mulch.

We have a raised bed that can be covered with hooped plastic to increase the air and soil temperature. Peanuts should thrive in those conditions. Sweet potatoes grow well in those conditions also. When the plants are one foot tall, hill around the

base of each plant. This is very important since the flowers send down "pegs" (peduncles) to produce the underground peanut. Hand weed only from this point on.

Peanuts are ready to harvest when the leaves of the plant turn yellow and the shell of the peanuts have gold-marked veins. You will need to pull up a few to check. When they are ready, lift the plants out of the soil and flip them over so the peanuts can dry for a couple days before pulling them off the roots. Let the peanuts dry for a month before storing them in a closed container.

Now you have the option of roasting them (none better!), grinding them,

boiling them, or using raw peanuts in cooking. To roast peanuts, spread them on a cookie sheet and bake at 350 degrees for 20-25 minutes or until they are as dark as you like them – you just can't get them this way anywhere else!

**Check with the University of Minnesota Extension 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.**

Remember Mom with a gorgeous new outfit from

Ruby Rd.

20% OFF SALE!

Thru Saturday, May 10, 2014

The Hideaway

Clothing for Women & Children

Downtown • 326 3rd St. • 283-4358

NOTICE OF FILING

FILING PERIOD FOR STATE AND COUNTY OFFICES

WILL BE MAY 20 – JUNE 3, 2014

REGULAR COURTHOUSE HOURS AND UNTIL 5:00 PM ON JUNE 3

COUNTY COMMISSIONER

DISTRICTS: #1 #2 #4

COUNTY SHERIFF COUNTY ATTORNEY

COUNTY RECORDER

COUNTY AUDITOR/TREASURER

SOIL AND WATER SUPERVISORS

DISTRICTS: #1 #4 #5

PERSON INTERESTED IN FILING FOR A COUNTY OFFICE FILE AT THE AUDITOR/TREASURER'S OFFICE

STATE OFFICES FILE AT THE SECRETARY OF STATE OFFICE OR IN THE COUNTY OF WHICH THEY RESIDE

THANK YOU FOR HELPING SAVE LIVES

These partners recently hosted blood drives in our community:

Birchdale Community & Indus High School	Waschke Family GM Center
Boise Cascade LLC	Koochiching County Employees
First Lutheran Church, International Falls	Littlefork Community
International Falls Elks Lodge	Littlefork-Big Falls High School
International Falls High School	Optum Health
International Falls Moose Lodge	Rainy Lake Medical Center
International Falls Rotary Club	Rainy River Community College
International Falls VFW Post 2948 & Ladies Auxiliary	St. Thomas Catholic Church, International Falls

Fact: Every 2 seconds someone special needs blood.

1-888-GIVE-BLD

MBC.ORG

A Division of Innovative Blood Resources

©2014 Memorial Blood Centers. All rights reserved.

Visit The Journal on

facebook

Search: Ifalls Journal

INTERNATIONAL FALLS, MINNESOTA

The Journal