

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

Info on teeth, gallstones and restless legs

Q. What makes our teeth become yellow?

A. The most common reasons for yellow teeth are:

- Aging. As we age, we accumulate surface stains. Also, the insides of our teeth yellow and can be seen through the outer enamel as it gradually becomes thinner over time.
- Tobacco that is smoked or chewed.
- Beverages such as coffee, tea, red wine and dark-colored soda.
- Foods such as blueberries, tomato sauce, curry and soy sauce.

You can also have stains within a tooth. These can be caused by too much fluoride or certain antibiotics during tooth development. These stains are harder to treat than surface stains.

Whitening processes are effective for treating stained teeth. Based on clinical studies, 96 percent of patients with common stains experience some lightening effect.

But, be forewarned that whitening has to be repeated periodically if you want to maintain a sparkling smile. Whiteness can start to fade in a month.

Q. Who is at risk for getting gallstones?

A. People over age 60



Fred
CICETTI
HEALTH CARE WRITER

are more likely to develop gallstones than younger people. Women between 20 and 60 years of age are twice as likely to develop gallstones as men. Other factors include obesity, excess estrogen, cholesterol-lowering drugs, diabetes, rapid weight loss, and fasting.

Native Americans have an inclination for this malady; they have the highest rate of gallstones in the United States.

The gallbladder is a blue-green organ, about three inches long on the underside of the liver. The liver produces bile in a dilute form, which is then stored and concentrated in the gallbladder. The bile is then secreted from the gallbladder into the small intestine where it aids digestion.

You can live without

a gallbladder. After it is removed, bile flows out of the liver through ducts into the small intestine. However, because the bile isn't stored in the gallbladder, it flows into the small intestine more frequently.

Gallstones are usually treated by removing the gallbladder. This surgery is called a "cholecystectomy." In traditional surgery, the gallbladder is removed through an abdominal incision up to eight inches long. However, the most common method today employs a laparoscope, a thin tube with a scope on the end of it.

Q. How common is it to have restless legs?

A, Restless Legs Syndrome affects about one in 10 adults in North America and Europe. RLS is found in both men and women but can begin in children. The percentage of people with RLS increases with age. And, seniors experience symptoms longer and more frequently.

Many researchers believe that RLS is under-reported. Victims of RLS are often diagnosed as suffering from insomnia, depression or a disorder of the nerves, muscles or

skeleton.

RLS is a neurologic movement disorder. It produces uncomfortable sensations that cause an irresistible urge to move the legs. RLS symptoms can be relieved temporarily by movement. Symptoms occur during inactivity and strike most frequently during the evening. These attacks lead to sleep problems.

RLS may be inherited. About half of patients have a family history of the RLS.

Also, there is a lower incidence of RLS in Asia than there is in North America and Europe.

There are drugs approved by the U.S. Food and Drug Administration to treat RLS.

It is possible to combat the symptoms in other ways. Walking, massage, stretching, hot or cold baths, vibration, acupressure, meditation and yoga can help.

Caffeine and alcohol can worsen RLS symptoms.

If you would like to read more columns, you can order a copy of "How To Be A Healthy Geezer" at <http://www.healthygeezer.com/>.

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

ENGAGEMENT



CONTRIBUTED PHOTO

JOHN WINKEL AND KATHERINE ANDERSON

Douglas and Nancy Anderson, of International Falls, announce the engagement and forthcoming marriage of their daughter, Katherine Anderson to John Winkel, son of LeRoy and Mary Jo Winkel, of Littlefork. The bride-to-be is a 2008 graduate of Falls High School and a 2011 graduate of Bemidji State University, where she earned a bachelor's degree in elementary education. Katherine is employed by the International Falls School District as a fourth grade teacher. The groom-elect is a 2005 graduate of Littlefork-Big Falls High School and a 2009 graduate of St. Scholastica, where he earned a bachelor's degree in business management. He is employed by TruStar Federal Credit Union as a consumer loan officer. John and Katherine will be married Saturday, Dec.14, 2013, at Zion Lutheran Church in International Falls.

BIRTHS

Katie Strong and Troy McGuire, International Falls, announce the arrival of their daughter, Millie Audrey McGuire, 8 pounds, 8 ounces, 20 inches long, born Thursday, Oct. 24, 2013, at Rainy Lake Medical Center hospital campus.

Grandparents are Rod and Lisa Strong and Carol

and Terri McGuire.

Great-grandparents are Joan and the late LeRoy Belanger.

Ashley E. Zaren, International Falls, announces the arrival of her daughter, Brooklynn Rose Zaren, 7 pounds, 1 ounce, 20 3/4 inches long, born Wednes-

day, Oct. 30, 2013, at Rainy Lake Medical Center hospital campus.

Grandmother is Karla R. Zaren and grandfather is Ron W. Zaren Sr.

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

Born to:

Ruthann McGinnis and Tyrone Taylor, Emo, Ontario, a son, Carter James Taylor, 7 pounds, 1 ounce, Nov. 6, 2013.

Danielle Gregory and Trent Roe, Fort Frances, a son, Gabriel Nicholas Isaac Gregory, 7 pounds, 4 ounces, Nov. 8, 2013.

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

Chili
Pears
Cornbread
Pudding with topping

TUESDAY

Chicken tetrazzini
Peas and carrots
Fruit
Cookies

WEDNESDAY

Harvest stew
Tossed salad
Dressing
Biscuits
Fruited Jell-O

THURSDAY

Closed

FRIDAY

Cream of broccoli soup
Egg salad sandwiches
Wheat bread
Lettuce leaf
Fruit

VFW Post 2948 Ladies Auxiliary gathers for meeting

BY BETH M. JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order at 7 p.m. Nov. 12 by president Pat DeLapp with 21 members present.

A representative from the 8th District, Linda Koeneman, senior vice, was a guest.

Opening Ritual was held and roll call of officers conducted.

There were no petitions for membership. One transfer was received — from Post 9702, Joanne Ulrich, transferred her membership to International Falls.

Minutes from the October meeting were read and stand approved as presented. Correspondence in-

cluded the General Orders as well as numerous Thank Yous.

Donations were received from Diane Huntington and Harry Batdorf.

The treasurer's and audit report were read and stand approved.

The Americanism and Youth Activities report was given by Irene Anderson. An essay contest for fifth and sixth graders is planned. Anderson will distribute information to the schools.

Bingo will be played Nov. 21 at Good Samaritan Society-International Falls.

Chezick reported on membership. Fees are due now and the second reminder letter has been sent out.

The Cancer Aid and Re-

search report was given by DeLapp. November is lung and pancreatic cancer month. Fall paper leaves are on sale for a donation to cancer aid and research at the Post/Bar.

A donation of pies for the Elks Thanksgiving Dinner was approved.

Upcoming events includes Salvation Army bell ringing from 10 a.m. to 8 p.m. Nov. 26 at SuperOne Foods; "T'was the Lights" parade, Nov. 29, line up at 6:30 p.m., parade starts at 7; Kids Shopping at K-Mart, 8 a.m., Dec. 7, help kids shop, wrap gifts, etc.; Auxiliary meeting, 5 p.m. (meeting time change), Dec. 10, brief meeting with dinner following at the Spot on 53, optional \$5 gift exchange and food shelf donation; serv-

ing pies at Littlefork Care Center, 2 p.m., Dec. 12; and Kids Christmas Party at the Post, 6 p.m., Dec. 16, songs, Santa and Mrs. Claus.

The charter was draped in memory of member Wilma "Billie" Phelan, who passed away Nov. 3.

For the Good of the Order, members are encouraged to attend the December meeting and dinner at the Spot on 53.

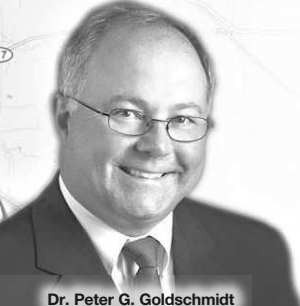
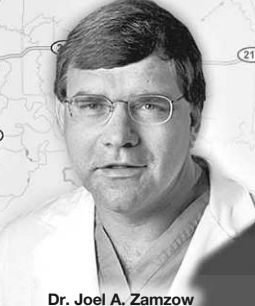
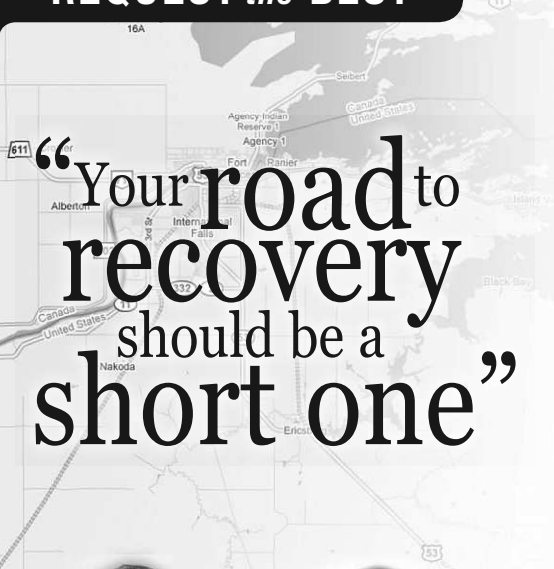
The door prize was won by Rose Rooker.

The meeting ended at 8:35 with closing ceremonies.

The next gathering is set for 5 p.m. Dec. 10. Following the meeting, members will go to the Spot on 53 for a meal. There is an optional \$5 gift exchange and food shelf donation.

REQUEST the BEST

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Come have Thanksgiving with us at our house.

U.S. THANKSGIVING, THURSDAY, NOVEMBER 28TH

Thanksgiving Buffet ~ 11 a.m. to 3 p.m.

- Turkey • Chef Carved Roast Beef & Ham • Mashed Potatoes • Stuffing
- Gravy • Honey Glazed Carrots • Sweet Corn • Homemade Dinner Rolls
- Perogie Casserole • Candied Yams • Full Salad & Dessert Bar with Grandma's Pies

along with other homemade & sugar-free desserts

Adults \$14.99 Seniors \$12.99 Children 6-12 \$9.99
Kids 5 & under Free (1 per adult)

Plated Thanksgiving Dinner in the dining room ~ available after 4 p.m.

- Choice of Ham, Turkey or Roast Beef • Mashed Potatoes
- Stuffing • Gravy • Veggie • Popover • Tossed Salad

only \$11.99



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Without a reservation we cannot guarantee seating.
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