

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

What is that ‘floater’ in your eye?

Q. What exactly is a floater that you see in your eye?

A. Floaters create images in your eye that look like specks, filaments, rings, dots, cobwebs or other shapes. Floaters are the most vivid when you are looking at the sky or a white surface such as a ceiling. They move as your eyes move and seem to dart away when you try to look at them directly. Some biology first.

The lens in the front of your eye focuses light on the retina in the back of your eye. The lens is like the one in a camera, and the retina is like the digital sensor that records the image. The space between the lens and retina is filled with the *vitreous*, a clear gel that helps to maintain the shape of the eye.

Floaters occur when the vitreous slowly shrinks over time. As the vitreous changes, it becomes stringy, and the strands can cast shadows on the retina. These strands are the floaters.



Fred
CICETTI
HEALTH CARE WRITER

In most cases, floaters are just annoying. When you discover them, they are very distracting. But, in time, they usually settle below the line of sight. Most people who have visible floaters gradually develop the ability to make them *disappear* by ignoring them.

Floaters are usually nothing to worry about. More than 7 in 10 people experience floaters. Floaters are more likely to develop as we age.

When people reach middle age, the vitreous gel may pull away from the retina, causing *posterior vitreous detachment*.

It is a common cause of floaters, and it is more likely in people who are diabetics, nearsighted, had eye surgery, or suffered inflammation inside the eye.

These vitreous detachments are often accompanied by light flashes. The flashes can be a warning sign of a detached retina. Flashes are also caused by head trauma that makes you *see stars*.

Sometimes light flashes appear to be little lightning bolts or waves. This type of flash is usually caused by a blood-vessel spasm in the brain, which is called a migraine. These flashes can happen without a headache and they are called an *ophthalmic migraine*.

If your floaters are just bothersome, eye doctors will tell you to ignore them. In rare cases, a bunch of floaters can hamper sight. Then a *vitrectomy* may be necessary. A vitrectomy is a surgical procedure that removes the vitreous

gel with its floaters. A salt solution replaces the vitreous.

The vitreous is mostly water, so patients who undergo the procedure don’t notice a difference. However, this is a risky procedure, so most eye surgeons won’t recommend it unless the floaters are a major impediment.

Many new floaters can sometimes appear suddenly. When this happens, it usually is not sight-threatening and requires no treatment. However, a sudden increase in floaters could mean that a part of the retina has pulled away from its normal position at the back wall of the eye. A detached retina is a serious condition and demands emergency treatment to prevent permanent impairment or even blindness.

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 \$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

Porcupine meatballs
Gravy
Mashed potatoes
Wax beans
Cinnamon applesauce

TUESDAY

Fall Festival
Roast pork
Gravy

Mashed potatoes
Squash
Pineapple upside down cake

WEDNESDAY

Hash brown casserole or alternative
Three bean salad
Fruit

THURSDAY

Spaghetti
Meat sauce
Tossed salad
Dressing
Fresh fruit

FRIDAY

Meat
Fruit
Vegetables
Dessert
Bread

MEMORIAMs

In loving memory of my son, **Riley Burnell**, who passed away on Sept. 6, 2012.

God's Lent Child

*I'll lend you for a little while
A child of mine, God said
For you to love the while he lives,
And mourn for when he's dead.
It may be six or seven years
Or forty-two or three;
But will you, till I call him back
Take care of him for me?
He'll bring his charms to gladden you
And – should his stay be brief -
You'll have his lovely memories
As a solace for your grief.
I cannot promise he will stay
Since all from earth return;
But there are lessons taught below
I want this child to learn.
I've looked the whole world over
In my search for teachers true
And from the things that crowd life's lane
I have chosen you.
Now will you give him your love?
Nor think the labor vain?
Nor hate Me when I come to take
This lent child back again?
I fancied that I heard them say
“Dear Lord, Thy will be done.”
For all the joys thy child will bring
The risk of grief we'll run.
We will shelter him with tenderness
We'll love him while we may,
And for the happiness we've known
Forever grateful stay.
But should Thy angels call for him*

*Much sooner than we've planned,
We'll brave the bitter grief that comes
And try to understand.*

Loved forever, and missed terribly -
Love, Dad

In loving memory of my daughter-in-law, **Tasha Burnell**, who passed away on Sept. 6, 2012.

*Gone is the face we loved so dear,
Silent is the voice we loved to hear;
Too far away for sight or speech,
But not too far for thought to reach.
Sweet to remember her who once was here,
And who, though absent, is just as dear.*

Loved and missed dearly -
Roger Jensen

In loving memory of our father-mother, grandpa-grandma, **Carl Berg Sr. and Loretta Berg**, who passed away Sept. 8, 2009, and Oct. 10, 1991.

*Deep in our hearts they are today remembered,
Sweet, happy memories cling 'round their names;
True hearts that loved them with deepest affection,
Always will love them in death just the same.
We often sit and think of them,
When we are alone;
For memory is the only friend,
That grief can call its own.*

Lovingly remembered by
**Carol, Mike and family
Caroline, Todd and family
Albert, Melinda and family
Carl and family
Liz, Allen and family
Shirley, Jerry and family**

Renovate your perennial beds now

Redesigning a perennial bed can be a challenge. The hard work can be less onerous by not tackling the whole thing, also saving work and money. Late summer is a great time to tackle the job. Here are reasons you may want to make changes.

Some plants grow very successfully but others not so much for a variety of causes. Some may have grown too well, crowding out others. Bloom quantity may have suffered as a result. Others plants may be prone to disease. Some plants may have seeded prolifically. Some plants have grown larger or taller than you anticipated.

Colors of some plants may be clashing with their neighbors. Plant shapes or textures may be too similar, creating a boring bed. Shadier conditions may have resulted in leggy plants that fall over or bloom less. A storm may have taken out trees and created a sunny bed that was part or full shade. You may not have controlled weeds! There are lots of factors that diminish the beauty of beds after plants have grown for some time.

Whatever your reasons for change, it can be less



Cathy
PECK
MASTER GARDENER

of a challenge if you do it in stages. Removing some thuggish plants can be a way to begin. Gift plants, beautiful in a friend’s garden, may not have worked in your site and may need to go to another part of your yard. Plants stunning in nurseries may not have performed so well in your setting or with your plant combinations. Move or pitch.

Freed up space can give you a totally different frame of reference. You will see in a new way the plants you want to keep. Now you can move smaller or shorter plants to the front and tall ones to a location where they don’t shade others with ease. You will have room to space plants according to the growth rate taking

place in your garden.

Stand back 25, 50, and 100 feet, then squirt. Is there enough color in one spot to give impact or does it look like hot dish? Using multiples of the same plant creates more presence so divide. Do the colors work well next to each other? Bloom times vary but if you work in a color family or use opposites on the color wheel, your design can succeed in all seasons. You can also use non-flowering plants or plants with white blooms to separate and frame color groupings.

Use a variety of shapes — spikes, mounds, and creepers — to create interest. Straight line borders are fine for formal gardens but more casual beds will be enhanced by varying those lines of single plants to draw the eye to a special plant or design element — almost like arrows point out things in diagrams.

Use a piece of driftwood, a large rock, a birdbath, or a piece of sculpture along with plant groupings to create vignettes. Think of the charming ways nature often puts scenes together. Gardens need not be just plants.

Whenever you do a project such as this, remove weeds, grasses and undesirable seedlings, completely digging out roots. Dig in copious amounts of compost or composted manure before resetting the plants. Cut plants back so growth concentrates in the roots. Water in well and keep the bed moist. Mulch after freeze-up.

Label the plants, make sketches, and describe your garden plan in your journal, making notes for next year. Memories are short once the snow flies. Anticipating inviting friends to see your lovely “new” garden next summer can shorten the winter. Next year take pictures to enjoy again and again.

Refer to the **University Of Minnesota Extension Service** 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.

FIND DEALS

in

The Journal Classifieds

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NEW CURTAIN TIME:
7 P.M.

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Tuesday, November 4, 2014

NEW CURTAIN TIME:
7 P.M.

Monday, February 23, 2015

NEW CURTAIN TIME:
7 P.M.

Sunday, Mar. 15, 2015

NEW CURTAIN TIME:
7 P.M.

Monday, April 13, 2015

Jaimee Paul
Featuring the Leif Shires Quartet
Let yourself be transported to another place and time and enjoy this dynamic rising vocalist Jaimee Paul. Jaimee is backed by a jazz combo led by her husband, Leif Shires. Both Jaimee and Leif are in high demand with their fellow musicians in Nashville, including Kelly Clarkson.

Tony DeSare Trio
Singer, pianist and songwriter Tony DeSare has won critical and popular acclaim for his concert performances throughout the world. His performance of classic/pop standards and original compositions are what have propelled him into the national spotlight. His new show features tunes from the likes of Elton John, Billy Joel and other popular artists of the 1970s and before.

Todd Oliver and Friends
Comedic variety show
Todd Oliver, nationally known for his amazing real-life talking dogs and hilarious comedy, presents Todd Oliver & Friends – filled with his canine companions Irving and Lucy, plus a “real” cast of characters like Pops and Miss Lilly, and his Smiling Eyes Band. There’s lots of audience participation, and good clean comedy. Todd has been seen on America’s Got Talent, The Tonight Show with Jay Leno and the Late Show with David Letterman. Versatile performer, ventriloquism, pop music, talking dogs...family fun!

Rebecca & Kuba
After a highly successful tour, Kuba returns with another unique show, this time showcasing his wife Rebecca, a Broadway and Country singer, and his virtuosity on the vibraphone, and other percussion instruments. Their repertoire of diverse styles combined with their chemistry creates a variety show that delights every audience.

Six Appeal
Swearing off instruments, the award-winning vocal band Six Appeal takes you on a journey that spans decades of music, performing classic oldies, current chart toppers, and catchy original tunes, all sung a cappella. Six Appeal utilizes a diverse arsenal of style and entertainment.

2014-2015 Ticket Prices:
American – Adults: \$50 • Students: \$10 • Family: \$100
Canadian – Adults: \$50 • Students: \$10 • Family: \$100

*Backus Auditorium, Int'l Falls, MN
NEW CURTAIN TIME - 7:00 p.m.*
218-285-7225

BORDER CONCERT ASSOCIATION

Tickets May Be Purchased At...

International Falls: City Drug, County Market, and Backus Office.
Fort Frances: Betty's of Fort Frances, Fort Frances Museum, Northwoods Gallery & Gift (Downtown),
Emo: Cloverleaf Store and Emo Drug Store. Directors and Member Representatives.
www.borderconcerts.com