

# 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**

## Cell phone use and tumors

**Q. Can you get brain cancer from using a cell phone?**

A. The best answer I can give you is from a statement by The National Cancer Institute, which is part of the National Institutes of Health:

“Interphone, an international collaboration, and the largest study of its kind to date, reported that overall, cell phone users have no increased risk of two of the most common forms of brain cancer — glioma and meningioma. Furthermore, there was no evidence of risk with progressively increasing number of calls, longer call time, or time since the start of the use of cell phones. However, for the small proportion of study participants who used cell phones the most — measured as cumulative call time over their lifetime — there was a suggestion of increased risk of glioma, though the authors call this finding inconclusive.”

The study was published online May 17, 2010, in the International Journal of Epidemiology.

The 13-country Interphone study looked at cell phone use among more than 5,000 people who developed brain tumors and a similar group of people without tumors. Overall, the study found no link between brain tumor risk and the frequency of calls, longer call time, or cell phone use for 10 or more years. The researchers noted that shortcomings of the study prevented them from drawing any firm conclusions, and that more research was needed.

There have been about 30 studies into cell phone use and tumors. These studies have produced similar results. In most studies, patients with brain tumors do not report more cell phone use. Most studies do not show higher risks of brain tumors with increasing cell phone use.

Cell phone use began in Europe in the 1980s. It came into widespread use in the United States in the 1990s. The number of cell phone users has increased rapidly. As of 2009, there were more than 285 million subscribers to cell phone service in the United States, according to the Cellular Telecommunications and Internet Association. This is an increase from 110 million users in 2000. Cell phones use low



**Fred  
CICETTI**  
HEALTH CARE WRITER

levels of radiofrequency energy (RF). The U.S. Food and Drug Administration (FDA) and the Federal Communications Commission (FCC) have developed guidelines that limit the amount of radiofrequency energy that cell phones are allowed to give off.

The RF exposure from cell phones is measured in Specific Absorption Rate (SAR). The SAR measures the amount of energy absorbed by the body. The SAR permitted in the United States is 1.6 watts per kilogram (1.6 W/kg). According to the FCC, this amount is much lower than the level shown to cause any changes in laboratory animals.

Every cell phone manufacturer is required to report the RF exposure of each of its phone models to the FCC.

The RF waves given off by cell phones don't have enough energy to damage DNA, the nucleic acid that carries the genetic information in cells. Because of this, many scientists believe that cell phones aren't able to cause cancer. Most studies done in the lab have supported this theory.

There have been other health concerns about cell phone use. For example, there is a concern that RF waves from cell phones might interfere with medical devices such as heart pacemakers.

According to the FDA, cell phones should not pose a major risk for the vast majority of pacemaker wearers. However, people with pacemakers may want to take some simple precautions to help ensure that their cell phones don't cause a problem, such as not putting the phone in a shirt pocket close to the pacemaker.

*If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at [www.healthygeezer.com](http://www.healthygeezer.com).*

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

## Attention area gardeners: New fair theme and higher prizes

“Rockin’ With the Oldies” is the Theme of 2013 Beltrami County Fair Horticulture Area. The Beltrami County Fair will be staged July 31 through Aug. 4. Not only is the theme changed for 2013, but also many cash premiums are considerably higher.

Going with the new theme are some new categories for kids (12 and under): the “Twist” is for the oddest shaped vegetable, “Monster Mash” is for the largest root vegetable, and “Big Bopper” is for the largest vine vegetable.

The category for a life size scarecrow should be dressed as your favorite rock star. Choose any rock star from Elvis Presley to Justin Beiber. Winning in this category brings a special \$20 prize.

The arrangements class (Class 7) includes



**Helenruth  
SCHUTTE**  
MASTER GARDENER

new descriptions reflecting the new theme such as “Whole Lot Shaking Going On” to show movement, “House of the Rising Sun” to show hot colors, and “Splish Splash” for an arrangement with a water feature.

All specimens, arrangements and other exhibits for Open Class are to be brought to the horticulture area between noon and 7 p.m. July 31. Preregistrations recommended.

Forms can be found on-line at [www.beltramicountyfair.org](http://www.beltramicountyfair.org) or in the 2013 Beltrami County Fair Booklet. Copies are available at the Extension Office at the fairgrounds and at the Bemidji Public Library. Handouts on Preparing Flowers and Vegetables for Exhibit are also available at the Extension Office, the library and on-line.

Thank you to all who contribute special awards including Market Place Foods Produce Department, Vern and Sandy Holzhueter, Country Greenhouse, Nature's Edge Garden Center, Deer Haven Greenhouse, and Image Photography.

The Beltrami County Master Gardeners volunteer their time and expertise in the horticulture area providing this valued opportunity

for area gardener and agriculturists, young and old. They get help from the local garden club members and others interested in the success of the horticulture area. For help with any questions, contact Jean Mathweg, master gardener and superintendent of horticulture at the fair at 1-218-444-9940.

**To find reliable information about gardening and other horticultural topics, go to the University of Minnesota Extension website <http://www.extension.umn.edu/gardeninfo/>. Local master gardeners will answer your gardening questions via a voice-mail service. Call 444-7916, leaving your phone number, name and the nature of your question. A volunteer master gardener will give you a call.**

## 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 alternative  
Sauerkraut  
Mashed potatoes  
Pickled beets  
Fresh fruit

### TUESDAY

Goulash

Green beans  
Peaches

### WEDNESDAY

Ham or alternative  
Whipped sweet potatoes  
Peas and carrots  
Jell-O parfait squares

### THURSDAY

Crispy ranch chicken  
Parsley buttered potatoes  
Carrot coin salad

Pudding with topping

### FRIDAY

Chef salad  
Lettuce  
Ham  
Cheese  
Green pepper  
Onion  
Homemade French dressing  
Cherry nut cake

## LOOKINGBACK

### 25 YEARS AGO

Gary and Terri Anderson and brother Jeffrey are proud to announce the arrival of Michael Paul, 7 pounds, 2 1/2 ounces, 20 3/4 inches long, born today at Falls Memorial Hospital.

Gary Bowman, owner and operator of Island View Campground, received his first-dollar certificate from Greater International Falls Chamber of Commerce Ambassadors Mike Riley and Dave Cronin.

### 40 YEARS AGO

Mrs. Tom Carlson, Island View Route, was the guest of honor at a baby shower recently.

Mrs. Nina Helmer and daughter, Janet Anderson, Loman Route, returned home Saturday night following a three-week vacation visiting with relatives and friends at Pasco, Wash. Mrs. Joseph Taylor and

infant daughter, Kari Jo, were honored at a baby shower recently in the Zion Lutheran Church parlors.

### 50 YEARS AGO

A boy was born today at Falls Memorial Hospital to Mr. and Mrs. Keith Halverson, 7 pounds, 4 1/2 ounces.

Susan Schneider recently celebrated her 14th birthday anniversary.

Virginia Bishop, Kathleen McMicken and Carole Skoglund have now entered the 1963 Timbertennial Queen Contest.

Robert Flaa, son of Mr. and Mrs. Peter Flaa, former Falls resident, now residing in West St. Paul, left for his home by bus this afternoon after being a guest of Jeffrey Lindvall, son of Mr. and Mrs. C.E. Lindvall, 1012 Second St.

### 60 YEARS AGO

A son was born today at

Falls Memorial Hospital to Mr. and Mrs. Nick Kostiuik, 704 11th St., weight, 7 pounds, 12 1/2 ounces.

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Kermit Qualley, weight, 7 pounds, 8 1/2 ounces.

Cleo R. Cook, 36, Minnesota Telephone Company manager at the Falls, died unexpectedly this evening in St. Mary's Hospital, Duluth. Death was attributed to a cerebral hemorrhage.

International Falls businessman Fred Munkholm has offered to pay the cost of erecting two warning signs on Nagurski's Corner — which acquired the name “Death Curve” after a prominent Chicago political leader was fatally injured there Friday.

### 70 YEARS AGO

The birth of a son, Joseph Anthony, was announced

by Mr. and Mrs. Bernie Schulz today at the Littlefork Hospital.

One of the most severe windstorms in border history early today left a trail of wrecked buildings, broken trees and crippled telephone and power lines in the International Falls area. The fact no injuries resulted in the violent storm was attributed to the fact the storm struck when most people were under cover.

Mrs. Sam Ludwig left Saturday evening for St. Paul to join her husband, Pvt. Sam Ludwig, who is stationed at Fort Snelling.

At home on a few days furlough, Cpl. Conrad Carroll is visiting with his wife and two sons, Donald and Jerry.

*Compiled by the Falls Public Library. Visit them online at [www.internationalfallslibrary.us](http://www.internationalfallslibrary.us).*

## BIRTH

The following birth has been reported from La Verendrye General Hospital, Fort Frances.

Born to:

Jade and Deanna Maynard, Emo, Ontario, a daughter, Ronni Gale Louise Maynard, 7 pounds, 8 ounces, June 26, 2013.

## JULY SCHEDULE

We apologize for reduced available appointments in July.


Due to the Independence Day holiday and a need to travel to visit a college, the number of clinic days will be reduced.

Please call early to schedule your appointment. Full service will resume in August.

**Wednesday afternoon, July 17  
Thursday, July 18**

Rainy Lake  
Medical Center  
Hospital  
Campus

**RENAISSANCE**  
HEARING CENTERS, INC.  
612 5th St. NW, Bemidji 444-4444 or 1-800-414-5854  
[renaissancehearingcenters.com](http://renaissancehearingcenters.com)



There's a **HUGE SALE** right now on **ALL Pontoon**s at Badiuk's!

**RATED #1**  
**PONTOON AND**  
**BUILT IN MINNESOTA!**

- ◆ LUXURY MODELS
- ◆ TOURING MODELS
- ◆ FISH & CRUISE MODELS

**BADIUK**  
EQUIPMENT

Hwy. 11 E, International Falls, MN  
**218-286-0813**  
[www.badiukequipment.com](http://www.badiukequipment.com)

Hurry in While Supplies Last!

## NOTICE OF COUNTY TIMBER AUCTION SALE ON KOOCHICHING COUNTY TAX-FORFEITED LANDS

INTERMEDIATE AUCTION SALE  
10:00 AM

Wednesday, July 31, 2013

REGULAR AUCTION SALE  
Immediately following Intermediate Auction  
Wednesday, July 31, 2013

BIG FALLS COMMUNITY BUILDING  
Big Falls, MN

Complete information may be obtained from the Land and Forestry Office in the Courthouse in International Falls and from County

Land and Forestry Offices in Littlefork, Big Falls and Northome.