

# 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

## Take care mixing grapefruit with meds

**Q. My daughter heard that grapefruit juice can be toxic for some people. Is that true?**

A. The juice, itself, is not toxic, but you should be careful taking medicine with any grapefruit.

Grapefruit juice can raise the level of some medications in the blood. The effect of grapefruit was discovered after using juice to mask the taste of a medicine. So, be sure to ask your doctor or pharmacist if it is safe to have grapefruit with your medications.

Taking medicine can be hazardous to your health. You have to know what you're doing.

For example, calcium-rich dairy products or certain antacids can prevent antibiotics from being properly absorbed into the bloodstream. Ginkgo biloba can reduce the effectiveness of blood-thinning medications and raise the risk for serious complications such as stroke.

You should educate yourself so you know what active ingredients are in



Fred  
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the prescription and over-the-counter medicines you are taking.

Some people treat over-the-counter pain relievers as if they are harmless. They can hurt you if you take them improperly. They contain drugs such as acetaminophen, ibuprofen, naproxen sodium and aspirin. Acetaminophen is in Tylenol. Ibuprofen is in Advil. Naproxen sodium is in Aleve.

Many prescription or over-the-counter medicines that treat multiple symptoms, such as cold and flu medications, also include acetaminophen and the other pain-relieving ingredients. So

you have to be careful not to take too much of any one ingredient by ingesting more than one medication that contains that ingredient.

Seniors take more medicines than any other age group because they have more health problems. Taking several drugs a day presents dangers. Here are some more tips to avoid these hazards:

■ Always inform your doctor or pharmacist about all medicines you are already taking, including herbal products and over-the-counter medications.

■ Tell your doctor, nurse, or pharmacist about past problems you have had with medicines, such as rashes, indigestion or dizziness.

■ Don't mix alcohol and medicine unless your doctor or pharmacist says it's okay. Some medicines may not work well or may make you sick if you take them with alcohol.

The best advice is this: Don't be afraid to throw a lot of questions about your medicines at your doctor, nurse or pharmacist. Here

are some good ones:

■ When should I take it? As needed, or on a schedule? Before, with or between meals? At bedtime?

■ How often should I take it?

■ How long will I have to take it?

■ How will I feel once I start taking this medicine?

■ How will I know if this medicine is working?

■ If I forget to take it, what should I do?

■ What side effects might I expect? Should I report them?

■ Can this medicine interact with other prescription and over-the-counter medicines — including herbal and dietary supplements — that I am taking now?

■ And, ask your pharmacist to put your medicine in large, easy-to-open containers with large-print labels.

If you would like to read ask a question, write to fred@healthyeezer.com.

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

## 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. 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.

### February 3

Volunteer Group – Education MN Local 331  
Hamburgers and hot dogs  
French fries  
Fresh carrots

### February 5

Volunteer Group – First Lutheran Church  
Top the Tater  
Baked potato  
Toppings  
Dinner salad  
Cookie

### February 10

Volunteer Group – Education MN Local 331  
Beef stew

Fresh fruit  
Dinner roll

### February 12

Volunteer Group – St. Thomas Church  
Baked ham  
Roasted potatoes  
Vegetable  
Dinner roll

### February 17

Volunteer Group – Zion Lutheran Church  
Chicken Kiev  
Wild rice  
Fruit  
Dinner roll

### February 19

Volunteer Group – Shermoen & Jaksa PLLP  
Cheeseburger pasta hot dish  
Green beans  
Dinner roll

### February 24

Volunteer Group – Evangelical Covenant Church  
Spaghetti with meat sauce  
Corn  
Garlic bread

### February 26

Volunteer Group – First Baptist Church  
Tacos  
Black bean soup  
Dinner roll

## Lions Club gather for meeting

### LIONS CLUB REPORT

International Falls Lions Club gathered for a brief meeting at 6 p.m. Jan. 5 at AmericInn.

A recipient was found for funds raised during the Super One grocery food raffle. Chief executive officer of Rainy Lake Medical Center, Dan Odegaard, was presented \$2,000 which will be used for educational material handouts for patients and community members. Note was made that the donation was from the Lions Club.

The remainder of the meeting was used to discuss

the how, when and where of the next raffle.

Another subject discussed was ways and means of bringing in new members.

The Mid-Winter Convention for 5M-10 took place Jan. 23-25 in Duluth and was attended by Lions Dick and Karen Briese. They reported it was another great convention, enabling them to bring back good ideas to use in the club, as well as receiving information about various projects sponsored by the club.

The convention was capped off with the the Pa-

rade of Green, which is donations from all the clubs in 5M-10 given to organizations such as Can Do Canine, Leader Dogs for the Blind, Minnesota Eye Bank, as well as several others. This year, more than \$89,000 was raised in the local district.

The next meeting is set for 6 p.m. Tuesday at AmericInn. Those wishing to join the group to work on worthy causes helping the community are welcome to join. For more information, call president John Michalson at 715-383-7014 or vice president Dick Briese, 286-5508.

## 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

Goulash  
Lettuce salad  
Dressing Fruit

### TUESDAY

Riblettes  
Potato wedges  
Peas and carrots  
Pears

### WEDNESDAY

Ham and macaroni pasta salad on lettuce leaf

Fruit  
Peaches and cream bar

### THURSDAY

Chili  
24-hour coleslaw  
Corn bread with honey butter

### FRIDAY

Fruit glazed chicken  
Glazed fruit  
Brown rice  
Green beans  
Fresh fruit

## Important facts for young people about the Affordable Care Act

### KOOTASCA COMMUNITY ACTION REPORT

It is reported that one in five young adults in the United States do not have health insurance. That's not okay: young people end up in the emergency room more than any other age group, aside from the elderly.

In 2015, individuals will be penalized the greater

amount of \$325 or 2 percent of their income for not having health insurance.

Most people qualify for free or low-cost health insurance. KOOTASCA Community Action can help. Consultation is free and confidential.

Feel free to contact KOOTASCA Community Action with questions at 218-999-0800 or toll free at

877-687-1163.

KOOTASCA Community Action is a private nonprofit agency that served 8,340 low-income people last year through its programs that include: Early Childhood Education, Family Homeless Prevention, PC's for People, Energy Assistance, Housing Rehabilitation and Ownership, Crisis Nursery, and Circles of Support.

## BIRTHS

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

Born to:

Alex Andrushuk and Brayden Baldwin, Fort Frances, Ontario, a daughter, Arielle Marie Shana Andrushuk, 7 pounds, Jan. 2, 2015.

Nathan and Kate Baird (nee Pellitier), Devlin, Ontario, a daughter, Sloan Margaret Baird, 7 pounds, Jan. 5, 2015.

Sarah Schaum and Peter Atkinson, Fort Frances, Ontario, a daughter, Ayla Ryder Atkinson, 5 pounds, 11 ounces, Jan. 6, 2015.

Courtney Roach and Paul Vivian, Fort Frances, Ontario, a daughter, Arianna Alexis Vivian, 8 pounds, 2 ounces, Jan. 16, 2015.

Christie Hunter, Manitou Rapids First Nation, Ontario, a son, Echo Skye Hunter, 6 pounds, 10 ounces, Jan. 16, 2015.



## This year's must have

A digital mammogram now available at  
Essentia Health-International Falls Clinic

**Mammograms save lives.** Get one this year and encourage every woman you know over 40 to get one, too.

When you schedule a screening mammogram at Essentia Health-International Falls Clinic, you'll be cared for in an atmosphere of comfort and privacy. Our registered radiology technologist, Rachel Mannausau, will address any questions or concerns you have.

Your mammogram will be read by the radiologists at the Breast Health Center, in Duluth, who have special training in breast care. Our radiologists review more than 26,000 mammograms every year. In fact, that is all they do.

**Call to schedule your mammogram today!**

Essentia Health-International Falls Clinic  
2501 Keenan Drive | International Falls  
218.283.9431

EssentiaHealth.org

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**Essentia Health**  
Here with you

Essentia Health works with the SAGE Program in Minnesota in an effort to provide care for those that qualify for financial assistance. For your convenience, the contact number for the SAGE Program is 1.888.649.2584.



CONTRIBUTED PHOTO

At a recent meeting of the International Falls Rotary Club, Rotarian Tony Palm, left, introduced Gayle Haugland, Frostbite Finds manager, and Isaac Meyer, community engagement manager, who discussed some goals of the new Frostbite Finds thrift store. It is hoped that all the net proceeds will go to establish a local boys and girls club.