

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

Leaky heart valves, Celiac disease and handwashing info

Q. What happens when you have a heart valve that leaks?

A. Valves can malfunction and strain the heart. If a valve doesn't close properly, blood will flow backward. This is called regurgitation. If valve flaps don't open correctly, they prevent blood from flowing through them. This is called stenosis.

Advanced valve disease can cause blood clots, stroke or sudden death from cardiac arrest.

For seniors, there is a problem with the flaps of the aortic and mitral valves; they thicken and harden with age, making blood flow more difficult. These changes may lead to complications in people



Fred
CICETTI
HEALTH CARE WRITER

with heart disease.

People with malfunctioning valves who don't have serious symptoms may not need treatment. Medicines can help with symptoms but don't fix a bad valve. Surgery or a less invasive procedure is often needed to correct valve disease.

Q. I see mentions of gluten on food packages. What's that all about?

A. Celiac disease is a digestive ailment that damages the small intestine and interferes with nutrition. People with celiac disease cannot tolerate a protein called gluten, which is in wheat, rye, and barley.

Celiac disease is commonly underdiagnosed because some of its symptoms are similar to those of other diseases. Celiac disease often is confused with irritable bowel syndrome, iron-deficiency anemia, Crohn's disease, diverticulitis, intestinal infections, and chronic fatigue syndrome. The only treatment for celiac disease is to follow a

gluten-free diet. For most people, following this diet will stop symptoms, heal existing intestinal damage, and prevent further damage.

The obvious foods with gluten are breads, pastas, and cereals. But, gluten is also in many processed foods such as frozen French-fried potatoes and soy sauce. Many products such as cosmetics, household cleansers, stamp and envelope adhesive, medicines and vitamins contain gluten.

There are gluten-free substitutes for many problematic foods. Many cities have specialty grocery stores that sell these gluten-free substitutes.

Q. How often should

we wash our hands?

A. Here's a list of some important before and after:

- Before and after preparing food
- Before eating
- After going to the bathroom
- After changing a diaper
- After touching animals
- Before and after treating wounds
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after touching a sick or injured person
- After handling garbage
- Before inserting or removing contact lenses
- Washing your hands

with soap and water works well. Here are the correct techniques:

- Wet your hands with warm, running water
- Rub on soap and make a thick lather
- Scrub vigorously over every surface of your hands and wrists for about 20 seconds
- Use a scrub brush to get under your fingernails
- Rinse completely
- Dry your hands with a disposable paper towel or air dryer
- Use the paper towel to shut the faucet

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

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

Fun and problems with potatoes

When growing potatoes, one is likely to generally have success; however, a few problems can occur. One thing that I like about potatoes is that even when I have had some problems, I was still able to harvest a good amount of edible potatoes.

Potatoes can be planted about two to four weeks before the last frost of the spring, although I have planted them a little bit after that and still did fairly well with them.

If choosing potatoes, look for certified seed potatoes. Avoid grocery store potatoes we buy for eating. They have often been treated to stop sprouting, allowing the potatoes to have a longer shelf life. To simplify your planting of potatoes, try to find seed potatoes that are about egg sized; then you can ignore cutting them into sections of two or three eyes and hardening them off for a day or two before planting.

There are a number of ways to plant potatoes, but one method is to plant them about one foot apart and six inches deep, filling in the trench. After a couple of rows of leaves have appeared, cover up the lower level of stems with a small hill of soil. Although potatoes like about one inch of water a week, hilling the potatoes helps shed excess water. The hilling also encourages the covered stems to develop more roots that can develop into extra potatoes.

Problems I have had:



Onen
MARKESON
MASTER GARDENER

■ Potato bugs – These are black and orange striped beetles that eat the leaves of the plants. Simply pick them off every day or two as you see them and throw them into a small bucket of soapy water, which seems to kill them rapidly. Their eggs are found in bright yellow clusters on the leaves and larvae are orange hump-backed grubs. I found the simplest way to get rid of the eggs is to simply pick the leaves that they are on.

■ Black dots on potatoes and stems (black scurf or rhizoctonia) – This is a common fungus that becomes a problem in cool, wet soils. These potatoes are edible, preferably with the black dots scrubbed off prior to cooking the potatoes.

■ White dots on potatoes – The potato lenticels (the "nostril" of your potato) have grown too large due to too much water – short term solution is to simply rinse them in water and let them air dry until the pores have shrunk, then prepare them as you prefer. Storage life could be shortened.

■ Hollow Heart – The middle of the potato is hollow due to generally inconsistent growing conditions. These potatoes can be eaten, but I prefer to cut out the ugly part.

Potatoes, tomatoes and peppers are fairly closely related and share problematic issues. It is best to rotate where these three related plants are planted each year. If space allows it, these related plants should be planted in the same area only about every three years.

There is a very large variety of potatoes, with a wide variety of growing, storage, and taste characteristics. The typical potatoes that most people use are red or russet or white. Your local retailers have a basic variety of good seed potatoes, but if you are into experimenting with what you grow, you might want to find a good on-line retailer with blue potatoes, purple potatoes, red fleshed potatoes, fingerling potatoes, baby potatoes, early season potatoes, mid and late season potatoes, gold potatoes, and butterball potatoes to name a few. It can be fun to experiment.

For more information on horticultural topics, see the University of Minnesota Extension website which provides a plethora of guidance on vegetables <http://www.extension.umn.edu/garden/yard-garden/>. Master Gardeners are again providing answers to your gardening questions at our voice mail number, 218-444-7916.

25 YEARS AGO

Stephanie Malone and Ted Glad were named the 1989-90 students of the year at the annual Elks Lodge 1599 youth recognition and awards night at the Elks Lodge Saturday.

A party was given for Adam and Ellen Clement by their immediate family, in honor of their 60th wedding anniversary on April 15.

40 YEARS AGO

The Falls Curling Club announced that Nick Kantos has been elected for the 1975-76 year at the annual meeting held recently. Kantos will replace Rube Julien as president and also elected were Bob Johnson as vice president and Jim Kirk as secretary-treasurer.

Wednesday afternoon bowling champs are Patty Helderman, Lillian Helderman, Barb Springsteel, Marlene Bryan, Jenny Trott, Betty Boyum and Ann Johnson. They are members of Dr. Bryan's Chiro team.

Falls Boy Scouts Robert Naland, Greg Johnson, Don Lewis and Tony Johnson will be among 30 boys making a trip to Cimmaron, New Mexico, this summer to a Scout and Explorer Base.

50 YEARS AGO

Mr. and Mrs. Frances

Otness, Faye Apartments, telephoned their son-in-law and daughter, Mr. and Mrs. Ernest Bergstrom, Seattle, Wash., to learn how they came through Thursday's earthquake.

Mr. and Mrs. Earl Kleppe, 604 Sixth St., received a telephone call at 10:30 p.m. Thursday from their son and daughter-in-law, Mr. and Mrs. Clarence Kleppe, Seattle, Wash., informing them they were safe after Thursday's earthquake.

A girl, Lisa Marie, was born today at Falls Memorial Hospital to Mr. and Mrs. Melvin Hall Jr.; weight, 5 pounds, 3 ounces.

Born today at Falls Memorial Hospital to Mr. and Mrs. Carleton Wold, twin girls — Karla Jean, 6 pounds, 6 ounces and Karen Lynn, 4 pounds, 8 1/2 ounces.

60 YEARS AGO

A son was born today at Falls Memorial Hospital to Mr. and Mrs. John Frank, Littlefork.

Gerald Herman, son of Mr. and Mrs. Frank W. Herman, 1015 Sixth St., was among students at St. John's University, Collegeville, who received promotions in the Corps of Cadets.

Jerry Culbertson, sophomore at the University of North Dakota, Grand

Forks, was elected president of Beta Gama chapter of Theta Chi fraternity. Jerry is studying physical education.

Champions of the Pee Wee basketball league are Danny Bilben, Gary Sartain, Mitchell Skeim, Gary Gilchrist, David Couture, Randy Leeman, and Norman Gerlach, members of the Border Motor Sales team.

70 YEARS AGO

Mrs. William D. Skwarok's unflinching faith that her husband, Sgt. "Bill" Skwarok, reported missing on Dec. 19, was still alive, was rewarded this morning when she received a card written by the sergeant from a prison camp in Germany.

Fred Shannon, who has been seriously ill with pneumonia at the Littlefork Hospital, is somewhat improved at this time.

A War Department telegram received yesterday advised Mr. and Mrs. Oliver E. Lovell of Ray that their son, Pfc. Robert E. Lovell, was slightly wounded April 17 in action in Italy.

William S. Wales submitted an application to the city council for the position of lifeguard at City Beach this year.

Me?
Drive a bus?

Arrowhead Transit will license you for your professional commercial drivers license (CDL)

Your ride.

Now hiring part-time bus drivers!

\$12.80 per hour

www.aeo.org/CAREERS

For more information Contact Scott Olson:

218-735-6802

You Must Be 21 Years Old

As Memorial Day Approaches Remember Larsen Monuments

The Highest Level of Care and Craftsmanship Making your Memories Last Forever

↔ Lawn Level Bronze Markers Starting at \$650.00

↔ Lawn Level Granite Markers Starting at \$700.00 includes cement foundation and setting

↔ Upright Monuments Inquire about our special discounts

517 Fourth Street International Falls, MN 56649 218-283-2588

Stop in to see our granite and design display

Mother's Day Sunday, May 10th

20% OFF Reg. Priced Ladies Fashions

THYMES 20% OFF

The Hideaway Downtown • 326 3rd St. 283-4358