

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

Potato diseases

These common diseases of potatoes that plague gardeners are early blight and late blight. By the way, tomatoes and potatoes belong to the nightshade family (as well as eggplant and peppers). Rotate your tomato and potato crops to avoid spreading from one crop to the other.

With early blight the fungus *Alternaria solani* overwinters in infected residue in the soil and on other weedy solanaceous(nightshade) plants. Susceptible leaves are those that are older and under stress with nitrogen deficiency and cool moist conditions. When the leaves touch the ground or when spores are splashed or blown, the leaves are infected directly.

Appearing near the end of the season, be alert for small (1-2 mm) brown lesions that are dry and papery on older, lower leaves spreading up toward new growth. There may be characteristic dark, circular rings of raised and necrotic tissue. Leaf tissue often turns chlorotic (yellow) at the edge of the lesion. As the disease progresses, the entire leaf can become chlorotic and then necrotic (brown). Infected potato leaves usually do not fall off. The infected potato tubers develop dark, sunken lesions that are often surrounded by a purplish raised border. Lesions will increase in size in storage, though they will remain superficial.

Multiple control plans include planting disease-free and resistant seed potatoes. Test your soil as nitrogen and phosphorus deficiencies increase susceptibility. Rotate potatoes, tomatoes, pepper and eggplant for three to four years. Water in the morning at the base of the plant to allow them to dry out during the day. There are chemicals that are effective against early blight. Contact the University of Minnesota Extension for advice if you suspect you have early blight for the correct advice.

Late blight (the Irish potato famine of 1845) is caused by the fungus *Phytophthora infestans*. This can occur anytime during the season but typically during autumn. Ideal conditions are when the temperatures are between 60-70 degrees F with night temperatures between 50-60 degrees F with humidity nearly 100 percent.

This blight survives the winter by living in potato tubers left in the ground. As the fungus grows in



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these leftover tubers, the spores are carried by water to the tubers. Initially blight appears as irregularly shaped dark green lesions on the lower leaves of the plant. One may see a white cottony growth (fungal mucelia) on the underside of the leaf. Turning brown, the infected leaves die. Eventually the entire plant dies. The tubers develop irregularly shaped, firm, sunken, dull brown to purple lesions around the eyes. This can infect the entire tuber which basically rots. This is what happened in Ireland. And boy does it smell. It happened to me. Do not plant potatoes in that spot for about five years.

Prevention includes purchasing healthy certified seed potatoes, rotating potatoes and tomatoes, keeping your tomatoes and potatoes away from each other, planting in rows parallel to prevailing winds to ensure airflow, watering early in the day and at ground level, removing all tubers at season end, controlling weeds, removing any volunteer plants, and keeping your eye out for any new plant disease resistant varieties.

Scab, an unsightly lesion like a raised corky area on the home gardeners' potatoes, is not a problem. It is quite edible but some prefer to peel the affected area away. It is caused by (*Streptomyces scabies* (not that kind of scabies!)). It can be managed by keeping the soil pH at less than 5.2, careful crop rotation, and planting disease resistant varieties.

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 also 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.

Hypnosis has been a healing practice for thousands of years

[This is the second of two columns on hypnosis.]

Hypnosis is one of several relaxation methods helpful for treating chronic pain, alleviated anxiety, reducing the frequency and severity of headaches, controlling bleeding and pain during dental procedures, quitting smoking and ending alcohol dependence.

Hypnosis achieves focused attention. It is like using a magnifying glass to focus the rays of the sun and make them more powerful. When our minds are concentrated, we are able to use them more powerfully. Hypnosis — also known as hypnotherapy or hypnotic suggestion — has been a healing practice for thousands of years.

Under hypnosis, you're more open than usual to suggestions, and this can be used to modify your perceptions, behavior, sensations and emotions. Although you're more open to suggestion during therapeutic hypnosis, your free will remains intact and you don't lose control over your behavior.

Before using hypnosis, you should



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wear comfortable clothing to help with relaxation, and make sure you're well rested so you won't fall asleep during the session.

Choose a therapist or healthcare professional to perform hypnosis. When you do find a potential hypnotherapist, ask lots of questions, such as:

- Do you have training in a field such as psychology, medicine, social work or dentistry?
- Are you licensed in your specialty in this state?
- Where did you go to school, and where did you do your internship, residency or both?
- How much training have you had in hypnotherapy and from what schools?
- What professional organizations do you belong to?
- How long have you been in practice?
- What are your fees?

■ Does insurance cover your services?

In general, a hypnotherapist explains the process of hypnosis and reviews what you both hope to accomplish. The hypnotherapist usually induces you into hypnosis by talking in a gentle, soothing tone and describing images that create a sense of relaxation, security and well-being.

When you're in a deep trance-like state, the hypnotherapist suggests ways for you to achieve specific goals, such as reducing pain or eliminating cravings to smoke. The hypnotherapist also may help you visualize vivid, meaningful mental images in which you picture yourself accomplishing your goals. When the session is over, either you are able to bring yourself out of hypnosis or your hypnotherapist helps you end your trance-like state.

A typical hypnosis session lasts about 30 to 60 minutes. You may benefit from just one session or several sessions of hypnosis. You can usually resume normal activities immediately. You may eventually be able to practice self-hypnosis.

The American Society of Clinical Hypnosis recommends that you choose a healthcare provider who is properly trained, licensed and credentialed. This means that the individual has graduate training and holds a currently valid license in a healthcare field, such as medicine, dentistry, psychiatry, psychology, social work, or nursing.

This generally also means that the individual holds an academic degree from a regionally accredited institution of higher education, and has had supervised experience in offering professional services to clients and patients.

An additional benefit of choosing a licensed healthcare provider is that your healthcare insurance may reimburse for services provided, although you should determine this in advance by contacting your insurer or asking your provider.

If you would like to read more columns, you can order a copy of "How to be a HealthyGeezer" at www.healthygeezers.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 \$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
Pudding with topping

TUESDAY
Boiled dinner

Peaches
Bread/raisin pudding

WEDNESDAY
Parmesan crusted chicken
Parsley potatoes
Carrots
Snowball cupcakes

THURSDAY
Roast beef

Mashed potatoes
Beef gravy
Beets
Bananas

FRIDAY
Cream of broccoli soup
Egg salad sandwiches
Whole wheat bread
Lettuce leaf
Whipped Jell-O

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances. Born to: Nicole Vivian and Joseph Yerxa, Fort Fran-

ces, a son, Kobe William Vivian-Yerxa, 7 pounds, Sept. 7, 2013. Jeremy and Gabrielle Nussbaumer, Fort Frances, a son, Malachi Nussbaumer, 7 pounds, 11

ounces, Sept. 10, 2013.

Cheyenne Boshkaykin and Mike Mainville, Fort Frances, a son, Koby Louis Mainville, 8 pounds, 12 ounces, Sept. 12, 2013. Vanessa Big George and

Timothy Bruyere, Fort Frances, a daughter, Amiya Shirell Felicia Bruyere, 7 pounds, 5 ounces, Sept. 12, 2013.

Congratulations

Todd & Patty Pavleck

25

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25th Wedding Anniversary

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Marilyn Rousseau

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1-4pm

at Almost Lindys Banquet Room

No Gifts Please