

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

Possible causes of constant fatigue

Q. I'm 68 years old and I'm tired a lot. What do you think could be causing this?

A. For starters, I never make a personal diagnosis; I'm not qualified. I'm a journalist, not a physician. If you have persistent fatigue, I recommend you see a doctor for a check-up.

Figuring out why you are fatigued is very difficult because there are so many possible causes. These include: too much exercise, not enough activity, insufficient sleep, alcohol consumption, allergies, caffeine, medications such as antihistamines or blood-pressure drugs, unhealthy eating habits, psychological problems, obesity and diseases.

Among the diseases and conditions know to cause fatigue are cancer, multiple sclerosis, stroke, Parkinson's disease, fibromyalgia, Lyme disease, Crohn's and lupus.

[Personal note: I suffer from fatigue that I know is caused by seasonal



Fred
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allergies. When the pollen and mold counts are high, I lose energy and doze off during the day.]

There have been studies that indicate allergies cause fatigue. Some researchers say that proteins released by immune cells rushing to protect the body from allergens affect the central nervous system. The proteins release a chemical in the brain that induces lethargy.

In addition, poor sleep caused by allergies can cause fatigue. A study in the "Archives of Internal Medicine" showed that people with allergic rhinitis

were more likely to have sleep problems than people without the condition. In the study, about 35 percent of allergic rhinitis patients reported insomnia.

Fatigue is common, but common fatigue is different from Chronic Fatigue Syndrome. CFS is a complex disorder characterized by overwhelming fatigue. Patients with CFS also report suffering from other symptoms. In some cases, CFS can persist for years.

The cause or causes of CFS have not been identified and no specific diagnostic tests are available. Therefore, to be diagnosed with chronic fatigue syndrome, a patient must have severe chronic fatigue for at least six months that is not relieved by rest and not caused by medical or psychiatric conditions.

At the same time, the patient must also have at least four of the following symptoms:

- Impaired short-term memory or concentration

- Frequent sore throat
 - Tender lymph nodes
 - Muscle pain
 - Multi-joint pain without swelling or redness
 - Headaches of a new type, pattern, or severity
 - Unrefreshing sleep
 - Prolonged exhaustion and sickness following physical or mental activity.
- How can you cope with fatigue?

- Take short naps — no longer than an hour — throughout the day rather than resting for one long period.

- Budget your energy for your most important activities.

- Stay hydrated by drinking plenty of fluids.
- Eat a healthy diet.

- Limit your intake of caffeine and alcohol.

- Exercise easily to preserve your energy level.

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.

ENGAGEMENT



CONTRIBUTED PHOTO

LUCY NEVANEN AND LADD CORRIN

Lucy Nevanen and Ladd Corrin announce their engagement and forthcoming marriage. Parents of the couple are Paul and Denise Nevanen and Bill and Jeanne Corrin. Lucy and Ladd are both 2008 graduates of Falls High School. The bride-to-be graduated from the University of Minnesota with a bachelor of arts degree in biology in 2011 and from the University of North Dakota with a masters degree in public

health in 2014, and will attend the University of Minnesota School of Dentistry in the fall. The groom-elect graduated from the University of North Dakota in 2014 with a bachelor of science degree in fisheries and wildlife management and is an aquatic biology tech at Voyageurs National Park. They will celebrate the summer solstice with their wedding Saturday, June 21, 2014, at Falls Country Club.

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

- Salisbury steak
- Gravy
- Mashed potatoes
- Spinach
- Fruit

TUESDAY

- Chicken breast on a bun
- Lettuce leaf
- Potato salad

Corn cobette

Fresh fruit

WEDNESDAY

- Garden potato soup
- Ham slice
- Whole wheat bread
- Lettuce leaf
- Slice of cheese
- Refrigerator pickles
- Fruit

THURSDAY

- Meatballs
- Potatoes

- Gravy
- Carrots
- Fruit

FRIDAY

- Father's Day Party
- Roast beef
- Mashed potatoes
- Gravy
- Green beans
- Rhubarb upside down cake

LOOKINGBACK

25 YEARS AGO

The children of George and Gladys Mathews request the pleasure of your company at their 50th wedding anniversary reception on June 10, 2 to 5 p.m., at Thunderbird Lodge.

The children of Evelyn Ellsworth request the pleasure of your company at her 80th birthday celebration on June 18, 2 to 4 p.m. at West Falls Estates.

40 YEARS AGO

Miss Eugenia Nagurski, daughter of Mr. and Mrs. Bronko Nagurski, Sunset Beach on Rainy Lake, was awarded a bachelor of science degree in business administration during graduation ceremonies of

Creighton University at Omaha, Neb.

Mrs. Marvin (Mary Lou) Pearson was recently awarded a Fellowship from the Bush Foundation of Minneapolis. Awards are given annually to persons wishing to continue their education and have demonstrated academic excellence in past schooling.

Airman First Class Dean Thompson, son of Mr. and Mrs. Torgney Awsumb, Rogers Route, has been named Outstanding Airman of the Quarter in his unit at Havre Air Force Station, Mont.

50 YEARS AGO

Mrs. Dena Nicholson, Loman Route, will be at Eric'sburg the next month caring

for her grandson, Wayne Lovell, while his parents, the Robert Lovells, are making a European trip.

Donald Belanger and Rodney Bergstrom, Loman Route, left for Fort Leonard Wood, Mo., Tuesday to meet Pvt. DeWayne Belanger, who rates a furlough.

Miss Donna Pettis, daughter of Mayor and Mrs. Floyd L. Pettis of South International

Falls, will graduate today from Bemidji State College.

James H. Jackson, 21, son of Mr. and Mrs. Stanley Johnson, Island View Route, completed basic training recently at the Naval Training Center, Great Lakes, Ill.

60 YEARS AGO

A son was born today at Falls Memorial Hospital to Mr. and Mrs. Donald Rahnier; weight, 6 pounds.

What advances in technology have been made in hearing aids?

The most recent advance is the introduction of hearing aids that are compatible with selected smart phones. These hearing aids allow the user to hear the sound from the phone directly in the hearing aids. There is an app for altering the sound characteristics of the hearing aids for specific locations and automatically returning to the settings the next time you are in that location.

Most hearing aids now exchange data from ear to ear. If the wind is buffeting one side, the microphone could be turned off and the hearing aid can get sound input from the non-buffed side. A phone can be answered and sound can also be sent to the ear on the other side. The hearing aids can use the 4 microphones to determine the direction of the speech signal and both hearing aids can be coordinated to enhance the reception of the targeted speech.

Hearing aids do not have to be bulky beige chunks in the ear. There are small instruments that have a thin tubes to deliver the sound into the ears. We also have a wide range of colors to either blend into the hair or to make a fashion statement.

We are here to provide the hearing solutions that will help you live a fuller and more enjoyable life. I have over 30 years of experience in helping people get more out of life through better hearing. Call to schedule your hearing evaluation and to start down the road to a fuller life.

**Thursdays,
June 5, 12, 19 & 26**

RENAISSANCE
HEARING CENTERS, INC.

612 5th St. NW, Bemidji 444-4444 or 1-800-414-5854
renaissancehearingcenters.com

This is Northwoods Eating

Breakfast Specials

Mon.-Sat. \$6.29 • Sunday \$7.29

Mon.	Big Moose Skillet with hashbrowns
Tues.	Breakfast Sandwich with hashbrowns
Wed.	French Toast w/eggs & sausage or bacon
Thurs.	Blueberry Pancakes w/eggs & sausage or bacon
Fri.	Biscuits & Gravy w/eggs & hashbrowns
Sat.	Cinnamon Swirl French Toast with ham & eggs
Sun.	Blueberry Cream Cheese Crepes with eggs & ham

Dinner Specials

Mon.	Half Chicken Dinner	\$10.99
Tues.	Full Rack of BBQ Ribs	\$17.99
Wed.	Pan Fried Walleye	\$14.99
Thurs.	Mozzarella Girasole	
	w/Marinara Sauce	\$10.99
Fri.	Fishermen's Catch	\$16.99
Sat.	Rib Eye Steak	\$17.99
Sun.	Chicken Kiev	\$11.99

Dinners include choice of potato & salad. Choice of soup for \$1.00

Canadian Money at par!

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CONGRATULATIONS!

STUDENTS OF THE MONTH ANNOUNCED AT INDUS

The following students have been named "Students of the Month" at Indus School based on their exemplary behavior and attitudes, academic achievement or special achievement, and uniqueness. Four students are chosen from these groupings on a monthly basis: Grades 10-12, Grades 7-9, Grades 4-6, Grades K-3.

Students recognized in April for March are:

Henry Morgan

Henry Morgan - Grade 3 - whose teacher notes his improved writing skills: "He's an amazing author now!" He also is progressing in math, is kind, funny, and helpful, and gets along with others.

Annie Schiro

Annie Schiro - Grade 6 - whose teacher finds her reliable and friendly, a great leader and "not afraid to follow her own path."

High School Students of the Month are:

Mariah Leahy

Mariah Leahy - Grade 7 - She is responsible, organized, studious, gets work done on time and has excelled in her seventh grade year. Her teacher says she "consistently checks for assignments prior to game days" and takes homework seriously, balancing softball and academics.

Sierra Hoopingarner

Sierra Hoopingarner-Hale - Grade 11 - has shown "exceptional" leadership qualities as Junior Class President, especially in guiding her class to a successful prom. She has also maintained above average grades and made the honor roll consistently.

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