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

ENGAGEMENT

CONTRIBUTED PHOTO

KARLA ERICKSON AND JESSE MAYFIELD

Dale and Deedra Erickson of Birchdale are pleased to announce the engagement of their daughter, Karla Rae Erickson, to Jesse Jacob Mayfield, son of Beverly Mayfield of International Falls. The bride-to-be is a 2006 graduate of Indus High School and a 2010 graduate of the University of Minnesota – Duluth with a bachelor's degree in accounting and finance. She is employed by Prime Therapeutics in Eagan and runs a home-based business with Arbonne. The groom-elect is a 2004 graduate of Indus High School and a 2007 graduate of Hibbing Tech with a degree in electrical maintenance and eonstruction. He is employed by Mortenson Construction as a superintendent in renewable energy groups. An Aug. 31, 2013 wedding and reception is planned in Birchdale. The happy couple will return to their home in Plymouth after honeymooning in Cancun.

John Randolph

Bended-Knee

CONTRIBUTED PHOTOS

Gospel concert set for Aug. 22

A concert featuring musicians from the north and the south is scheduled for 7 p.m. Thursday at Full Gospel Fellowship, 1530 Sixth Avenue West. From the north, the Minnesota-based band Bended-Knee will join with Texas music artist John Randolph from the south. Both Bended-Knee and Randolph will be sharing their music and singing while giving testimonies and words of encouragement.

Symptom of 'white-coat hypertension'

Fred CICETTI
HEALTH CARE WRITER

Q. Whenever I go to the doctor and she takes my blood pressure it is a little high. Then, at the end of the office visit, she takes my pressure again and it's normal. Do you know what causes this?

A. What you describe is a common symptom of "white-coat hypertension." This means that your blood pressure goes up whenever anyone in a white coat (or reasonable medical facsimile) comes near you. I suffer from this myself so I have a visceral understanding of the problem.

In a recent study employing 24-hour ambulatory monitoring, about a third of patients thought to have "resistant hypertension," actually had white-coat hypertension. The study was published by the American Heart Association.

Resistant hypertension occurs when a patient's blood pressure remains above treatment goals, despite using three different types of drugs at the same time.

"Ambulatory monitoring showed that many of these patients' blood pressures were in the normal range when they were at home or participating in their usual activities," said Alejandro de la Sierra, M.D., lead author of the study. "While those who actually had white-coat hypertension are not risk free, their cardiovascular outcomes are much better."

You can determine if your high blood pressure only occurs in the doctor's office, or if it's a persistent condition that needs treatment. All you need is a home blood-pressure monitor that you can buy in a pharmacy.

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
Peas and carrots
Emerald pears

TUESDAY

Chicken dressing bake
Carrots
Coleslaw
Pudding

WEDNESDAY

Corn chowder soup
Ham sandwiches
Lettuce leaf
Slice of cheese
Cucumber/onion salad
Square Jell-O poke cake

THURSDAY

Roast beef
Mashed potatoes
Gravy
Spinach
Rhubarb upside down cake

FRIDAY

Chicken breasts on buns
Lettuce leaf
Potato salad
Fresh fruit
Cookies

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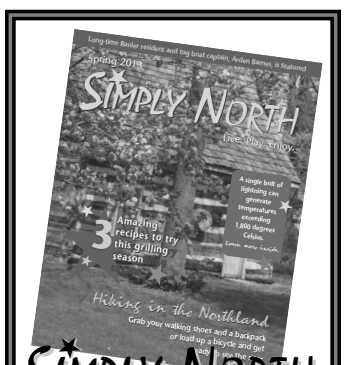

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Moose Lodge #1259 wishes to Thank the following organizations and businesses for donating prizes for the Annual Fishing Derby

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Woody's Rainy Lake Resort
Pepsi
Rainy Lake One Stop
Domino's
Coca Cola
J & D Foods
Polkinghorne's
Super One Foods
Einarson's Flying Service
Bill Durant/Liz Bryant IFFD
Outpost
Dairy Queen
Rainy Lake Oil
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Miller Insurance
Wagner Construction
Ballan Furniture
Streiff's Floral
Frostbite Fuel
Randy's Auto
TJ's Total Hair Care
City Drug
Cloverleaf Foods
Emo Drug
Thunderbird Lodge
Loon's Nest
Battalion's Distributing
Hardee's
JC's
Cine 5
Border Cuts
Pelland Welding
Border Bar
Outdoorsman
All Season Equipment
Koerter's Amoco
Wherley Motors
Wells Fargo
Ben Franklin
Kantor Electric
KGHS/KSDM
Viking Bar
Giovanni's Pizza
Borderland Jewelry
Devlin Store
Tompkin's Hardware
Ranier Muni
Waschke Family Gm Center
Northern Lumber
Pizza Corner
Roadhouse
Hometown Café
County Market
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Apologies to anyone who was left off the donors list. Thank you

Our deepest thanks to all our sponsors for making this year's derby such a success and to Lyle Windsnes for manning the weigh station, Delano and Gina for all their help, Deb Long and companions for dishes, Tom Keller at the bar and to everyone who takes a kid fishing.

1st Place Fishing Prize Winners

Kids	***Adult***
Walleye - Nick Bernath	*Walleye Stringer - Ken Long*
Walleye Stringer - Nick Bernath	*Largest Walleye - Ken Long*
Northern - Parker Grindall	*Northern - John Hatzynberger*
Bass - Logan Covel	*Bass - Kallie Kantos-Fritz*
Crappie - Tanner Grindall	*Crappie - Ken Long*