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OBITUARIES

Ronald D. Ehnert
Age: 76
From: New York Mills, MN
Passed Away: Sat., Sept. 28
Where: Knute Nelson Care Center, Alexandria, MN
Visitation: Sun., Oct. 6, 4-7pm at Trinity Lutheran Church, New York Mills, MN, one hour prior to the service
Prayer Service: Sun., Oct. 6, 6pm at Trinity Lutheran Church, New York Mills, MN
Funeral Service: Mon., Oct. 7, 11am
Location: Trinity Lutheran Church, New York Mills, MN
Funeral Home: Karvonen Funeral Home
Online condolences may be sent to www.karvonenfuneralhome.com



Mary Lou Hendrickson
Age: 89
From: Vergas, MN
Passed Away: Sun., Sept. 29
Visitation: Sat., Oct. 5, 9:30-10:30am at Sacred Heart Catholic Church, Dent, MN
Memorial Mass: Sat., Oct. 5, 10:30am
Location: Sacred Heart Catholic Church, Dent, MN
Funeral Home: Karvonen Funeral Home
Online condolences may be sent to www.karvonenfuneralhome.com

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Trivia? During World War II which Bomber was also known as the Flying Fortress?
B-14 B-17 B-24

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|-----------------|-----|-----|-----|
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| Jason Price | 246 | 278 | 714 |
| Roger Bleuins | 236 | - | 673 |
| Dom Hemingsen | 279 | 245 | 672 |
| Nolan Booth | 243 | - | 670 |

Trivia? Air Stream Trailers were first produced in what year?
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Trivia? Alvin and the Chipmunks were created in what year?
1958 1963 1968

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When I started Helmets for Kids in 1999 I never imagined that I would still be giving helmets away 25 years later. In those 25 years I have fitted and given away, free of charge, over 22,000 helmets. Recently I have given helmets to the kids of parents I gave helmets to, years ago. That makes me feel old!! But it feels good!!

Being a Brain Injury Survivor, and 5 time cross country bicyclist, it feels good to have found "purpose" in being a Brain Injury Survivor. If my work has prevented one kid from going through what I've been through and will continue to go through every day of my life, it has been worth it.

As I rapidly approach retirement age, I have made the difficult decision to stop doing "Helmets for Kids" after this year. Since this will be my last year, I would like to give A LOT of helmets away. So I am setting my fundraiser goal for \$10,000. Any help would be greatly appreciated.

I am also looking for speaking opportunities. I speak in schools, daycares, civic clubs, hospitals, wherever people want to hear my story.

Please consider helping me to raise enough money to meet my goal of \$10,000.

Thank You Mike Heikes a.k.a. "Pedal Monster"
23071 Co. Hwy. 1, Fergus Falls, MN 56537
helmetsforkids.org • 218-736-6023 before 7:00pm (CT)

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Breast Cancer Awareness Month



About **1 in 8 women** in both the U.S. and Canada are expected to develop invasive breast cancer during the course of her lifetime, according to the Government of Canada and BreastCancer.org. Awareness and early detection help save lives.

Mammogram Guidelines

Following are the American Cancer Society's current recommendations for breast cancer screening:

- Ages 40 to 44**
Women should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Ages 45 to 54**
Women should get mammograms each year.
- Ages 55 and older**
Women should get mammograms every 2 years or continue annual screening.

The American Cancer Society recommends that screening continue as long as a woman is in good health and expected to live 10 more years or longer. Women should also be familiar with the known benefits, limitations and potential harms linked to breast cancer screening. Any changes in the way breasts normally look and feel should be discussed with a healthcare provider without delay. A small number of women with family history, genetic tendency or other specific risk factors should be screened with MRIs in addition to mammograms. To determine the screening plan that's best for you, talk to a healthcare provider.

Need-to-Know Info: Inflammatory Breast Cancer

Inflammatory breast cancer (IBC) is a rare and aggressive form of breast cancer that differs from other forms of breast cancer because it commonly does not cause a lump or mass. Due to the aggressive nature of IBC, early detection is vitally important. Here are some warning signs that may indicate IBC and should be immediately discussed with a doctor:

- Breast discoloration that is typically red, but may be pink or purple
- A rash or small irritation that resembles an insect bite
- Breast tenderness or pain, or warmth to the touch
- Persistent itching around the nipple
- Dimpling of the breast skin
- Change in the appearance of nipples to flat or inverted
- Swelling in the size of one breast

Awareness Can Save Lives



Breast cancer is the most common form of non-skin-related cancer in women and the second-leading cause of women's cancer deaths in both the United States and Canada.

Sources: American Cancer Society, Canadian Cancer Society

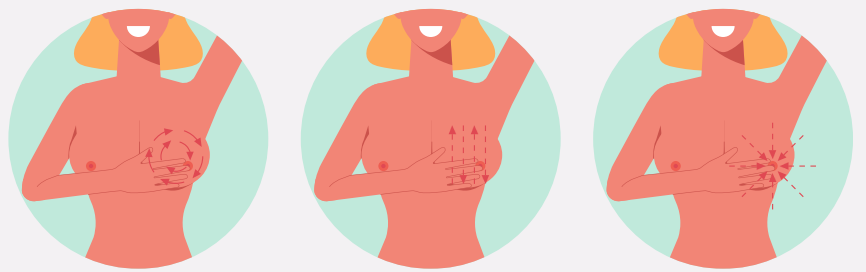
While experts agree that breast self-exams are not a screening tool for breast cancer, being familiar with your breasts can increase the likelihood of identifying changes early and discussing them with a healthcare professional. While most of the changes or lumps

people find in their breasts are not cancerous, it's important to report them to your doctor. Self-exams are an integral part of creating breast familiarity and awareness, and identifying breast cancer in its early stages can often lead to more successful, less invasive treatment.

According to Lillie D. Shockney, Johns Hopkins University Distinguished Service Professor of Breast Cancer, as reported on the National Breast Cancer Foundation website, *forty percent of breast cancers diagnosed are detected by women who identify a lump.*

Follow the arrows.

Using a methodical technique like the patterns outlined here will help ensure you examine your entire breast. →



Remember

that breast self-exams are no substitute for screenings. Using breast self-examination in combination with these screening methods can help increase the odds of early detection:

- Clinical breast exam
- Mammogram
- Breast MRI



Women of all ages can follow these steps outlined by the Cleveland Clinic to perform a monthly self-examination of the breasts:

Begin with a visual inspection of your breasts, standing with your arms at your sides.

Look for any swelling, changes in breast shape or position of the nipples, or dimpling or changes on the skin.

Next, place both hands on your hips and flex your chest muscles, repeating your visual inspection of both breasts. Breast tissue extends to the armpit, collarbone and top of the abdomen, so include all of these areas in your exam.

While standing, examine each breast with the pads of your three middle fingers. Use your right hand to examine your left breast, then vice versa.

Press on every part of the breast, beginning with light pressure and increasing to firm. Feel for any lumps, thick spots or other changes, being sure to check the areas by your armpit and under your areola.

Squeeze the nipple to check for any discharge.

Lie down to complete the breast self-exam. Begin by placing a pillow under your right shoulder and placing your right arm behind your head. Using your left hand, follow the same technique described while standing, then change the pillow to the other shoulder to check the other breast and armpit.

Tip From the National Breast Cancer Foundation:

For women who are still menstruating, a breast self-exam should be performed several days after her period ends. For post-menopausal women, a breast self-exam is best performed on the same day of each month.

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October is National Breast Cancer Awareness Month



Events like National Breast Cancer Awareness Month and the Susan G. Komen® MORE THAN PINK Walk® have been integral to raising awareness about the most commonly diagnosed cancer in women across the globe. Though such campaigns and events have helped many women better understand breast cancer and their own risk for the disease, certain myths surrounding breast cancer persist. Such myths are not harmless and can, in fact, lead to unsafe outcomes that jeopardize women's health.

Questions about breast cancer should always be directed to a physician. Though physicians may not have all the answers, they remain useful allies in the fight against a disease that the World Cancer Research Fund International reports will be discovered in roughly three million women this year. As women seek more knowledge of breast cancer, it can be just as important to recognize some common myths surrounding the disease.

Myth: MRIs are more effective than mammograms.

The National Breast Cancer Coalition notes that no evidence exists to support the assertion that a magnetic resonance imaging exam is a more effective screening test for breast cancer than a mammogram. The NBCC acknowledges that an MRI can be an effective diagnostic tool when doctors suspect something is wrong. However, the NBCC advises against using MRI to screen for breast cancer since it is more likely to yield a false-positive result than a mammogram. Indeed, the National Breast Cancer Foundation identifies mammography as the gold standard for the early detection of breast cancer.

Myth: Breast size and breast cancer risk are connected.

This myth typically suggests breast cancer is more common in women with large breasts. The NBCF notes there is no connection between breast size and breast cancer risk. Breast density, not size, may be associated with a greater risk for breast cancer. The Mayo Clinic notes dense breast tissue refers to the ways breast tissue appears on a mammogram. Women with dense breasts, which the National Cancer Institute notes affects roughly half of all women over age 40, are at higher risk for breast cancer because the dense tissue makes screening for the disease more difficult. But breast size and breast density are not one and the same.

Myth: Most breast cancer patients have a family history of the disease.

The NBCC notes that roughly 15 to 20 percent of women diagnosed with breast cancer report a family history of the disease. Assuming only those with a family history are vulnerable to breast cancer gives women with no such background a false sense of security, which may discourage them from taking measures to lower their risk.

Myth: All breast lumps are cancerous.

The NBCF indicates only a small percentage of breast lumps end up being cancerous. Lumps should never be ignored, and should be reported to a physician immediately. But it's important to avoid jumping to conclusions after finding a breast lump. A clinical breast exam can determine what's behind the lump, and women who discover a lump should remain calm until such an exam is conducted.

These are just some of the many myths circulating about breast cancer. More information about the disease can be found at nationalbreastcancer.org.

BOWLING NEWS

Trivia Answers

B-17
1932
1958

—AUCTION DIRECTORY—

Sat., Oct. 5, 10am. CLASSIC CAR/VEHICLE/PARTS/TOOL AUCTION. Owners: Ron Gettman. Location: Browns Valley, MN - Old City Shop on Main Street. Classic cars, pickups, vehicles, camper, motorcycle, car parts, motors, collectibles, toys, tools, lawnmowers, tractor, & more! Visit www.midwestauctions.com/ostby or for questions feel free to call Derek at 605-949-2170. *Ostby Auctioneering.

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BUMBLE BEES

By Bev Johnson, WOT Master Gardener

Petunia hates bugs. Anything with wings buzzing around her sends her into panic mode. The one exception is bumble bees. "They are so cute and fuzzy," she says. She isn't aware of all the good deeds these little fuzz-balls do. They are very effective pollinators of many fruits and vegetables including tomatoes, raspberries, cranberries, peppers, squash, and blueberries, as well as dozens of native wildflowers.

All bees have evolved alongside flowering plants and have developed interdependent relationships with many of these plants. Until relatively recently, these pollination services were taken for granted. As long as crops were doing well, no one was really concerned. Then crops started to get bigger, occupying more land. The wild lands at the edge of fields were plowed up for more crops. There weren't enough wild pollinators to pollinate all of them.

There are over 20,000 species of bees in the world but only one has dominated the list of managed pollinators. That is the honeybee. Luckily, she is well adapted for use as a managed pollinator. They forage on a wild variety of crops, have colonies with tens of thousands of bees, and more conveniently, they adapt well to living in boxes that can be transported, not only from field to field but from state to state. On an individual bee to bee basis, bumblebees are more efficient pollinators than honeybees for most crops. A bumble bee colony typically has from 50 to 500 bees and can transport more pollen per bee. The honeybee colony has between 10,000 to 30,000 bees so they make up for their inefficiency with sheer numbers.

Over the past 50 or so years, Colony Collapse Disorder and overuse of insecticides pesticides, parasitic mites, viruses, microsporidians and fungi have been attacking our honeybees. Part of the reason why honeybee populations have been so afflicted by these problems is that they are transported long distances across the country in close quarters to pollinate different crops. The diseases and pests are transported right along with them. That's why these problems can spread so quickly through the bee population. The same is true if bumblebees are transported. These problems don't arise with locally raised bumblebees. Oddly enough, bumblebees are often used as supplemental pollinators of many crops.

There are several reasons to use bumblebees for pollinators. Some have long tongues. This gives them an advantage over the short-tongued honeybee when foraging on flowers with long tubes like red clover. They work longer hours as they will fly in cooler temperatures and lower light, thus improving crops facing inclement weather. They have a different way of pollinating flowers. She grabs the pollen producing part of the flower in her jaws and vibrates her wings shaking the heck out of the flower. This shakes the pollen out that would otherwise stay trapped. Tomatoes need buzz pollination for effective fruit set. Who knew? They adapt well to living in greenhouses, making them a great pollinator for the commercial greenhouse grower.

There are several ways you can induce bumblebees to hang around your gardens. They nest either in clumps of grass above ground or in holes in the ground, typically old mouse nests. Leave some tall unmowed grass for them to nest in. Plant flowers. Early spring flowers are very important as that is when the baby bees are getting their start. All bees are especially attracted to flowers that are blue, purple and yellow. Plant native flowers and flat faced single flowers to encourage them to hang around your gardens. And when they buzz around you, don't wave your arms around. It irritates the heck out of them. You'll get stung!

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