

# Four Ways To Stay Healthy This Holiday Season

by Kate Jackson

No one wants to come down with a nasty bug during the holidays, but what is there to be done? Well, no one can avoid getting sick all of the time, but there are a few things you can do to reduce the likelihood of spending your christmas holiday with body aches and a cough.

In addition to washing your hands thoroughly and regularly, try these four powerful moves to boost your immune system now:

Drink a ton of water. Everyone knows that it's super important to drink plenty of liquids when you are already sick but staying well hydrated in general is a great way to keep from getting sick to begin with. Our bodies are largely made up of water and we need a bunch of it to stay well hydrated. Experts suggest drinking 8 ounces of water 8 times a day as a general guideline.

However, we all know it can be easy to get behind, so if you do feel a cold coming on, up your water intake and you may just be able to stave it off. Because it's free of immune suppressors like sugars and so easy to come by, it's preferable over fruit juice or other beverages in the fight to stay hydrated. It's the critical fuel for every system in our bodies, so drinking enough water is the simplest and most powerful thing you can do to keep your immune system strong.

Eat raw garlic. Yes, you can do that, your body will thank you. Garlic has been used medicinally for thousands of years and with good reason. A recent study found that consuming raw garlic shortened the duration of a cold by 70% in some cases and the same study found that a daily garlic supplement reduced the chances of getting a cold to begin with by 63%.

It is important to eat it raw because heat will destroy most of garlic's immune boosting power. If you shudder at the idea of simply downing a handful of chopped garlic, try taking it with a spoonful of applesauce, mashed banana or even honey to help it go down. Also, remember to take it after eating as it may cause discomfort on a empty stomach.

Sleep a lot. Seriously, we are all busy and it can be hard to fit enough of it in but it's important to find a way. Being well rested in general will make you less susceptible to illness by a long shot, according to research. A study of 164 healthy adults, published in the medical journal Sleep, found that people who get less than 7 hours of sleep per night are four times more likely to develop a cold than those who slept for more than 7 hours.

This means that the amount of time you spend sleeping is a better predictor of your chances of catching what's going around than almost anything else, including age, body mass or stress levels. So, while we know getting enough sleep is important when we are fighting off a bug, getting an extra hour or two a night might just spare us the experience in the first place.

Avoid sugar. Of course, that's easier said than done this time of the year, what with all the rich foods and sweet treats being offered up left and right. But no matter how tough it may seem to avoid it, at least try, you'll be glad you did.

Why? Well, that ever-present sweet stuff that we've all come to think of as part of celebrating the holidays? It's actually wreaking havoc on your immune system by subduing the cells that defend against bacteria and, at the same time, promoting inflammation. That doesn't mean that you can't have something sweet once in awhile, just practice moderation and seek out natural sugars, like ripe fruit, when you can. ~ Happy Holidays!

## CLASSIFIED ADS

**AA MEETINGS: MON, 7:30 PM**, Clair Nelson Center in Finland. **TUES, 7:30 PM**, St. Mary's Catholic Church basement, Silver Bay. 218-220-8047 or 218-353-7576.

### MISCELLANEOUS

**The Cheese Lady is here**, and more Polish Pottery - just arrived in time to accent your holiday table. **25% Off.** Be warm & cozy with MN made Faribault blankets & cashmere scarves. **25% Off.** All Christmas **25% Off.** **Skipping Rocks** open Friday & Saturday 11 a.m. - 6 p.m. until Christmas. 226-9923 Next to Camp 61.

### FOR SALE

**CHRISTMAS TREES: Balsam and Spruce Trees. SALE starts on November 27<sup>th</sup>.** Vern Thompson, 37 Hays Circle, Silver Bay. 218-226-4668

More Fresh, Clean **8ft. Maple Firewood** for sale! Call: (218) 220-8120 Holden Logging

**FOR SALE: Electric Organ & Music Air Compressor.** Nearly new wheelbarrow. Computer desk. 226-4121

### FOR RENT

"Home to share" 2 bdrm/2 bath remodeled home, fully furnished w/ many new features. Fully equipped gym. Asking \$650/mo. inc. all util. or \$30 p/night. Please call 763-442-7656 for more info.

**3-Bedroom House w/basement** for rent in Finland. Newly remodeled. \$800/month + utilities. Call 651-246-7874

## Sheriff's Report

Monday, November 27, 2017  
Inmate Population: 10  
•0102 Deputy makes traffic stop on Hwy 2 near Cedar Rd. Warn for speed.  
•0744 Deputy at THHS for the start of the school day.  
•1408 Deputy transports inmate to Lakeview.  
•1607 Deputy serves papers at Law Enforcement Center.  
•1629 Deputy responds to report of a fire outside TH residence. All ok.  
•1948 Deputy responds to report of a domestic on Hwy 1.

Tuesday, November 28, 2017  
Inmate Population: 10  
•1409 Deputy serves papers at Law Enforcement Center.  
•1607 Deputy responds to report of a school bus stop arm violation.  
•1702 Deputy makes traffic stop on Hwy 2 near Legler Lake Rd. Warn for speed.  
•1706 Deputy makes traffic stop on Hwy 2 near Jordan Rd. Warn for speed.  
•2050 Deputy makes traffic stop on Towers Trl/Hwy 1. Warn for no bumper, license plate, proof of insurance and no driver's license in possession. Cited for failure to transfer DL.  
•2231 Deputy assists Ely PD with a welfare check.

Wednesday, November 29, 2017  
Inmate Population: 10  
•0950 Deputy responds to security alarm in Ely.  
•1103 Deputy serves papers at BB residence.  
•1142 Deputy makes traffic stop on Hwy 61 near Pine Bay Loop. Warn for speed.  
•1415 Deputy at THHS.  
•1500 Deputy makes traffic stop on Hwy 61 near Scenic Dr. Warn for stop sign.  
•1630 Deputy responds to report of trespassing at residence on Hwy 61. Unable to locate.  
•1934 Deputy serves papers at SB residence.  
•1945 Deputy makes traffic stop on Lax Lake Rd near Penn Blvd. Warn for speed.  
•2137 Deputy checks on residence on house watch list. All ok.

Thursday, November 30, 2017  
Inmate Population: 10  
•0225 Deputy responds to medical on Hwy 61.  
•1318 Deputy responds to report of vehicles stolen from area business.  
•1542 Deputy responds to report of suspicious activity at area business.  
•1554 Deputy responds to report of suspicious activity.  
•2228 Deputy makes traffic stop on Hwy 1 near Maple Leaf Ln. Warn for speed.  
•2329 Deputy removes deer from Hwy 61.

## LEGAL NOTICES

### NOTICE OF A PUBLIC HEARING ON A REQUEST FOR AN INTERIM USE PERMIT ON PROPERTY IN LAKE COUNTY, MINNESOTA.

Notice is hereby given that the Lake County Planning Commission will conduct a public hearing to make a recommendation to the Lake County Board of Commissioners on **December 18, 2017 at 7:15 p.m.** in the Two Harbors Law Enforcement Center, 601 3rd Avenue, Two Harbors, MN 55616, at which time interested parties shall have the opportunity to discuss the granting of the following request:

In accordance with Lake County Land Use Ordinance #12, an application for (renewal) Interim Use has been filed by John Gregor, which, if approved, would allow a short-term vacation rental home on property described as 10 Acres out of Ely 708.69ft of SE 1/4 of NE 1/4 as Desc in Doc No A000163165 in Section 4, Township 53, Range 10, zoned R-1/Residential, 10.00 acres, 10-acre minimum, Silver Creek Township.

John Gregor - I-17-029 dated this 8th day of December, 2017.

Joseph Skala, Chairman, Lake County Planning Commission.

Northshore Journal: December 8, 2017

### NOTICE OF A PUBLIC HEARING ON A REQUEST FOR AN INTERIM USE PERMIT ON PROPERTY IN LAKE COUNTY, MINNESOTA.

Notice is hereby given that the Lake County Planning Commission will conduct a public hearing to make a recommendation to the Lake County Board of Commissioners on **December 18, 2017 at 7:00 p.m.** in the Two Harbors Law Enforcement Center, 601 3rd Avenue, Two Harbors, MN 55616, at which time interested parties shall have the opportunity to discuss the granting of the following request:

In accordance with Lake County Land Use Ordinance #12, an application for (renewal) Interim Use has been filed by James Hagen, North Shore Headlands House, LLC, which, if approved, would allow a short-term vacation rental home on property described as That Part of Lot 3 as Desc in Cert of Titles 43 Pg 31 in Section 1, Township 56, Range 7, zoned R-4/ Residential, 1.50 acres, two-acre minimum, Beaver Bay Township.

North Shore Headlands House, LLC - I-17-028 dated this 8th day of December, 2017.

Joseph Skala, Chairman, Lake County Planning Commission.

Northshore Journal: December 8, 2017

### NOTICE OF A PUBLIC HEARING ON A REQUEST FOR AN INTERIM USE PERMIT ON PROPERTY IN LAKE COUNTY, MINNESOTA.

Notice is hereby given that the Lake County Planning Commission will conduct a public hearing to make a recommendation to the Lake County Board of Commissioners on **December 18, 2017 at 7:30 p.m.** in the Two Harbors Law Enforcement Center, 601 3rd Avenue, Two Harbors, MN 55616, at which time interested parties shall have the opportunity to discuss the granting of the following request:

In accordance with Lake County Land Use Ordinance #12, an application for (renewal) Interim Use has been filed by Wanda Widen & Cynthia Foyt, which, if approved, would allow a short-term vacation rental home on property described as That Part of SE 1/4 of SW 1/4 W of RR Less W 5 Acres in Section 35, Township 53, Range 11, zoned R-2/Residential, 27.51 acres, five-acre minimum, Unorganized Territory #2.

Wanda Widen & Cynthia Foyt - I-17-030 dated this 8th day of December, 2017.

Joseph Skala, Chairman, Lake County Planning Commission.

Northshore Journal: December 8, 2017

### STATE OF MINNESOTA COUNTY OF LAKE DISTRICT COURT PROBATE DIVISION

In Re: Estate of ROBERT FRANK OLSON, Decedent.  
Court File No. 38-PR-17-499

### NOTICE AND ORDER OF HEARING ON PETITION FOR FORMAL ADJUDICATION OF INTESTACY, DETERMINATION OF HEIRSHIP, APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS

It is Ordered and Notice is given that on **January 4, 2018 at 9:00 a.m.**, a hearing will be held in this Court at the Lake County Courthouse, Two Harbors, Minnesota, for the formal adjudication of intestacy and determination of heirship of the decedent and for the appointment of BRIAN D. OLSON, whose address is 9933 Toledo Drive North, Brooklyn Park, Minnesota, 55443, as personal representative of the estate of the Decedent in an unsupervised administration. Any objections to the Petition must be filed with the Court prior to or raised at the hearing. If proper and if no objections are filed or raised, the personal representative will be appointed with full power to administer the estate, including the power to collect all assets, to pay all legal debts, claims, taxes and expenses, to sell real and personal property, and to do all necessary acts for the estate.

Notice is also given that (subject to Minn. Stat. 524.3-801) ALL CREDITORS having claims against the Estate are required to present the claims to the personal representative or to the Court Administrator within four (4) months after the date of this Notice or the claims will be barred.

Michael J. Cuzzo  
District Court Judge

AMY TURNQUIST/  
Stefanie Higgins, Deputy  
District Court Administrator

**COSTLEY & MORRIS, P.C.**  
Mitchel H. Costley #19148  
Attorneys for Petitioner  
609 First Avenue, P.O. Box 340  
Two Harbors, MN 55616  
(218) 834-2194  
mhc@costleylaw.com

Northshore Journal: December 8 & 15, 2017

### STATE OF MINNESOTA COUNTY OF LAKE DISTRICT COURT SIXTH JUDICIAL DISTRICT

In Re: Estate of David Richard Kunz  
Court File No. 38-PR-17-455

### NOTICE OF INFORMAL APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS (INTESTATE)

Notice is hereby given, that an application for informal appointment of personal representative has been filed with the Registrar herein. No will has been presented for probate. The application has been granted.

Notice is hereby further given that informal appointment of Morgan D. Kunz, whose address is 5529 Girard Ave. S., Minneapolis, MN 55419, as personal representative of the estate of the above-named decedent, has been made. Any heir, devisee or other interested person may be entitled to appointment as personal representative or may object to the appointment of the personal representative and the personal representative is empowered to fully administer the estate including, after 30 days from the date of issuance of letters, the power to sell, encumber, lease or distribute real estate, unless objections thereto are filed with the Court pursuant to Section 524.3-607) and the Court otherwise orders.

Notice is further given that ALL CREDITORS having claims against said estate are required to present the same to said personal representative or to the Probate Court Administrator within four months after the date of this notice or said claims will be barred.

/s/ Michael J. Cuzzo  
District Court Judge

AMY TURNQUIST/  
Vicki O'Brien, Deputy  
District Court Administrator

Dated: October 25, 2017

Northshore Journal: December 8 & 15, 2017

Friday, December 1, 2017  
Inmate Population: 10  
•0636 Deputy makes traffic stop on Outer Dr. near Adams Blvd. Warn for speed.  
•0820 Deputy responds to report of a truck that hit phone wires on Hwy 61.  
•0947 Deputy serves papers at TH business.  
•1047 Deputy transports inmate to L.C.J.  
•1607 Deputy takes report of a no pay at TH business.  
•1954 Deputy makes traffic stop on Hwy 61 near Alseth Rd. Cited for speed 85/65.  
•2032 Deputy removes dead deer from Hwy 61.  
•2310 Deputies and LCRS respond to report of a structure fire on Kane Lake Rd.

Saturday, December 2, 2017  
Inmate Population: 11  
•0403 Deputy checks on business on watch list. All secure.  
•0644 Deputy checks on business on watch list. All ok.  
•0713 Deputy out with suspicious vehicle. All ok.  
•0809 LCRS responds to medical on 8R Ave.  
•1028 Deputy provides traffic control in KR for Julebyen.  
•1240 Deputy checks on residence on watch list. All ok.  
•1428 Deputy responds to alarm at Ely residence.  
•1626 LCRS responds to medical in Finland.  
•2110 Deputy makes traffic stop on Hwy 61 near Gat 11 Rd. Warn for speed.  
•2341 Deputy out with vehicle on side of Hwy 61 with flashers on. Party changing tire.

Sunday, December 3, 2017  
Inmate Population: 11  
•0823 Deputy responds to report of trespassing.  
•1002 Sheriff and Deputy provide traffic control at Julebyen.  
•1453 Deputy makes traffic stop on Hwy 2/Greenwood River Rd. Warn for speed.  
•1611 Sheriff and Deputies along with THPD respond to report of a disturbance.  
•1653 Deputy serves papers at TH residence.  
•1701 Deputies and LCRS respond to report of a vehicle fire.  
•2015 Deputy responds to report of a house fire in TH.

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