

When Minnesota Nice Isn't Enough: New Anonymous Advice Column in the Northshore Journal

By Katee Rose

Winter is here again. Many of us will find ourselves turning inwards during the long months ahead. There is much to reflect on in the time we spend in deep winter. Much to learn and explore, both inside ourselves and out. The Northshore Journal is hoping to kick off a new section of the paper, JUST FOR YOU!

I'm sure that we all are familiar with what an advice column is. Remember *Dear Abby*? This means YOU write in to US, via Email, and give us a peek into what's going on for you. This is an opportunity to tell your story and ask questions. There's a saying we are all familiar with: Minnesota Nice. As pleasant of a gesture it is to be polite and hold your tongue, sometimes we just can't bottle up the things we need to say or may be reflecting on. This is your chance! Your identity is completely anonymous. This means no one will know that it's you! So, if no one knew it was you, what would you say? What is on your mind? What would you ask?

We want to be here for you, like you are for us. This effort to offer an advice column is a collaboration of 3 different unique individuals with all kinds of differing experiences, viewpoints, backgrounds, and approaches. These folks' identities will also be anonymous.

Here are their introductions:

*Dear Readers,
I thought I should take a minute to introduce*

myself so that you're not getting advice from a complete stranger. I can't say that I'm good at giving advice, and I can't say that I'm bad, but I'm certainly willing to try. I've had my fair share of painful, awkward, agonizing and uncomfortable human interactions to fill an encyclopedia. Not to mention, enough family dysfunction to scare away anyone from the nuclear family genre. I give advice from my own experience, so bring me your dilemmas, no matter the shock value, and I'll tell you what I know.

*With love,
-A Complete Stranger*

Dear Readers,

I have been completely enamored by Human Behavior for many years. It fascinates me to try and understand how we work, as such complex beings. I like to take a "birds eye view" approach and zoom out to better understand and gain perspective of how experiences have shaped our understanding. For me, the human experience is an endless rabbit hole I wholeheartedly enjoy exploring and going deeper into. I have studied many different modalities behind healing trauma and theories involving the human condition. I enjoy exploring these things with others and am looking forward to hearing about what's on your mind.

-Curious Rabbit

Dear Readers,

Plageieses is a copy-cat, someone who knows

wisdom, has lived on earth before (and maybe even currently), and been captured through poems, books, philosophy and daily divination. Plageieses enjoys staring at trees while pondering human suffering, cleaning/organizing to manage big emotions, and playing secretly in all ways. Plageieses knows that they don't know, yet they know that they love to think they know. They are kind of know-it-all, and know they have some good advice, or do they?

-Plageieses

So! If there is anything that you, as a reader of the Northshore Journal, would like to get off your chest or ask for any kind of insight or advice, please reach out and write to us through email: WhenMNniceisntenough@gmail.com. Any and all questions regarding any topic are welcome!

Of course there are some rules, you know - legally. Any slanderous, libel, name calling, derogatory or defamatory comments or statements are not allowed and therefore will not be published. So, please refrain from any of the aforementioned. Nobody wants to get sued. More details on rules and guidelines will be available in a later publication.

We are looking forward to hearing what's on your mind, and to offer support and guidance in any way we can!

Pump It Up! Because Strength Training Is For Everyone

Sawtooth Mountain Clinic,
Grand Marais, MN

Building muscle mass is about more than just looking buff or opening jars. Whether you refer to this process as strength training, resistance training, or weight lifting, the benefits are surprisingly wide-ranging:

- Reduced amounts of abdominal fat.
- Improved cardiovascular health and reduced cancer risk.
- Better blood sugar control.
- Reduce the chance of injuries, while improving flexibility and mobility.
- Prevention and management of osteoporosis.
- Better management of chronic conditions.
- Improved brain functioning and stronger mental health.
- Improved body image.
- A longer life- and healthspan.

When the body is building muscle, three factors come into play: mechanical tension, muscle damage, and metabolic response. First, increasing weight or resistance overloads the muscle tissues. This overload then causes small tears in the muscle fibers. This injury leads to growth factors being released, causing the muscle fibers to heal and grow. With proper rest and nutrition, the cycle begins again, and muscles get a little stronger each time.

How can something as simple as consistently lifting heavy things have all these benefits? Our bodies are in a constant process of renewing and recycling the chemicals of which we're made, including the protein building blocks (amino acids) that make up our muscles. If our bodies remove more protein than they add, we lose muscle. Sarcopenia (age-related loss of muscle mass and strength) is a result of this process. However, if our bodies add more protein than they remove, muscle mass grows. Strength training slows down, and can even reverse, sarcopenia. It's never too late to start!

Steps To Building & Maintaining Muscle Mass

- 1. If you have a chronic condition or are over 40,** talk with your healthcare provider before you begin strength training. They can help you to get started safely.
- 2. Warm up.** Do some light aerobic activity (walking, biking) for 5-10 minutes. Warm muscles are less likely to get injured.
- 3. Experiment with weight or resistance level.** Find the amount that you can do comfortably (and with proper form) for 10 -15 repetitions.
- 4. Then do two more sets. Or not. It's your call.** Some recommendations are for 3 sets of 10 -15 repetitions, while other research indicates that a single set can be just as effective. What really matters is step #5.
- 5. Lift to "fatigue,"** meaning lift until your

muscles are so tired that they can't complete another repetition while holding the correct form. This is the sweet spot where the muscle-building magic happens: overload, then damage, then growth.

- 6. Rest up.** Muscle fibers need time to repair before the tear-down/build-up cycle starts again. Give any muscle group that you stress 48 hours to recover, i.e. focus one day on the muscles of the upper body and then the next day focus on the lower body, or lift both on the same day and then skip lifting the next day. Work out muscle groups 2 or 3 times a week. The alternating days are a perfect time for aerobic activity. Aim for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each

week.

- 7. Listen to your body.** The discomfort that comes from exertion is one thing, but pain is another. If you ever feel pain, STOP, figure out what happened, and let yourself heal. Your body will also tell you when it's time to add more weight or resistance. When the amount that you're lifting is no longer enough to reach fatigue with good form, it's time to add either more repetitions or more weight.

This is a condensed version of our "Topic of the Month" newsletter. Read the full version (with info about protein and creatine supplementation), listen to the audio version, access all the resources used, and explore past issues at www.sawtoothmountainclinic.org.

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