

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.

FOR SALE

FOR SALE: 1952 Farmall Tractor w/ accessories. \$2,500. Call 218-220-0684

FOR RENT

FOR RENT: Newly remodeled, 3 bedroom house in Finland. \$800 + Utilities. Call 218-220-2121 or 651-246-7874

FOR RENT: House to share - Master Bedroom. \$90/week. 18 Marks Dr., Silver Bay. 218-220-9651

HOUSE FOR SALE/RENT IN BABBITT: 2-bedroom, 1 bath, air conditioning, 1 car garage. Cute, clean & cozy w/remodeled handicap bathroom., \$600/mo. includes water, sewer & garbage. 218-220-7684 or 218-226-3525

HELP WANTED

PCA help needed Hwy 1, Silver Bay. 12 hours/week, \$12/hour. Non-smoker only. Call 202-735-6898

Are you passionate about helping others succeed? Do you consider yourself a role model? CHOICE, unlimited (local non-profit organization) is looking for an Employment Specialist/Job Coach to mentor an individual with disabilities as they participate in employment, volunteering, exercise, and artistic pursuits. We have a Part time position available working on Wednesdays 9am-3pm in the Silver Bay area. Applications accepted at 1829 E. Superior Street, Duluth, MN-entrance is in the back of the building. Or apply online at www.choiceunlimited.org

Lake Superior Realty
A SUBSIDIARY OF HOT LINE REALTY, INC.
TIM MELBY, (218) 220-1020, REALTOR,

LITTLE MARAIS 40 ACRES
Lake Superior & Ridge Views. Access off County Rd. 6. MLS#4802552, \$80,000

WEST BAPTISM RIVER
10 acres on Hwy. 1 w/driveway, \$64,900

GRAND MARAIS
1 BEDROOM HOME
\$89,900

5 SILVER MOUNTAIN LOTS
PRICE REDUCTIONS

Web Site: www.lakesuperiorrealty.com
email address: timmelby@gmail.com

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1130 11th Ave. • Two Harbors • MN • 55614
www.twoharborsfarmersmarket.com

Brimson Market
TASTE THE NORTHERN SUMMER
Saturdays 9:00 - noon
From July 1 - September 2
Outdoors at Hugo's General Store
1898 Hwy. 44, Brimson

FINLAND FARMERS MARKET
Every Thursday Evening,
5:00 - 6:30 p.m.
Under the pavilion at the
Clair Nelson Center
6866 Cramer Road, Finland

Bodies in Balance
1451 Hwy 2, Two Harbors 218-834-2586
45 Banks Blvd, Silver Bay 218-226-9915
www.bodiesinbalancecmn.com

- Physical Therapy
- Massage
- Occupational Therapy
- Fitness Center
- Speech Therapy
- Sports Therapy

MASSAGE
Spirit of Gitche Gumees Massage
Jennifer Marabella CMT
Appointments call: 218-220-1344
6228 Hwy 61, (8.8 miles north of Silver Bay)
Relax—Rejuvenate—Regenerate

Organic Consumers Association
Campaigning for Health, Justice, Sustainability, Peace, & Democracy
Visit us on Facebook or subscribe to our newsletter to learn more.
6771 South Silver Hill Drive, Finland, MN 218-226-4164
organicconsumers.org fb.com/organicconsumers

Wilderness Family Naturals
99 Edison Blvd., Silver Bay 218-226-3985
Organic Natural Foods
10% Local Discount!

Reminder!!!!
Ruby's Pantry in Silver Bay
(3rd Saturday of Every Month)
THIS SATURDAY, August 19th
11:00 am - 12:30 pm
at the Mary Mac. \$20/share. Check them out on facebook: Ruby's Pantry Silver Bay

Three Common Food Additives To Avoid

By Kate Jackson

We've all been there. Crouched down in the middle of a busy grocery aisle, scanning the backs of boxes and cans, all in the name of healthy eating.

Even if you strive for a diet that consists of mostly whole, fresh foods, there are still going to be food labels (and words you probably don't recognize) to contend with. And even though there are thousands of substances that manufacturers are allowed to put in your food or its packaging, some are definitely worse than others.

But is there a way to make the process of avoiding harmful food additives a little less painful? With a little research, yes. The first step is to know what to look for.

Is that long string of words a questionable chemical concoction or just a fancy name for something completely harmless (or maybe even good for you)?

Here's a breakdown of three scary food additives to look out for-and how to avoid them:

1. Nitrates and Nitrites. These chemicals are used as preservatives, flavorings and coloring agents primarily in cured meat products like bacon, salami, ham and hot dogs.

This common ingredient, which is listed on the Environmental Working Group's Dirty Dozen Guide to Food Additives, has been linked to stomach and esophageal cancer. "Nitrites, which can form from nitrates, react with naturally occurring components of protein called amines. This reaction can form nitrosamines, which are known cancer-causing compounds," says the EWG.

How to avoid: If the idea of cutting out cured meats altogether sounds like a real drag, look for meat products made without nitrates. Many mainstream hot dogs, bacon and sandwich meats are now being produced without this harmful substance.

2. Aluminum. Naturally found in many foods (such as fish, fruits and vegetables), small amounts of aluminum in the diet are nothing to get worked up about. Many foods, however, like pre-packaged baked goods and processed cheeses, can contain 400 times more aluminum per kilogram than would be encountered naturally.

Though it is generally considered safe, even in such high amounts, the EWG has placed this ingredient on its food additive watch list, citing studies where animals "exposed to aluminum in the womb and during development showed neurological effects such as changes in behavior, learning and motor response."

How to avoid: Scan labels for ingredients containing the word "aluminum" and consider other choices. The easiest way to reduce the amount of added aluminum in your diet is to steer clear of heavily processed foods in general, as they usually contain a plethora of other questionable ingredients as well.

3. BHA and BHT. Butylated hydroxyanisole (BHA) and related butylated hydroxytoluene (BHT) are preservatives found in wide variety of foods including breakfast cereals, meats, many snack foods as well as some food packaging.

While the FDA may consider these two additives as safe for human consumption, the EWG includes BHA and BHT on its dirty dozen list, saying, "...the National Toxicology Program classifies it as 'reasonably anticipated to be a human carcinogen,' the international cancer agency categorizes it as a possible human carcinogen, and it's listed as a known carcinogen under California's Proposition 65."

BHA is also classified as an endocrine disruptor in Europe and although few studies have been done on its close relative BHT, it's likely that this preservative is also of questionable safety.

How to avoid: Look out for butylated hydroxyanisole/hydroxytoluene, or the shortened versions BHA and BHT, and pass up any food that contains either chemical and especially both together.

Looking for a great resource to help you weed out the worst of the worst at the grocery store? Check out EWG's Food Scores app which rates products based on their nutrition, ingredients and level of processing, then gives them a score from 1 to 10.

LEGAL NOTICES

NOTICE OF A PUBLIC HEARING ON A REQUEST FOR A VARIANCE FROM THE REQUIREMENTS OF THE LAND USE ORDINANCE OF LAKE COUNTY, MINNESOTA.

Notice is hereby given that the Lake County Board of Adjustment will conduct a public hearing on behalf of, and authorized by, the Lake County Board of Commissioners on **September 11, 2017 at 5:00 P.M.**, in the Law Enforcement Center of the Lake County Courthouse, 601 Third 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 Article 25 of Lake County Land Use Ordinance #12, this request, if approved, would allow relief from the conforming lot requirements to build a water related accessory building on the property described as Unit 7 CIC No 2, Kawishwi Trail Summer Homes Association, Section 34, Township 63, Range 11, .20 acre, zoned R-R/Residential - Recreational one-acre minimum, Fall Lake Township.

John & Jean Akkanen - V-17-009- dated this 18th day of August, 2017.

James Linscheid, Chairman, Lake County Board of Adjustment.

Northshore Journal: August 18, 2017

LAKE COUNTY BOARD OF ADJUSTMENT MINUTES LAW ENFORCEMENT CENTER AUGUST 14, 2017

The Lake County Board of Adjustment sat in session at 5:00 p.m. on this date and conducted a hearing and other business.

V-17-008 Motion by Fogelberg supported by Linscheid to approve the variance application with conditions filed by Tatiana Riabokin on property in Section 31, Township 63, Range 11, 1.00 acre, zoned R-R/Residential-Recreational, one-acre minimum, Fall Lake Township. (Please contact the Planning & Zoning office for full legal description.) Motion passed by unanimous vote.

Motion by Linscheid supported by Brodigan to approve the July 10, 2017 minutes as submitted. Motion passed by unanimous vote.

There being no further business, motion to adjourn the meeting made by Brodigan, supported by Fogelberg. Motion passed by unanimous vote.

Northshore Journal: August 18, 2017

NOTICE OF A PUBLIC HEARING ON A REQUEST FOR A VARIANCE FROM THE REQUIREMENTS OF THE LAND USE ORDINANCE OF LAKE COUNTY, MINNESOTA.

Notice is hereby given that the Lake County Board of Adjustment will conduct a public hearing on behalf of, and authorized by, the Lake County Board of Commissioners on **September 11, 2017 at 6:00 P.M.**, in the Law Enforcement Center of the Lake County Courthouse, 601 Third 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 Article 25 of Lake County Land Use Ordinance #12, this request, if approved, would allow relief from the conforming lot requirements to sell, develop, and improve a nonconforming lot smaller than 1/2 acre on the property described as Outlot 8 of Govt Lot 5, Section 12, Township 56, Range 8, .28 acre, zoned R-R/Residential - Recreational one-acre minimum, Beaver Bay Township.

John Miller - V-17-011- dated this 18th day of August, 2017.

James Linscheid, Chairman, Lake County Board of Adjustment.

Northshore Journal: August 18, 2017

NOTICE OF A PUBLIC HEARING ON A REQUEST FOR A VARIANCE FROM THE REQUIREMENTS OF THE LAND USE ORDINANCE OF LAKE COUNTY, MINNESOTA.

Notice is hereby given that the Lake County Board of Adjustment will conduct a public hearing on behalf of, and authorized by, the Lake County Board of Commissioners on **September 11, 2017 at 5:30 P.M.**, in the Law Enforcement Center of the Lake County Courthouse, 601 Third 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 Article 25 of Lake County Land Use Ordinance #12, this request, if approved, would allow relief from the road and shoreline setback requirements to build a detached garage on the property described as Lot 3, Fortiers Farm Lake Shore Lots, Section 3, Township 62, Range 11, zoned R-R/Residential - Recreational one-acre minimum, Fall Lake Township.

Evelyn Kuzma - V-17-010- dated this 18th day of August, 2017.

James Linscheid, Chairman, Lake County Board of Adjustment.

Northshore Journal: August 18, 2017

PUBLIC NOTICE CITY OF BEAVER BAY

The Beaver Bay Club has requested Vacating approximately 2 blocks of Pennsylvania Avenue from the intersection of Old Town road to the top of the hill where it is currently blocked off. Therefore, the Beaver Bay City Council will hold a public hearing on this request on **September 5, 2017 at 6:30PM.**

Northshore Journal: August 18, 2017

STATE OF MINNESOTA DISTRICT COURT COUNTY OF LAKE PROBATE DIVISION

In Re: Estate of LARRY F. SCHANNO, Decedent.
Court File No. 38-17-PR-351

NOTICE AND ORDER OF HEARING ON PETITION FOR PROBATE OF WILL AND APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS

It is Ordered and Notice is given that on **October 4, 2017 at 1:00 p.m.**, a hearing will be held in this Court at the Lake County Courthouse, Two Harbors, Minnesota, for the formal probate of an instrument purporting to be the will of the Decedent, dated January 20, 2016, and for the appointment of Robert J. Buus, whose address is 5158 Heffelfinger Road, Finland, Minnesota 55603, 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
District Court Administrator

By: Stefanie Higgins
Deputy 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

Northshore Journal: August 11 & 18, 2017

STATE OF MINNESOTA DISTRICT COURT COUNTY OF LAKE PROBATE DIVISION

In Re: Estate of DEBORAH L. SCHANNO, Decedent.
Court File No. 38-17-PR-153

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 **October 4, 2017 at 1:00 p.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 Robert J. Buus, whose address is 5158 Heffelfinger Road, Finland, MN 55603, 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, pay all legal debts, claims, taxes and expenses, and sell real and personal property, and 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 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

Northshore Journal: August 11 & 18, 2017

Northshore Journal
98 B Outer Dr.,
Silver Bay, MN 55614
(218)226-3335
1-800-950-5793
Fax: (218)226-4537
Office Hours:
Mon. - Thurs.:
9:00am - 4:00pm
northshorejournal@gmail.com
www.northshorejournalmn.com