

NORTH SHORE JOURNAL

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Christine Mallory, Editor

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Recycling Day Comes to Lake County

By Kitty Mayo

A special Recycling Day is coming to Lake County on Saturday, May 4th, sponsored by Lake County and the city of Two Harbors.

Christine McCarthy, Environmental Services Director for Lake County, says that the event has been in the works since last year when the city approached her department with an idea for a collaboration.

"They wanted to do something to promote the beautification of Two Harbors and Lake County agreed that it was time for an event like this for the whole area," said McCarthy.

This special recycling day will accept the following items: residential tires, appliances and electronics for a fee of \$10 per vehicle, and an additional \$10 for a trailer. Large and excessive loads, such as a truck bed piled high to overflowing (does not pertain to appliances that will be higher than the truck bed), may be charged extra.

The recycling center will be open to accept the usual residential recyclables, in addition to household hazardous waste also being accepted that day, and paper shredding service available.

The Recycling Day event will be held at the Lake County Recycling Center in Two Harbors at 515 Recycle Center Drive. The site will open at 9:00 am on Saturday, May 4th and receive the listed recyclables until 1:00 pm that

same day.

This opportunity is for residential recycling only (no businesses), and is open to all Lake County residents. Participants must show a valid picture ID upon arrival to leave their recyclables at the event. Only cash payments to unload recycling will be accepted.

"We are excited to provide an opportunity for residents of Lake County and the City of Two Harbors to get rid of items that are difficult to dispose of, all in one day at one easy location.

Calling this a Recycling Day is an effort to motivate residents to clean up their property and recycle items that may otherwise be left as a hazard to the environment," said McCarthy.

McCarthy also issued a warning to residents that burning garbage goes beyond illegal to extremely dangerous. "It's against the law to burn any garbage, but more than that people should think about how dangerous it is to breathe the chemicals released by burning garbage, both for themselves and their neighbors," said McCarthy.

For more information call: (218) 834-8581, or email rachel.brodeur@co.lake.mn.us. The event is also being supported by the North Shore Rotary Club, and the Minnesota GreenCorps program.

Stroke Awareness Month & Strides for Stroke

By Kitty Mayo

The leading cause of death and disability in the country, strokes are also the leading cause of death in the state of Minnesota.

According to the Minnesota Stroke Association, over 97,000 Minnesotans are living with having had a stroke, and more than 12,000 people are hospitalized with strokes in each year in the state.

May is designated as National Stroke Awareness Month, and events like Strides for Stroke are being held to raise funds and attention to this pervasive issue.

Strides for Stroke is being kicked off at Leif Erikson Park, 11th Ave. E & London Rd. in Duluth on Saturday, May 18th at 10:00 am. Teams are raising money, and registration of new teams or donations can be made to the web page at: www.strokemn.org. Participants are also invited to join the optional two-mile walk, or be on hand to encourage walkers.

Awareness of signs of a stroke are also part of the campaign with the FAST acronym used to educate what those symptoms look like.

FAST: Face-drooping, Arm Weakness, Speech difficulty, Time to call 9-1-1.

Gail Wallace, an advanced practice nurse in neurology at Essentia in Duluth, has a team in the walk and says she looks forward to walking with her team every year.

"It's a chance to see past patients and work together as health care professionals, family and patients toward a common goal of raising awareness in our community," said Wallace.

waiting to be secured when the incident occurred. The ropes course is extremely safe and heavily inspected by the ACCT (Association for Challenge Course Technology) a national agency, and the PRCA (Professional Ropes Course Association)," said Huston.

Natalie Rich, a Silver Bay native and 2006 William Kelley graduate, has taken the position of manager for the park.

While there are courses appropriate for children ages 3 and up, as well as another course geared to the skills of 7-year-olds and up, Rich says that park is not just for kids. (Childrens courses are about three feet off the ground and participating children will be wearing harnesses.)

"When I first interviewed for the job I thought this was something just for kids, but the company's oldest customer is in her 90s. After trying it myself, I realized this is something fun that everyone should try at least once," said Rich.

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Adventure Park Adds Zip Line Courses

By Kitty Mayo

North Shore Adventure Park, owned by Phil Huston and Alice Tibbets, has expanded to include an aerial ropes course being run by Outdoor Ventures.

The climbing courses opened in 2017 after the old gas station was removed from the property at the corner of Outer Drive and Minnesota Highway 61. Huston purchased two parcels of land adjacent to the climbing course last year to develop an aerial ropes course, and the park was closed during the 2018 season.

Using what they called "forest friendly construction", the zip line course was built using poles as well as trees already in place. Huston says that with guidance from the Lake County Soil and Water Conservation District some trees, mostly birch trees that were already dying, were removed. The result is that the remaining trees should be able to thrive with greater access to light and space. Special platforms are used to attach to the trees that are expandable, allowing the tree to continue to grow naturally and still functioning as a strong base for zip-liners.

The adventure park will be the first course of its kind in Minnesota. Different than more traditional courses like that at Wolf

Ridge that focuses on team building, Huston calls his course a "pay-to-play" course.

"Pretty much once you get into the trees you are on your own and can do whatever you want, go from one trail to another, move quickly without waiting for someone in front of you, and explore on your own," said Huston.

There are five climbing courses and one zip line. Construction on the zipline started in March, using some trees, added poles and cables. A 330 foot dual zip line runs along Highway 61, giving two people the chance to race each other.

The courses in the trees have obstacles and elements built into them between zip lines. Graded like ski trails, the elements become more challenging as the colors change, with challenges like cargo nets, balance beams, and wobbly ladders

"You can develop balance and skill, and as you get better challenge yourself. There's a lot of positive energy as you improve and feel the self-accomplishment," said Huston.

Safety is a key issue in the park, with dual-clip safety carabiners in play at all times for

secure attachment to the cable lines. In 15 years of operation at six other adventure parks, Huston says that Outdoor Ventures has never had an accident. Outdoor Ventures has built over 30 similar courses throughout the U.S.

"The carabiners are a smart-belay system with two carabiners that has one that is always locked. It is impossible to upclip yourself completely as you go from one element to another. One carabiner is always on auto lock, it is incredibly safe," said Huston.

Last week an incident with one of the new poles caused some sparks when it tipped into a powerline. However, except for a few hours of electricity being shut down to the area while the situation was remedied, there was no damage. The pole that tipped had yet to be anchored, and was sitting in a seven foot deep hole that gave way with recent rains.

Owner, Phil Huston, says that the incident bears no reflection on the safety of the park which will have to pass inspections mid-May before opening.

"This was an unsecured pole