

# 10 Ways to Beat the Holiday Blues

Marc Ransford, Senior media Strategist  
Ball State University

We see it on television, magazine ads and movies — a table covered with delicious food, a perfectly decorated house, and family and friends laughing together in the glow of a warm fire. Unrealistic expectations can lead to the “holiday blues,” which often begins before Thanksgiving and lasts until after the first of the year, according to Ellen Lucas, associate director of Ball State’s Counseling Center.

She points out other factors contributing to holiday stress: the loss of a job or house, a friend or relative unable to come home or grief for someone who recently died.

In addition, people frequently experience seasonal affective disorder (SAD) and feel more depressed due to the cold, gloomy days of winter, she said.

So what can you do? Lucas has 10 ideas:

1. Set realistic expectations and accept that no holiday gathering is perfect.
2. Make a holiday budget and stick to it.
3. Express your feelings. Write in a journal or talk to someone you trust.
4. Make a plan and realistically structure your time.
5. Reach out to other people. Volunteer through your community or church.
6. Watch your alcohol consumption; alcohol is a depressant.
7. Exercise. Take a walk, do resistance training or do yoga. This will help release endorphins, the natural opiates in our brains.
8. Stick to your usual eating habits. Plan what you will eat before going to gatherings so you don’t overeat.
9. Don’t compare yourself to others. You don’t need to have the best light display in the neighborhood or the best party or give the most expensive presents.
10. Think about what is the most important part of the holidays for you and focus on what the holidays mean to you.

Lucas advises those who have feelings of depression lasting more than two weeks to seek professional attention. Symptoms include a disturbance in sleeping or eating, an inability to concentrate and feeling hopeless and worthless.

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## Sheriff's Report

### Monday, November 20, 2017

Inmate Population: 8  
 •0753 Deputy makes traffic stop on Kawishiwi Trail near Hiawatha St. Warn for speed.  
 •1805 Deputy makes traffic stop on 7th Ave near 15th Street. Warn for no tail lights.  
 •2213 Deputy responds to report of an injured deer on Hwy 61.

### Tuesday, November 21, 2017

Inmate Population: 10  
 •0021 Deputy out with occupied vehicle in business parking lot. All ok.  
 •0036 Deputy out with unoccupied vehicle on Hwy 61. Vehicle disabled.  
 •0329 LCRS responds to medical in Beaver Bay.  
 •1020 Deputy speaks to resident about fraud calls.  
 •1215 Deputy makes traffic stop on Hwy 61 near Twin Points Trl. Warn for speed.  
 •1341 Deputy makes traffic stop on Hwy 61 near Sannes Rd. Warn for speed.  
 •1417 Deputy makes traffic stop on Hwy 61 near Alseth Rd. Warn for expired tabs.  
 •1428 Deputy makes

traffic stop on Hwy 61 near Larsmont Rd. Warn for speed.  
 •1449 Deputies respond to security alarm at residence on Hwy 3. All ok.  
 •1713 Sheriff serves papers at LCJ.  
 •1747 Deputies check on party at Hwy 61 residence. All ok.  
 •1948 Deputy serves papers at TH residence.

### Wednesday, November 22, 2017

Inmate Population: 10  
 •0100 Deputy out with occupied vehicle on Hwy 3. All ok.  
 •0526 Deputy makes traffic stop on Hwy 2 near Langley River Rd. Warn for speed.  
 •1514 Deputy responds to report of a disturbance on Hwy 2.  
 •1532 Deputy responds to report of vehicle in the ditch in BB. Tow on the way.  
 •2246 Deputy responds along with THPD to report of a drunk person behind TH business.  
 •2252 Deputy responds along with SBPD to report of a drunk person walking along Finland road.

### Thursday, November 23, 2017

Inmate Population: 9  
 •0942 LCRS responds to medical on Larsmont Rd.  
 •1623 Deputy makes traffic stop on Gooseberry River/Hwy 61. Warn for speed.  
 •1704 LCRS responds to medical on Hwy 2.  
 •2012 Deputy responds to report of deer vs. car on Hwy 2. Deer dispatched.

### Friday, November 24, 2017

Inmate Population: 9  
 •0829 Deputy makes traffic stop on Hwy 61/Stanley Rd. Warn for speed.  
 •0950 Deputy makes traffic stop on Hwy 61/Stanley Rd.  
 •1551 Deputy makes traffic stop on Hwy 61 near Twin Points Trl.  
 •1557 Deputy makes traffic stop on Hwy 1 near Vista Lane.  
 •1609 Deputy makes traffic stop on Hwy 61 near Grouse Run Rd. Warn for speed.

### Saturday, November 25, 2017

Inmate Population: 9  
 •0019 Deputy responds to a report of a disturbance at residence on Hwy 3.  
 •0202 Deputy responds along with THPD to a security

## LEGAL NOTICES

**NOTICE OF BIDS**  
**LAKE COUNTY HIGHWAY DEPARTMENT**  
**LAKE COUNTY, MINNESOTA**

Sealed bids will be received by the Clerk of the County Board at the Lake County Service Center, 616 3RD Ave., Two Harbors, Minnesota until 11:00 A.M. on Tuesday, December 19, 2017 on behalf of the Lake County Board of Commissioners for the construction of:

**COUNTY PROJECT CSP-018-1**

Proposals will be opened and read publicly by the Clerk of the County Board at the Lake County Service Center in Two Harbors, Minnesota at approximately that time.

The major quantities of work are:

Notes	Item No.	Description	Units	2018 GRAVEL CRUSHING
	2211.507	STOCKPILE AGGREGATE (SV) CLASS 1 (CRAMER PIT)	CU.YDS.	5,000.00
	2211.507	STOCKPILE AGGREGATE (SV) CLASS 1 (BEAR PIT)	CU.YDS.	10,000.00
	2211.507	STOCKPILE AGGREGATE (SV) CLASS 1 (OLD DRUMMOND PIT)	CU.YDS.	10,000.00
	2211.507	STOCKPILE AGGREGATE (SV) CLASS 5 (BEAR PIT)	CU.YDS.	5,000.00

ITEM - PLAN & PROPOSAL COUNTER PRICE - \$20.00

Proposal, plan and specifications may be examined and secured at the office of the Lake County Highway Engineer, Lake County Courthouse, 601 3rd Avenue, Two Harbors, Minnesota, 55616, Telephone (218) 834-8380, Monday through Friday, 7:00 A.M. to 3:00 P.M. Requests for plans must be accompanied by a check, draft or money order made payable to the Lake County Highway Department.

Bids must be accompanied by a certified check made payable to Auditor of Lake County or a corporate surety bond made in favor of the County of Lake in an amount designated on the back of the proposal form.

The Lake County Board of Commissioners reserves the right to reject any, any part of, or all bids and to waive defects and technicalities as it may deem best for the interest of Lake County.

Dated at Two Harbors, Minnesota this 13th day of November, 2017.

Krysten Foster  
Lake County Highway Engineer

Northshore Journal: November 17, 24 & December 1, 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 6:00 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 (initial) Interim Use has been filed by Loren Johnston, which, if approved, would allow a short-term vacation rental home on property described as Lots 20, 21, 22, & 23, Block 16, Townsite of Knife River in Section 31, Township 52, Range 11, zoned R-4/Residential, .30 acre, 10,000 ft2 minimum, Unorganized Territory #2.

**Loren Johnston - I-17-025** dated this 1st day of December, 2017.  
 Joseph Skala, Chairman, Lake County Planning Commission.

Northshore Journal:  
December 1, 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 6:30 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 Tom Frericks, which, if approved, would allow a short-term vacation rental home on property described as That Part of Gov Lot 2 as Desc in Doc No A000171472 in Section 13, Township 54, Range 9, zoned RC/Resort-Commercial, 1.80 acres, two-acre minimum, Silver Creek Township.

**Tom Frericks - I-17-026** dated this 1st day of December, 2017.  
 Joseph Skala, Chairman, Lake County Planning Commission.

Northshore Journal:  
December 1, 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 6:45 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 Brad & Karla Anderson, which, if approved, would allow a short-term vacation rental home on property described as That Part of Lot 1 as Desc in Bk 105 of Deeds Pg 772 in Section 6, Township 53, Range 9, zoned R-4/Residential, 2.60 acres, two-acre minimum, Silver Creek Township.

**Brad & Karla Anderson - I-17-027** dated this 1st day of December, 2017.  
 Joseph Skala, Chairman, Lake County Planning Commission.

Northshore Journal:  
December 1, 2017

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