

Public Notices

CITY OF COLD SPRING

Annual Disclosure of Tax Increment Districts for the Year Ended December 31, 2024

TIF District Name:	TIF #4 SuperValu	TIF #5-4 Schurman	TIF #5-5 Downtown	TIF #6 Granite Ledge	TIF #6-1 Brewery
Current Net Tax Capacity	0	23,278	223,155	11,974	411,712
Original Net Tax Capacity	0	3,102	24,981	38	5,174
Captured Net Tax Capacity	0	20,176	198,174	11,936	406,538
Principal and interest payments due during current year	0	17,000	162,000	11,600	319,400
Tax Increment received	0	19,404	221,408	13,459	324,833
Tax Increment expended	12,923	17,669	150,863	11,890	318,053
Month and year of first tax increment receipt	7/1998	7/2011	7/2012	7/2000	7/2022
Date of required decertification	12/31/23	12/31/36	12/31/37	12/31/25	12/31/30
Increased property tax imposed on other properties as a result of fiscal disparities contribution	0	0	0	0	0

Additional information regarding each district may be obtained from:

City of Cold Spring
Lois Lieser
27 Red River Ave S
Cold Spring, MN 56320
320-685-3653

(Publish July 29, 2025)

STATE OF MINNESOTA STEARNS COUNTY

**DISTRICT COURT
7TH JUDICIAL DISTRICT
Court File Number:
73-JV-25-3578
Case Type:
CHIPS - Permanency**

Summons and Notice Termination of Parental Rights Matter (CHP-115)

**In the Matter of the
Welfare of the Child(ren) of:**

Yvonne Bonnie Klaphake
(Mother)

and

Jacob Todd Wilson
(Father)

NOTICE TO: Jacob Todd Wilson, Above-named par- ent(s) or legal custodian(s).

1. A Termination of Parental Rights Petition has been filed in the Juvenile Court alleging that parental rights of the above-named parent(s) or legal custodian(s) to the child(ren) named in the petition should be permanently severed.

2. **This is your notice** that this Termination of Parental Rights case is scheduled for a remote hearing before the Juvenile Court located at 725 Courthouse Square Room 134, St. Cloud MN 56303, on August 25, 2025 at 1:45PM or as soon after as the case can be heard. Please contact court administration to get the remote hearing information.

3. **YOU ARE ORDERED** to appear before the Juvenile Court at the scheduled time and date.

4. You have a right to be represented by counsel.

5. If you fail to appear at the hearing, the Court may still conduct the hearing and grant appropriate relief, including permanently severing the parental rights of the above-named parent(s) or legal custodian(s) or taking permanent custody of the child(ren) named in the Petition.

Dated July 3, 2025

BY:
Stearns County
Court Administration
725 Courthouse Square
Room 134
St. Cloud, MN 56303
320-656-3620

(Publish July 15 - 29, 2025)

NOTICE OF MORTGAGE FORECLOSURE SALE

Date: June 26, 2025

**YOU ARE NOTIFIED
THAT:**

1. Default has occurred in the conditions of the Mortgage dated July 3, 2014, executed by Thomas J. Willenbring, a single adult, as Mortgagor, to St. Cloud Financial Credit Union f/k/a St. Cloud Federal Credit

Union, as Mortgagee, and filed for record July 10, 2014, as Document No. A1424420, in the Office of the County Recorder of Stearns County, Minnesota. The land described in the Mortgage is not registered land.

2. The Mortgage has not been assigned.

3. The original principal amount secured by the Mortgage was \$112,000.00.

4. No action or proceeding at law is now pending to recover the debt secured by the Mortgage, or any part thereof.

5. The holder of the Mortgage has complied with all conditions precedent to acceleration of the debt secured by the Mortgage and foreclosure of the Mortgage, and all notice and other requirements of applicable statutes.

6. At the date of this Notice the amount due on the Mortgage, and taxes, if any, paid by the holder of the Mortgage is \$38,947.93

7. Pursuant to the power of sale in the Mortgage, the Mortgage will be foreclosed, and the land located in Stearns County, Minnesota, described as follows:

All that part of the Northwest Quarter (NW 1/4) of Section 12, Township 123, Range 30 described as follows: Commencing at the intersection of the centerline of State Aid Road #2 with the West line of the East 10 acres of the West Half of the Northwest Quarter (W 1/2 NW 1/4); thence South on an assumed bearing along said West line 262 feet; thence East at right angles 200 feet to the point of beginning of the tract to be described; thence continue East 175 feet; thence North at right angles 338 feet more or less to said centerline of State Aid Road #2; thence southwesterly along said centerline 178 feet more or less to its intersection with a line drawn North from the point of beginning; thence South 306 feet more or less to the point of beginning, Stearns County, Minnesota.

LESS AND EXCEPT

All that part of the Northwest Quarter (NW 1/4) of section 12, Township 123, Range 30 described as follows: Commencing at the intersection of the centerline of State Aid Road #2 with the West line of the East 10 acres of the W 1/2 of said NW 1/4; thence South on an assumed bearing along said West line 262 feet; thence East at right angles 200 feet to the point of beginning of the tract to be described; thence East 175 feet; thence North at right angles 16.30 feet; thence Westerly in a straight line 175.76 feet to the point of beginning.

will be sold by the County Sheriff of Stearns County, Minnesota, at public auction on August 19, 2025, at 10:00 a.m., at the Stearns County Sheriff's Department, located at 807 Courthouse Square, St. Cloud, Minnesota.

8. To the best of Mort-

gagee's information, the property being foreclosed has a property address of 24992 County Road 2, Cold Spring, Minnesota 56320, and has tax parcel identification number 36.23619.0005.

9. The time allowed by law for redemption by Mortgagor or Mortgagor's personal representatives or assigns is twelve (12) months after the date of sale.

10. The property must be vacated by 11:59 p.m. on August 19, 2026, provided the Mortgagor has not reinstated the Mortgage under Minnesota Statutes, Section 580.30 or redeemed the property under Minnesota Statutes, Section 580.23. If the foregoing date is a Saturday, Sunday or legal holiday, then the date to vacate is the next business day at 11:59 p.m.

11. THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES, SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED.

**THE PURPOSE OF THIS
COMMUNICATION IS TO
COLLECT A DEBT AND
ANY INFORMATION
OBTAINED WILL BE USED
FOR THAT PURPOSE.**

ST. CLOUD FINANCIAL
CREDIT UNION F/K/A ST.
CLOUD FEDERAL CREDIT
UNION

/s/ Benjamin B. Bohnsack
Benjamin B. Bohnsack
(#0319399)
Rinke Noonan, Ltd.
Suite 300 US Bank Plaza
1015 W. St. Germain St.
P.O. Box 1497
St. Cloud, MN 56302
(320) 251-6700
(320) 656-3500 fax
Our File No. 26878-0006
Bbohnsack@RinkeNoonan.com

Attorneys for Mortgagee

(Pub. July 1 - Aug. 5, 2025)

**NOTICE TO CREDITORS
OF INTENT TO DISSOLVE
OF MARSH'S,
INCORPORATED**
Marsh's, Incorporated, a Minnesota corporation (the "Corporation"), does hereby submit the following Notice to Creditors of Intent to Dissolve pursuant to Section 302A.727 of the Minnesota Statutes:

1. The Corporation is in the process of dissolving.

2. The Corporation filed with the secretary of state a notice of intent to dissolve on July 11, 2025.

3. The address to which written claims against the Cor-

poration must be sent is:

Marsh's, Incorporated
Attention: Paul C. Dorn
2860 Kenwood Isles Dr.
Minneapolis, MN 55408

4. The date by which all claims must be received is October 20, 2025.

Executed as of the 11th day of July, 2025.

Marsh's, Incorporated

By: /s/ Paul C. Dorn
Name: Paul C. Dorn
Its: President

(Pub. July 22 - Aug. 12, 2025)

STATE OF MINNESOTA COUNTY OF STEARNS

**DISTRICT COURT
7TH JUDICIAL DISTRICT
PROBATE DIVISION
Court File No:
73-PR-25-5696**

Estate of

Frank J. Wampach,

Decedent

**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 August 22, 2025, at 8:45 a.m., a hearing will be held in this Court at 725 Courthouse Square, St. Cloud, MN, for the formal probate of an instrument purporting to be the Will of the Decedent dated September 27, 2022, and for the appointment of Patrick McComb, whose address is 13681 93rd Street NE, Otsego, MN 55330, 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 Minnesota Statutes section 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.

BY THE COURT

Dated: July 8, 2025
Shan C. Wang
Judge of District Court

Filed in District Court
State of Minnesota
Dated July 8, 2025

Attorney for Petitioner
Claudia M. Revermann
Revermann Lund Ross
130 Division Street
Suite 118
Waite Park, MN 56387
Attorney License No:
0317664
Telephone: (320) 258-9383
Fax: (320) 287-5747
Email: claudia@rlrlegal.com

(Publish July 22 & 29, 2025)

STATE OF MINNESOTA COUNTY OF STEARNS

**DISTRICT COURT
7TH JUDICIAL DISTRICT
FAMILY COURT DIVISION
COURT FILE: Probate
Court File No.:
73-PR-25-5694**

**NOTICE AND ORDER
FOR HEARING ON
PETITION FOR
DESCENT OF PROPERTY**

**In Re the Estate of Karen J.
Gielen:**

Karen J. Gielen,

Decedent,

LeRoy Gielen, Jr.,

Petitioner.

A Petition for Determination of Descent has been filed with this Court. The Petition represents that the Decedent died more than three years ago, leaving property in Minnesota and requests the probate of Decedent's last Will dated March 8, 2021, and the descent of such property be determined and assigned by this Court to the persons entitled to

the property.

Any objections to the Petition must be filed with the Court prior to or raised at the hearing. If proper, and no objections are filed or raised, the Petition may be granted.

IT IS ORDERED and Notice is further given, that the Petition will be heard on August 15, 2025, at 8:45 AM, by this Court at Stearns County Court, Minnesota.

This hearing will be held administratively and no appearances are required unless objections are filed.

1. Notice shall be given to all interested persons (MINN. STAT. § 524.1-401) and persons who have filed a demand for notice pursuant to Minnesota Statutes section 524.3-204.

2. Notice shall be given by publishing this Notice and Order as provided by law and by: Mailing a copy of this Notice and Order at least 14 days prior to the hearing date.

BY THE COURT

Dated: July 8, 2025
Shan C. Wang
Judge of District Court

Dated: July 8, 2025
George Lock
Court Administrator

ATTORNEY FOR PETITIONER

Anthony E. Toepfer
#0394858
58 Tenth Avenue South
Waite Park, MN 56387
Tel: (320) 497-4416
Fax: (320) 295-7813
Email:
Tony@ATonyAtLaw.com

(Publish July 22 & 29, 2025)

**REQUEST FOR
PROPOSALS
Benton Stearns Education
District #6383, MN**

Pursuant to MN Statue 471.6161, notice is hereby given that Benton Stearns Education District #6383, MN requests proposals for Group Health Insurance.

Specifications will be available from the District's agent of record, National Insurance Services, at 14852 Scenic Heights Road, Suite 210, Eden Prairie, MN 55344, phone 800-627-3660.

Proposals are due no later than 2 p.m. August 11, 2025 to Benton Stearns Education District #6383 at 517 Second Avenue South, Sartell, MN 56377 and as specified in the RFP.

Benton Stearns Education District #6383, MN reserves the right to reject proposals, waive formalities, and to select the proposal that best meets the District's needs.

Criteria for the evaluation of proposals will be provided when the specifications are requested.

(Publish July 29, 2025)

STATE OF MINNESOTA COUNTY OF STEARNS

**DISTRICT COURT
7TH JUDICIAL DISTRICT
Court File Number
73-FA-25-5524**

**Notice of Issuance of
Emergency (Ex Parte)
Order for Protection
by Publication (Minn. Stat.
§ 518B.01, subd. 8)**

**In the Matter of Sarah
MaDonna Christianson, on
behalf of minor child**

vs.

**NEOL LULA MAE
YOUNG**

To Respondent:

YOU ARE NOTIFIED that an Ex Parte Order for Protection has been issued in this case. You may request a hearing if you contact the court administrator's office within 12 days of the date of publication of this notice. You may obtain a copy of the Ex Parte Order for Protection and the form to request a hearing from the court administrator's office at the following address:

**Stearns County District
Court
725 Courthouse Square
Room 134
St. Cloud, MN 56303**

Failure to request a hearing or to obtain a copy of the Ex Parte Order will not be a defense to prosecution for violation of the Court's order.

Filed in District Court
State of Minnesota
July 18, 2025

Dated: July 18, 2025
George Lock
Court Administrator

(Publish July 29, 2025)

Notice of Public Hearing Stearns County, Board of Adjustment

Notice is hereby given that the Stearns County Board of Adjustment, in and for the County of Stearns, will conduct the following public hearings to consider variance applications:

1. To consider a request from **Jeffrey and Michelle Bertram, Plymouth MN**, from Sections 9.9.9 A. (3), 10.2.11. A. (1) (a), 10.2.11 A. (2) (b), 10.2.11 A. (4) (a) and (5) and 10.2.14 K. of Stearns County Land Use and Zoning Ordinance #439 to construct a garage addition less than 100 feet from Cedar Island Lake, classified Recreational Development, less than 50 feet from the right of way of County Road 71, classified Minor Collector, less than 30 feet from the top of a bluff and within a bluff impact zone. Also, to replace an existing illegal deck with a new deck less than 50 feet from the right of way of County Road 71, classified Minor Collector, less than 100 feet from Cedar Island Lake, classified Recreational Development, less than 30 feet from the top of a bluff and within shore and bluff impact zones. Last, to construct impervious surface (paver patio) within the shore impact zone more than 250 square feet. Said Ordinance requires structures be placed a minimum 100 feet from a lake classified Recreational Development, 50 feet from the right of way of a road classified Minor Collector, 30 feet from the top of a bluff and not within bluff and shore impact zones. Also, impervious lot coverage within the shore impact zone is limited to 250 square feet. **Affected Property:** Lots 14, 15 and 16, Block 1, Jody Estates, Section 32, T123N, R30W, Wakefield Township. **Property Address: 20586 Co. Rd. #71, Richmond MN.**

2. To consider a request from **Maureen Blank, St. Joseph MN**, from Section 6.2.1 P. of Stearns County Sub-surface Sewage Treatment System Ordinance #422 to construct a replacement sewage tank less than 10 feet from a structure and a soil treatment or absorption area less than 20 feet from a structure. Said Ordinance requires sewage tanks be placed a minimum 10 feet from a structure and soil treatment or absorption areas, a minimum 20 feet from a structure. **Affected Property:** Lot 6, Block 2, Pleasant Acres Addition Plat 2, Section 34, T125N, R29W, St. Wendel Township. **Property Address: 32538 Ironwood Dr., St. Joseph MN.**

3. To consider a request from **Pamela Lahr-Kieke, Trustee of the Kiffmeyer Family Revocable Trust, St. Cloud MN**, from Sections 7.16.1 and 10.2.8 A. (2) of Stearns County Land Use and Zoning Ordinance #439 to make an existing single non-conforming parcel of record less than 40,000 square feet in area and less than 150 feet in width in the Shoreland Overlay District of Pearl Lake, classified Recreational Development, more non-conforming by attaching a portion of it to a contiguous parcel under separate ownership. Said Ordinance requires a minimum 40,000 square feet in area and 150 feet in width for a single lot on a lake classified Recreational Development and does not allow lot area to be reduced below the minimum requirement. **Affected Property:** Lot 1, Block 1, Kunkel's East Shore Park and Part of Government Lot 2, Section 2, T122N, R29W, Maine Prairie Township. **Property Address: 19011 East Shore Dr., Kimball MN.**

4. To consider a request from **David Metz, Shoreview MN**, from Sections 10.2.11 A. (4) (a) and (5) of Stearns County Land Use and Zoning Ordinance #439 to replace an existing illegal deck less than 30 feet from the top of a bluff and located within a bluff impact zone. Said Ordinance requires structures be placed a minimum 30 feet from the top of a bluff and does not allow structures to be placed within a bluff impact zone. **Affected Property:** 5.2 acres of Government Lot 5, Section 31, T123N, R30W, Wakefield Township. **Property Address: 18602 Edgeview Rd., Richmond MN.**

When and where is the meeting?

Date and Time: Thursday, August 14, 2025 - 6:00 p.m.

Location: Stearns County Service Center, Room 1104
3301 County Road 138, Waite Park, MN 56387

How do I participate?
Public Testimony: If you would like to provide public

Public Notices

continued on page 13



Classifieds

(Classified Ad deadline is Thursday at Noon)

Tuesday, July 29, 2025
Page 13, Cold Spring Record

For Rent

APARTMENT FOR RENT

ALBANY

- 2 Bedroom \$750/month
- \$100 Deposit
- Cat ok (\$20/month Pet Rent)
- NO DOGS!

Call for Availability
Loreen 763-238-0616

Help Wanted

EMPLOYMENT OPPORTUNITY

Backes Wood Products is looking for someone to fill a full-time woodworking position. Some experience required. Good pay, paid insurance, paid vacation and holidays. Monday through Friday, 40 hours per week with no overtime. If interested please call 320-597-9663.

tfecb

Miscellaneous

WANTED – Richmond and Torah items. Any size, any amount, to preserve history. Call or text Terry 320-291-7111.

july29pd

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Aplusroofcoatings.com
CALL DANNY
320-492-8264

We pay top dollar for junk cars, trucks and late model repairables!
Call 320-236-7477

Did You Know That?

Golf carts are go-to transportation options for people who live in retirement communities and private residential neighborhoods. Individuals aspiring to call such communities home may be happy to learn that a new golf cart will not cost them nearly as much as a new car or truck. Though golf carts require a sizable financial commitment, the electric off-road recreational vehicle dealers at Kandi America estimate the cost of a new electric

cart at between \$12,000 and \$14,000, while gas-powered alternatives may begin around \$4,000 and cost as much as \$10,000 depending on the model, brand and accessories. Though electric golf carts are not maintenance-free, such vehicles generally require less upkeep than gas-powered carts, so the cost of maintenance should be factored in when drivers decide which type of vehicle best suits their needs and budgets.

Public Notices

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testimony, you may do so by appearing at the above hearing, you are invited to do so by attending said hearing in person or by joining virtually. To participate virtually, please contact David Nett at david.nett@stearnscountymn.gov or by calling 320-656-3613 by Noon on the Wednesday preceding the meeting date.

Written Testimony: You may submit written testimony by emailing david.nett@stearnscountymn.gov by 3 PM on the hearing date. Written testimony may also be mailed to the Stearns County Environmental Services Department, Service Center, 3301 County Road 138, Waite Park, MN 56387

Comments on this public hearing are not limited to those persons receiving copies of this notice. If you know of any interested person, who for any reason has not received a copy of this notice, it would be appreciated if you would in-

form them of this public hearing.

Where can I view the application?

Copies of the applications can be viewed approximately one week prior to the meeting at <https://stearnscounty-civicweb.net/portal/> Action taken on this request will be available shortly after the meeting at the same website location.

What if the meeting changes?

This meeting is subject to change. Please sign up for automatic updates for this meeting at <https://stearnscounty-civicweb.net/portal/> Call the Department for assistance.

Stearns County Board of Adjustment

Barrier Free Status: This meeting will be accessible to the handicapped. Attempts will be made to accommodate any other individual need for special services. Please call (320) 656-3613 early so arrangements can be made.

(Publish July 29, 2025)

Grilling Accessories No Grillmaster Should Go Without

Grilling is a summertime tradition in many households. Grilling allows cooks to avoid using stoves on hot days, which can help keep temperatures manageable inside a home. Grilling also allows cooks to enjoy the warm weather while preparing dinner.

Grilling has come a long way from the days when cooks would prepare burgers and hot dogs over charcoal flames in a kettle grill. Nowadays, grillmasters can prepare traditional fare like burgers and hot dogs but also expand their culinary horizons and cook anything from pizza to fish to kebabs and much, much more. Because of that evolution, no grillmaster should go without some unique accessories that can make this hobby even more enjoyable.

- **Pizza pan:** A cast iron pizza pan makes grilled pizza a reality. Cast iron retains heat well, which makes it easy for pizza dough to rise. Many cast iron pizza pans can be used both on a grill and in a traditional stove, making this a useful year-round tool for those who don't grill much after summer.

- **Grooved cutting board:** Steaks and even burgers fresh off the grill tend to be juicy. A cutting board with a grooved edge to collect juices can make removing cooked meats a little less messy.

- **Meat thermometer:** Many people use meat thermometers on Thanksgiving, and they're equally handy when cooking on the

grill. The ThermoPen® from ThermoWorks is ideal for quickly checking temperatures, and additional thermometers can be left in while meats are cooking just like you would with a Thanksgiving turkey. Regardless of which product cooks choose, a meat thermometer ensures grilled foods are cooked to perfection.

- **Grill light:** Some but not all grilling is done under the summer sun. When grilling must be done at night, a magnetic grill light can help ensure foods are still cooked to perfection and not burned to a crisp.

- **Smoker box:** Gas grills are undeniably convenient, but some lament they cannot provide that signature flavor that smokers impart on foods. A smoker box can remedy that issue for gas grill owners. Simply place wood chunks or chips within the small box and then enjoy foods that are now enriched with the smoky flavor so many people love.

- **Grill scraper:** It's a part of grilling that even the most devoted grillmasters would prefer to avoid, but cleaning a grill is an important if unenviable task. A bristle-free grill scraper can make quick work of this necessary task. A bristle-free scraper ensures no bristles fall off and attach to the grill the next time it's fired up.

Grilling is a beloved means to cooking tasty meals, and some unique accessories can make it even more fun to cook foods over an open flame.

What Older Adults Should Know About Marijuana Use

The legalization or decriminalization of cannabis in many areas of the country has led to a shifting landscape regarding the use of marijuana. A change in societal attitudes and greater accessibility has led to an influx of people using marijuana. Although marijuana is often associated with young people, older adults are increasingly turning to cannabis, particularly for medical reasons.

According to findings from researchers at the University of Michigan's Institute for Healthcare Policy and Innovation published in the journal Cannabis and Cannabinoid Research, one in eight older adults uses cannabis products. Increased use by people over age 50 began with the pandemic, and 12 percent of seniors say they've consumed a THC-containing substance in the past year. Around 4 percent say they do so multiple times a week. In fact, it seems seniors are now one of the fastest-growing groups exploring marijuana and its cousin, hemp, for medical and therapeutic benefits.

Marijuana affects everyone differently. Aging bodies may process the psychoactive component of marijuana differently than young people. As a result, it is essential for seniors to approach marijuana use cautiously, and discuss potential use with their

physicians.

Reasons for turning to marijuana

Seniors may be drawn to marijuana for relief from certain age-related conditions. Chronic pain from neuropathy or arthritis is a common draw for marijuana use. Harvard Health says the thinking behind cannabis and pain relief is that THC or CBD in the marijuana binds to specific receptors on the brain and nerve cells, which slows the reception of pain impulses and can ease discomfort. However, experts warn that science is still inconclusive regarding marijuana as a pain remedy.

Marijuana also may be looked to as a way to manage depression, anxiety and insomnia. It also could be a treatment for symptoms associated with neurological disorders, such as Parkinson's disease and glaucoma. A 2021 study published in The Permanente Journal indicated cannabis and cannabinoids have been shown to have a positive impact on a variety of neurological disorders in humans. However, additional research is necessary.

Risks of marijuana use

Even though there may be medical applications when marijuana might be beneficial, use of cannabis is not without risk, especially for seniors. Older adults often have preexist-

ing conditions and take multiple medications with which marijuana can interact. Also, seniors' bodies process substances differently than younger individuals, which can lead to increased sensitivity to marijuana's effects. Side effects to marijuana use can include dizziness and balance issues, compounding the risk for falls.

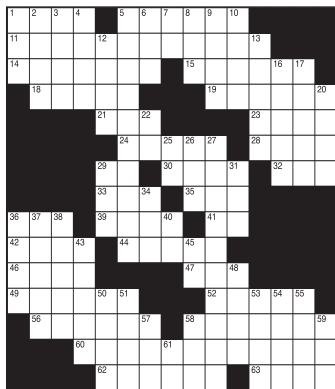
Another consideration for seniors is that, even where legal, the quality and potency of products can vary. Starting with a low dose and using products with a higher ratio of CBD to THC (CBD produces therapeutic benefits without the "high" of THC) may be a safer approach.

Talk to a doctor

More people are talking about marijuana, and there is less stigma about its use. Therefore, seniors should have no qualms about talking to a health care provider about their interest in trying marijuana. A doctor can assess medical history and current medications to make an informed decision about whether marijuana might be safe and appropriate. Guidance also can be provided on proper dosing and potential side effects.

Marijuana may offer potential avenues for symptom relief for seniors. It is important to be cautious and marijuana use should be medically supervised.

9	1	5	6	7	8	2	4	3
4	7	2	3	5	9	8	6	1
3	8	6	1	4	2	7	5	9
8	4	9	2	6	3	1	7	5
2	5	7	8	1	4	3	9	6
1	6	3	5	9	7	4	2	8
5	3	8	7	2	6	9	1	4
6	2	4	9	3	1	5	8	7
7	9	1	4	8	5	6	3	2



Horoscopes

ARIES - Mar 21/Apr 20

You're on fire this week, Aries. Ideas are sparking left and right. Don't forget to slow down before you burn out. You want to showcase energy without creating chaos.

TAURUS - Apr 21/May 21

This week is ideal for treating yourself to something great, Taurus. Money and love are both flowing in a way that is to your liking. The universe delivers for you right now.

GEMINI - May 22/Jun 21

Gemini, your words have power this week, so use them wisely or go wild. It's a great time to network, flirt or finally send that romantic text you've been thinking about.

CANCER - Jun 22/Jul 22

It's not a bad thing to have so many emotions flowing right now, Cancer. This week is ideal for reconnecting with your intuition or redecorating your space.

LEO - Jul 23/Aug 23

Get ready to shine again, Leo. You could be the center of attention and those around you love the show. You may also enjoy some career wins this week.

VIRGO - Aug 24/Sept 22

Virgo, you're crushing your to-do list this week while others seem to be snoozing. Midweek brings you a curveball, but you can handle it with signature grace and organization.

LIBRA - Sept 23/Oct 23

Your charm is turned up to 100 percent right now, Libra. A chance encounter could ignite something sweet this week. Weigh your options regarding which path to pursue.

SCORPIO - Oct 24/Nov 22

Scorpio, this week you're serving up mysterious mastermind energy. People want your attention, but you are playing it really cool. Money or career secrets may come to light.

SAGITTARIUS - Nov 23/Dec 21

Adventure doesn't have to translate to a far-off trip, Sagittarius. It could mean a new idea or even a flirty conversation. If you're in the mood to explore, bring someone along.

CAPRICORN - Dec 22/Jan 20

Capricorn, you might be plotting your next power move, and this week the stars are backing you. You could be giving off boss energy, but don't forget to take care of yourself, too.

AQUARIUS - Jan 21/Feb 18

You're cool, quirky and full of surprises this week, Aquarius. Others are finally catching on to your appeal instead of trying to go up against you. A collaboration could spark genius.

PISCES - Feb 19/Mar 20

Listen closely to your dreams this week, Pisces. They are trying to tell you something. A creative streak could hit hard and it might lead to something truly magical.

Celebrating
Our Community's

St. Boniface BoniFest
August 9th & 10th

the Cold Spring RECORD

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- Business Forms
- Letterhead
- Flyers
- Posters
- Carbonless Forms
- Laminating
- Folding
- Binding
- Placemats
- Calendars
- Door Hangers
- Event Tickets
- Raffle Tickets
- Wedding Invites
- Bulk Mailing
- Graduation Invites
- Newsletters
- Programs
- Brochures

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