

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
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- NO DOGS!

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Loreen 763-238-0616

Help Wanted

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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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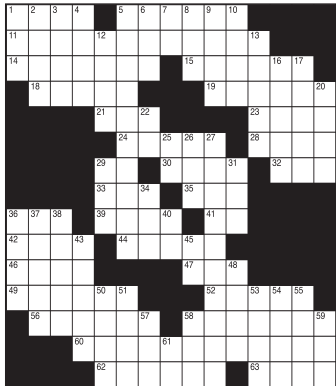
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Did You Know That?

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.

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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



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.

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

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