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Long Covid

females than males affected. This study has not been published in a peer-reviewed journal.

The National Institute of Health has announced a new research initiative to understand why some people with symptomatic Covid are not recovering fully. The initiative is called RECOVER, and if you want to learn more about it go to: recovercovid.org.

Some of the initial underlying questions that this initiative hopes to answer are:

- What does the spectrum of recovery from SARS-CoV-2 infection look like across the population?
- How many people continue to have symptoms of COVID-19, or even develop new symptoms, after acute SARS-CoV-2 infection?
- What is the underlying biological cause of these prolonged symptoms?
- What makes some people vulnerable to this but not others?
- Does SARS-CoV-2 infection trigger changes in the body that increase the risk of other conditions, such as chronic heart or brain disorders?

Other Covid News:

- As of June 13th just 56.9% of those eligible for vaccination (12 and older) have received at least one dose of a vaccine. To reach the community-protecting goal of at least 70% of the population vaccinated, approximately 543 more people living in Lake county would need to accept the vaccine.
- Cases have slowed their pace in the county, state and country. However, the rate of vaccinations has also slowed, and public health officials are concerned that some people and places remain vulnerable to outbreaks, especially with more infectious and deadly variants.
- The Delta variant now makes up over 10% of US COVID-19 cases. The Delta variant, first identified in India, is known to be more contagious and cause more severe illness than earlier versions of the virus.

Farmer Network launches new local foods website, plans for Harvest Festival

The Lake Superior Sustainable Farming Association (LSSFA) has launched a new website called 'Lake Superior Roots & Recipes,' www.rootsandrecipes.org, featuring recipes, cooking tips, and information about our local food system. Since the Coronavirus pandemic began, more people find themselves cooking and eating at home more than ever, whether they love it or not. The website hopes to inspire simple yet creative cooking using our locally-produced bounty. Recipes will highlight locally grown ingredients and are largely contributed by area farmers.

Purchasing and eating locally-grown foods supports our local economy and is a fun way to eat healthier and build community. And while eating local tomatoes in the summertime is a good place to start, there are myriad ways to eat local throughout the year. Produce can be purchased in bulk during the growing season and preserved by storage, canning, freezing, or drying for the winter months. The website will feature recipes by season, helping you make use of the abundance of summer vegetables and suggesting ways to stay local, creative, and healthy even in the winter months. Recipes will highlight seasonal ingredients and point people towards where they

can buy local foods online and in person. Knowing that not everyone has time to cook from scratch at every meal, they hope to offer creative ideas for every size household and for home cooks with differing levels of experience. If you would like to share a recipe, please email lakesuperior@sfa-mn.org, or use the form on the website.

LSSFA is a farmer-to-farmer network open to all kinds of growers and to consumers who are concerned about where their food comes from. Not many people realize that LSSFA is behind the Lake Superior Harvest Festival, normally in September at Bayfront Park in Duluth. This year the event will be September 11, 2021 and they will be celebrating the 27th anniversary of Harvest Festival, after cancelling last year due to concerns for public health. This event was created to provide an end-of-season profitable market for our local farmers, and has expanded to include music, artisans, food and more. Harvest Fest celebrates the bounty of the season and local businesses and organizations. Check out their website for a list of farmers and for more information about Harvest Festival: (www.sfa-mn.org/lake-superior). Hope to see you there!

DNR stresses safety after deadly few weeks on the water

It's been a deadly start to the open-water season in Minnesota.

As of June 16, as many as nine people have been victims of boating fatalities. That number, which is preliminary, marks the most fatalities at this point of the year in more than a decade.

In addition, a higher-than-average number of people have drowned at places like beaches and swimming pools.

Officials with the Minnesota Department of Natural Resources are reminding everyone who's around the water to make safety their first priority.

The beginning of the summer season is traditionally a busy time of year on the water. This year has been even busier than usual - particularly in recent days as people sought respite from an abnormally long string of above-average temperatures. Unfortunately, the increase in activity also has resulted in unusually high numbers of people who didn't make it off the water.

"There are too many families who won't be seeing their loved ones again," said Lt. Adam Block, boating law administrator for the DNR Enforcement Division. "It's up to everyone who heads for the water to double-down on safety and prevent what should be a fun experience from turning tragic."

The people who've drowned so far this sea-

son span the age, gender and swimming ability spectrum. DNR safety officials offer the following tips for staying safe around the water.

- Wear a life jacket. All children, and adults should wear a life jacket anytime they're around the water. Each year even adults who are good swimmers go under the water and never resurface.
- Avoid alcohol. Its effects are magnified on the water and the consequences can be deadly. About 40 percent of boating fatalities include alcohol.
- Designate a "water watcher." This person puts down their cell phone or other distractions and focuses only on watching the water to ensure everyone is safe.
- Wade feet-first into the water to avoid jumping into an area where the current, depth and other conditions are unknown.
- Constantly supervise children while they're in or near the water. Looking away even for a moment is enough time for tragedy to strike. Drowning often doesn't involve yelling, screaming and waving of the arms. Rather, it often occurs silently.
- Swim only in designated swimming areas.

For more information, go to dnr.state.mn.us/safety/boatwater.index.html



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Chris Mattila, REALTOR
218-220-0334 • cmattila@mchsi.com

Ashley LeBlanc, REALTOR,
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Crystal Peterson, REALTOR,
218-220-0416 • cpeterson@c21atwood.com

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•**4617 Lax Lake Rd, SB** 40 acres w/ approx. 1300' of frontage on the Beaver River close to Glen Avon & a 2 BR cabin offers an abundance of privacy solitude for you. **\$274,900**

•**27 Nelson Drive, SB:** Larger 3 BR, 3 BA w/mud rm add'n, 2 Garages, one 24x24 & one 12x36 on two lots. Updated Kit. & BA, central air, a gazebo, garden space and private back yard on a quiet street. **\$165,000**

•**Lot 3, Block 1 Marks Dr, SB:** 1.31 acre buildable site with sewer, water at the street and curb and gutter installed. **\$45,000**

•**38 Hays Cir, SB** MLS6096027: Back to the woods 3 BR, 1 BA, 2+ car Gar., new flooring, insulation, fire-

place, fenced backyard. **\$139,900**

•**4818 Birch Ln, SB** MLS6096453: 2BR mobile home w/beautiful views of Lax Lk., 50 ft. lake frontage. **\$135,900**

•**80 Edison Blvd, SB** MLS6096545: 2 BR mobile home w/ main flr. open concept, full bsmt, smart siding. 2+ car det'd gar., deck. **\$155,900**

•**5747 Hoist Lake Rd.** MLS6095898: 40 acres w/1500 ft of Bluebill Lake frontage, rolling terrain, mature trees, 2 BR Mobile home, Seasonal. **REDUCED \$123,900**

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