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Christine Mallory, Editor

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Woolsock Festival 2018: Old-Time Dance and Winter Camping Weekend

By Kate Jackson

The third annual Woolsock Festival is coming up quick and the deadline to register is for this unique event is Monday, December 24th.

Never heard of Woolsock Festival? This super cool get-together is an entire weekend of music, dance, workshops, and winter camping that takes place in Finland, MN.

Presented by the Tamarack Dance Association and hosted by the Clair Nelson Center (located at 6866 Cramer Road in Finland, MN) this event is family-friendly and all are welcome to attend.

Now in its third year, Woolsock features folk dances with live string bands and callers, plus workshops on winter camping, various crafts, old-time music and dance. Attendees are welcome to camp on-site. A limited number of canvas tents and stoves are available to rent for a small fee.

Registration is \$50 for the entire weekend or \$10 per dance or workshop. If you register for the entire weekend, meals will also be included and you must register for the whole weekend if you

wish to camp on-site. This year's festival will take place on December 28-30.

Festival-goers are asked to bring a pair of wool socks to donate to the Damiano Center in Duluth as well as quality items to be included in the silent auction. Proceeds of the auction will go towards making next year's festival happen.

Here's a quick overview of what's on the agenda for this year's Woolsock Festival:

Friday, December 28: 5pm potluck and 7:00 pm dance

Saturday, December 29: Various workshops, activities and meals throughout the day with a dance at 7:00 pm.

Sunday, December 30: Breakfast and farewell dance

To register for this event, email woolsockfest@gmail.com. For more information, contact the Clair Nelson Center at 218.353.0300 and be sure to check out their Facebook page to learn about all the other amazing events and classes coming up at the center.

William Kelley Event Brings Message: Mental Illness is a Common Medical Condition

By Kitty Mayo

One in four youth (13 to 18 years old) suffer from mental (medical) disorders, and many do not ask for help because of the perception that they will be viewed as faking, looking for attention, or crazy. Twenty-five percent of adults are also estimated to suffer from the medical conditions of mental health, and 90 percent of suicides resulting in individuals with mental illness.

William Kelley School sponsored a speaker on depression, mental health and suicide prevention on Wednesday, December 12th. Held during school hours in the morning, students in grades 7 through 12, in addition to the public, gathered in the school auditorium to hear what speaker Jeff Olson had to say.

A documentary called "Do it for Daniel" was also viewed, sharing the story of Daniel Olson, Jeff Olson's son. Just 19 years old, Daniel committed suicide after a life-long struggle with depression and anxiety.

An all-state quarterback for the Ishpeming, Michigan Hematite football team, and was beloved by many friends and family. His family has made the documentary and holds talks in the hopes of reducing the stigma of mental illness and making a shift to seeing depression and other mental illnesses as a medical condition.

Tami Duke, school counselor

at William Kelley, says that education about mental health is critical for schools, and more resources and attention to the issue are needed.

"Suicides are on the rise according to national data, putting it in the top five causes of death. It's uncomfortable talking about these things sometimes, but it's important to provide a space for this conversation in our community," Duke said.

According to Duke, a low school counselor to student ratio is part of the problem, with counselors able to just deal with crises and unable to be proactive with prevention of mental health crises.

Duke had done some preparation with classroom lessons prior to the speaker and viewing of the documentary, saying that the importance of the topic warranted a deeper look to help students get the most out of the experience as possible.

Also a member of the North Shore Mental Health Group, Duke says that the mission is to end the stigma that gets in the way of people in need reaching out for help. The North Shore Mental Health Group also had a table at the event with information and mental health resources available to attendees.

More information is available at www.doitfordaniel.com.

Great! Lakes Candy Kitchen & Canelake's Candies

By Kitty Mayo

If you think made-from-scratch candy and family tradition spell Christmas, then you still have time to make it to the Great! Lakes Candy Kitchen in Knife River.

A third- and fourth-generation operated candy shop, Great! Lakes is open daily (10:00 am to 6:00 pm) through December 24th. Closed on Christmas day, they open again for just one more day on the 26th until all the candy is gone.

And you now have another option to meet your candy needs with the "new" affiliated store in Virginia.

Virginia is where it all began in 1905, with brothers Gust, Christ and Tom Canelake opening the "Virginia Candy Kitchen". Gust continued to run that shop, while brothers Christ and Tom went on to open their own candy shops in Hibbing and Virginia. The current

Canelake's Candies store has been in that location since 1917. Eventually, Gust turned the reins over to his sons, John and Leo Canelake, who ran the store until selling it to apprentice candy maker John Cina in 1983.

Daughters of John Canelake, Pamela Canelake Matson, and Patricia Canelake opened the Great! Lakes Candy kitchen in 2007, using many of the family's recipes.

Cina retired this October and put the Virginia shop, Canelake's Candies, up for sale.

After Cina's retirement, the Virginia store reopened under "new" ownership in November.

Pamela Canelake Matson and husband Dennis, Patricia Canelake, and siblings John and Chris Canelake are the new owners, bringing the candy history full-circle back in their dad's and grandpa's original candy store.

Pamela says they will go on creating the same old-fashioned handmade candies with real butter, whipping cream and quality chocolate. Some of the sweet indulgences the Canelake family is famous for include fudge, beartracks, peanut butter meltaways, and caramels, with a huge assortment and variety of other sweets always on hand.

"It was my grandfather's, then my dad's and uncle's, and now the family bought it back. It was in the family for so long we couldn't pass up the opportunity to keep it going under our family name, and maybe some of the younger ones will want to take it over some day," said Pamela.

Pamela's sister, Patricia and her son, Andy, will go on running the Knife River candy shop, and Pamela and her husband, Dennis, will run the Virginia store.

Canelake's Candies in Virginia will stay open year-round.

"People really love the hot air candy and turtles, we could keep filling those orders all day long," said Pamela.

Right in the middle of the holiday season things have kept very busy, but Pamela says their welcome-back has been overwhelmingly positive and bodes well for good business going forward.

"The whole town has welcomed us back, and a lot of people remember the store from when they were young, it's been really wonderful," said Pamela.

The nostalgia of the soda fountain counter has been a strong pull that has Pamela making plans to bring it back, serving Green River soda, along with cherry and vanilla Cokes.

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