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# NORTH SHORE JOURNAL

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The North Shore's best source for local news & information 9,900 copies printed & delivered along the north shore

*Christine Mallory, Editor*

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## Single-Track Dirt Bike Trail Lake County's Latest Addition

By Kitty Mayo

A new off-road dirt bike trail is being developed in Lake county, and land commissioner Nate Eide anticipates that any activity added into the natural attractions of the north shore will be popular.

"These are not what you expect, they are going super slow, not flying through the air like the dirt bikes you see on TV," says Nate Eide, Lake county land commissioner, "I'm guessing that these trails and other bike trails will continue to be a big draw this summer even if other things are closed down."

Dirt bikes might bring to mind extreme sound and speed, motocross-style. However, single-track dirt bikes, off-road motorcycles, or enduros are another brand of dirt bike. This sport is about following a narrow trail with ever-changing elevation, between trees, over rocks and up hills, all while judging the best line, keeping balanced, and staying out of trouble.

Located about ten miles north of Two Harbors, Minn., off of County Highway 2, the nine and a half mile loop will be accessed by an already existing ATV/snowmobile trail parking lot.

Dave Cizmas, Lake county's recreation forester and project lead for the dirt bike trail, says the appeal of a single track dirt bike trail is in the difficulty of navigating uneven terrain at a very low speed on a trail that is similar to a winding hiking trail.

Only a handful of similar trails

exist in Minnesota, with the nearest at Nemadji State Forest in Pine county, Minnesota.

Rich Sve, Lake county commissioner, says that during his 12 year tenure the county has evolved its approach toward trail development, with an eye toward beneficial economic impacts.

"We knew that we wanted our trail system to become all-encompassing of both motorized and non-motorized use, and what we have now in the 2020 mix is quite phenomenal," Sve stated.

Having multiple trails available to visitors is one way to keep people around, according to Sve, and that means they spend money at local restaurants, lodging, and gas stations.

Jeff Leusman of the Wild Country ATV Club in Two Harbors was the original impetus behind the trail. Lake county is acting as the trails sponsor, with Wild Country administering the grant-in-aid monies and developing the trail.

Noise worries are low on Leusman's list, who says that with low rpms, the mitigation of sound by trees and several miles to the nearest house, he would be surprised if anyone realized the trail was there from the sound.

Work on the trail is underway, mostly with a handsaw clearing small trees and branches, with Leusman hopeful that it will be ready to ride yet this summer.

## Lake County Confirms Three Additional COVID-19 Cases

On Tuesday, June 16, Lake County Emergency Manager BJ Kohlstedt announced that three more COVID-19 cases have been confirmed in Lake County.

"We have learned from MDH (MN Department of Health) today that there are three more confirmed COVID-19 cases in Lake County. Case investigation and contact tracing is in progress, but we have no more information at this time. As with the first case, due to federal HIPAA restrictions on private health information, there will likely be no more information released on those individuals. Those who have been in close contact with them will be notified, and the rest of us can

*continue to practice the actions that best protect ourselves and our neighbors".*

As of press time on Tuesday, the total positive cases in Minnesota was 30,882, with an approximate number of 429,145 completed tests.

Lake County and North Shore Rotary Club will hold a home-made cloth facemask give-away next Thursday, April 25 at the Lake Bank in Silver Bay from 5:30-6:30pm for any Lake County residents who still need facemasks. Check the Lake County COVID hub website or Facebook page for more information.

## More Covid-19 Data Needed: Lake View Gyms Reopen

By Kitty Mayo

At the University of Minnesota-Duluth Medical School Dr. Cathy McCarty says that getting accurate data in the early stages of an epidemic is of the utmost importance.

Adequate contact tracing, according to McCarty, is the key to allowing the economy to remain open while managing outbreaks. Furthermore, McCarty says that voluntary testing and participation in research are important for learning the best ways to manage the virus.

"We want our policy makers making informed decisions, and right now we have so little information, we need individuals to contribute information about their exposure to COVID-19," McCarty stated.

An ethicist and genetic researcher, McCarty says that having conversations about how personal medical information is protected for privacy, and effects of quarantining on employment should shape public policy.

"People should have privacy concerns and should be fully informed of the implications of taking a test. If they test positive, even without symptoms, they have to take 14 days off of work and what if they don't have sick time?," McCarty said, "Ethically we need to protect workers."

### Lake View Gym Reopening

The Lake View fitness centers in Two Harbors and Silver Bay are reopening, albeit with a different

way of operating to protect members.

Greg Ruberg, CEO/president of Lake View, says that reopening the centers has been a top request of the community in recent weeks.

"People have really missed being able to go to the gym, and wanting to have their connections to other people back is almost important as the exercise itself," said Ruberg, "We are starting to open things up cautiously, but we need people to continue to use precautions."

Both fitness centers will require members to call to make an appointment for one-hour time slot between 7:00 am and 5:00 pm. Members will have their temperature screened at the door, and are asked to use a mask in the centers. For the time being the centers will limit the number of members to four at a time.

"We are starting slow to see how it works, if we can spread people out enough to make it safe. Covid-19 is not gone, so we want to be careful," said Ruberg.

Ruberg worked the screening desk at the clinic one day last week, and discovered firsthand that the system of taking temperatures at the door and ensuring mask usage is working well.

"I continue to be impressed with patients coming in, people are so understanding of the procedures we are using to protect them," said Ruberg.

## Enjoy MN Farmers' Markets in 2020

St. Paul, MN: Warmer weather and longer days mean it's time for farmers' markets to open for the season. At your local farmers' market this year, customers will still be able to support Minnesota farmers and producers by purchasing all of their favorite produce and products, with a few new changes to ensure everyone's safety.

Minnesota Farmers' Markets have been deemed an essential business and market vendors and managers are working hard to plan a safe and successful season. The Minnesota Department of Agriculture's (MDA) Shopping the Farmers' Market during COVID-19 guide helps customers know what they can do to ensure a safe market visit too.

Market shoppers should expect that things will look a little different this year at the market. Due to the COVID-19 pandemic, farmers' markets have implemented new practices for protecting the health

and safety of vendors and customers. These new practices may include physical barriers to separate customers and vendors, limits on the number of people in the market at one time, or pre-pay and pre-ordering systems. Despite these changes, the markets are still a great way to find local and fresh food, as well as celebrate the growing season!

"Now is a perfect time to discover your local farmers market," said Maple Grove Farmers Market Manager Kirsten Bansen Weigle. "During this time, many of us are looking for foods grown locally with minimal handling. That's what you'll find at your local market! Please connect with favorite markets online to learn about their COVID-19 response plans and how to be a safe market shopper."

Eager customers can expect a bounty of early spring crops at the market: from rhubarb to leafy greens, spring onion, and aspara-

gus, there is fresh produce to enjoy at the market already. Many vendors are also selling local products from Minnesota farms like maple syrup, baked goods, meat, eggs and cheese.

It's easy to find a nearby farmers' market by searching the Min-

nesota Grown Directory, which has 192 farmers' markets and more than 1,000 total farm and market listings. Directory users can search by product, city, zip code, or look along a route to discover local foods and products for sale near them.

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