

PUBLIC NOTICE
CITY OF SILVER BAY
ACCEPTING APPLICATIONS
FOR BOARDS/COMMISSIONS

The City of Silver Bay is accepting applications for members to serve on various City Boards/Commissions as appointed to by the City Council. Applications are available at www.silverbay.com or at City Hall, 7 Davis Drive, Silver Bay, MN 55614.

THANK YOU

A special thank you to Jerry and Shelly Cheney, to Carey and CLP for all your help, to Sherry Q for bringing all the toys up to us, to Holly, Suzy, and Sherry for bringing the bags out to the families for curbside pick up. Thank you to the many people and businesses that donated toys and their help. To the Salvation Army, Brian and Kelly, for all your help. Thank you every one to help make this a Merry Christmas for everyone!

~Betty Josephson

THANK YOU

We live in a wonderful community where friends and neighbors anticipated our need for help. This is the situation that Feudor and I found ourselves. A huge thank you to those community members who helped by providing meals, medical rides to Duluth, cleaning, winterizing, raking leaves; walking Lucy (our dog), calls, and letters of encouragement. Kim Josephson organizational skills kept all these services running smooth as silk with Steve Josephson being our go to guy. A special thanks you to our First Responders, Ambulance Service, Police Dept. and Hospice Service which includes Solvay House.

~ Mary, Anita and Mandy

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2021 Should Start on a Dry Note and May Stay That Way For a Long While

by CBS 3 meteorologist Dave Anderson

As we say goodbye to 2020, we also say goodbye to the National Weather Service's 150th anniversary. The crew at the Duluth station was especially proud since their location was one of the first in the original class of 1870. NWS people all across the country spent the year touting their organization's advancements over the last 150 years.

Weather balloons, for example, were first launched in 1906. Today, two balloons a day are launched from 92 stations. In Minnesota, those stations are the Twin Cities and International Falls.

Not long ago, Ely school kids launched their own weather balloon and it was found a few days later in Michigan from what I've heard. They're lucky! The NWS has told me in the past that only 10-20% of their balloons are ever found or returned. In nearly 20 years of teaching meteorology at Lake Superior College, I've only had one student find a balloon and that one was floating off the end of his dock only a few days after the lecture where I talked about how rare finding them is.

For January 2021, long range forecasters are finding evidence that it is going to be cold and dry around here this month. We could run two degrees cooler than normal and snow may stay a few inches below the normal total of eight.

The first two days of January 2021 should be sunny and cold. The 3rd to 6th, though, should be snowy and mild. The 7th to 16th should be cold with only light flurries. The 25th to 31st has a shot at some decent snow followed by a cold snap.

The Old Farmer's Almanac thinks the rest of this winter will be cool and dry. Spring 2021 will become warm and dry. Summer will be hotter and drier than normal. Next autumn will be cool and dry.

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Covid Update: Another Vaccine Myth-Buster from Mayo Clinic

By Kitty Mayo

Myth: There are severe side effects of the COVID-19 vaccines.

Fact: There are short-term mild or moderate vaccine reactions that resolve without complication or injury. The early phase studies of the Pfizer vaccine show that it is safe. About 15% of people developed short lived symptoms at the site of the injection. 50% developed systemic reactions primarily headache, chills, fatigue or muscle pain or fever lasting for a day or two. Keep in mind that these side effects are indicators that your immune system is responding to the vaccine and are common when receiving vaccines.

At Lake View Hospital and Clinics Greg Ruberg, CEO, reports that vaccinations of employees continues as planned, with staff experiencing expected responses.

Dr. Kelsey Schultz, a physician at Lake View, says there are anticipated and expected immune responses to the Covid-19 vaccination by some individuals.

"After the COVID-19 vaccine, common side effects include pain and swelling on the arm where you got the shot, fever, chills, tiredness, or headache. These are considered normal signs that your body is building protection from the virus and should go away in a few days," said Schultz.

Schultz added that very rare reports of allergic reactions to the vaccine have been noted, which is why people receiving the vaccine are monitored closely for 15-30 minutes afterward.

For vaccines that require two doses, an even stronger immune response is expected after the second dose.

Ruberg received the first shot in the vaccine series last week, and reports that he did have a sore arm that night. Other Lake View staff have reported a range of reactions that are in the expected range, the most common being a sore arm, but a couple of others feeling a little under the weather, with body aches and a low grade fever. One employee had a couple of days of feeling ill with cold-like symptoms.

According to the CDC post-vaccination effects of fever, chills, tiredness, and headache are common, and are part of the body's healthy mechanism to be able to recognize and fight off Covid-19 in the future.

Lake County has seen an increase in rates of positive Covid-19 tests, accumulating 26 new cases in the last week (cumulative total 565), but no new deaths and no new long-term care cases. Cook County cases have reached a total of 108.

NORTH SHORE JOURNAL'S HIDDEN PHRASE PUZZLE

To get your name on the Northshore Journal's Puzzle page, send your name, hometown and puzzle answer to: 27 Evans Circle, Silver Bay, MN 55614 • Call: 226-3335 • Email: northshorejournal@gmail.com

- JIM ANDERSON, TWO HARBORS
PEARL MUUS, GRAND MARAIS
WAYNE ELLINGSEN, FAIRBANKS
DIANE NOWERS, GRAND MARAIS
BJ MUUS, GRAND MARAIS
LINDA HARSDDORF, GRAND MARAIS
DIANE RADLE, SILVER BAY
LINDA BRANDT, TWO HARBORS
MARK & LAURA LAKY, GRAND MARAIS
ELEANORE WAHA, GRAND MARAIS
PATRICIA OLSON, TWO HARBORS
LAURIE JUENENMANN, TWO HARBORS
SANDY WIRT, GRAND MARAIS
PAT TORGERSEN, TWO HARBORS
MARIANN MANCUSO
LIL HANSON, TWO HARBORS
FLORA DICKENSON, SILVER BAY
VERNA MIDBROD, SILVER BAY
DARLENE GADACZ, TWO HARBORS
GREGORY NICHOLS, LUTSEN
VICKI O'BRIEN, BUFFALO MN
J KIMBALL, GRAND MARAIS
MARY LOU MARSHALL
BETTY KING, TOFTE
LARUI KULJU, GRAND MARAIS
DARLENE STEVENS, TWO HARBORS
SUE RILEY, GRAND MARAIS
GAIL SAFSTROM, KNIFE RIVER
NANCY BRAMSTEDT, GRAND MARAIS
PHILIS ANDERSON, GRAND MARAIS
ELLAR & SKEETER PASSE, TWO HARBORS
JENNIFER NIEMI, TWO HARBORS
JOLENA BRANHAM, TWO HARBORS
PAMELA TOLAND, DULUTH
ALYSSA SINES, TWO HARBORS
ROBIN DERSCHIED,
LORI NAE, TWO HARBORS
AMBER PFEIL, GRAND PORTAGE

Last weeks answer: Never underestimate the difference you can make in the lives of others. Step forward, reach out, and help. Reach out to someone that might need a lift. ~ Pablo

- BAKING BLEND BRUSH
BUNDT CAKE CARAFE
CLOTH CRACK CROCK
DUTCH FORK GRATE
GRIDDLE GRILL GRIND
INFUSE JUICE KETTLE
KNIFE LADLE MAKER
MEASURE MITTS MIX
MOLD MUFFIN OPEN
OPENER OVEN PAN
PLATE POACH POPPER
PRESS ROAST SCOOP
SHEARS SHEET SKILLET
SPATULA SPICE STIR
STOCK STOVE TIMER
TOAST UTENSILS

Life is what you bake it!

K B E I F B M G S A E A T K I N G I S T
C R K A N E R S Y L L F A E T A L P D F
A U A B A I E C O U R M I X E A T N S O
R S C S D R L A T B A K I N G H U L T R
C H U D P O S A R G R I L L K B S L T K
I R L T T K P E N J S A L D A B N O I R
E E O H I S M S U I F L O U S P D E M V
E A L L T I O I C V F K E T H O L T V E
H A L T T S C O U O E F E C E A O G T O
R E K A M E A T P T O L U H A C M A D E
T I T N F S E O T E D P P M R H R N A S
N S N A A N E L R A N D F S S G E R O M
G E R F S P E E L N E E P R A L R I T S
T A P I U K C O T S I I R O B G R I N D
C N L O T S K C O R C O G E N E V O T S
E S P O P P E R R E T O A S T A T I O N

After you find all the words, solve the quote below from the remaining letters!