

Local Faith-Based Citizens

Last week's article about the Citizens' Climate Lobby was accidentally cut off at the end. Below is the full paragraph:

Anyone interested in finding out more about the faith-based Citizens' Climate Lobby can call either Chris Belfield at (218) 510-0780, or Katya Gordon at (218) 290-5975.

CITY OF BEAVER BAY LAND FOR SALE

The City of Beaver Bay has the lots where the Apartment/Laundry/Motel complex used to be up for sale.

The parcels numbers up for sale are:

- Parcel ID# 21-7240-11060
- Parcel ID# 21-7240-11280
- Parcel ID# 21-7240-11160
- Parcel ID# 21-7240-11150
- Parcel ID# 21-7240-11170

Contact the City of Beaver Bay office @226-3251 if interested.

THANK YOU

The family of Deanna Larson is grateful to the many people for their prayers, thoughts, kindness, cards and gifts given during her suffering and passing. She will always be in our thoughts and prayers. Again, many thanks and God bless you all.

David & Ben
Kirstin, Steve, Sonja, Nora & Micah
Chelsea, Joe, Piper & Neneigh
Becca & Michael
Mother & Brothers & Families

Due to Covid-19 there will be no Finland Co-op Annual Meeting.



Voting in new board members will happen via ballot this year. If you're an active member and we have your address, we will be mailing out ballots to you. If you're an active member but worried we don't have your address, please stop by the Co-op and pick up a ballot. All ballots need to be returned either in person or by mail to the Finland Co-op by December 09, 2020.

Public Health Urges Shingles and Pneumonia Vaccinations for Adults

By Kitty Mayo

Public health officials are emphasizing the importance of adults getting vaccinated against preventable illness like shingles and pneumonia during the pandemic.

Sara Preston, Public Health Nurse for Lake County, has recently returned to working as a public health nurse after over seven years as a nurse in Lake Superior School District, and is focusing on immunizations so all the county's residents can have the best possible outcomes.

"It's especially important now that we are in the middle of a pandemic that is getting worse by that day that everybody be fully vaccinated for childhood illness, flu, shingles and pneumonia. We need everybody to help so we don't put any more stress on our health care system and protect people from preventable illnesses," said Preston.

One out of three adults will get shingles unless vaccinated. Shingles arises from the same infection that caused chicken pox in people when they were young, before a chicken pox vaccine was available.

"Shingles is a very painful neurologic illness where the virus travels on your nerves and you get pustules, itching and pain that can last for months for some people making

them miserable," said Preston.

The shingles vaccine is recommended for people over 50 and comes as a two-shot series spaced about two months apart.

Pneumonia is one of the major causes of hospitalization in older adults, and is potentially fatal. Pneumonia vaccination is recommended for those over 65 years and could provide protection for the rest of your life.

"We need to minimize using the health care system that is already bursting at the seams by getting vaccinations, we don't have the capacity to add in people with illnesses that are preventable," said Preston.

Unfortunately, Preston says that Minnesota and our region could get to the point where health care professionals may have to prioritize who gets care, a frightening prospect. Revising holiday plans to stay home without family gatherings is important, says Preston.


"We have to tell people not to do their usual Thanksgiving this year, and that's hard for my family, too," said Preston, "The virus doesn't care that you wouldn't want to infect your family, it just cares that you are a human, and we have to set really good boundaries."

5th Annual Craft Sale
Small Business Saturday
 Saturday, November 28th • 10am - 3pm
 Burlington Station, Two Harbors (Old API Bldg)
All Hand Made Crafts
 Masks must be worn!

EMPLOYMENT OPPORTUNITIES

HELP WANTED
Barross Manor Assisted Living is now hiring compassionate, hard working **CAREGIVERS** for PT, FT and On-call shifts. Day shift & Sleep Night Shifts available. Sign in bonus, Covid hazard pay. Experience is not required, will train. Contact Cortney: 218-310-2562 or stop by Barross Manor for an application. 414 First Ave., Two Harbors

The Finland Food Chain is hiring an Education & Outreach Coordinator



The Consumer/School: Education & Outreach Coordinator (EOC) is a member of the general coordinating team, all of whom share responsibility moving projects forward, while each working on a focus area. The EOC will focus on consumer/school education & outreach. The goal is to provide learning opportunities that build the knowledge and capacity needed for growing a more robust local food system for the Finland region and beyond. Educational forums, field trips, tours and educational programs should be developed to meet the needs of the community relative to food system literacy. In addition, the EOC will be helping to instigate, support, and carry forward projects related to this food system component by working collaboratively with farmers, consumers, schools, other project staff, resource personnel and the Leadership team (Heart) to aim and reach towards the food systems mission/goals. This is a part-time position of up to 15 hrs/week. **Application Deadline December 3rd, 2020.** For full job description and application instructions, please visit: finlandfoodchain.org/wp/jobs

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 A SUBSIDIARY OF HOT LINE REALTY, INC.
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\$270,648

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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 HARSDFORF, GRAND MARAIS
- DIANE RADLE, SILVER BAY
- LINDA BRANDT, TWO HARBORS
- MARK & LAURA LAKY, GRAND MARAIS
- ELEANORE WAHA, GRAND MARAIS
- PATRICIA OLSON, TWO HARBORS
- GAIL SAFSTROM, KNIFE RIVER
- MARY LOU MARSHALL
- LAURIE JUENENMANN, TWO HARBORS
- BETTY KING, TOFTE
- NANCY BRAMSTEDT, GRAND MARAIS
- SANDY WIRT, GRAND MARAIS
- PAT TORGERSEN, TWO HARBORS
- ALYSSA SINES, TWO HARBORS
- MARY ANN SMITH, FARM LAKE
- MARIANN MANCUSO
- JENNIFER NIEMI, TWO HARBORS
- RACHAEL SCHAUER, LUTSEN
- LIL HANSON, TWO HARBORS
- FLORA DICKENSON, SILVER BAY
- DARLENE STEVENS, TWO HARBORS
- VERNA MIDBROD, SILVER BAY
- LISA HORNER, KNIFE RIVER

Last weeks answer: *Alex Trebek holds the world record for most game show episodes hosted by the same presenter.*

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| ACORN | AMERICAN | APPLE |
| AUTUMN | BAKE | BUNS |
| CARVE | COOK | CORN |
| CRANBERRY | DESSERT | DINNER |
| EAT | FAMILY | FEAST |
| FOOTBALL | GIBLETS | GOBBLE |
| GRAVY | HOLIDAY | INDIAN |
| MEAL | NATIVE | PECANS |
| PILGRIM | PLATTER | POTATO |
| PUMPKIN | ROAST | ROLLS |
| SAUCE | SETTLERS | STUFFING |
| TASTE | THANKFUL | TRADITION |
| TURKEY | | |

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

HAPPY THANKSGIVING

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