

NORTH SHORE JOURNAL

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Christine Mallory, Editor

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Civility Summit Comes to Two Harbors

By Kitty Mayo

What started out as a comment that incivility at the high school should be addressed first morphed into a good idea that DECA students were willing to latch onto, and now has snowballed into a viral event in real time and space.

The students of Two Harbors High School "have decided to take on the challenge of incivility by offering an opportunity for regional schools and businesses to become more respectful and civil".

That mission has turned into the hosting of a "Civility Summit" by DECA students taking place on January 26th that will have 600 attendees coming from 16 regional schools and 20 businesses. Participants were invited from Cook County, to Hibbing, to Moose Lake.

The Two Harbors chapter of DECA is an association of high school students interested in pursuing business careers. The Civility Summit promotes the tenets of: Acceptance - Respect - Awareness - Humility and Integrity.

Janelle Jones, DECA advisor, says the amazing thing is how the concept behind the summit was student driven. "It's caught on like wildfire, and all because at the start a couple of students wanted to do something about disrespect and bullying," said Jones.

The keynote speaker for the event is Dr. Mike Thomson, an internationally known public speaker. With a background in psychology, and a career background in drug and alcohol treatment before he started his "edutainment" career, Thomson is the author of 20 books on topics of leadership, "strategies for saving your sanity", and how to find "unlimited success" at work, home, and school, among other self-improvement topics.

Thomson has already visited the high school to work with the students, and intends to stay in contact on a regular basis with students from all the attending schools throughout the region over the next year.

"The summit is just one part of this, the real mission is to bring intuitive leaders at schools and in businesses to a whole day of learning that they will bring back to their schools and business



places," Jones said. Jones says that at least 20 different regional businesses are being represented by participants.

Students from THHS have been featured on local news programs lately while promoting the event.

Thatcher Sunday, DECA member, and junior at THHS, says the whole thing started out as a conversation several months ago with a friend, recognizing that incidents of incivility and disrespect seemed to be on the rise at their school.

"We saw the negative things happening in the hallways and in friend groups, and we didn't know at first how, but we had the raw passion to make a difference," Sunday said.

At the suggestion of THHS Jay Belcastro, the idea was presented to DECA, who readily embraced the idea. In meetings with students from different schools around the northland region it quickly became apparent that the issue was widespread, as was the willingness to take positive action.

"We decided it was not an option to keep this just in our school, so we brainstormed and decided to hold a northland regional Civility Summit," said Sunday, adding that inviting businesses to participate was strategic based on the understanding that civility is also a workforce issue.

"I think it's a lack of awareness that people don't realize what they say and do does carry weight and can be very hurtful. We want to change those negative thoughts and turn them into a positive," stated Sunday.

The summit will be held on Friday, January 26th from 9:00 am to 2:00 pm at the Two Harbors High School.

Freaked out by the flu?: Eat Mushrooms

By Kitty Mayo

With flu season in full swing in northern Minnesota, and just about everyone you know just coming off of a cold, or down with the flu, most of us are frantic to find as many ways as possible to avoid getting sick, or get well as fast as possible.

Along with the hand washing, raw garlic, ginger tea and plenty of sleep regimen that we already know we should be following, the humble mushroom is an overlooked powerhouse for boosting your immune system, and can even shave off sick days if you already caught a bug.

Used in Eastern Europe since the 16th century to treat cancer, and in Chinese medicine for centuries for a variety of bacterial and viral infections, mushrooms have been given short shrift in this country for too long.

While different mushrooms have specific properties, you don't have to look very far to find a health-benefiting mushroom on the northshore. Believe it or not, the common button mushroom, you know, the one that you never thought really had any nutritional value, is a really great source for a healthier winter.

Viruses like the flu and the common cold can't be treated with medicines like antibiotics, but they are combated in two ways by eating mushrooms: by inhibiting the rapid growth of viral cells, and boosting the immune system's response to attack the virus.

White button mushrooms, while not the most exotic of mushrooms, still contain higher levels of cell-protecting antioxidants than most other foods you can find at the grocery store (even higher than blueberries!).

Agaricus bisporus, the Latin name for the common button mushroom, also goes by many other names and can come in two colors when immature: white and brown.

When immature and white it might be called: champignon, table mushroom, common mushroom, or cultivated mushroom. The young, brown button mushroom is known as the: Swiss brown mushroom, Italian mushroom, crimini mushroom, or baby bella.

Guess what the baby bella is when it's all grown up? That's right, the ignoble portabella (or portobello, or portabellini)!

If you've relegated mushrooms to the "tastes good, not good for much else" category like me, you'll be surprised to learn that they are packed with nutrients, including: selenium, B vitamins, and vitamin D (if grown in sunlight or under UV lights).

Mushroom-lovers be of good cheer: edible mushrooms of any stripe will be great for your health, and studies show strong evidence that they offer protection against many kinds of cancer. There is even some research evidence that indicates that a regular dose of mushrooms in your diet might lower your risk of neurodegenerative diseases, like Parkinson's and Alzheimer's.

If you want to avoid the coughs, sneezes, and all the aches and pains of an upper respiratory tract infection, time to add some mushrooms to your diet. And if someone in your household has already begun to succumb to a nasty bug: add mushrooms to the "must get" list, along with the OJ and cough drops, it really should help them get well faster!

AEOA Mobile Office coming to Finland

AEOA staff will be on site at the Clair Nelson Center in Finland to provide information about their programs and services. Stop by Thursday January 25 between 10am & 2pm to speak with the Housing Case Manager, MNsure Navigator, Adult Education Instructor and Early Head Start Home Visitor.

Homeless or on the verge of homelessness? AEOA housing programs assist in maintaining or obtaining affordable housing as well prevention of utility shut off. All programs are income based, see if you qualify.

Don't have health insurance, un-

sure if you can enroll right now? Those who qualify for MA or MNcare can enroll year-round. Let us help you determine eligibility.

Looking to further your education or find a job? Adult Education provides assistance with GED preparation and college readiness. Get help with resume building and job search skills.

Are you a pregnant mom or mother/father of an infant or toddler? Early Head Start is currently accepting applications for home based services. Programs are at no cost and are income based. Fill out an application to see if you qualify.