

EMPLOYMENT OPPORTUNITIES

Looking for a New and Fun Challenge?

Granite Gear in Two Harbors since 1988 has various positions open in production including web cutting, Industrial sewing and final QC. Experience helpful but not required. Competitive wages, Available 401K, Healthcare, Employee discount that will make you the Favorite relative at Christmas plus a very generous Vacation/PTO package. Hours are Monday-Friday 6:30AM-3:00 PM which leaves a nice a long evening to explore our amazing backvard the Arrowhead region.



Apply in person at our Showroom:
2312 10th Street
Two Harbors, MN 55616
or email Wade@granitegear.com

Looking for meaningful work with a variety of experiences?

Join DRCC!

DRCC is a non-profit agency supporting individuals with disabilities throughout Northeastern MN. We have one full-time position and a variety of part-time positions open in the Two Harbors area.

DRCC has an open, honest culture that values each individual including our employees.

Here is what you can expect - competitive wages, ongoing training and support, flexible schedules and a generous benefit package (including: 401k matching; health, dental, disability and life insurance; paid vacation and sick time; referral program; tuition reimbursement).

Plus, a lot of laughs and good food!

Hourly pay starting at \$16/hour.

For more information, call Amy at 218-722-8180 (ext 107) or visit our website, drccinfo.org, to apply.



North Shore Community Radio

Your source for area weather, information, & entertainment



90.7 FM North Shore
89.1 FM Gunflint Trail
90.1 FM Grand Portage
www.wtip.org



Garage, Rummage, & Yard Sales

List your sale in the Northshore Journal.
25 words for ONLY \$10.00!

GARAGE / ESTATE SALE: Friday, Sept. 23rd and Saturday, Sept. 24th (9am-4pm) 1819 Mary Street, Beaver Bay. Household items - bedding, candles, dishes, office supplies, etc. Women's & Men's clothing, furniture, vintage items, antiques & more. Many categories of items.

FULL HOUSE ESTATE SALE: Friday, Sept. 23rd and Saturday, Sept. 24th from 9:00-4:00. **18 Nelson Drive, Silver Bay.** Oak furniture (dining set with leaves, bookcases, TV stand, sideboard), TV, sofa, Sofa hide-a-bed, bedroom sets, desks, chairs, clocks, cabinet radio, large assortment of tools, mower, grill, shop-vacs, portable AC, Singer sewing machine, craft items, Christmas things galore, framed artwork, glassware, Fostoria set, dishware, china sets, kitchenware, small appliances, snowshoes, gardening supplies, Electronics- Onkyo record player, CD, cassette and DVD players, entertainment cabinet, Apple ProMac Computer, Apple Ipad, printer, records- selection of 1960's 45's. No clothing. No early sales.

Robby Vee and His Rock & Roll Caravan Sept. 16th Concert moved to William Kelley High School Auditorium

Nelson T. French

Rocky Wall Productions has announced that the Robby Vee and His Rock & Roll Caravan FREE Silver Bay Music In The Park Concert has been moved indoors to the William Kelley High School Auditorium due to the forecast for rain on Friday, September 16th.

Auditorium doors on the Banks Blvd. and Outer Drive sides of the building will open at 6:30 pm and the concert will begin at 7:30 pm on Friday, September 16th on the William Kelley High School Stage. Handicap access is located on the Horn Blvd. side of the building.

For more information, go to: www.rockywallproductions.org



An essential pro-life informational presentation from Minnesota's oldest and largest pro-life organization

Tues., Sept. 20, 2022 | 7-8pm

Beaver Bay Community Center
711 MacDonald Ave, Beaver Bay
MCCL.ORG/FALLTOUR



8th Annual Harvest Market
at New Song Farm
1971 Waldo Road, Two Harbors
Saturday, Sept. 24th 9-1
veggies, garlic, honey, syrup, hand crafted items, bake goods, jams & more

VENDOR SPACE STILL AVAILABLE 218-830-9416

Birth Control and Menopause: Steps on Life's Path

In this world, nothing can be said to be certain, except death and taxes. - Benjamin Franklin

Sorry, Ben. We need to add a couple of certainties to that list! Most folks will definitely have to make decisions about birth control, and half of all people are guaranteed to go through menopause.

Birth Control Basics

Also called contraception or family planning, birth control refers to different ways of preventing pregnancy. There are many methods from which to choose, and it can get confusing. You doctor can help you decide what would work best, and in most cases, whichever method you choose can be started or prescribed, right there in the exam room!

- **Emergency Contraception** reduces the chances of pregnancy after unprotected sex or if other methods fail. It can't end an existing pregnancy - it can only prevent a pregnancy from happening.
- **Hormonal Contraception** includes short- and long-term reversible contraceptive methods. These prevent ovulation and cause other bodily changes that decrease the chances of pregnancy.
- **Non-Hormonal Contraception** either create a physical barrier between sperm and egg, change the chemistry of the reproductive tract, or a combination of both.
- **Other Methods** rely on tracking observations about a woman's body and menstrual cycle or behavioral practices. They may somewhat reduce the likelihood of pregnancy, but they can't be defined as contraception.

Birth Control Truths

There are LOTS of myths about birth control! Here are a few truths:

1. **Birth control won't impact your ability to have children later.** Birth control doesn't impact fertility, but sexually transmitted infections sure can! Doubling up (using both condoms and another method) helps prevent both pregnancy and STIs.
2. **IUDs can be used whether you've had children or not.** In fact, they can be a great choice for young people because they're very effective, long-lasting (up to 10 years!), and completely reversible.
3. **Birth control is not linked to cancer in any way.** Actually, some options reduce the risk of ovarian and uterine cancer.

Mechanisms and Management of Menopause

For everyone that can become pregnant, there

eventually comes a point when birth control is no longer needed to prevent pregnancy, and menopause is the signal that time has begun. It isn't a disease or disorder; it's just one of the many transitions that are part of life. Technically, menopause happens 12 months after someone's last period. In the US, the average age for menopause is 52, but it can be later or earlier. Perimenopause (also called the "menopausal transition") often begins between the ages of 45 and 55. During this time, the amount of hormones produced by the ovaries starts to fluctuate, causing the symptoms of approaching menopause to fluctuate too. One of the first signs may be irregular periods. Contact your health care provider if your periods happen very close together, are very heavy, last more than a week, or resume after being gone for more than a year. If you don't want to become pregnant, it's important to continue using birth control during perimenopause. Ovulation may be irregular during this time, but it's still happening - there's just no predicting when it will occur.

Management

Some people don't notice very many menopausal symptoms, while other people struggle with them. Here are tips that will help with common symptoms such as trouble sleeping, weight gain, depression, and more:

- Keep moving - Physical activity can help even out many of the bumps on the road through the menopause transition. It helps maintain muscle mass, strengthens bones, boosts mood, reduces the risk of cancer and other diseases, and helps prevent weight gain. Increasing abdominal fat can be especially troublesome during this time, but physical activity can help.
- Fuel wisely - Aim for a Mediterranean-style diet: vegetables, fruit, legumes, whole grains, olive oil, nuts and seeds, herbs and spices, some fish and seafood, moderate amounts of dairy or dairy replacements, and a limited amount of (or even no) meat. This type of diet provides plenty of protein to preserve muscle mass, healthy fats, bone-building calcium, complex carbohydrates, and fiber to keep your gut microbiome happy.
- Remember - You don't have to go this alone. Talk to your health care provider for suggestions and support!

This is a condensed version of the Sawtooth Mountain Clinic's "Topic of the Month" newsletter. Check out the full article on their website (www.sawtoothmountainclinic.org) to learn more about the different types of contraception, more tips for managing the symptoms of menopause, and to access all the sources cited.