www.LookAtLakeside.com DEC/JAN 2014

LOOK at LAKESIDE

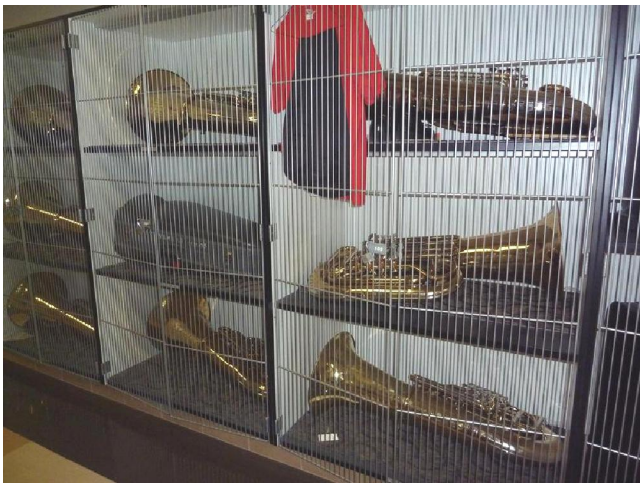
Next Deadline Jan. 15

Lakeside—Lester Park
bi-monthly newsletter

Music in the Schools

Lester Park K-5 school has a music specialist teaching general music classes to all students at the school. Each class receives music instruction on a four day rotation with other content areas, Art, Media/Library and Physical Education. In Music, students receive sequential, comprehensive music instruction with a curriculum that includes responding, creating and performing. Listening, singing, moving and playing are all important components of the music class.

East High School offers music courses to all 9th-12th graders. Classes offered include Band, Choir and Orchestra at beginning, intermediate and advanced levels. Music ensembles at East have received numerous awards over the years at district and state contests for the outstanding performances. The highest level performing groups include the Choraliares, Jazz Band



Duluth East has locker cages for instruments and gear.

Continued on Page 7

Pick up
LOOK AT LAKESIDE @
New
London Café
Sammy's Pizza
SuperOne Lakeside
Johnson's Bakery, Portman,
Essentia Health and over a dozen locations.
New issues: February, April, June, August, October, and December.
Thank you readers, subscribers, advertisers, and news contributors!

Make Time for Exercise

Holiday gatherings tend to bring out more treats and extra hearty meals and desserts. Fortunately, several calorie-burning opportunities are in Lakeside to give your muscles —including your heart muscle — a workout. Outdoor active options include skiing on the Lester Park ski trails system with 15k of varied terrain (check conditions by calling the Trail Conditions Hotline at 723-3678 or go to www.skinnyski.com), ski or go skijoring at Lester Park golf course (skijhoring — skiing with your dog is done there), or snowshoeing near Hawk Ridge. Of course, there is snow shoveling, too!

Numerous indoor fat blasting options await beyond sit-ups, pushups, or home workout

Continued on Page 3

LAL Subscription Gift

Free Rock greeting card

Give a Look at Lakeside Gift Subscription by December 20 and the new subscriber will receive a free blank Brighton Beach rock photo greeting card.

In This Issue

- Music in Schools
- Make Time for Exercise
- Meet a Neighbor – Betsy Hill
- The Sirens
- Doggie News
- A poem written during the government

Enjoy and share this issue. Do your neighbors know about LAL?

Happy New Year

Gott Nytt År *Buon anno* *Godt nyttar* *Frohes neues Jahr* *Onnellista uutta vuotta* *Bonne année*

LOOK AT LAKESIDE
People, places, happenings and history of Lakeside-Lester Park, Duluth, MN

Deadlines: 15th day of the odd-numbered months.

Wendy Grethen, *editor*
218-525-5098
wendyupnorth@yahoo.com

LookAtLakeside.com

6 issues per year. Started Aug 2012

Place an ad, subscribe, submit a news topic or photo.

& & & & &

Local art & gift fairs Local history documentaries, dulcimers and more. WendyUpNorth.com

Wanted for upcoming LAL issue:

News about Lakeside folks helping out abroad

Lakeside house history

Share a poem or photo

Local Contacts

Police
218.730.5725/590.8020
call 911 in emergency
Portman 525.0838
Community Club
525.0845

MCCULLOCH STREET MUSINGS FROM THE EDITOR

A BLANKET OF SNOW is coming. The snow season is especially nice with the Lester Park ski trails so close by. Other ski trails in Duluth, Superior, Boulder Lake, or the up the shore offer more wonderful trails nearby to cross-country ski.

My husband and I also like our winter walks in Lakeside. We'll head down the street, make a loop around Portman and maybe watch some ice skaters or hockey players, or make our way to the lake to listen to the ice. Some sounds and feelings of stillness are only at this time of year.

I've joined a film circle club for the winter months and receive films from independent film makers throughout the world. We'll be having friends over to watch the films. I'd like to share one of the films I've made about Lakeside's history. See announcement on page 3.

This newsletter now has subscriptions heading out to 3 other states: California, Utah, and Oklahoma.

Wendy

LOCAL FAIRS–OPEN 10AM-3PM
BUY/GIVE LOCAL

Dec 7 **GET IT LOCAL**

An "ultra local" fair with Duluth-Superior artists and non-profits.
Peace Church, 1111 N. 11th Ave. E.

Dec 14 **NEIGHBOR-MADE**

Unitarian Church, 835 W. College St.

Please bring to donate peanut butter (Food Bank-Second Harvest) or new or used children's books (United Way Big Red Bookshelf). Checks welcome.
www.WendyUpNorth.com/duluthfairs

Happy Holidays

A thin layer of ice was just beginning to form on the surface with moving glowing-orange shapes below. Six goldfish were added to the water fountain pond at Lakeshore over a year ago, and have reproduced, and now over 20 fish are ready to spend a winter under ice.

Don't miss an issue
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$12 /yr

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This is a gift. YES NO Share what you love about living in Lakeside:

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Thank you!

Exercise, *cont'd from Front Page.*

video. **Jazzercise** has been in Lakeside for over seven years at Lutheran Church of the Good Shepherd. Linda Herron is the instructor and has been enthusiastically leading Jazzercise for 26 years. The classes are four times a week. Jazzercise blends aerobics, Yoga, Pilates and kickboxing movements into fun dance routines set to fresh new music. The Personal Fitness Center at Essentia Health offers free Jazzercise to its members.

Karen Anderson and her husband Marty own Xcel Xercise/Sun City Tanning. They feel exercise is a great way to reduce stress and keep healthy.

"Our Pace" standing movement **Pilates** classes taught by Chauncy Opsahl are held Fridays at 5:30 PM at Lester Park United Methodist Church. The class emphasis is for seniors. Seniors can also do stretches and low-impact workouts at **Portman** three mornings a week.

Xcel Xercise/Sun City Tanning at 5324 E. Superior St., currently is owned by Lakeside residents Marty and Karen Anderson. There are over 50 pieces of exercise equipment plus tanning beds available for use 24/7 to members. A hydro massage bed is on site for a whole body massage. For 30 years this co-ed facility has had 18 to 80-year olds working out. Karen has a degree in dancing and enjoys sharing enthusiasm with others to get and stay fit. Marty solved a back problem years ago using nautilus equipment. In fact, since then he invented equipment to strengthen one's core.

Snap Fitness is in Lakeside next to the Post Office with plenty of exercise equipment.

Yoga North Studio has day and evening classes held on the 2nd floor at St. Michael's Lakeside School. Private lessons and YogoPlay (for children) are available. Yoga can benefit the body and mind.

Again, many opportunities — indoor and out in Lakeside for keeping/getting fit.

EARLY YEARS OF LAKESIDE

DEC 16 (Mon)

6:30PM

35-minute film will be shown at Portman. Sponsored by Portman Seniors Free.

Film produced by Wendy Grethen

Questions? 525-5098

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Faith Lutheran Church served up delicious Stone Soup suppers on Sundays in September. The vegetables were gathered from local gardens. Community members came in to partake and share conversation. Future community activities by Faith Lutheran will be Tuesday Nights Together and a new community garden.

"HOLEY" GROUND

Northland Country Club received sediment dredged from Lake Superior in the fall of 2011. The material is being used to fill holes from areas where trees were removed.

GOODBYE SHACK The former bus stop/restroom facility/ former concession shack in Lester Park on the corner of Superior St and Lester River was removed this fall.

FURLOUGH AT THE LAB

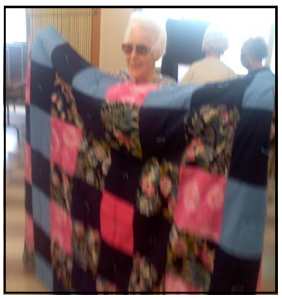
About 140 people working in Lakeside at the EPA Lab were affected by the government shutdown in early October. No one knew how long it would last. Everyone is back to work now.

Little girl with blond hair
standing on the back seat of an SUV
in the grocery parking lot
leaning out of the window
into the wind
hair blowing wildly back
like a figurehead on a ship

By Mary Ann Starus, Oct 2013
Written during the furlough

QUILTERS QUILT

Joyce Lund is in a quilting group at Lutheran Church of the Good Shepherd. Two groups meet regularly to make quilts that are donated into the community.



HIDES FOR HABITAT

Lakeside SuperAmerica, 5310 E. Superior St, has a bright orange drop-off box for deer hides. Minnesota Deer Hunters Association accepts the donated hides to sell to fur buying companies to fund statewide habitat projects.

Lakeshore held an annual Veterans Day Celebration. Singing patriotic songs, displaying memorabilia, and enjoying goodies were part of the celebration of the men and women who have served in the military.

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★ Sponsor a page. 525-5098. On-line web ads available starting in 2014. ★

DOGGIE NEWS

Dog Park at Russell Square?

The Duluth City Council has approved a resolution designating Russell Square, 43rd Ave E. and Jay Street, as a site for a future dog park - a place dogs could run off-leash.

Beargrease Sled Dog Marathon starts at East

Weather-permitting the race will be back at 40th Ave. E. and Superior. The excitement of the dogs to begin the race is a sight to see - and a sound to remember. To be a volunteer call 722-7631. Watch for race event updates at beargrease.com.

Retrievers Receive Training

The Duluth Retriever Club with over 150 members is dedicated to dog training, sportsmanship and wildlife conservation through education. Dogs are trained at a field site about five miles up the Lester River Road. Visit duluthretrieversclub.net Look in LAL next spring to learn about club's events.

Dog-related "Scavenger Hunt"

How many different kinds of dog biscuits are baked at Matilda's Dog Bakery?

Which store near the Lakeside Postal Station has a Dog Parking sign outside of it?

What color are fire hydrants here?

There are at least 4 pet waste bag dispensers in the Lakeside area. Where are they? Please be sure to 'scoop the poop."

Poles tower into the sky

The sirens were purchased as part of a Port Securities grant about two years ago. The speakers are tested on the first Wednesday of the month. The sound is to be heard over the lake as an outdoor warning system. Thirty-one speakers are in place.

St. Michael's
LAKESIDE SCHOOL
Duluth Area Catholic Schools
St. Michael's School
4628 Pitt Street
Duluth, MN 55804
218-525-1931
smlsduluth.org

ECUMEN Lakeshore
218-625-7100
4002 London Rd.
Duluth, MN 55804
- Short Stay Rehabilitation
- Independent Living
- Assisted Living
- Memory Care

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MEET A NEIGHBOR

BETSY HILL

Betsy lives with her husband, Eric and their two year old daughter Lucy in Lakeside. She grew up in Lakeside and her parents are just blocks away. She is living in the house that her mother grew up in following a 27 year gap of the home being in her family. She jokes that her aunts and uncles know her address well since they were raised in the same home. Betsy attended schools in Lakeside and even had some of the same teachers her mother had. Her daughter will likely be going to the same schools that she did as the generations go by. She values having her family close and everyone tends to drop by often. She knew she wanted to stay in Lakeside with its neighborhood feel and raise her family here in this location near the Lake with a little neighborhood stores, and multiple parks nearby.

Betsy is part of five generations growing up in Lakeside.

She attends Faith Lutheran Church and is involved in their established and 'sprouting' programs. She is part of the group working toward creating a community garden at the church property at 51st Avenue East and Glenwood Street. The gardens will be breaking ground this spring and the church plans to involve Lester Park Elementary school students. The garden will be a chance to learn about growing food and composting. Some teachers have expressed interest of using it as math learning experience. Some of the food will be put into the Food Shelf that is open at Faith Lutheran every Monday.

Betsy and her parents had some of the same teachers in the Lakeside schools.

Betsy is a graduate of UWS in journalism. The job she is in now, however, is with the City of Duluth Workforce Development Division doing job counseling, and teaching a creative job search class, and running a weekly job club. She works with a wide range of ages of people - from youth to seniors. Some are starting out with their first job and some are seeking work after being dislocated from the workforce.

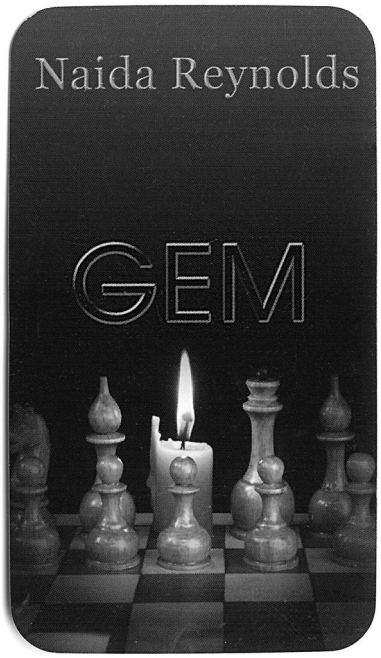
Betsy enjoys reading, traveling, visiting family, and cooking, including finding ways to sneak in vegetables for healthier meals and snacks. She's delighted to be a part of the Lakeside community.

See the calendar page for upcoming activities at Faith Lutheran on Tuesday evenings.

Contact 525-2779 if you would like to help with or donate to the new community gardens.

Written by Wendy Grethen, LAL Editor

If you have a suggestion for a neighbor in Lakeside to be interviewed who is helping make Lakeside and the Twin Ports area a better place please contact the editor.



GEM

Naida Reynolds, Author

www.NaidaReynolds.com

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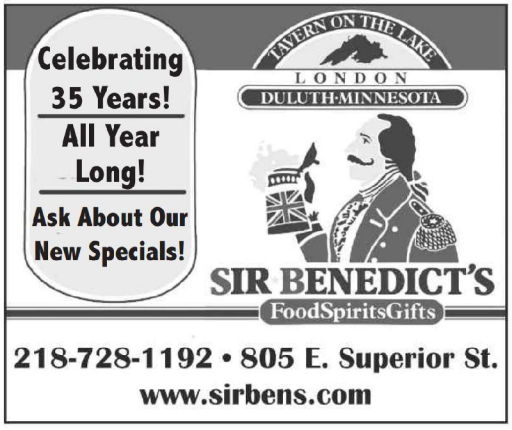
ISBN 978-162287-261-9 EBOOK

Ruby's Pantry - America's Rural Food Bank

Dec 19 (3rd Thurs each month). First United Methodist Church, 230 E. Skyline. Doors open at 4:30 PM. Distribution from 5:30 PM until 7 PM. $15. Bring boxes or laundry baskets to take food home. FMI 320-629-7400.



YOUTH & SCHOOL NEWS

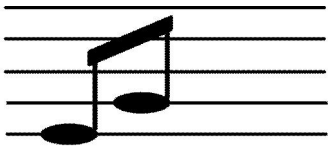
MUSIC/Continued from Front Page

and Sterling Strings. These groups perform at school, across the city and region for community groups and special events.

For more information about the Duluth Music Department and music programs in our schools, please contact Teri Akervik at theresa.akervik@duluth.k12.mn.us (Thank you Teri for the write-up)

The Preschool at St. Michael's Lakeside School has been singing about the alphabet, the days of the week, apples, dinosaurs, the seasons, and leaves. Kindergarten and 1st Grade have sung bus, car, and pedestrian safety songs. Also, they have learned and sung about the Pledge of Allegiance, Johnny Appleseed, and Christopher Columbus.

2nd and 3rd Grade students sang a number of dinosaur songs to coincide with Mrs. McKeever's dinosaur unit. They are currently learning and singing about the brass instruments. 4th and 5th Grade are doing a unit on jazz and have covered Dixieland, Chicago style, and Swing style. Some of the songs sung in class were Basin Street Blues, What A Wonderful World, My Favorite Things, Route 66, and It Don't Mean a Thing, If It Ain't Got That Swing.



In December, other music goes onto the back-burner as we begin preparing for the Christmas program, which is scheduled for Thursday December 19th in the church.
(Thank you Scott Junkert for the report)

TALENT SHOW 12/4 & 5

The East Talent show will be December 4th and 5th. The students are raising money for four charities: The Rachel Sandell Scholarship Fund, The Clayton DeRoss Memorial Scholarship, The Children's Cancer Fund, and Amberwing.

All proceeds will be divided evenly between these charities. The talent show begins at 7:00 and a $3 donation from each person attending is requested.

The talent show will have an amazing collection of singers, dancers, instrumentalists and comedy skits.

Teacher Cindy Grindy comments "What I enjoy most is seeing the amazing talent of the students at our school, but also seeing how supportive the audience is to those who take the stage."

Kids Closet of Duluth

Bethany Lutheran Church.
Need winterwear for youth?
Have extra items? 722-4533.

Student-run
Food for Thought Restaurant at
Duluth East
218-336-8845

Lakeside Presbyterian Church
4430 McCulloch St., Duluth
CHRISTMAS EVE
4:00 p.m.
Family Service & Communion
10:00 p.m.
Communion & Candlelight
525-1967
lakesidepreschurch.org

Lakeside Lester Park Community Club, 106 N. 54th Ave. E.
Mon-Fri 2:30-6:30PM 525-0845
llpccduluth@yahoo.com
Membership donations welcome.
Inquire to volunteer with LLPCC.

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December/January CALENDAR

DEC. 3 LAKESHORE AUXILLARY BAKE SALE—ALTRUSA TO SELL NUTS, CHEESE & CRAFTS 10AM-noon. Chapel at Lakeshore.

DEC. 3, 10, 17 Jan 7,14, 21 TUESDAY NIGHTS TOGETHER 5:30-7:30PM. Faith Lutheran. 1814 N. 51st Ave. E. Meal, learning, and worship.

DEC. 4, 5 EAST TALENT SHOW 7PM. See page 7 for more information. Raises money for the community.

DEC. 7 SANTA FAMILY BREAKFAST 9AM-11:30AM LLP Community Club. 54th & Tioga St.

DEC. 12 East High School Choralaires. Celebrate the Season. 1PM Duluth Congregational Church, 3833 E. Superior St. See "Ongoing " below—Music@One.

DEC. 19 Christmas program 7PM St. Michael's Catholic Church, 4901 E. Superior St.

DEC. 29 Bill & Kate Isles Concert 4PM. Lakeside Pres. Church. 45th/McCulloch St. Benefits CHUM.

JAN. 26 Beargrease Sled Dog Marathon 1PM. Bring on the snow. The dogs will be ready. Starts Duluth East.

ONGOING.....

— **Food Bank** Mondays 11AM-1PM, Faith Lutheran, 1814 N. 51st Ave. E. — **TOPS** (Taking Off Pounds Sensibly) Mondays 5:30 PM Lakeside Pres Church — **Live Music** @One, Thursdays, Duluth Cong. Church — **Citizen Patrol** ***3rd Thursdays*** 6:30PM Faith Lutheran Church. — **Lunches for seniors at Portman –Mon-Fri** 11:30AM call 525-0838

Alternate parking schedule is in effect year-round.
Shaded weeks indicate park on odd-numbered addresses.
Change sides Sundays between 4 and 8PM.

December 2013

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2014

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Balsam Fir Wreath Making Dec 2

Christmas Tree Cut Dec 7

Boulder Lake 721-3731

HOTLINES+

Winter Trails 723-3678

Winter Travel 511mn.org

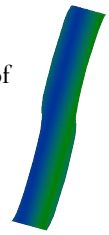
Winterfun.com

Giving Tree at East
How about setting up one at your workplace, school, or apartment complex?

MAKE A GIFT **DYE A SILK SCARF**

Monday, Dec 9 @ 7 PM

$15 for basic size. More sizes available. Plenty of colors to choose from. 100% silk scarves. Nice and easy. Ages 12 and above welcome. Please pre-register. 525-5098. Location in Lakeside TBA.



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