www.LookAtLakeside.com Feb/March 2021

LOOK at LAKESIDE

Lakeside—Lester Park
bi-monthly newsletter

Zamboni Time

Duluth has the only all-outdoor ice program for juniors in North America.

This zamboni was used at the DECC and at other outdoor hockey rinks but now is exclusively for Portman ice. Once the tanks are filled the drivers drive it to do the important task of improving the ice.

The site at the 4600 block of McCulloch St. has one pleasure skating area and 3 hockey rinks. Ice preparation and maintenance involves several dedicated helpers and daily attention. Warm weather shrinks ice. Snow covers the ice. Blades scuff the ice. Clearing snow, smoothing the ice and making sure there is enough ice (add more water) are tasks throughout the season. Add lights and it's rink time day or evening.

Kids as young as 4 years are donning skates to play games on ice. All ages enjoy the outdoor activity. Fundraisers support the programs and are listed on their Facebook page. Donations are welcome. Have you tried skating at Portman? Head to the 'pond' to skate, watch, or cheer.

P is for Portman.

The Portman hockey association has numerous avid hockey players. Parents and volunteers create the winter recreation site which provides opportunities to learn skills, form friendship bonds, have active time, and play matches with others.

Even **smile rock** beside Amity Creek wears a mask.

Recommendations are still to wear masks indoors and in public. Keep 6' apart. Wash your hands regularly. Drink plenty of water. Stay home. More alternative programs, such as virtual races, meetings, concerts are available.

Stay safe.

What looks like a hockey puck and about 2,000 would fit lined up across a penny?

See article on page 4.

"Leather Britches"

Drizzle hot maple syrup over packed snow. Swirl on to a popsicle stick. Enjoy the taffy-like treat.

LookatLakeside.com, Look at Lakeside Facebook page and wendyupnorth.com has events calendar (**New: virtual Craft Together**) and links of interest.

IN THIS ISSUE

Meet an Eco-Neighbor: **"diaTOM"**

Find Henry—where is he now?

Signs of Love

Lakeside Sign Quiz

Assorted news announcements

Next Deadline
March 14
Please Submit Ads & News by the deadline

LOOK AT LAKESIDE
is a bi-monthly newsletter on people, places, happenings and history of Lakeside-Lester Park, Duluth, MN
6 issues/year
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McCulloch Street Musings

from the Editor

Are you eating and staying healthy? Have you received the Covid vaccine? Do you have new goals for the year? Businesses are challenges—open, closed, open. Events are happening, events are cancelled. Local and national decisions are being made. School still is different. We have a new U.S. President and historic V.P. New chapters are ahead.

2020 is over. It was the year our cat Elmo got cancer—skin cancer of the lower eyelid. It was too close to his eye.

I've had home time and running about time. I attended the Lake Superior Zoo and Lake Superior Maritime Museum Assoc annual meetings, took classes, went caroling, listened to concerts - all from my computer. I've helped deliver home-delivered meals, moved thousands of pounds of produce, and delivered groceries and take-out orders to many people (thanks to apps).

The local art fairs and day trips I have been organizing for years are still on hold until safer times. The artists are eager to participate again. Trips to theater and festival events will resume at some point. Did you see the Duluth East fall theater performance from the parking lot? We miss traveling. We can still only wave to Canada. We travel via food and have done international-themed supper shares with friends. I purchased Lake Superior shoreline gifts from the U.P. in Michigan—yooperlites. Look up more info on these 'glowing' rocks.

Gone Skiing!

My husband and I have been skiing in the day and night on Northland trails and golf courses (yeah for Lester Park lit trails). We live in a wonderful place and so far so good for snow conditions.

I hope you enjoy this issue. I like sharing what I learn whether it's vocabulary, ecological information, recipes, announcements, and photos. Let me know if you've spotted Henry the polar bear along the Lakewalk. Send in a houseplant photo, recipe, short poem, house history, or even a joke.

Keep a smile in your heart,
Wendy

DID YA' KNOW?

You have **256**
Great Great Great
Great Great Great
Grandparents.
Isn't that *great*?!

More snow ahead. More sunshine. Seeds are waiting. Days are getting longer. Daylight savings time ends March 14. Move your clock forward an hour.

RoK

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Date _____ Name _____

Address _____ Phone _____

Renewing? *U-**betcha*** ***Nope, I'm new*** ***Years in Lakeside*** _____

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If you don't want to cut this slip out—*just submit your name and info on a piece of paper.*

Thank you New & Returning subscribers

S.B., Oakley St.
S.L., McCulloch St
Dave P.

News Bits/ Opportunities

Zoo2You—monthly subscription box delivered to you from the **Lake Superior Zoo**. The February theme is Alaskan brown bears and in March it's Grey wolves. Go to www.lszooduluth.org for more information or call 730-4500.

Local You Tube Channels

Sacred Heart Music Center
Watch/listen to past concerts.

Rubber Chicken Theater
Song spoofs. A bit of fun. Locally-made.

WDSE WRPT
Watch *Lost Duluth, Making It, Speak Your Mind, Doctors on Call*, and more.

On Facebook Attend free monthly **Virtually Trivia** nights by **Mentor Superior.** A recent trivia night was a Social Justice theme. Did you know that Martin Luther King was 15 when he went to college? He attended Morehouse College in Atlanta and it was the only college on the planet open for black men (1944).

Hawk Ridge is having **Pick a Bird Brain**. Check online.

15,000+ likes on the **John Beargrease Sled Dog Marathon** page.

Ecumen's In-House Channel / Virtual Activities

To give opportunities for residents at Ecumen Lakeshore to participate in activities an in-house television channel lists activities residents can attend **virtually** during Covid including live church services, playing bingo (call in when the person has a bingo), watching movies together, and more.

Portman Senior Center remains closed due to Covid. No bingo, mahjong, or exercise.

The Nordic Center on Lake Ave held **A Dala a Day** programs. Teri Glembin used colorful markers and made fancy designs on dala horses. Shop online at nordiccenterduluth.org or go to Lizzards Art Gallery to bring home a creation or make your own. A coloring page is on their website.

Ely Winter Festival will be held Feb 4 -Feb 14. It's scaled down and there will be videos of snow sculpting in progress and final ones. Visit their Facebook page. Personal day trip possibility?

Outdoor Mural in Lakeside? Wouldn't it be cool to see artist Aaron Kloss have a mural on a building in Lakeside? 2021, yes?

PAINT YOUR OWN ALEBRIJAS
VIRTUAL CLASS **March 6** (Saturday), 1-3 p.m.
with Puech Ikots' Carlos Orozco in Mexico

Puech Ikot is an indigenous arts collective of 80 families based in Oaxaca, Mexico.
The class includes one small hand-carved wooden statue. You supply the paint and brush.
Deadline to signup-Feb 20.

Call 525-5098 or register at www.wendyupnorth.com

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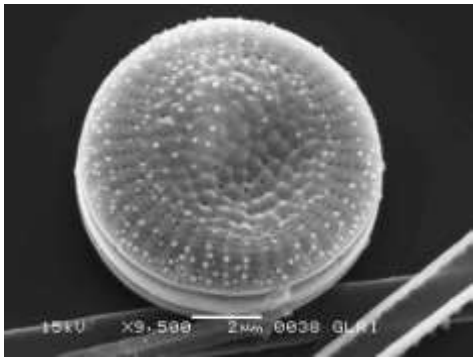
Diatoms—Living in Glass

Billions upon billions of diatoms live in Lake Superior. These tiny one-celled algae are also found in oceans, streams, wetlands, and even puddles. Diatoms are diverse in shape and range in size from 10 to 200 microns (one-ten thousandth of a cm—that means 2,000 could fit in a cm), although some can be up to 2 mm long. Diatoms form the base of aquatic food webs. Small invertebrates and young fish eat them, which are then eaten by larger organisms. The cell walls of diatoms are made of glass formed from dissolved silica, forming an array of striking patterns and ornamentation. After they die, these cell walls settle into the sediment and act like time-machine indicators of the past.



A dominant diatom in our area is known as 'cyclotelloid'; they are shaped like hockey pucks and have been becoming more common. Diatoms are studied because they are excellent indicators of change. As Lake Superior has warmed up due to climate change the abundance of cyclotelloid diatoms are increasing.
Photo credit: Scanning Electron Micrograph image by Elizabeth Alexson.

Euan Reavie, a researcher with the Natural Resources Research Institute in Duluth, has been studying diatoms for 30 years. He has studied them throughout North America, including all of the Great Lakes. He collects sediment core samples that can be used to reconstruct past environments based on what kinds of diatoms have been found over time. The cell walls preserve so well that some research can glimpse back millions of years in some places on Earth. Paleolimnologists research diatoms from these previous times. With Lake Superior being formed about 11,000 years ago after the glaciers melted our local record only goes back that far. In the top 10 centimeters of a core from Lake Superior the diverse diatoms are those that have accumulated since Europeans settled in the area. Sediment core samples have been collected throughout the year using boats to navigate to a desired location or in the wintertime simply walking out on ice, making a hole, and suspending the equipment to obtain a sample in the sediment. Some researchers head out on a larger vessel that goes throughout the Great Lakes to collect water samples and identify which diatoms are present.

This fall a new book was published on Great Lakes diatom algae identification which includes 28 new species. Because these microscopic organisms are so diverse scientists continue to discover new species. For instance, a new

Continued on page 7

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Job Posting

Looking for a rewarding part-time or full-time job? Take a look at DRCC, a Star Tribune top Work Place for the last 4 years, supporting individuals with disabilities, located in Duluth as well as Proctor, Pike Lake, Hermantown, Two Harbors, Cloquet and Esko and the Range Cities. We are looking for individuals that are interested in supporting, teaching, and of course, having fun! NEW WAGE of $13.50/hour. Full-time positions have a generous benefit package. What you can expect:

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Lakeside Presbyterian Church
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Worship - Sundays at 10:30 a.m.
Check website to listen or stream worship each week:
www.lakesidepreschurch.org
Select worship for audio only or
Select the f for live stream.

LOCAL QUIZ Signs

1. What color are the letters on the Hardware Hank sign on the front of Marshall Hardware?

2. What are the two next street signs on the top of Seven Bridges Road after turning right on Maxwell? (Google Maps will help you with this)

3. There is a rock cairn sign for Duluth North Shore just before entering Brighton Beach park that was put up in 2009. Five other similar signs were put up along the North Shore. Name two other locations where there are similar signs up the shore.

4. What is the garden club name (see sign) in the garden on the corner of 45th Ave. E. and Superior St in front of the Edward Jones office?

5. What are the words above the Building & Campus part of the tall black Essentia Lakeside Clinic sign beside Superior St?

6. What half-hour period of time is the Lakeside postal station closed during the day? It's posted on the front door.

How did you do?

What's Goin' on This Winter

Surfing! Stoney Point is a hot spot for surfers to catch a wave. 15+ surfers were riding waves. Photo taken mid-January.

Animals are being tracked with equipment attached to them. A red-tailed hawk at Hawk Ridge was fitted with a tiny transmitter late in the fall. It has been tracked to near Rice Lake, WI. See the HR Facebook page for map.

Squirrels consume large quantities of bird food from feeders perform bold leaps to get to the feeders.

Skating out their front/back door. At least 4 small rinks are set up in yards in Lakeside.

Symbols of Love

Beyond the heart

ANKH also known as crux ansata—the cross of life or the key to life. Ancient Egypt

ROSES white rose—portrays divine love, pink rose—romance, yellow –friendship

SWANS AND DOVES The shape of 2 swans' necks form a heart

MAPLE LEAVES Lover's emblem, reminder of the beauty of love in everyday life. Japan and China

LOVE KNOTS Celtic legend says that sailors missed their sweethearts while at sea they would tie knots as symbol of their heart's desire to be entwined with their loves. It symbolized the perfect union of eternal love between two people.

APPLE Venus, the goddess of love, is often shown holding one.

CUPID Often wears a blindfold. Love blinds you. Or the golden arrow causes a person to fall in love with the first person they set eyes on.

THREE-LEAF CLOVER (Shamrock) Holy trinity in Christianity. Represents hope, faith, and love.

Adapted from serenataflowers.com

CLADDAGH—means "flat stony shore" and refers to where the legend began. Symbolizes loyalty, friendship, & love.

LEARN A NEW WORD

Winter s a great time to read and add more words to your vocabulary. Wordgenius.com gives a new word each day. Here are a couple over the recent weeks.

Lethologica inability to remember a word or name.

Twitterpated infatuated or obsessed. In a state of nervous excitement.

COVID19 (as of 1/19/21)

Known cases (actual is likely higher)
..in St. Louis County 13,690
..in Minnesota 448,268
Deaths ..in St. Louis County 241
..in Minnesota 6,013
..in the U.S. 411,486
..in the world 2,065,672

MN Dept of Health COVID-19 Hotline 651-297-1304

St. Louis Co. 218-625-3600

www.cdc.gov
www.mn.gov/covid-19
staysafe.mn.gov

Indoors in Lakeside

What's growing in Lakeside—even before spring really arrives

****** Submit a photo of a plant in your Lakeside home**

Do you have a blooming plant or favorite plant, cactus, succulent, etc.
Did you plant it by seed? Sprouting potato??
Please email the photo to the LAL editor by March 12.

Meet a Neighbor Dia"TOM"

The article begins on page 4.

Human neighbor write-ups will resume next issue.

Sample of diatoms (Pinnularia borealis) and others that live in Lake Superior and the Duluth/Superior Harbor. Photo credits: Euan Reavie.

diatom recently discovered is *Navicula concertina* (which resembles a small accordion). Some live only a few hours before they reproduce asexually and divide in two. Some specimens live for weeks or days.

Many diatoms are also known as phytoplankton and use photosynthesis for energy. Instead of the typical green color of plants, diatoms have yellow, brown or gold colored chlorophyll for taking in the light. These pigment molecules absorb light at different wavelengths than green alga and gives them their own ecological niche. In open water, diatoms are carried by currents. Some kinds of diatoms can glide and move on surfaces, often attach to rocks, plants and docks. If you step out on a brownish slick rock in Lake Superior you are likely stepping on diatoms. The slippery feel of the rock is diatoms which have formed a mucous-like gel to help them stay wet and to block harmful ultraviolet light (act as a sunscreen).

Diatoms take in carbon dioxide and release oxygen as they photosynthesize. With billions and billions of diatoms in the world **it's estimated about 1/4 of the oxygen in the atmosphere is from diatoms. With every breath you are breathing in oxygen 'made' by diatoms.**

Diatoms are our neighbors in local freshwater ecosystems and globally all over the world. Even long after they have died they serve us in other ways. Gardeners may have purchased diatomaceous earth to help protect plants from garden pests – fleas, ticks, ants, cockroaches, slugs, and more. From basic food web role to oxygen production to garden improvements lets thank the microscopic diatoms of the world.

Netflix recommendation :
Watch ***Dust*** episode of **Connected.**

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Have you found **Henry**?

Henry the polar bear hangs out on the Lakewalk between 40th Ave. E. and the Lester River. Sometimes he's in a tree and sometimes on the fence. Take a walk, breathe fresh air, and see if you can find him. Each week he is in a new location. You can spot him through March, then he'll head to his summer dwelling. Contact the LAL editor if you have spotted him at least 6 times this winter (6 different spots) and you can receive a polar bear buddy of your own (1 per family).

Learn more about polar bears and other wildlife. **worldwildlife.org**

You can earn a virtual badge by answering the games questions correctly.

A walk in the woods in Lester Park where an old tree stump takes on a shape. What do you see? Walking at Brighton Beach where ice hats cover rocks.

Math / Mind / Body exercise

Go for a walk

If you walk on the lakewalk from 40th Ave. E. to Fitgers (3.2 miles) and walk back how many times each way would you walk (there and back) to do the distance of a virtual Birkebeiner classic race (43km/26.7 mi)?

Answer: _____

The Birkie is a ski race held from Cable to Hayward, Wi. Usually more than 10,000 skiers participate in the ski races held there in late winter. This year the event is virtual.

How would you fill in this blank?

One _____ at a time.

Spring Planning to Do

- The 2021 One Vegetable, One Community announced by the Duluth Community Garden Program is PEAS.

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