www.LookAtLakeside.com February 2023

LOOK at LAKESIDE

Happy Valentine's Day

Lakeside—Lester Park
bi-monthly newsletter since 2012

Meet the Principals

Public Schools in Lakeside

Danette Seboe

Duluth East
Years at Duluth East: 7
Started in fall 2016

What do you love most about your job? This is an incredible school family. Working with this community of staff, students, families, and community members the past six and a half years has been rewarding in many ways. I truly enjoy high school students. They are insightful, inspired, enthusiastic, and talented in many ways. I am often impressed by their efforts in and out of the classroom and appreciate any opportunity to get to know them, listen to their stories, and support them in any way I can.

Anna Cawcutt

Lester Park Elementary

Years at Lester Park: This is my first year serving as Principal at Lester Park.

What do you love most about your job? There are so many things I love about serving the Lester Park community; this role has truly reignited my passion for education this year. I love that this is a role where I can serve and support the entire community--students, staff, and families. Lester is so fortunate to have some of the best education professionals and wonderfully supportive families. I also love that my role brings me new learning, experiences, and problems to solve daily. Working with kids means I always have something to smile or laugh about and I get to see every day how bright our future is as our students grow into the people they will someday be. I am both grateful for and humbled by the opportunity I have to work in such an exceptional school.

See Page 6 for more from Danette and Anna.

Healthy February Healthy You

In February we celebrate Valentine's Day as well as recognize **American Heart month** and **National Cancer Prevention Month**. You may have put some regular checkups on hold during our season of COVID. It is important to get overdue checkups scheduled.

There are many reasons to care for ourselves! The first reason that come to mind, is that God encourages us to take care of our physical bodies in a responsible way (1 Cor. 6:19)

In focusing on cancer prevention, there are certain risk factors that increase the likelihood. YOU can TAKE ACTION to lower those risks through healthy lifestyle choices, getting recommended cancer screenings and vaccinating against certain viruses.

Factors that may affect the risk of Cancer (according to Mary Washington Health Care 2021)

1 Maintain a healthy weight and active lifestyle.

~ Eat a plant-based diet and decrease your intake of higher calorie food.

~ Include at least 30-minutes of physical activity in your daily routine. Even better, strive for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous physical activity.

~ Limit processed meats and alcohol.

2. Avoid smoking and tobacco products.

~ NO forms are safe including cigarettes,

Continued on page 4

Love ships?
Lakers + Salties

Is 90% of the vessel traffic that come to the port of Duluth/ Superior Lakers or Salties?

Which ship has a longer life span? Lakers or Salties?

Which ship has a longer maximum size?

Which ship typically features a straight bow (front end)?

Which are often more colorful and often can be green, blue, or red?

Answers on page 4.

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Events & Assorted News

Next Deadline
March 14

www.LookAtLakeside.com

LOOK AT LAKESIDE
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Day Trips from Duluth
Local Art & Gift Fairs
local history programs
Travel talks
dulcimer music & lessons

Do you have a story idea? A photo to share? Send a message on Facebook or an email.

McCulloch Street Musings
from the Editor

ANOTHER WINTER DAY. The blue sky sun shines bright on the snow. And, there are days with fresh snow falling. Here in the north we have plenty of time for winter. A few things I like about winter is that you can do recreational activities (snow-shaping, sledding, skiing, skating, etc), it creates a new slate to then look for fresh tracks, more open view with some trees not having leaves, and the evenings aren't so dark—especially with a full moon. It's a seasonal landscape. I also love to look for icicles—they're on house gutters, bottoms of cars, street signs, and even shopping carts.

*A symbol of Costa Rica is colorfully-decorated oxcarts. A main phrase is **Pura Vida**— meaning pure or simple life.*

I enjoy learning new things. I know there are trivia nights happening around town. I think friendly competitions and game events can be great for learning new things. I feel part of learning is through traveling—day trips or longer. I am grateful to have ventured to Central America in mid-January. My husband and I went on a Costa Rica tour . We did many fun stops from a coffee farm tour, sloth park, hanging bridges hike, active volcanoes, swam in the ocean and watched sunrises. The wildlife was what we wanted to see and we did—Scarlet macaws, howler monkeys, racoon-like animals, hummingbirds, and lots of iguanas—even large ones in the dining room. By the way, Costa Rica is at about 10 degrees north latitude (see 47 block on this page). Costa Rica has about 6% of the world's biodiversity. We also stayed a couple extra days right in the city center of San Jose and visited a history museum and an old market. I played a little music (maracas) at a restaurant with a banjo and drum players. I used what little Spanish I know and learned more Spanish. We ate rice and beans at every meal almost every day.

In this issue—the first in 2023—I wanted to take a closer look at the Principals of schools. Maybe the term should be Princessapals? :-) A vibrant community has good leaders, active volunteers, people loving their work, and neighbors helping neighbors.

Good times in Lakeside at the Portman rinks, at Lester park trails, at our restaurants, & in our homes by the fire.
Your neighbor,
Wendy

GLOGG

The holiday season is over but we have more chilly winter nights ahead. Try a warm mulled drink. It can be non-alcoholic or can be made with red wine or liquor.
Non-alcoholic recipe:
Grape juice
(or other juice)
cloves, cinnamon
ginger, allspice
orange slice
Check online for recipes.
Mulled means spiced.

47 Degrees
North Latitude

Duluth is at about the 47th parallel north of the equator. We are all residing on a revolving planet. At our latitude we are going around at 710 mph. At the equator the rotational speed is ~1,000 mph)

What does it say on the back of the staff shirts at New London Café?

_____ Hashbrowns
_____ Sea

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What do you love about Lakeside?

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A Few Events

Feb 5
Presentation on Paleobotany
UMD, Labovitz 135. Event by Arrowhead Native Plant Explorers. 4pm

Feb 14
A Roaring 20's Valentine's Day Murder Mystery
6-8:30pm Fairlawn Mansion. Superiorpublicmuseums.org

March 17
Family Bingo
Lakeside Lester Park Community Club
6:30 pm 525-0845

1st and 3rd Saturdays
Mother Healing
Spirit of the Lake Community School. 9-10:15a.m. Movement, meditation, talking, tapping. $15 per session. 218-721-4236

High 5!

Patty retires from Marshall Hardware

Patty Sullivan has 53 years of hardware experience. According to a co-worker her specialty was everything! She was awesome at ordering kid's toys and great with advice on various issues. Her favorite thing were the customers.

Lakeside BIZ/COM BITS

Lester Park Elementary students as part of The Giving Tree project brought small decorated Christmas trees to Ecumen Lakeshore residents near Christmas time. This has been a 20-year tradition.

Lester Park Elementary will have **Grandparents' Day** on March 9.

The Lakeside Lester Park Community Club building sustained water damage from a furnace failure and is temporarily closed for repairs. Support the club. llpccduluth@gmail.com

Duluth East held the Unified Bowling Invitational in December.

Duluth East put on a successful **Holiday Plant and wreath** (student-made) **Sale** in December.

A **Christmas Tree drop-off site** was at Lester Park at the parking area by Lester River Road. Trees are brought to be composted at WLSSD.

Reminder: A **Food Waste Recycling bin** on the far right side of Lake Superior Brewing Parking lot. No yard waste, please. The drop site is picked up on Tuesdays each week and WLSSD has coordinated an extra Friday pickup on occasion as the dumpster fills up quickly. For Recycling tips go to wlssd.com. If bin is too full, call 218-722-3336.

Local music by students. Duluth East @7pm.

March 14
Choir Concert

March 16
Orchestra Concert

March 21
Band Concert

How much is it worth? A vase, a painting, even a knick-knack.

Antique Appraisal at the Depot
Feb 15, March 15 from noon to 3PM (register in person by 2:30pm.

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www.shannonsstainedglassery.com
+ Paint Your Own Pottery
Come take a class!

Sunset Snowshoe at Glensheen
Wednesdays 4-7pm
Feb 1, 8, 15, 22

Women's Night
Fat Biking and or Nordic Skiing or Skate Skiing
Thursdays @ 6pm
@Lester-Amity Chalet

All body types, fitness levels, abilities, and ages are welcomed. Learn about topics like "what to wear," or "how to train" for upcoming events or races. Participants can ski or ride or do both. A social hour follows the event at the Lakeside Brewery. Continental offers to reserve bikes on a first come, first served basis with reservations taken at 218-728-4466. Ski rentals provided through the UMD Rental Center by calling 218-726-6134.

Answers from Boat quiz on Front Page. The answer is Laker to all the questions, except the last one.

Ice Time at Portman

If you were driving up 45th Ave E. from Superior Street on January 7 you would have seen filled parking spaces. Young hockey players in yellow and maroon, light blue and dark blue—all darting around on skates. Fans were bundled up and ready to cheer.
Portman youth were asked what they love about Portman Hockey. Here are some responses.

I love to skate *Scoring goals*
Skating with my friends
Having my dad coach me.
The concession stand
Everything

Continued from Front Page. Healthy

e-cigarettes, cigars, chewing tobacco/snuff, hookas and even secondhand smoke.

3. Wear Sunscreen – to help protect your skin.

~ Even in winter, when you go out on walks

4. Get Immunized

~ Certain viruses can cause cancer. There are vaccines that have been proven to be effective to reduce your risk (exp: Hepatitis B, Human papillomavirus)

5. Get Screened

~ Regular screenings help detect cancers early and maximize your chance for successful recovery. If you have been delayed in your scheduled appointments due to COVID, make sure you get an appointment as openings occur.

Article By Parish/Faith Community Nurse
Pam Franklin BSN, RN
The Arrowhead Parish Nurse Association covers the 7-county Arrowhead region with 42 congregations served by a Parish (Faith Community) Nurse or Health Minister.

Job Posting

DRCC
Supporting Abilities

WE ARE HIRING!!

Looking for a rewarding part-time or full-time job? Take a look at DRCC, a Star Tribune top workplace for the last 4 years, supporting individuals with disabilities. We are looking for individuals that are interested in supporting, teaching, and of course, having fun! We have homes right in the Lakeside area that are hiring employees immediately!

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Full-time positions have a generous benefit package; plus 401k available, earned sick time and paid vacation. Up & Awake shifts have a $1 differential per hour for the up and awake hours; sleep overnight shifts have a $60 stipend for the sleep hours.

What you can expect:

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For additional information, check us out on our website, drccinfo.org, or call Amber Pedersen, 218-722-8180, ext. 103.

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London Road—roundabouts
Sketches, Comments, and the Future

A virtual meeting was held in late December presenting information on upcoming roundabouts on London Road at 40th Ave. E. and 60th Ave E. The recording of the presentation is linked on LookatLakeside.com website as well as the sketches on the right. From September 8 through early January the project contact has received 63 comments. Comments are still welcome and can be emailed to Thomas.lamb@state.mn.us
The top concerns have been about the roundabout to go in at 60th Ave. E. and biking lanes. **View the sketches to the right to see the draft plans.** Some houses would be removed to allow for more road space.

- The **environmental review process** began in January and the final design phase will happen soon.
- You can **sign up for email updates** and find out more information at **www.dot.state.mn.us/d1/projects/londonraod/index.html.** The project construction will be during 2025-26 and is funded from federal, state and local funds.

Love to Laugh?

Pro-Comedy Tour / Saturdays, Dubhlins
Open mic Comedy / Thursdays, Dubhlins
Rubber Chicken Theater / Stay tuned for their 20th Anniversary of their Chicken Hat Plays later this spring.
Renegade Improv / Every Friday at 10:30pm, Zeitgeist
Gopher Hole Comedy Club / Feb 10, Gopher Bar
Lewis Black: Off the Rails / Feb 20, Northshor

Have you renovated your older home?
Each year the Duluth Preservation Alliance presents awards for restoration. If you know of a project, or have done a project that you'd like to nominate please contact 218-341-6143

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Every sunrise is an invitation to arise and brighten someone's day.
-Jheiss Krieg

Valentine Floral Sale
@ Duluth East
There will also be succulents for sale—grown in the rooftop greenhouse.
Date TBA.

Student Enrollment

Lester Park Elementary 543

Duluth East 1513
1st year in Lakeside 1602

What are some things you have added to the school? - Danette Seboe, Duluth East Principal
One of the new things that has been the most beneficial for our school community is the **creation of the POV (Point Of View) Student Leadership group**. This group brings together the student leaders of ALL of our student leadership and advocacy groups and all administrators at East. With training and support, they have become the final decision makers for student activities and also help us evaluate many aspects of life as a Greyhound through a lens of equity and accessibility. Their perspective has been invaluable for the past few years, including through distance learning!
This year Duluth East **achieved Unified Champion School status from Special Olympics Minnesota**. This means we have successfully embedded all three components of Champion Schools. Inclusive sports provide opportunities for students with and without disabilities to participate in a variety of fitness and sports activities alongside one another. Inclusive youth leadership encourages students with and without intellectual disabilities to take on leading roles (included in POV, too) as they work with adults in the school to create a socially inclusive environment through sports and other activities. **Whole school engagement**, the third component, means we host awareness and education activities that promote respect and social inclusion and reach the majority of students and staff members.
I have also worked hard to support the **growth of our Career and Technical Education programs**. This has meant working closely with our instructors, many of whom we recruit out of industry, to create innovative programs and to request and ensure that they are funded appropriately. We've seen incredible growth in our programs over the past few years and I'm excited to continue this work!.

More From Anna Cawcutt
Lester Park Elementary School principal
WE ARE SO GLAD THAT WE ARE GETTING BACK TO SOME LEVEL OF "NORMAL" AND CAN HAVE SCHOOL EVENTS AGAIN!

Prior teaching/school. I taught in the classroom for 9 years: 3rd grade, 6th grade, and Kindergarten-6th grade reading intervention. After that I was a literacy coach, K-12 Curriculum Director and Secondary Curriculum Coordinator. I always knew I wanted to be a teacher, but had you asked me even 10 years ago while I was still in the classroom if I ever thought I'd be a principal, I'd have probably told you, "No way!" Fortunately, I had some great encouragement from former leaders and have finally landed where I feel I belong and love my work the most.

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Meet a Neighbor Rosie Loeffler-Kemp

Rosie grew up in northwest rural Minnesota, Pembina, North Dakota (the oldest town in North Dakota) and then another rural Minnesota town Hallock before moving to the Twin Cities. She married her high school sweetheart, Ken. The two had gone to all 4 proms together. They're both from big families. They've been married for 37 years and have four adult children.

Rosie believes
"It takes a village
to raise a child."
I am grateful for many friends here that are our "Duluth family."

Rosie has been in Duluth for 29 years. She and her husband knew Duluth was where they wanted to raise a family. They fell in love with Lakeside with its small town feel and proximity to Brighton Beach, local businesses and schools. A house on McCulloch St became their home from 1994-2007. Then, their family moved to a house they built in the Hawkridge development.

When she moved to Duluth she wanted to get involved in the community and she sure did! She helped start the Lester Park Rendezvous. She was active with Lester Park, Ordean and East PTA/Parent Teacher Association and also served as the MN State PTA president. Rosie stepped into being a Girl Scout leader for 20+ years and volunteered at Janette Pollay Girl Scout Day Camp with her 3 girls.

She's been active on many Duluth Public Schools committees and is in her third term/10th year on the Duluth Public Schools School Board and represents Lakeside/Lester Park, Hunters Park, Woodland, and the townships.

Rosie has been active in many organizations and with schools in Duluth. She would bring her kids to the Lakeside Public Library . Today she frequents most of the Little Free Libraries in Lakeside.

She has worked with Clean Water Action in between her many community volunteering roles. She currently works with Gayle Koop Foster Care implementing her degrees in Social Work. She also works with Education First - an international high school exchange program and helps bring high school students from 15 different countries to Duluth to study and live with families. She loves bringing people together to bridge relationships around the world. She lived in Denmark for a year as an exchange student. Over the years, Rosie and her husband have hosted many students. Her youngest daughter recently headed to Spain through her college program.

Currently, she serves on several boards in Duluth and is active with the Duluth League of Woman Voters. She, her husband, and neighbors host a Neighborhood Night Out each year. She likes to cook and bake, especially cakes and has gifted many Scandinavian almond cakes during the Christmas holidays. She loves to go biking on the Lakewalk plus traveling around the state to camp and bike with her husband. Her favorite evenings are spent having family and friends for dinner. Rosie loves to chat and meet people for coffee at Amity. Join her!

Lakeside Presbyterian Church
4430 McCulloch Street, Duluth, MN 55804
218-525-1967
Worship - Sundays at 10:30 a.m.
Ash Wednesday Pancake Dinner 5:00 p.m.
& Worship 6:30 p.m. - February 22nd
Check website to listen or stream worship each week:
www.lakesidepreschurch.org
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DIDYA' KNOW?

Icicles grow faster at their tip than their foot—that's why they look carrot-shaped. In ideal conditions an icicle can grow almost half an inch per minute.

A bit of fun

What did one boat say to the other?

Are you up for a little row-mance?

Full Moon
Feb 5, March 7

Change Your Clocks
March 7

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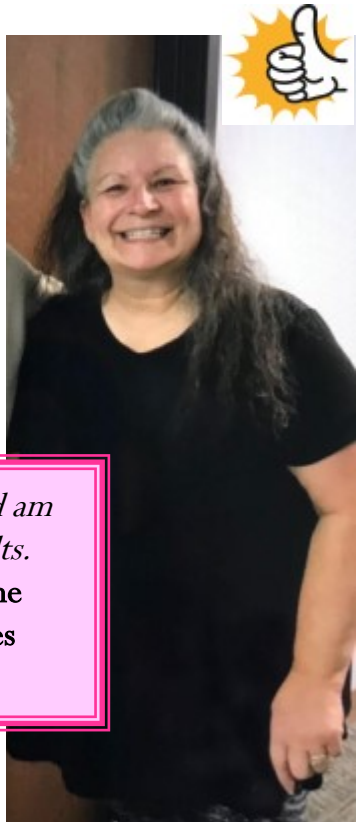
A Community at Lakeland Shores

Lakeland Shores Apartments is between London Road and Superior St on 45th Ave. E. and offers affordable independent living for older adults. **The College of St. Scholastica Nursing Students** come to Lakeland Shores every year. The students come twice a year for about 6-8 weeks. Lakeland is one of the rotations and this arrangement has gone on for over 16 years. The CSS students and the tenants love it. The students give presentations each time about older adult issues, play games, have coffee and treat time. It's been a great program and a hit every year. The Director at Lakeland, Margee Polanka, hears there is always a waiting list with the students.

Residents use the community room to get together for programs, work on puzzles and chat.



I love what I do every day and am honored to serve older adults.
Margee Polanka has been the Director at Lakeland Shores since December 2003.

This April will be Margee's 45th year anniversary working for Ecumen in Lakeside. She worked for 12 years as a CNA, in accounts payable, and currently as director at Lakeland Shores. When not at work, she enjoys scrapbooking, taking pictures, reading and life. She was born and raised in Duluth.

A holiday sale has been held at Lakeland for the last 2 years. Mrs. Claus is a resident at Lakeland Shores. She gets to take a break for awhile.

Margee oversees everything as she is the only employee at Lakeland Shores. She oversees maintenance duties, vendors, HUD paperwork, marketing, and all federal, state, city and county inspections. She deals with all tenants, families and community.

She and her husband Bill – married for 37 years—have been delivering Thanksgiving meals to tenants for over 10 years making sure everyone has a meal.