www.LookAtLakeside.com June/July 2024

LOOK at LAKESIDE

Lakeside—Lester Park
bi-monthly newsletter since 2012

Restoring Bodies & Speech: Therapists & Technology

Sometimes people need help to recover from an injury or operation or to prevent falls. **Ecumen Lakeshore** has one 'arm' of the building—the Fountains—with 60 beds for short-term stays and offers physical and occupational therapy, as well as speech therapy as outpatient and in-patient service. Each day nearly a dozen therapists are working with clients. Many of the patients are residents in the onsite independent and assisted living apartments. An equipped therapy room is on the lower level and another is on the 2nd floor. A range of intervention tools and monitoring equipment is available. An apartment is also part of therapy for clients to be evaluated on household tasks such as rising from a chair, or transferring to a bath bench, or using appliances safely. Clients are evaluated and may qualify to stay in short-term rehab for about 19 days with access to 24 hour nursing care. Most are over 65 years old. Over 70% of the clients who are in short-term rehab are able to return to their same living location prior to the

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Megan Kroll is a full-time Occupational Therapist at Ecumen. She is helping Cathy Firth build strength and endurance.

This is Look at Lakeside's **12** th anniversary

Well begun is half done!

- Mary Poppins

Litha is known as Midsummer's Night and occurs during the Summer Solstice. It's a time to celebrate the abundance and beauty of Mother Earth.

Welcome Falastin

NOW OPEN

A new look. New flavors. And More. It's here! Take-out, dine in, buy spices, coffee and tea, crafted items and more can be found at the newest restaurant in Lakeside that opened May 10. **Falastin—a Palestine Deli** is in the New London Café location, 4721 E. Superior St.

A new restaurant in Lakeside, Duluth thanks to Lyla and Sam. Hours will be expanded in the summer. Indoor or outdoor eating is available—or take-out.

A painted decoration pattern is up near the ceiling representing a common Palestinian embroidery pattern. The The

Cont. on page 5

Sweet Stuff

Do you miss Lakeside Bakery (Johnson's Bakery in Lakeside) or Gustaffsons? Fresh bakery items to have for occasions or as treats are here. The **Exchange Bakery,** formerly in the downtown Board of Trade building has cupcakes and specialty cheesecakes for sale in the coolers at Sammy's Pizza in Lakeside. It's the only place you can pickup Lisa Quarless' treats or place a special order. The baking is done a bit west of Lakeside. 218-310-2412

Paddy's Bake Shop has baked goods and creations for sale. Paddy Guerin started the business

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Next Deadline
***July 12**

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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Venmo or **PayPal** to
Wendy Grethen / Wendyupnorth

Ads and subscriptions support this community project and are very much appreciated!

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20+ free pickup sites
See more news on Facebook.
www.facebook.com/
AND go to wendyupnorth.com
for day trip and local art & gift fairs info.

McCulloch Street Musings

from the Editor

SUNLIGHT. BLOOMING bushes, trees, and flowers. It's yard time, outdoor time, planting/growing time. Paddling time. Hiking Time. Camping time. Do you shop at farmers markets for local grown food? Or have edibles in your yard? Fresh basil? It's fun to bake and flavor foods with pickings from the yard. Fresh tastes best.

We headed south and saw the full solar eclipse on a sunny afternoon and listened to the birds quiet down and the frogs start calling during the strange dark period. For the first time I was able to sit in blind in the early morning to watch sharp-tailed grouse dance as part of their way of attracting the 'ladies.' Photography time for sure. Hungry hummingbirds arrived in early May. Busy spring.

Each week something new blooms and some don't last long. Trillium at Jay Cooke.

I haven't seen the Northern Lights this year. Have you? .

The trails and parks of Duluth are simply awesome. Help keep them clean. Visit your favorites and explore new (to you) trails. I'm planning to hike all of the trails at Jay Cooke State Park.

The train sounds are back in Lakeside—so are the lawn mowers. Our solar frog 'spitting' fountain adds some tranquility beside a new water feature we put this month. New plants to plant. Love the native plants and pollinators! Enjoy summertime! Do what you love.

Your neighbor, *Wendy*

:::*DAY TRIPS*:::::::::

Arts, Music, History and Nature

6/18—**Garden Deluxe** Como Park, Japanese Garden, Longfellow Garden, Minnehaha Falls & garden shop
6/26—**Taylors Falls Boat Cruise and Emu Ranch**
7/16 —**Stillwater with High Tea in historic Inn**
8/8—**Minneapolis Sculpture Garden & Mill City Museum**
8/22 —**MN State Fair**
9/8— **Bayfield Fest of Art**
10/17— **Sunset with Cranes**
Oct TBA **Meal in a Mansion**
12/15— ***The Book of Mormon*/Orpheum Theater. Broadway musical** Pick-up is Perkins West Duluth, unless indicated otherwise. Coach bus. Please register early! *Facebook Up North Excursions* Ask to be on email announcement list. 218-525-5098
wendyupnorth.com

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A Handful of Events

June 8 Pollinator Marketplace 10AM-2PM
First United Methodist Church parking lot. Rain or shine..

June 13 Geology & History along the Lakewalk 2pm.
Starts at Lakewalk Park, Endion Station. $10 Register at UMD RSOP. 218-726-7128

June 27 Storytime with the Duluth Huskies! 10:15a.m.
Mt Royal Library.

June 29
Chum Super Rhubarb Festival 9am-3pm
Stella Maris Academy – Holy Rosary Campus. Food. Music. Fundraising. *Volunteer at the event or before the event. Go to chumduluth.org

July Date TBA Duluth Women's Club Tour of Homes and Gardens

Science on Deck

Large Lakes Observatory offers free public tours and presentations on the research vessel (R/V) Blue Heron. The Blue Heron is part of the University National Oceanographic Laboratory System (UNOLS), and is chartered by research scientists to explore the Great Lakes.

6/21/24: Dr. Elizabeth Minor on microplastics in Lake Superior
7/26/24: Dr. Jessica Sieber on food and microbial physiology
7/31/24: Freshwater Discovery Day, public tours from 2-4pm*
9/27/24: Dr. Craig Hill on wind turbine research

11 a.m. - 3 p.m., presentations at 1:30 p.m. *unless otherwise noted
Pier B Resort, 800 W Railroad St, Duluth MN ***no registration required.***
The public can come aboard. Tours are provided by scientists, crew, and students.

COMING THRU **Go Grandma's Marathon runners**
6-22 9,000 runners. 10th largest marathon in the U.S. (2023)

Food Trucks

Pick up a bite to eat.
4515 E. Superior St.
Near Deluxe Insurance Group.
*Look at Lakeside has an outdoor rack in the area, too.

Mon // Johnny B's
Tues // Emma's Kitchen
Wed // Open
Thurs // Oasis Del Norte
Fri // Tom's Taste of Chicago
*This food truck has been out here most of this mild winter, too!
Sat // Rotating between Tom's Taste of Chicago & Emma's

FARMERS MARKETS

Fresh!

Local grown!

One vegetable, One Community this year is

Corn **Duluth East students** were the artist and graphic designer creating the Duluth Community Garden Program for this Vegetable of the Year.

TUES 2-5PM	**Central Hillside F.M.**	Essentia Health Parking Lot 503 E. 3rd St. Starts 6/16
WED 2-5PM SAT 8AM-noon	**Duluth Farmers Market**	13th Ave. E. 3rd St.
WED 10:45AM-2PM	**Superior Downtown Market**	1200 Block of Banks Ave. Thru end of Oct
THUR—starts 6/20 11-1:30P (not 7/4)	**Civic Center Farmers Market**	In front of county courthouse by the fountain. Runs through Sept. Usually has live music, too.
THUR 3-6PM	**Lincoln Park F.M.**	Harrison Club 3002 W. 3rd St. Starts mid-June
Pre-order on Facebook Pickup on WED.	**Twin Ports REKO ring**	801 W. Central Entrance (parking area near Ashley Furniture)
SAT 9AM-noon	**Barkers Island F.M.**	Barkers Island. May 20-Oct 28.
SAT 9—Noon	**Carlton Co. Market**	904 Highway 33 S, Cloquet
SAT 10AM-1PM	**Two Harbors F.M.**	320 7th Ave. Burlington Station

WOMAN-MADE

20+ awesome artisans!

July 27 10AM-3PM

Peace Church, 1111 N. 11th Ave.

Local art & gift fairs by WendyUpNorth.com

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^ ^ Lakeside BIZ/COM BITS ^ ^

Surfing near the Fish Hatchery
Windy days brings people to the water to SURF. With surfboard in hand and wearing wet suits enthusiasts go by the mouth of the Lester River (and Stony Point) to catch waves.

SOLCA Spirit of the Lake Community Arts May Day Spring Celebration May 4
Making a flower wearable crown, facepainting, may-pole dance, cotton candy, a petting zoo with a young kangaroo and small alligator, and more activities. SOLCA has summer programs. Check Facebook.

Lakewalk Clean-up
Friends of the Lakewalk, UMD Enrollment Management staff, Duluth Parks and Rec and the public met on 5/15 at Lester Park to grab buckets and grabbers to assist in picking up litter along Brighton Beach and through 47th Ave. E. Over 30#s of trash was picked up.

Recycling and Fundraising Aluminum Can Drop-off/ Parking Lot Collection Trailers
51st Ave. E./Glenwood St — raises $ for Animal Allies
45th Ave. E. /McCulloch St Lakeside Pres. Church— raises $ for people with financial needs (formerly was supporting a Boy Scout troop). Help the community.

Save your aluminum cans and drop them in either bin.

Continued from Page 1, Falastin

sandwiches use freshly made pita bread, often made just minutes before. The fresh sandwiches and baklava have been very popular and customers are coming in from near and far. Co-owners Lyla Abukhodair and Sam Miller also are developing their own local farm growing Palestine favorite herbs. The kitchen of Lyla's home has been a favorite and meaningful place growing up and she believes food builds connections and community and can support people from Palestinian artisans to local farmers.

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Continued from Front Page, Ecumen

fall, surgery or incident that brought them to needing special care. Community members using outpatient services can ask to receive an assessment for improving range of motion, balance, arthritis, amputations, prosthetics, and stroke recovery are just a few examples.

Free Balance & Walking Assessment Screenings 2nd Wed 12:30pm in the chapel during the summer or call 218-625-7862 to set up a time.

Ecumen has a new technology system called One-Step that can assess the gait and fall risk of a resident or community member. This mobile app can be set up with help and can assist in monitoring walking and gait patterns when a person returns to their home and tracks how they are doing overtime. The app is also used for Parkinson patients to catch a critical change before a major fall. Therapists are ready to help people from the Northland and Ecumen residents.

Continued from Front Page, Sweet

in her home in Lakeside in 2022. Paddy does fresh custom orders and has some items on-hand pre-made. Her pies have become quite popular for the holidays. She found recipes during Covid and made her own variations. She also bakes breads, cookies and cookie cups—with fillings inside. Her fresh cinnamon rolls are very popular. Her sweet tooth is what caused her to pursue baking for herself and others. She will deliver or you can arrange pickups. Her business is on Facebook. To place an order call 218-251-1841.

Amity Coffee has made from scratch scones, sweat bread slices, cookies and goodies that go well with a coffee drink or other beverage. **SuperOne** sells baked donuts, cupcakes, cookies, and cakes for sale baked locally at their store past the mall.

Local Outdoor Music

Tues 7PM	Music in the Park	Chester Bowl/ Lincoln Park
Wed 6PM	Courtside Concerts	Pier B Resort Hotel
Thurs 5:30PM 7/11 1st one	City Sounds Concerts	Duluth Public Library— Michigan St. level
Wed 6PM	Bayside Sounds Around Town	Runs July 10 –Aug 28. superiorwi.gov for concert locations.
Varies	Porch Fest	Locations in Superior

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218-525-1967
Sunday Worship 10:00 a.m.
VBS SCUBA - June 10-14, 2024, 9:00 a.m. to Noon
Community Picnic - Sunday, Aug. 18th 4:00 p.m.
Outdoor Worship, Aug 11th 10:00 a.m.
Check website to listen to or stream worship
www.lakesidepreschurch.org

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Meet a Neighbor

Judy Seliga-Punyko

Judy is currently on the Nort-lander swim team, officiates swim meets, has coached local sports teams.

Judy was born in Duluth and when she was a youth her family moved to the Iron Range. She graduated from what was Eveleth High School. While she was in school a key moment of history changed her life. Title 9 passed and she could be on women's sports teams. She right away joined the swimming and track teams. Her swim competition times led to her advancing to Minnesota's first girl's state meet which was held at Hamline. She was on a swim team in college and went to nationals.

Her coach made a strong impact on her and even inspired her to become a teacher and coach. Judy coached at the Duluth Y while also teaching music at local grade schools. She met her future husband Bill while coaching and has been married for 41 years. They have lived in Lakeside about 35 years and had their own home built 20 years ago. They have 3 daughters and 2 grandkids.

Judy tried Mary Kay products at her wedding and fell in love with the products, especially with the skin care items. She has been an Independent consultant and later Sales Director for over 40 years and won prizes, even cars.

Judy has been involved and taken on leadership roles in numerous organizations ranging from Rotary, Duluth Chamber of Commerce to school board and various school associations. She also sings in her church's choir. She remembers fundraising events held at the Lester Park golf course and clubhouse that supported many students' activities.

Nature in the city. Two people fishing from the shore of the Lester River. Steelhead rainbow trout were stocked near the site. Mid-May is the annual smelting time by the mouth of the Lester. The former Lester River Fish Hatchery (closed in 1946, now owned by UMD) is a popular kayak launch and fishing area.

Come on a day trip!
See list on page 2.

High 5! Graduates.
Class of 2024

Full Moon
June 21 July 21
Sunrises and sunsets–
every day

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