

Lakes Area Food Shelf gives, receives heartfelt thanks

By Kathy Adams

Sometimes, when hearts overflow with gratitude, tears speak even more poignantly than words.

This was the case on Monday, Nov. 22, as the Lakes Area Food Shelf offered Thanksgiving baskets, including turkeys, dressing, potatoes, celery, eggs, bread, Jell-O, Cool Whip, canned pumpkin, green beans and more to 130 families in the lakes area.

Car after car drove up to the food shelf, filled with drivers and family members who shared tears of gratitude.

“I just can’t believe this. Your kindness just brings me to tears. This is going to be the best Thanksgiving my family has ever had. We have never been able to afford a turkey before,” one recipient said.

With a strong spirit of friend-

ship and kindness, food shelf volunteers had great fun packing the Thanksgiving bags ahead of time, each one expressing gratitude that they could reach out to the many friends and neighbors who rely on Lakes Area Food Shelf to feed their families.

I shared the sentiments of all of the volunteers: “Lakes Area Food Shelf is a community food shelf - open to every friend and neighbor who needs help. Each of us is one major life event away from needing a community of people to help us. A spouse passes away. We lose a job and have no income. We suddenly have our aging parents to care for. As volunteers and staff, we each understand that, because each of us needs community, too.”

We offer many thanks to Schaefer’s Foods, Cub Foods, Country Hearth and Second Har-

vest for providing the food for the Thanksgiving baskets.

Lakes Area Food Shelf is open 9 a.m. to noon Tuesdays and Thursdays. If anyone cannot meet those hours, we will work with our friends and neighbors to get food to them.

Tim Moore, Lakes Area Food Shelf Board chair, said: “We never want anyone to go without food, and it is our mission to work with families to make sure they get it.”

Lakes Area Food Shelf will be providing Christmas baskets to our friends and neighbors, which will include ham, potatoes, apples and more. If you would like to sign up for a Christmas basket, please visit the food shelf during its regular hours at 29316 Patriot Ave., Pequot Lakes.

Kathy Adams is director of the Lakes Area Food Shelf in Pequot Lakes.

What’s the meaning of all these trees?

Now that the Pequot Lakes Fire Tower is getting some new interest and overdue respect, a person suddenly has a new category of past events to contemplate - in this case, logging.

What is the story on logging in the central Minnesota area? No doubt we have an extended history of cutting trees, not counting the boom and scramble for white pine in the north country.

But when did it start? Was it before the Louisiana Purchase? Or did the guys with enormous ropes and the four-man saws wait for the go-ahead and proceed with caution? Did the harvesting go across the border into Canada? Was there a border between the United States and Canada?

This is not a recently unearthed mystery. The trees grew in plain sight, covering the entire northern chunk of the United States. They were a key enticement in the constant push to expand the country.

All right, truth told, trees were probably secondary to the lure of all the minerals lying below ground level, but a valuable asset just the same. Lumber barons raked in some nice profits.

Back a couple of centuries or more, eastern cities in the United States, growing per stated intent, demanded lumber in increasing quantities. Logs were being cut and shipped before Pequot had a past, present or future as an incorporated entity.

It’s a messy business, getting logs out of one location into another; the cutting, limbing, hauling, burning. It’s a labor-intensive job and there’s no tidy or danger-free way of doing it, really. Throw in the laying of roads and railroads, and our forbears had a staggering job indeed.

Although the evolution of equipment directly and peripherally involved with logging has made the job faster and less dangerous, it nevertheless still needs hands-on human effort and remains a physically challenging endeavor. The bodies of choker-setters no longer litter the landscape, and that’s a good thing, too.

One can imagine the attrition rate on horses and oxen was fairly high as well. Old photos of monstrous stacks of logs being pulled by animal teams seem to support the assertion: “I think we can wedge another one on top there!”

Here’s another: A rolling log leaves no minor injuries.

So we’re starting very close to square one here and getting down to basic wondering. That’s a good thing; it leaves nothing to clutter the thought processes and lets us wonder about motivations and necessities that got ancestral decisions into motion. Did men leave the old country specifically to work in the northern Minnesota woods?

The land was stripped of white and red pine and they grew back. It was stripped again, and they grew back again. The forest lands are green now and logging continues on a lesser scale for various reasons.

It’s not my job to analyze or criticize the logging industry. It is what it is ... was what it was. Whoever has read these words now knows everything I know about logging. My hope is not to educate, but to stir some curiosity and somehow fill in blanks that exist in our comprehension of local history.

This is being written because we are novice wonderers on this topic. Ignorance on the subject means we have a lot to wonder about. To get answers, we’ll have to look it up.

But in the meantime, we’ll wonder. The Pequot Lakes Area Historical Society has very little archived information on this topic and I hope we can change that. The nearby county historical societies will be a good place to start.

Karen Bye is president of the Pequot Lakes Area Historical Society



KAREN BYE

Essentia Health child life specialists share tips for vaccinating children

Following unanimous approval from its Advisory Committee on Immunization Practices, the Centers for Disease Control and Prevention recently authorized the Pfizer-BioNTech COVID-19 vaccine for 5- to 11-year-olds.

Children are now eligible to be immunized against the coronavirus.

Appointments are required for 5- to 11-year-olds and can be made with the child’s primary care provider or pediatrician. Essentia Health patients can schedule through the MyChart patient portal or by calling 833-494-0836.

Appointment availability will vary by location as vaccine is allotted and distributed; check MyChart frequently for openings.

The vaccine has been proven safe and effective for children. It is a lower dose (10 micrograms) than that used for individuals ages 12 and older (30 micrograms).

Clinics throughout

the Brainerd lakes area are ready to administer the Pfizer vaccine to all age groups, including 5- to 11-year-olds. They are also adding the following hours for COVID vaccination:

- Essentia Health St. Joseph’s-Baxter Clinic (13060 Isle Drive): 3-5 p.m. Tuesdays and Thursdays.
- Essentia Health St. Joseph’s-Brainerd Clinic (2024 S Sixth St.): 9 a.m. to 1 p.m. Saturday, Dec. 4.

Anyone under age 18 must bring a consent form, signed by a parent or guardian.

Essentia Health child life specialists lend their expertise to help families make vaccination a comfortable experience. They offer the following tips:

- Be honest and use developmentally appropriate language when explaining shots to your child - saying “poke” vs. “shot” or “vaccine,” getting medicine in your leg through a “poke” vs. a shot or vaccine; and

- “it may feel like a small pinch” or “the medicine may feel warm” vs. “it will burn.”
- Play! For younger children, playing with medical/doctor toys helps them process experiences, but also helps desensitize and familiarize them with different tools they may see during their clinic appointments.
- Talk about getting vaccines and come up with a plan at home to help prepare.
- Validate your child’s feelings/emotions regarding getting vaccines or previous experiences. Some kids are nervous and/or scared, and that’s OK. It helps us to know we should be developing a plan and preparing ahead of time.
- Give appropriate choices to allow them some control in the situation - for example, ask if they would like to watch or play a game on mom’s phone; if they want to blow bubbles; or maybe whether they would like to sit on

- dad’s lap or by themselves.
- If your child is anxious, practice some breathing exercises at home or pick a favorite distraction tool and/or comfort item to bring that can be used to help support you.
- Talk to your child’s medical provider and develop a plan. Is there an option to have a child life specialist present for distraction and support? Is “Buzzy” available for pain management? Buzzy resembles a bee and is used to numb an area of skin prior to injection via cold temps and vibration, confusing the nerves so that when the site is ready for a needle, the patient hardly feels it.
- Distraction tools include an iPad, smartphone, music, favorite toys, light-up spinner and more. Comfort items, such as a favorite blanket or stuffed animal, also are effective.

Essentia Health scheduling COVID-19 vaccine booster shots

Essentia Health welcomed the expansion of a single-dose booster of both the Moderna and Pfizer-BioNTech COVID-19 vaccines for all individuals ages 18 and older, and is scheduling appointments for those doses immediately.

Interested patients can schedule shots through the MyChart patient portal or by calling 833-494-0836.

Essentia Health is following guidance from the Centers for Disease Control and Prevention and state health departments for vaccine distribution.

For mRNA vaccines - Pfizer and Moderna - the CDC recommends people 50 and older should get a booster six months after their initial series, as well as those who are 18-plus and moderately to severely immunocompromised. Patients ages 18-49 with no other risk factors and who received two doses of Pfizer or Moderna may get a booster dose.

For Johnson & Johnson’s Janssen vaccine, a booster is approved for all people 18 and older two months after their first dose. Similar to mRNA vac-

cines, immunocompromised individuals ages 18 and older are encouraged to get a booster.

“Mix and match” booster doses can be used following the completion of a primary series.

In addition to boosters, Essentia continues to offer first and second doses of COVID-19 vaccine, including for the ages 5-11 group.

Visit <https://www.essentiahealth.org/covid-19/covid-19-vaccine-information/> to learn more about vaccine availability through Essentia Health.

Area Parkinson’s disease support group to meet Dec. 2

The Brainerd Lakes Area Parkinson’s Disease Support Group will meet at 1 p.m. Thursday, Dec. 2, at Lord of Life Church, 6190 Fairview Road, Baxter.

There will be a potluck lunch. Sub sandwiches will be provided. Those who attend are encouraged to bring a side dish to share.

For more information, call 218-829-4017. Masks are required at the church.

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