



DULUTHINK

NEWSLETTER OF THE LAKE SUPERIOR FISHermen

Join us Sunday April 5th at 10am at the Hillside Community Center, in person and via Zoom.

LARGE LAKE OBSERVATORY RESEARCH (LLO)

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L A K E
S U P E R I O R
FREE
T H I N K E R S

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JOIN US SUNDAY APRIL 5TH FOR A PRESENTATION BY

Cathrine O’Rielly PhD

Director of the Large Lakes Observatory (LLO), and Professor of Earth & Environmental Sciences.



An overview of the research done at LLO

- HARMFUL ALGAL BLOOMS
- LAKES IN WINTER
- MICROPLASTICS
- WARMING OF LAKE SUPERIOR

Our April program by Dr. O’Reilly will demonstrate our theme of Rational Thought as she explains the research and methodology of LLO in studying Lake Superior.

Large Lake Observatory Mission

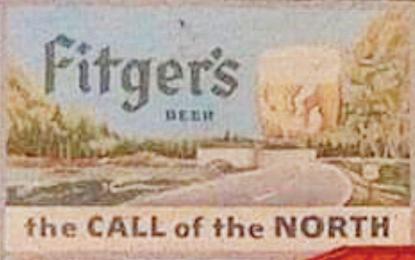
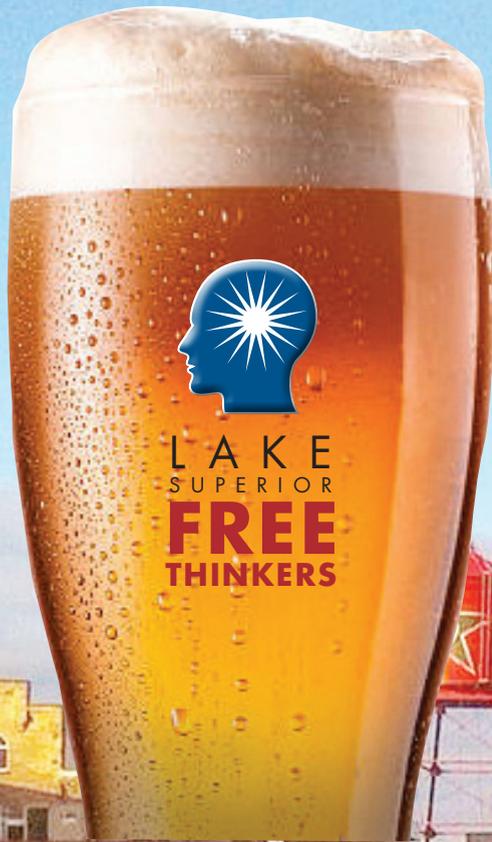
Most of Earth’s liquid accessible freshwater is located in just a handful of lakes. These systems are scientifically fascinating and immensely valuable to society. Pressures on them include toxins, invasive species, climate change, fisheries harvest, and excessive nutrients. Science is the foundation for managing and protecting these beautiful and fascinating places.

The Large Lakes Observatory is dedicated to performing innovative, cross-disciplinary research, education, and outreach that advance scientific understanding of Earth’s large lakes for the benefit of society and the sustainability of freshwaters.

Think Summer!

Get a head start from 4:00-6:00 pm Thursday, April 2nd by attending **HAPPY HOUR** at Mexico Lindo, Fitger's Brewery Complex, 600 East Superior Street.

We will indulge in half-price margaritas and full-value conversation. Bring a friend, and enjoy the merriment of Lake Superior Freethinkers. See you there!



APRIL SOCIAL DINNER

Join us Wednesday April 15th at 5:30pm for LSF's Social Dinner at Grandma's in Canal Park.



The **NEAR** Science

Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience

The Family Services Collaborative of St. Louis County is helping people understand how trauma shapes lives and how healing can begin, through our understanding NEAR Science, presentations, which explore how childhood trauma affects children, families, and communities.

For many of us, trauma has been passed down through generations. Those of us who had a traumatic childhood are likely

not the first in our family to experience that. But with knowledge, understanding, and support, we can be the ones to end those legacies. We can say, stops with us.

The NEAR Science, short for Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience, shows that high rates of childhood trauma increase the risk of negative outcomes. It also shows that what is predictable is preventable.



Cassandra Hainey

is a Positive Community Norms Grant Coordinator and H.O.P.E. facilitator, working with her community to uncover and grow the positive that exists on the Iron Range with the goal of reducing teen substance use and increasing

resilience. Cassandra has spent the past fourteen years supporting students through her previous work as a Guardian ad Litem for the State of MN and Executive Director of Volunteers in Education.



Jennifer Elmberg,

MSW, LICSW, is a licensed clinical social worker and the owner of Align North, a mental health private practice in Virginia, Minnesota. With over a decade of experience in mental health and human services, Jennifer specializes in trauma resolution using evidence-

based modalities including Accelerated Resolution Therapy (ART), EMDR, DBT, and somatic approaches.

Jennifer is also an author and speaker who is passionate about translating complex neuroscience and trauma research into practical, accessible tools.



Crystal Royer

serves as Executive Director of Twelfth Step House in Virginia, Minnesota. Her work focuses on trauma-informed leadership, housing stability, and building environments where individuals reconnect with community and purpose. Crystal holds a Bachelor degree from Hamline Uni-

versity and earned the Leadership in Affordable Housing graduate certificate. She also completed the Minnesota Young American Leaders Program, a statewide leadership initiative that brings together cross-sector leaders to address complex community challenges.

2026 National Day of Reason

★ ★ ★ Thursday, May 7th ★ ★ ★



Join us at our May Happy Hour on May 7th to Celebrate the 2026 National Day of Reason

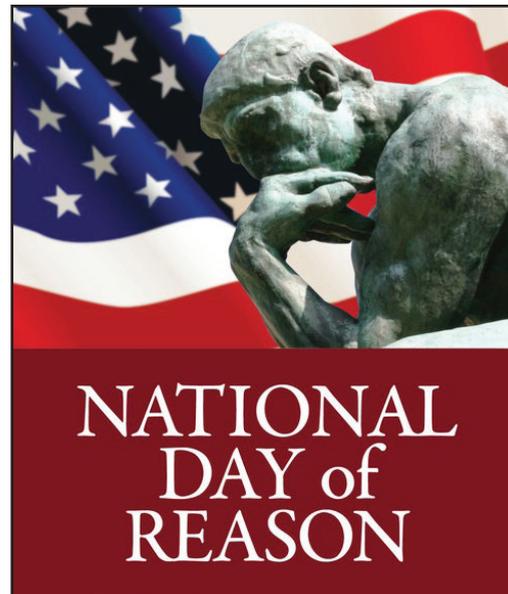
What is the National Day of Reason?

The National Day of Reason was established as a secular counter-observance to the National Day of Prayer, intended to affirm the importance of reason, logic, and evidence-based decision-making. Endorsed by various secular and humanist organizations, it is rooted in the principle that government should remain neutral on religious matters and that public policy should be guided by facts and inclusive values rather than religious doctrine.

The day also highlights issues related to freedom of thought, religious liberty, and the importance of science and education. Events across the country promote civic engagement, community service, and discussions about the role of reason in a free and democratic society.

How Can You Get Involved?

Whether you are part of a secular community or simply passionate about science, logic, and equal rights, there are many meaningful ways to participate in the National Day of Reason: **Attend or Host a Local Event:** Many secular organizations host educational forums, guest speakers, panel discussions, or community service activities to mark the day. You can attend an event or create your own gathering focused on the importance of reason in public life.



Engage in Community Service: Participate in a volunteer project that benefits your local area. Acts of service highlight how shared values and human compassion can unite communities without religious affiliation.

Contact Your Representatives: Use the day to advocate for secular government, science-based policymaking, and the protection of constitutional rights. Writing to elected officials about key issues is a powerful way to exercise civic engagement.

Celebrate Science and Education: Support local science centers, libraries, or public schools through donations, attendance, or promotion. Hosting a science-themed event or book club is another great way to champion rational thought.

Why is the National Day of Reason Important?

The National Day of Reason promotes values that are foundational to a pluralistic and democratic society. In a world where misinformation, division, and dogma can often cloud public discourse, this observance underscores the need for thoughtful, informed, and evidence-based approaches to solving real-world problems. By recognizing and celebrating the role of reason, this day empowers individuals to think critically, act compassionately, and advocate for a government that serves all people regardless of belief. It reaffirms that reason and empathy can guide moral decisions and community progress, fostering unity across diverse beliefs and backgrounds.