

Community notices

NAACP Duluth Branch president to speak on Wednesday, March 15 at 6:30 p.m.

COOK - Classie Dudley, President of the Duluth Branch NAACP, will speak at the Northern Progressives meeting at 6:30 pm, Wednesday, March 15, at the Crescent Bar & Grill, 9257 Olson Rd, at Cook.

Dudley will speak on the topic “Working for Racial Justice in the Northland.”

Born in Duluth, MN, Dudley has a B.A. in Policy and Strategic Organizing from Metropolitan State University and an MBA from Longwood University. She has served as the co-owner and operational manager at Leiha LLC, a Twin Ports shelter that provides services and opportunities to people transitioning into stable housing.

Dudley has been a leader in local initiatives for policy change and community collaboration that are grounded in sustainable, people-first approaches. She is well known throughout the Northland as a critical voice in the fight for racial equity and has been featured on a multitude of media platforms. Participants may come early and order off the menu. For more information, contact Leah Rogne, leah.rogne@gmail.com.



Volunteers in Education returns; more volunteer tutors are needed

REGIONAL - Volunteers in Education is a non-profit educational organization that provides volunteer tutors to K-8 students. Teachers refer students to VinE, and we provide an appropriate tutor to match their needs. VinE has been an important presence in schools since 2008. COVID-19 restrictions caused the program to suspend services for an extended time, but we are back and ready to help students succeed.

If interested in making a positive difference for students, please consider volunteering with VinE. Volunteer community tutors are the heart of this program. Sharing your time and talents with students needing extra support is a wonderful way to contribute to the community! If you are interested in volunteering as a tutor with Volunteers in Education contact Teresa de Venecia at 218-404-5742 or email teresad@vine-mn.org.

Volunteers sought for Mental Health Advisory Council in N St. Louis County

REGIONAL - St. Louis County is seeking six people to serve on the Local Mental Health Advisory Council serving the northern part of the county. Ideal candidates include anyone who has lived experience of their own or through a loved one, anyone with professional training related to mental health, and those who are passionate about improving services in our community. A stipend is available for people with lived experience who serve on the advisory council.

The application deadline is April 3. The Local Mental Health Advisory Council meets on the third Thursday of each month from 4:30-6 p.m. Advisory council members are asked to commit to serve on the council for two years. There is a separate advisory council serving the southern part of St. Louis County, though additional volunteers are not needed for this group at this time.

The advisory council started in the fall of 2020 with the goal of bringing together diverse perspectives on mental health to improve mental health services in our communities. The group works to identify existing resources, and provide recommendations to St. Louis County Public Health and Human Services regarding changes, additions and improvements needed to local mental health services for children and adults. A link to apply can be found online at stlouiscountymn.gov/lac.

GOLF

Wisocki returns as general manager at The Wilderness at Fortune Bay

TOWER— The Wilderness at Fortune Bay Golf Course is welcoming back a familiar face to serve as its general manager.

“It feels great—it’s the one course I would have come back to after 30-plus years of experience in this field,” said Joe Wisocki, who was tabbed as the general manager at The Wilderness when it opened for play in 2004. “This is really a homecoming for my family and me.”

Wisocki began his golf career in Kansas back in 1988 and has been contributing to the field ever since then with stops at prestigious golf courses throughout the country.

Fortune Bay General Manager and Bois Forte Business Development CEO Mayan Beltran is pleased to have the talents of Wisocki back at The Wilderness.

“We’re very excited to have Joe back and Trevor as well,” said Beltran of Wisocki and Trevor Rintala, who was hired as the new course superintendent this past fall. “He and Trevor will do some great things over there.”

After leaving The Wilderness in 2007, Wisocki had a stint at the now-famous Chambers Bay Golf Course in Washington, which eventually played host to the U.S. Open. He then served as the general manager and director of golf at Ridge Creek Dinuba Golf Club in California for 10 years before moving back to Minnesota to serve as the general manager and director of golf at Eagle Creek Golf Club in Willmar.

Wisocki is confident his experience gleaned at those courses will set the stage for a successful encore at The Wilderness at Fortune Bay. While the course has garnered many national awards over the years, 2022 was challenging as the greens were in rough shape for much of the year. Couple that with the fact the restaurant never opened due to the former chef leaving right before the season started, and it would be fair to say Wisocki has his work cut out for him.

“My first goal is to get the

restaurant, food and beverage back on track,” said Wisocki, who is married and has two children. “We need to get it back to where it was.”

And by that, Wisocki means making it a sought-after restaurant like it used to be when fellow resorts on the lake would send their guests over by boat from Ludlow’s, the Vermilion Dam Resort, or Pike Bay Lodge to enjoy a fine dining experience with views to match.

“That’s goal number one,” said Wisocki, whose family will join him on the Iron Range after his son graduates from high school this June. “Our restaurant is not just a golf course restaurant, it’s a destination restaurant.”

He said an equally important goal would be working with Rintala to get the course back to its glory days. He understands you can’t control Mother Nature, but added that Rintala and his staff have been working hard since last fall to breathe new life into the course.

“It’s really comforting to have Trevor back,” said Wisocki. “That was a huge determining factor is why I came back. I watched Trevor grow in the industry, and with his mentorship under Vince Dodge, you couldn’t ask for more.”

Dodge, who is now the superintendent at Nemadji Golf Course in Superior, was the former course superintendent lauded for his impressive skill set and willingness to share those traits with his team.

“Our biggest goal is to work our way outwards, and that begins with the greens,” said Wisocki. “We are going to get rid of the Poi and use a different seed than we’ve done in



The Wilderness at Fortune Bay recently hired Joe Wisocki as its new general manager. Wisocki previously worked in the same capacity when the course first open in 2004.

the past. We will then work on the fairways and tees and add an intermediate second cut to the rough, dethatch many fairways, and things like that.”

Wisocki said getting the course ready for play roughly two months from now will be a task he and his team won’t shy away from. He likes to use an analogy that guests who come here view this opportunity as their U.S. Open or Masters.

“This is a premier golf course at a premier designation,” said Wisocki

of the fact that the course is located on Lake Vermilion, which draws people from all over the country and the world, for that matter. “It’s up to us to deliver a memorable experience for them by providing exceptional guest services with amenities to match.”

For Wisocki and his team to achieve his goals, he knows there will be challenges along the way. However, he’s ready to face them head-on with 15-plus years of experience to draw upon since he left for Chambers Bay in 2007.

“I’ve always viewed coming back as this is going to be my legacy course,” said Wisocki. “There’s no moves after this one. My next move is into retirement.” But long before that happens, Wisocki will work hard to leave an indelible mark on the Wilderness at Fortune Bay.

“I want people to know The Wilderness is a great place to work with opportunity for growth,” said Wisocki. “I lead by example in my work. I always say that I manage by wandering around. I am not a micro-manager, but I’ll jump in and help anywhere I can.”

EXPLORE THE POSSIBILITIES

Free “Scrubs Camp” offered in August for interested teens

HIBBING - The Arrowhead Area Agency on Aging, in cooperation with HealthForce Minnesota, Blue Jacket Career Academy, Northwood Technical College, Rainy Lake Medical Center, St. Luke’s, Essentia Health, Bigfork Valley, Rock Ridge School District, Fairview Range, MN Employment and Economic Development, Wilderness Health, JET, CTE, Cook Hospital,

Grand Itasca, Lake View, Ely-Bloomenson Community Hospital, North Shore Health, and NEXT Career Pathways, will host an in-person, three-day residential SCRUBS Camp for area high school students on Aug. 1-3, at Minnesota North College – Hibbing Campus. The Hibbing camp is open to Minnesota high school level students (entering grades 9 – 12) with priority given to students from the seven-county Arrowhead region

Scrubs Camps provide students the opportunity to learn about different healthcare professions

from providers through hands-on experiences.

Scrubs Camp has been in existence since 2008 and was created by HealthForce Minnesota. The first Scrubs Camp was held at Winona State University. The camp in Hibbing is the first location on the Iron Range. They are typically held on college campuses and partner with healthcare providers that are local to that campus to teach students.

“It is inspiring to see that first glimmer of excitement in a student’s eye as they find something that sparks an interest in them and they can see a

potential future for themselves,” said Brenda Shaffer-Pellinen, local Hibbing Scrubs Camp Coordinator. “Students begin to see the world in a whole new way and realize all of the possibilities open to them.”

This year’s camp will be open to 32 students. Students can attend at no cost due to generous local grant funding and Office of Higher Education scholarship funds. Student spots are limited. Interested students can visit <https://archsmn.com/learn/scrubs-camp> for more information. Applications close on March 31.

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MARCH 25TH

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DISCOVER MN FOSSILS

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CRETACEOUS EVENT MENU

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SCIENCE MUSEUM OF MN

5-6pm: Lecture/Q&A - 'Ice Age MN & the Quest to establish a State Fossil' presented by Dr. Alex Hastings Ph.D, SMM Fitzpatrick Chair of Paleontology.

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REGULAR ADMISSIONS APPLY

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DINO PHOTOS!

Happy Days to open new childcare center in Ely

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See **BETTING**...pg. 5

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OPINION

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“CONGRESS SHALL MAKE NO LAW...ABRIDGING THE FREEDOM OF SPEECH, OR OF THE PRESS;”

The First Amendment of the United States Constitution

Editorial

2nd Amendment nonsense

Conservative extremists are pushing misinformation in so-called “sanctuary” movement

The organized effort by conservative activists in northern Minnesota to push an agenda opposed to gun safety is deceptive and county commissioners across the region shouldn’t fall for it.

The activists are pushing county boards to approve resolutions declaring their borders as “sanctuaries” against the enforcement of gun safety measures currently making their way through the state Legislature. Their campaign falsely claims that many of the measures being considered in St. Paul are unconstitutional as an infringement on their right to bear arms.

Unfortunately for them, despite a federal judiciary that is tilted further to the right than at any time in modern history, the courts don’t agree.

Don’t take it from us. It was the conservative icon Justice Antonin Scalia who wrote in the influential 2008 case District of Columbia v. Heller, that the Second Amendment is “not a right to keep and carry any weapon whatsoever in any manner whatsoever and for whatever purpose.”

In the wake of the Heller decision, the National Rifle Association flooded the federal courts with challenges to any manner of gun safety regulation which were enacted by states or cities stem America’s seemingly ever-rising tide of gun violence. But the courts have overwhelmingly found in favor of gun safety regulations, since they don’t infringe on the ability of someone to own or bear a firearm.

Gun rights advocates regularly argue that many of the measures enacted won’t be effective, and that’s certainly true if we have jurisdictions all across the state of Minnesota and the country that refuse to enforce them. It’s a kind of self-fulfilling prophecy in which the activists seek to undermine the effectiveness of gun safety regulation, and then complain that the laws don’t have the intended effect.

We certainly don’t endorse every gun safety measure currently circulating in St. Paul. There are always many more bills introduced than ever see a governor’s signature and we readily acknowledge we’re likely not aware of every bill currently in the various hoppers at the Capitol.

But there are some measures that could well be effective, including a so-called red flag provision that would allow courts to temporarily disarm individuals experiencing mental or emotional instability. Keep in mind, those currently urging

enactment of Second Amendment sanctuary status for northern Minnesota counties believe that mentally unstable individuals should not only be allowed to have as many guns as they want, but should also have ready access to high-capacity magazines along with the most deadly types of ammunition available. That’s simply reckless.

Universal background checks are another bugaboo to these extremists. A provision currently in the Legislature would eliminate the private gun sale loophole for gun purchases and would require anyone who wishes to sell a gun to have a background check on the buyer. Is it, perhaps, inconvenient? No doubt. Does it infringe on the Second Amendment? Not in any way, shape, or form.

We need to keep in mind what these extremists, and the elected officials currently doing their bidding, are really trying to accomplish. They want the total elimination of all gun regulations, despite poll after poll that shows overwhelming support—even among gun owners—for sensible gun safety measures.

Indeed, these extremists know full well that they lack the support of the public for their goals. That’s why they have regularly colluded with like-minded county commissioners to have their resolutions added to county board agendas at the last minute. They recognize that if the public knew what they were trying to do, they would face strong opposition.

These extremists are relying on false claims about gun grabs and other such nonsense to gin up support for their cause. Unfortunately, most are just misinformed.

The right to possess a firearm in no way limits the government’s ability to regulate its use. As adults, any one of us has an absolute legal (arguably even a constitutional) right to, for example, go out and buy an automobile or a pickup truck. But that doesn’t prevent the government from requiring that we license it, insure it, and (if we choose to drive it on public streets) abide by a laundry list of regulations to ensure we don’t kill or maim others through our irresponsible actions behind the wheel. For those extremists who don’t like that basic reality, let us suggest they go find another country where they have more rights to bear arms than in the good ol’ United States of America.

Good luck with that.



Letters from Readers

Restore, don’t just save, the Boundary Waters

The “Save the Boundary Waters” campaign focused on mining in the Keweenaw River area southeast of Ely squelches environmentally hazardous mining near extraordinarily precious waters.

Yet it is long past time to begin proper management of the forests in and near this wilderness area. Current management practices of the Boundary Waters over decades casts doubt on a healthy future for the generations to come that visit and revere this region. There are too many overused campsites, no discussions of restoring them, three lane portages, not enough low impact prescribed fires and the current permit system that begs for a long overdue new Wilderness Act. Perhaps the players were wrong in the 1978 Public Law 95-495 in anticipating that Mother Nature would repair and replenish what man accomplished with negligence and short sightedness.

The BWCAW is a world class tinderbox, according to University of Minnesota forest ecologists Lee Frelich and Peter Reich. They recognize the importance of fire, as did earlier scientists, as did the past native peoples of this area. Man has drastically changed the natural course of things, since over 70 percent of the monarchs, those iconic white pine and towering reds were cut beginning in the late 1800’s, with no thought to reseed and replant those trees. Today, there is one-half of one percent of the white and red pines remaining. “Sand County Almanac” author, philosopher and forest ecologist Aldo Leopold (1887-1948) wrote in his journals about the timber massacre that he and his brother witnessed in 1924 and returning in 1925, when paddling from Ely’s Fall Lake into the Quetico Park. Mother Nature has

not been able to restore what man has so severely altered.

There were those who focused on reforestation in the 1930s and continuing into the 1970’s, citing the need to replant the trees and seeds, for future generations. F.W. Hubachek (1894-1986) was one. They suggested continued timber planting and logging, maintaining a few resorts with cabins and remote educational facilities to provide the definitive camping education in the canoe-only area and multiple use routes. But their voices were silenced by those who did not realize that without man’s sincere efforts to restore the white and red pines, there would be no semblance of old growth forest ever again in this area. “The health of the land depends on its ability to restore itself,” wrote Aldo Leopold. Lost land ethics are restorable, as are the pines.

For decades, the untrammelled wilderness has had young pines crushed and deformed by dead spruce and branches from widow makers, choked out by balsam, then bent, broken, trampled and gnawed down by beaver, there’s little chance of survival of natural growth for tens of thousands of young white and red pines. The current biomass in this wilderness remains a world class tinderbox, with recent wildfires being epic, and the USFS knows full well with millions of acres, another even more catastrophic burning is possible. Include the invasive species altering the forest floor, such as earthworms, poisonous buckthorn and humankind, and you can see why thoughtful restoration of the forest is our only hope. “Restore the Boundary Waters” will need your consideration and support to put man and equipment back into management of our wilderness. We all need to participate in establishing a revised public law for the restoration of our forests, and how we use and manage it. A new Wilderness Act and Public Law is needed with discussions get-

ting underway before more years, then decades, go by. This should not wait. Restore the Boundary Waters Wilderness. Why not re-seed, replant and restore designated portions. A White Pine Restoration Initiative could work for the ethically minded.

Beginning at Lake One entry point.

“Make no small plans, for they have no magic to stir men’s blood”.

Mark Haarman Ely

Mann’s letter was spot on!

Heidi Mann! Spot on! You hit every nail on every head! Thank you for your great letter. I, too, contacted Councilor Bisbee to thank him for hearing my concerns and actually representing me as my councilman. There are many of us who live in the city limits who do not believe that copper nickel mining is the golden ticket. In fact, just the opposite. And Councilor DeBeltz, may have to continue to hear “these people” again and again because as their councilman they don’t see that he is actually listening to them and hearing what they say.

And yes, I agree with Heidi, it is so exciting to see all the new young leaders in this town. It is a dynamic that is becoming very visible. I hope some of them will consider a run for city council.

Marcia Mahoney Ely

Your letters

The *Timberjay* encourages letters to the editor. You can submit letters by mail at PO Box 636, Tower, MN 55790, or email letters to marshall@timberjay.com.

We ask that letters be limited to 300 words. Letters are subject to editing, primarily for length and clarity.

COMMENTARY

A representative democracy has served us well

We Americans live in a representative democracy. That’s a fundamental feature of public life in the United States, a part of who we are as a people. We elect leaders to make decisions on our behalf.

It’s not a pure democracy, in which the people vote on every important issue and the majority gets its way. Sometimes we do vote on questions of public interest: amendments to the national and state constitutions,

for example, and referendums on whether to raise taxes or adopt new laws.

But, for the most part, we govern by representative democracy. We entrust elected representatives, from the president down to township officials and the local school board, to look out for our interests and carry out our wishes.

Our elected officials debate the issues and vote.



LEE HAMILTON

This was the approach that our nation’s founders established over 200 years ago, and it’s one that we have chosen to embrace and renew, generation after generation. There’s nothing inevitable or preordained about this. Other nations have adopted different systems, and we could, too. Some have moved far to the right, instituting fascist rule. Some have moved to the left, adopting socialism. We’ve also seen authoritarian regimes that combine features of the right and left.

But in the United States, representative democracy has

served us well, and it has expanded over the years. At America’s founding, only white men who owned property were routinely permitted to vote. Black Americans were given the right after the Civil War; in practice, many were kept from voting for 100 years by poll taxes, literacy tests and intimidation. The 19th Amendment, ensuring suffrage for women, wasn’t ratified until 1920.

As the franchise expanded, government grew more representative of America. Today, women hold a record 153 of the 540 voting and nonvoting seats

in the House of Representatives and the Senate. Some 133 senators and representatives identify as Black, Hispanic, Asian American, American Indian or Alaska Native, according to an analysis by the Pew Research Center.

Thiws is important, but it’s not enough. If our representatives are going to represent our interests, they must cultivate political skills: the ability to communicate, speak persuasively and listen with discernment, to focus on real problems and

Letters from Readers

Why affirmative action only for white people?

“Affirmative action” is deeply rooted in American history. Stolen lands were taken over by well-positioned, prominent Europeans. The Naturalization Act (1790) limited citizenship to free white persons having lived in the U. S. for two years. Indentured servants, slaves, women, free blacks and Asians were excluded.

Two-thirds of 1.8 billion acres of U.S. public domain was transferred to individuals, corporations and states. Lands west of the Appalachian mountains (61 million acres) were granted to white Revolutionary War and War of 1812 veterans. The Indian Removal Act (1830) extended a legal right for white squatters to 270 million acres of Native American lands enforced by the military. As a result of the War with Mexico, conquered lands were turned over to Anglos.

The Homestead Act (1862) opened federal lands out West for 1.5 million whites. Today, 45 million Americans trace back to those grants. “Forty acres and a mule” to emancipated blacks never materialized. U.S. public lands were opened as “give-aways” to lumber, ranching, mining, oil and railroad interests benefitting white capitalists.

Under the reign of Jim Crow from the late 19th century to the 1960s, the best jobs, desirable neighborhoods, good schools and hospitals were reserved for whites. The New Deal, Social Security, GI Bill, housing, worker rights and banking policy from redlining to interest rates and loan guarantees overwhelmingly favored the dominant classes over women and minorities.

Racial preference has enabled the typical

white American family to have eight times the assets of African American families. The U.S. government signed more than 500 treaties with Native American tribes between 1778 and 1871; all of them were broken to benefit white settlement, land developers, industrial and commercial interests without reparations. Structural racism, sexism and classism undergirds white wealth and power in the American story.

**Harold Honkola
Stillwater**

A quick note to Roger Skraba

Roger, you don’t get a second chance to make a first impression. You chose to make your first Town Hall meeting about guns, a divisive issue that you lead with when you have nothing else to offer. There are a lot of important issues that need to be addressed that affect your constituents. Here’s a hint about just one problem that should be of some concern to you as an ex-fishing guide, the forever chemicals showing up in our fish. But you are fishing for suckers not walleye.

**Tim McKenzie
Ely**

Resurrecting the Ely City Band

Upon my retirement, on the day we moved to our vacation home north of Ely, after R & R Transfer had lugged all our stuff inside and we had assembled a bed, we went into town to celebrate. It was Tuesday, June 30, 2009. It was raining lightly, so Farmers Market vendors had moved into the pavilion, and the City Band concert was moved to Washington Auditorium. There, as the musicians were arriving, I introduced myself to Wayne Marshall, who was conducting. Wayne pointed

to his tuba and invited me to play. I became a member of the Ely City Band the very first day Emily and I became full-time Elyites!

It was such fun, those next eleven years of June rehearsals (Monday & Tuesday evenings) and July rehearsals (Mondays) and concerts in the park (Tuesdays, plus July 4 after the parade). To be part of a band playing a program of marches, patriotic tunes, familiar musical medleys, etc, in Whiteside on a beautiful summer evening feels like pure Americana: an appreciative audience in lawn chairs, the hum of the Farmers Market, the smells of the food trucks, families picnicking, kids riding by on bikes or boards and climbing on the playground structures, a coach-pitch ballgame happening across the street.

One year, a concert program included a medley from “Show Boat,” and I was asked to sing “Old Man River.” Afterwards, an older guy in the audience came up to acknowledge my effort. “Well,” he said, “you’re no Paul.”

**Elton Brown
Ely**

Let’s work toward win-wins on ambulance issue

As much as I hate to write letters to the editor, I feel it is the best way to clarify misconceptions. Supervisor Stoehr’s article on March 3 needs more information.

The city of Tower added in Greenwood’s indemnity clause in the ambulance commission agreement, but Greenwood rejected it. We agree that Greenwood residents should be protected from our liability,ww so we offered to put their wording back in the contract.

We agree so much

that we also need similar language for Tower residents for the very same reasons. Our concern is the same as Greenwood, and we should be able to agree to that. We added similar language for Tower as Greenwood. It clarifies that if Greenwood employees are negligent in their actions, then Greenwood should also hold us harmless. I’m not a lawyer, but it makes reasonable sense to clarify this since liability is called out in the contract. Let’s be fair and clear instead of one sided. If a Greenwood first responder accidentally hits the patient’s car or boat, then TAAS should not be held responsible, just like we won’t hold Greenwood responsible if our ambulance accidentally hits the patient’s car or boat.

Our ask is as reasonable as Greenwood’s. It is a good solution and is a win for Greenwood as well as Tower. Good relationships come from understanding each other’s needs and finding win/win options. Greenwood should accept their own wording so we can move forward. Let’s try to create more win/wins to improve BLS and look at your ALS options from the McGrath study.

**Kevin Norby
Tower**

Every vote counts!

It’s that time of the year when many voters across the state have the opportunity to choose who will “Keep the Watch” in their local communities for the coming year. Even in those unfortunately all too frequent non-contested races that historically have low voter turnout it’s important that your vote be cast. Your vote shows your support for the folks that have stepped up to do the work for you that keeps your township functioning and in good working order. Your attendance

at your annual meeting is also a vital part of the process. In addition to setting the township levy this is the people’s meeting. As a voter you get to voice your ideas and opinions as to the direction and how your township’s resources should be used. Mark your calendar for March 14, that’s the election date. The polls in Greenwood open at 7:00AM and close at 8:00PM. The Annual Meeting starts after the polls are closed.

**Rick Stoehr,
Greenwood Township**

The U.S. is the real warmonger in Ukraine and elsewhere

This time it’s a Democrat president that has led the world into another war. Billions spent to super-enrich the already rich bringing the world closer to global warming destruction and bringing the doomsday nuclear clock closer to a nuclear war, the closest it has ever been. Biden and any Washington politician (most) who has pushed America closer to war with Russia (and China) need to be put where they belong and that is on the street without a job and preferably behind bars.

The enemies are not Russia and China. The enemies are the U.S. politicians that forced Russia into doing what it did, backing them into a corner, forcing them to defend their country.

America never wants peace. And America does not tell the truth. And Americans are gullible.

Ukrainians and Russians are dying. The world is under threat of nuclear war. Resources that should be put into solving global warming and other problems are not being put to good use. Americans don’t

want war but the corporate owned media is good at beating the drums of war. And Americans are good at falling for the lies that are fed them. “Remember the Maine!” got Americans to back the war against Spain in the 1890’s. (And then America quickly took over Spain’s role as occupier of Cuba). Kennedy, Johnson, Nixon and their lies which lead to the murder of three million Vietnamese. Saddam Hussein’s weapons of mass destruction were a total fabrication by the lying U.S. government. There are so many examples of this scenario of lies that have made Americans back wars. Many Americans are easily taken in by the corporate mass media. Even when most Americans don’t want the wars, they are waged anyways. The US government doesn’t listen to the people, it listens to the huge corporate interests.

If we don’t wake up soon global warming will become irreversible and nuclear war could become more than just a threat. The biggest threat to a peaceful world is the government of the U.S. Stop sending weapons of war to the Ukraine. Stop believing Biden’s lies (all presidents). Everything the U.S. does internationally is to promote America’s power which it doesn’t want to share. All U.S. foreign activity is criminal. Stop the economic wars that make so many lives unbearable. Stop supporting Israel in its apartheid against the rightful owners of Palestine, stop the embargoes against Venezuela, Cuba, Nicaragua, Iran. The arrogance of the U.S. is disgusting. There is no greater ugliness in the world than what the U.S. does to it.

**Steve Johnson
Ely**



***the*
TIMBERJAY**

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CHILDCARE...Continued from page 3

funding goes, we’re working with the Department of Iron Range Resources and Rehabilitation and they are hopefully going to provide us with some funding to do infrastructure. Sen. Tina Smith was in town a few weeks ago talking about federal earmark money and it’s about \$1.5 million. We’re hoping that will do the trick.”

An architect has just finished the plans for the renovation, Petersen said, and the start of construction will be determined at a meeting in a few weeks, pending notification of funding.

Petersen said the Happy Days Preschool board is immensely grateful for the support and partnership of the Ely Area Community Foundation as they undertake this new

endeavor. Part of that is being able to retain the preschool’s nonprofit status.

“Our model is a bit different than others in the area,” Petersen said. “We aren’t building a for-profit childcare center, rather we are joining up with the foundation, we’re going to remain a nonprofit, and we are going to be in a building the foundation owns. We have to work with the foundation and a lot of other organizations before we are able to open, but they’ve been so organized and so great to work with. We sure do appreciate them helping us to realize this dream.”

While much still remains to be settled, including the cost of care (it will be a fair market rate, Petersen said, one thing is definitely set

in stone. The center is keeping the name Happy Days Preschool, even though it will be a full-service childcare, because of the name recognition and the long history of quality service to the community that goes with it.

“We batted around some other name ideas, but none of them have stuck as much as Happy Days,” Petersen said.

With the word out, people have already been contacting Happy Days to learn more, and Petersen said that right now they’re compiling an interest list for future communication, but won’t create an actual waiting list until the project is further along. To be included on the interest list, send a request via email to happy-daysely@hotmail.com.

As of Tuesday, both the House and Senate versions of the sports betting bill, as well as Miller’s alternative, are awaiting additional committee hearings.

MINNPOST contributed to this article.

BETTING...Continued from page 3

bers oppose any expansion of gambling, which could have greater negative effects on those with low incomes and on communities of color. If they remain opposed, then the DFL would need to find swing votes among Republicans, votes that

would come with the string attached of including the racetracks. But Miller’s bill would likely face opposition from the pro sports teams if they were left out.

“You have to think about that if we’re going to go beyond tribal exclu-

sivity, it’s not just a question of the tracks,” Stephenson said. “There are other stakeholders who would want licenses, and expanding gambling to that level probably is the area that would give a lot of legislators in both parties significant concerns.”

HAMILTON...Continued from page 4

bring people together to solve them. These skills are often underappreciated, but they are essential for translating the will of the people to effective government. Our representatives need to be willing to compromise, and it’s troubling that our politics have grown so polarized that compromise can seem like a dirty word.

The authors of the Declaration of Independence wrote that we rely

on government to secure our rights to “life, liberty and the pursuit of happiness.” As Americans, we particularly value liberty: our freedom to live as we please. But we also must recognize that our freedom shouldn’t curtail the rights of others. Government should look out for everyone, not just the powerful or politically connected.

Finally, living in a representative democracy

puts a premium on elections and voting. We need to have confidence that our elections are free and fair. Former President Donald Trump’s false claim that the 2020 election was stolen did serious damage, leading to the Jan. 6, 2021, attack on the Capitol and to divisions and distrust that persist today.

We also need to encourage voting and make it easier. It’s common for politicians to impose re-

strictions on registration and voting in the name of election security. This may help them win elections in the short run; but, in the long run, it undermines our system of government.

The ballot is the foundation of our democracy and the best way to gauge the public’s will. Fair elections that engage the voters are essential to making our representative government truly representative.

Week of March 13

Monday
Embarrass Al-Anon Family Group- Hope Lutheran Church, 5088 Hwy. 21, 6 p.m.

Tower City Council- 5:30 p.m. on March 13

Tuesday
Tower Area Food Shelf- Open on the third Tuesday of every month from 2:30-5 p.m. Located in the back of the Timberjay building on Main Street. Next food shelf day is March 21.

Greenwood Fire Dept.- Meetings on the first and third Tuesday of each month at 6 p.m.

Annual Meetings and Township Elections- see story at right

Thursday
AA Meeting- Lake Vermilion 12x12 (Open) 6:30 p.m. at Immanuel Lutheran Church, Tower. Use the rear side door entrance.

Vermilion Country School Board- Meetings posted online at vermilioncountry.org.

Wellness event set for April 15 in Tower

TOWER- An Integrated Mind and Body Wellness Event will be held in Tower on Saturday, April 15 from 10 a.m. – 5 p.m. at The Idea Warehouse.

The event will feature presentations on whole body integrative wellness and speakers include a collective of community practitioners and health and wellness product vendors.

There will be a free expo area with wellness vendors which is open to the public. Cost to attend the series of six presentations is \$40, with attendance limited to 25. Presenters include Living Well Physical Therapy with a seminar on dry needling; Bare Rhythms Native Medicine with Terah Rinerson; Eden Energy Medicine with Deanna Ellestad; Family Constellation Therapy with Christy Mesojedec; Norwex with Robin Majerle; End of the Road Yoga with Cindi Rahn-Kloehn; and Reiki and Lyme Disease with Gina Empey.

There will also be personal consultations/ sessions offered throughout the day.

Event organizer Terah (Trucano) Rinerson hopes the event will grow and become a seasonal offering, and she also hopes to bring in more speakers and vendors.

There are also a few spots still available for vendors, and possibly one more spot open for presenters. To register for the seminars, or to get information about reserving a vendor spot, text/call Terah at 218-780-5554.

TOWNSHIP ELECTIONS

Tuesday is township annual meeting day

REGIONAL- Minnesota’s 1,777 townships will hold their annual meetings on Tuesday, March 14. Known as Township Day, these annual meetings are held every year on the second Tuesday in March and sets townships apart from other forms of local government. At this meeting, residents of the townships will meet to voice their opinions about local issues with other township residents and also vote directly on their annual tax levy—direct democracy in action. Citizens attending annual meetings also often discuss and vote on other local issues.

In addition, many of the state’s townships will hold their township officer elections on Tuesday’s Township Day. In the Tower-Soudan area, Breitung, Greenwood, and Vermilion Lake townships hold elections the same day as their annual meeting. Other area townships have decided to hold their elections on general election day (even-numbered years) in November.

The tradition of a town meeting has roots in colonial America. New England town meetings gave citizens a way to exercise local authority. Those meetings were especially important in the development of democracy because it emphasized problem-solving through group efforts. Townships were the original form of local government in Minnesota, established in the 1800s when Congress ordered a survey that divided the Minnesota territory into 36 square mile tracts of land.

In case of inclement weather, all annual meetings and elections

are postponed one week to March 21.

Breitung Township

Polls are open from 10 a.m. – 8 p.m. Incumbent Tim Tomsich is facing Erin Peitso for the two-year supervisor seat. Matt Tuchel is running for the three-year supervisor seat (currently held by Greg Dostert), and incumbent treasurer Jorgine Gornick is running unopposed. The annual meeting will be held at 8:30 p.m.

Eagles Nest Township

The Eagles Nest Township annual meeting will be held at 7 p.m. Township elections are held in November of general election years.

Embarrass Township

The annual meeting will be held at 7 p.m. Township elections are held in November of general election years.

Greenwood Township

Polls are open from 7 a.m.

– 8 p.m. Incumbent Paul Skubic is running unopposed for a three-year supervisor seat. John Bassing is running for the other open three-year supervisor seat (currently held by Mike Ralston). Interim clerk JoAnn Bassing is running for the one-year clerk seat. Interim treasurer Jeff Maus is running for the two-year treasurer seat. Annual meeting to start once the voting is completed, approximately at 8:15 p.m.

Kugler Township

The annual meeting will be held at 6 p.m., with a regular town board meeting to follow. Township elections are held in November of general election years.

Vermilion Lake Township

Polls are open from 1 – 8 p.m. Roxanne Tea is running for the open three-year supervisor seat (currently held by Phil Anderson). Incumbent treasurer Steve Lotz is running for the two-year treasurer seat.

REMEMBERING A BELOVED TEACHER

Memorial celebration planned for Carol Alstrom on March 25

Donations still needed to pay the cost for the memorial lock post and granite marker

TOWER- A memorial celebration is planned for the late Carol Alstrom on Saturday, March 25 at the Tower-Soudan School. Alstrom spent her entire teaching career at Tower-Soudan, and was a mentor, coach, teacher and friend to the community even after she retired from teaching and coaching.

“The idea for a celebration came to fruition because Susan Alstrom knew it was important to honor her sister’s wish to have a party, not a funeral,” said former Tower-Soudan student Sarah Christmas.

A group of former students discussed the idea of a permanent memorial, and they settled on the idea of a love lock post, which they had seen in other areas. The 10-foot tall love lock post with a granite “under foot” memorial marker will be placed on the grounds of the former Tower-Soudan High School. Friends and family of Carol

Alstrom, along with community members, will be invited to place a padlock on the post.

The project has gotten the go-ahead from the city and school district.

The memorial will be unveiled at 1 p.m. on March 25 at the Tower-Soudan School, with a celebration of life in the school gym from 2 – 4 p.m.

To support the Love Lock Memorial Project, a GoFundMe has been set up for contributions at <https://gofund.me/7c475725>.

Check donations can also be made to: CB&S Bank c/o the Celebrate Carol Alstrom Memorial Fund P.O. Box 910, Russellville, Ala. 35653 For more information visit: <https://www.facebook.com/groups/celebratingcoacha/>



Carol Alstrom got a big hug from a former student, Casey Skala, at a TSAA fundraiser several years ago. file photo

FOURTH OF JULY

Donations needed by April 1 to get fireworks ordered

TOWER- Fourth of July in Tower and Soudan always ends with a big bang, that is, the fireworks display, but the costs for those big bangs have been rising.

Fundraising for this year’s fireworks display is now underway, and funds need to be in place by April 1 to get the fireworks ordered. Tower-Soudan Lake Vermilion Events Board estimates the cost of fireworks to be \$18,000.

The group also raises the approximately \$15,000 for the

parade, games, and associated event costs.

In previous years, the fireworks had been purchased on a multi-year contract by the Tower Fire Department Relief Association with proceeds from the pull tab gambling income, but as of 2022, that funding has been used up. This is the first year the events board needs to raise the money for fireworks and to hire a professional crew to light them off.

Please email the events

board as soon as possible at tseventsboard@gmail.com or mail TSLVEB, P.O. Box 461, Tower, MN 55790 if you would like the fireworks to continue. Provide information on the contribution amount you would be willing to donate. TSLVEB is a 501c3, and your contributions are tax-deductible. This \$18,000 needs to be in place by April 1 in order to have the fireworks display this year.

The TSLVEB would also like to encourage each of you to

consider becoming a member, and volunteer. The next meeting of the events board is scheduled for Thursday, March 16, at 4:30 p.m. in the Breitung Community Room, Soudan.

This is a time for everyone to come together and help, both personally and financially, to continue this wonderful celebration of our independence.

COMMUNITY NOTICES

Lunch Bunch to meet March 13

AURORA- The Lunch Bunch will meet at Megan’s in Aurora on Thursday, March 16 at 12:30 p.m. Please RSVP to Kathy at 218-753-2530 by Monday March 13. Anyone who would like to join us is welcome.

Breitung January Police Report

SOUDAN- Calls: 57 Arrests: One arrest

for second degree DWI. The female was driving in the opposite lane of traffic. She tested three times over the limit of .08.

Mental health: One adult male taken to the hospital for a mental health crisis.

Community engagements: Three events including Finlander bocce ball, Books and Bagels at North Woods School, and Police Appreciation Day at Vermilion Country School.

Students named to U of M- Twin Cities Dean’s List

MPLS/ST. PAUL- The following students have been named to the 2022 fall semester Dean’s List at the University of Minnesota Twin Cities, the university recently announced. To qualify for the Dean’s List, a student must complete 12 or more letter-graded credits while attaining a 3.66 grade point average.

- Azalea Ray, Soph. from Embarrass, College of Liberal Arts
- Audrey Anderson, Soph. from Soudan, Col of Educ/Human Development
- Cooper Hanson, Soph. from Tower, Carlson School of Management
- Sasha Strong, Senior from Tower, Carlson School of Management

Little Church annual meeting March 11

VERMILION LAKE TWP- The Little Church of Vermilion Lake Town-

ship will hold its annual meeting on Saturday, March 11 at 10 a.m. The election of officers will also take place. The committee always welcomes guests and new members. Everyone interested in keeping The Little Church preserved and maintained is welcome to attend.

The group hosts a men’s group every Thursday at 9 a.m. for coffee and conversation. All are welcome. The Little Church is located in Vermilion Lake Township on Wahlsten Rd. Any questions, contact Len Hujanen at 218-749-2014, leave a message.

Tower Winter Farmers Market on Friday, March 17

TOWER- The Tower Winter Market will be held on Friday, March 17 from 4 – 6 p.m. at the Pike River Products building on Main Street. Winter market days are on the third Friday of the month.

Tower-Soudan- Embarrass Bookmobile Schedule

REGIONAL- The Arrowhead Bookmobiles will be in the Tower-Soudan area on Wednesday, March 15, April 5 & 26.

Stops include: Britt (Sand Lake Storage): 9 - 9:30 a.m.; Bois Forte (Boys & Girls Club): 11 - 11:30 a.m.; Greenwood (Town Hall): 12 – 1 p.m.; Soudan (Post Office area): 2:30 - 3:30 p.m.; Tower (Civic Center): 3:45 - 4:30 p.m. ; and Embarrass (Hwy 135 & Hwy 21): 5 – 6 p.m.

More info online at alslib.info/services/bookmobile. For more information on the Bookmobile or Mail-A-Book services, contact the Arrowhead Library System, 218-741-3840, email at als@alslib.info, or website at alslib.info.

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TIM TOMSICH
Breitung Township Supervisor
Tuesday, March 14

Your continued support is appreciated.
EXPERIENCE MATTERS

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ELY HIGH SCHOOL

Ely Pop Choir freezes out competition

ELY- The Ely Pop Choir came home with quadruple awards from their efforts at the Minnesota State High School League Choral Contest on March 7. The Pop Choir received a “Superior” rating, which is the highest rating possible, for their performance. The choir nailed their numbers cold, singing “Frozen: Choral Suite,” by Christophe Beck, Frode Fjellheim, and Christine Hals, from Disney Frozen the Broadway Musical, at the competition.

Alison Poppler received an “Excellent” rating on her solo and Gabe White and Gabe Mann both received “Superior” ratings on their solos. The choir was surprised to see a congratulation on the Marquee of Ely’s Historic State Theater on their way home from the contest.

Members of the Ely Pop Choir coming home after their freeze-put at the MSHSL choral competition. From left-to-right: Natalie Johnson, Maggie Fetterer, Alison Poppler, Matthew Johnson, Payson Kunderinger, Gabe Mann, Chezne Nickolson, Colton Bramley, and Gabe White. Emily Bialic and Olivia are absent from the photo. photo by M. Rouse



In Brief

Tuesday Group schedule

ELY – The Tuesday Group community educational lunch gathering meets every Tuesday at noon at the Grand Ely Lodge. Participants have an opportunity to order lunch. For those interested in being a host, or who have a speaker suggestion, contact Lacey Squier by email at ElyTuesdayGroup@gmail.com or call her at 218-216-9141.

2023 Upcoming Tuesday Group speakers:

- March 14: Meet new Elyites
- March 21: Ely Community Resource Mentor Program with Ryan Stewart
- March 28: Treaty Promises & Indigenous Health Care with Linda Olson Bergum, M.D.

ARTS GRANTS

Gardner Trust grant season now open

ELY- The Donald G. Gardner Humanities Trust will accept applications for its 2023 spring grant round with a deadline of midnight, Wednesday, March 29. Applicants must use the new internet grant portal at gardner-trust.org. With the online portal, applicants will be able to upload documents, budgets and graphics from their own computers. The portal tracks progress for completing the grant, allowing the applicant to revisit the site as often as needed to finish the online application forms. Budget templates are available

through the online grant portal to help new applicants writing a grant. A paper copy of the application can be requested from the office for anyone that does not have computer access.

Artists and groups can apply for grants in the following five categories:

- Individual Artist Grants encourage developing and established artists with funding of up to \$1,000 to take advantage of an impending, concrete opportunity.
- Organization Project Grants support activities in the fine arts and

for the Ely Public Library. Grant support is intended to make it possible for organizations to present or produce a fine arts activity.

- Youth Grants are awarded to Ely school students in grades 6-12 who have an interest in and demonstrate high motivation in the fine arts. The youth grants of up to \$750 can be used for workshops, classes, lessons or mentorships.
- Scholarships are available for graduates of Ely Memorial High School who are in their third or fourth year of college studies or in graduate school. Trust scholarships are awarded to students majoring in one of the disciplines of fine arts or library science. Ely Public Library staff pursuing library science are also eligible for scholarships.
- Operational Funding Grants fund high-quality, established Ely area organizations that produce, or present fine arts activities or provide services to artists.

Individuals and organizations that would like to have a draft application reviewed should contact Peter Schamber, Executive Director, in early March. Office hours are Saturdays and Sundays by appointment and can be made with Peter by email at info@gardnertrust.org (preferred) or by phone at 218-365-2639.

The purpose of the Gardner Trust is the enhancement, growth and improvement of the Ely Public Library; the arts and artisans of Ely and surrounding area, to include the performing arts, the visual arts and literature; the creating and funding of scholarships, educational and artistic grants; and the cultural

Breathing Out
by Cecilia Rolando © 2023

snow melting, bright sun
a clear blue sky and warm temps

bulb plants rising up

Libraries

Ely library
Hours: Monday — Friday,
9:30 a.m.-6:30 p.m.
Closed on Saturday,
Sunday, and holidays
Phone: 218-365-5140

Babbitt library

Monday	10 am-6 pm
Tuesday	10 am-6 pm
Wednesday	10 am-6 pm
Thursday	10 am-6 pm
Friday	10 am-6 pm

Phone: 218-827-3345

Support groups

AA - Alcoholics Anonymous
OPEN AA - 7:30
p.m. Wednesdays and Saturdays, in-person, First Lutheran Church, 915 E. Camp St., Ely.
SUNDAY NIGHT AA -
at St. Anthony’s Catholic Church is canceled.
ELY WOMEN’S OPEN AA -
Every Monday at noon at Ledgerock Church, 1515 E. Camp St., Ely.
BABBITT AA - 7 p.m.
Tuesdays, Woodland Presbyterian Church.
AL-ANON -
Sundays 8-9 p.m. at St. Anthony’s Catholic Church in Ely. For persons who encounter alcoholism in a relative or friend.
BABBITT AL-ANON -
Thursdays, 7 p.m., at Woodland Presbyterian.
CO-DEPENDENTS’
12-step support group, 5:30 p.m. Thursdays, Wellbeing Development, 41 E Camp St. Ely.
ADULT BASIC EDUCATION GED
Study materials and pre-test available. Call 218-365-3359, or 1-800-662-5711.
CAREGIVER SUPPORT GROUPS:
Babbitt: 3rd Monday of Month: 6-7:30 p.m. at Carefree Living.
Ely: 4th Monday of Month: 10-11:30 a.m. at Ely-Bloomenson Hospital. Conference Room B.

Arts in the Park Market

ELY- For over 15 years, Northern Lakes Arts Association has hosted the Summer Arts Market alongside the Ely Farmer’s Market. This year, NLAA is expanding the event. “Arts in the Park” will occur every Tuesday, from June through September, from 5-7 p.m. The Tuesday events will host:

- The Summer Arts Market
- Broadway in Whiteside

Park: a free concert by our professional summer company

- Ely City Band Concert: celebrating 134 years
- ArtisticELY: Arts In Action Workshops and Classes.

Melting Away Art Show

The Northern Lakes Art Association will host the art show “Melting Away Winter” by Lauren Rehbein. The show will run from March 13-26 at Ely’s Historic State Theater. NLAA will have a reception for the artist and her work on Saturday, March 18, at 5 p.m. Viewing hours are limited to the hours that the State Theater is open.

Rehbein has been creating art ever since she was in elementary school. She first began acrylic painting during a year-long intensive where she studied

under local artist Joe Baltich. Although acrylic paint is her primary medium, she also enjoys making art with watercolor, colored pencils, collages, oil pastels, and graphite. The forests, lakes, and wildlife of Northern Minnesota greatly influence her work.

The promotion of NLAA’s 2023 Season of Events is partially funded by a grant from the Arrowhead Regional Arts Council and the National Endowment for the Arts.

COMMUNITY CALENDAR

Upcoming Events

Ely Area Food Shelf March food drive

ELY- The Ely Area Food Shelf is holding a food drive for non-perishable items every Saturday this month. The food shelf asks that the public help with contributing non-perishable food items every Saturday in March from 10 a.m. to noon at 15 W. Conan St.

from 1-2 p.m.

The library will celebrate Spring Fairy Fun Day, March 21, 1-2 p.m.

The library will hold a free four-session painting class starting on Wednesday, March 22. The class will meet every Wednesday through April 12, from 10:30 a.m. to 12:30 p.m. The announcement for the class states: “Try your hand at painting and learn skills to improve your works of art.” The class will use acrylic paint. All materials will be provided. Advance registration is required since seats are limited.

Preschool Storytime is held every Friday from 10:30-11 a.m.

Ely Folk School

ELY- The Ely Folk School will hold a one-session chocolate truffle making class on

Saturday, March 11, from 10 a.m. to 12 p.m. at 209 E. Sheridan St.

A complete class schedule, registration and tuition/fee information are linked off the “learn” tab at elyfolkschool.com

The folk school will hold an Irish Dance on Saturday, March 18, from 7-10 p.m. at the Ely Senior Center, 27 S. 1st Ave. No experience necessary. All dances will be taught. \$10 per person, kids free with parent.

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CHECK OUT askjean.net for current TAX TIPS!

Donald G. Gardner Humanities Trust

Spring 2023 Grant Applications Now Open

for Individual Artists, Project & Youth Grants, Scholarships & Operational Funding

Apply online at: **gardnertrust.org**

APPLICATION DEADLINE: March 29th

For help with applications contact:

Peter Schamber, Executive Director

info@gardnertrust.org | 218-365-2639

Office hours Sat & Sun by appointment

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NEW BUSINESS

Social worker opens new office in Cook

Simensen believes relationships are central to effective interventions

by DAVID COLBURN
Cook-Orr Editor

COOK- The word ‘nourished’ has its root in the Latin word ‘nutrire’, which has the dual meaning of ‘feed, cherish,’ which is an apt descriptor of what social worker Lauren Simensen, MSW, LICSW hopes to do for the hearts and minds of Cook area residents with her new counseling service, Nourished Counseling and Wellness, based at North Office on Hwy. 53.

If the last name seems familiar, perhaps it’s because Lauren’s in-laws, Philip and Lisa Simensen, live on the Cook end of Lake Vermilion on Black Bay Rd. But Lauren’s path to planting an office in Cook started far, far away.

“I was born and raised in Pennsylvania, in a really small town that feels kind of similar to Cook, which is lovely,” she said.

She attended Susquehanna University in Selinsgrove, Penn. earned a degree in psychology, and decided it was time to explore a larger world. She had a sister working in the Twin Cities, so she moved there in 2011.

“I decided to just spend a year with her and see what life is like outside of a small town,” Simensen said. “We lived in a small apartment on Lyndale Avenue in Minneapolis, and I got my first job at a halfway house.”

Working with teenage girls coming off of different addictions was a rough introduction to the profession, Simensen said.

“It really sobers you to the reality of how diffi-

cult the work is,” she said. But it also confirmed her passion for helping others and solidified her desire to go to graduate school. Simensen decided to stay in Minnesota and enrolled in a two-year Master of Social Work program jointly accredited through St. Catherine University and the University of St. Thomas in 2012. Another two-year journey ensued after that to obtain her licensure as an independent clinical social worker, which accounts for the LICSW after her name.

“Throughout that time I had different jobs, but I landed on doing outpatient therapy pretty quickly,” she said. “I remember I had an internship that was my first time doing actual therapy, and sitting in a room with a human and feeling like ‘OK, this is the thing I’ve been waiting to do.’”

Simensen ended up working in a clinic in Maple Grove with a client population many don’t think of when they think of social work counseling.

“We served a lot of really high-functioning well-adjusted women that I just got to walk with on their journey,” she said, “people you might look at and think they don’t really need therapy. But everybody can benefit from therapy.”

Lauren took another step toward Cook when she met, fell in love with, and married Garrett Simensen, who worked in marketing for an addiction treatment program. And not too long after they started a family with

son Ollie, now three, the COVID pandemic hit. “My job moved 100 percent to telehealth over-



night, and his job became 100 percent remote as well,” Simensen said. “We had talked very seriously before the pandemic about wanting to move. Garrett loves hunting, he loves fishing, it’s like he was born to live up here. Garrett is an outdoors guy who loves the Boundary Waters and has taken a lot of trips there. It was more of his desire, his dream to live up here. I was a little cautiously optimistic about it.”

So in the summer of 2020, the Simensens made the move, landing temporarily at the Angora home of Lindy and Leo Wilenius.

“They’re like the most generous humans in the world,” Simensen said. “They’ve got a cabin on the lake, and they let us slip into their place in Angora for a handful of months while we got settled.”

Garrett got involved with real estate and property management, while

Lauren landed a counseling job at Fairview Range Medical Center in Hibbing. And as a contracted



Lauren Simensen, MSW, LICSW, left, is open for business with her new counseling office at North Office in Cook, and she and fellow counselor Nichole Vlasich have already filled their limited openings. photo by D. Colburn

private therapist in Maple Grove, she was able to bring some of her clients with her via telehealth.

And 19 months ago, the Simensens added another child, daughter June.

Motivation for Cook

Angora became the Simensens’ permanent home after they bought a farm there, and with both kids eventually headed to North Woods School, Simensen said she had a desire to eventually be more centrally located. And June provided a little extra incentive for getting the space at North Office.

“I thought it would be lovely to have a place outside of my daughter’s nursery where I’m working every Friday,” Simensen laughed.

It also provided a space for Simensen’s new colleague, Nicole Vlasich, LGSW, to work as they both build their clientele. And with the office open only on Fridays as both continue their jobs in Hib-

bing, that didn’t take long. “A week ago, I would have said new clients were going to see Nikki,

enough to know that it’s not about me.”

Simensen said she also works to understand why something is happening and teaching clients the skills to be able to work with it.

“We all have different parts of ourselves that play different roles,” she said.

To make counseling services more accessible Nourished Counseling and Wellness networks with most insurance providers, Simensen said.

And Simensen has her eye on the future, with more than adding more clinicians.

“My ultimate hope would be to have a much more integrative team, to be able to incorporate other disciplines like acupuncture or chiropractic staff, or a psychiatrist or a medical provider, all under the same umbrella but doing different types of care,” she said.

And with Dr. Brittany Debeltz and her Bridge to Health office just a short stroll down the hall, Simensen already has access to an element of the model she’d like to create.

“Brittany has been a fantastic co-worker, if you will, and also a referral source for us,” she said. “I suspect that will go both ways. That integrated model is just so attractive, because if you have a question, you get to just walk next door.”

To find out more about Nourished Counseling and Wellness, call 218-248-2402 or email lsimensen@nourished-counselingandwellness.com.



Gumby was at the 2022 Melgeorge's race.

Antique and vintage sled race returns Saturday

ELEPHANT LAKE- The 37th annual Antique and Classic Snowmobile Race is back again this Saturday, March 11, from noon to 5 p.m. at Melgeorge’s Resort and Elephant Lake Lodge, with familiar favorites and a new wrinkle or two.

Resort owner Carla Koch said the race has been drawing between 75-100 vintage, classic, and antique sleds, and many of the fan favorites such as Ryan Holman, Vaughn Smith, and Wayne Schlauderaff will be back again this year. Most will make runs on the circuit and straight-line tracks, but some machines will be there just for show.

The festive, family-friendly atmosphere has taken on an unanticipated, spontaneous enhancement that a growing number of spectators and racers have embraced – dressing up in costumes. Koch said the getups have gotten quite creative, enough so that they’re considering creating a special award for the best costume. There’s traditionally been an award for “best dressed,” but that has been awarded to the

best snowmobiling outfit, Koch said.

“Last year we had Bigfoot and Mrs. Bigfoot. They say they’ve got something new this year. People just did it on their own,” Koch said.

The restaurant will be open with its usual fare, but folks will notice a difference in what’s offered outside this year. Missing will be grill keepers Tim and Kay Cornelius, who had a scheduling conflict, but stepping up will be Chad Hartwig from Cloquet, Koch’s brother-in-law.

“He’s doing his famous smoked pork and some type of apple baked beans,” Koch said.

Included in the event is a raffle that serves as a fundraiser for the Juvenile Diabetes Research Foundation, with donated prizes. Koch said last year’s raffle raised about \$3,000 for JD RF.

This year’s event may run more smoothly than any prior race thanks to a greater number of volunteers stepping up to help, something Koch said she is grateful for.



Bear Bots surpass goals

The new North Woods Bear Bots robotics team exceeded expectations at last week’s FIRST Robotics regional in Duluth, finishing in a tie for seventh after Saturday’s final round.

Top left: Back row, L to R, Coach Nate Briggs, Alex Niles, Mentor Cam Nicholas, Isaiah Briggs, coach Tiffany Briggs, Alex Burckhardt, Amber Sopoci. Front row, Kohen Briggs, Steven Sopoci, Haley Leinonen. Top right: Steven Sopoci was an alliance captain due to the team’s strong performance in preliminary rounds. Right: Behind their robot, Isaiah Briggs watches Alex Burckhardt determine possible alliance partners. submitted photos



COMMUNITY NEWS

Pancake benefit for Cook Food Shelf coming March 19

COOK- The Cook Lions Club will host a benefit pancake breakfast from 9 a.m.-noon on Sunday, March 19 at St. Mary’s Catholic Church in Cook.

The pancake batter is being donated by Homestead Mills, and a free will offering will go to the Cook Food Shelf.

NWFA has ongoing and special events

COOK- Northwoods Friends of the Arts has

plenty of activity going on to keep your creative juices flowing.

➤Jody Feist coordinates Open Art sessions each Monday night from 6-8 p.m. Artists enjoy working together sharing ideas and solving problems with each other.

➤On Thursday evenings from 6-8 p.m. Howard Hilshorst coordinates the wood carver group where they help beginners with their craft and share ideas.

➤114 photos are on display during March for the Winter Wonderland

Photo Contest exhibit, running through March 31. Visitors to the exhibit will choose the best photos and decide the winner (\$100) and runner-up (\$50) of the contest.

➤In April the gallery will feature an exhibit of the art work of students from North Woods School, beginning April 10.

All activities are at the NWFA Gallery 210 S River St. Open hours for photo voting and viewing of original works of art, crafts and gifts are Thurs-

days and Fridays, 10 a.m.-4 p.m., and on Saturdays, 9 a.m.-1 p.m. Contact [nw-famn.org@gmail.com](mailto:nwfamn.org@gmail.com) for more information. Also check out Facebook and Instagram as well as the www.nwfamn.org.

**Read It
HERE**

HUNT...Continued from page 1

state informed us that liquor stores can’t sell those.”

A lot of liquor stores and breweries around Minnesota initially jumped on the sale of THC-infused products last summer, which prompted the Minnesota Department of Public Safety Alcohol Gaming Enforcement Division to send letters to all of them telling them to stop.

That letter included the list of products that liquor stores can sell legally under Minnesota law, including booze, non-alcoholic mixers, cocktail glasses, and liquor-themed clothing – but not THC-infused edibles or food items not used on the creation of mixed drinks. A Minnesota liquor store can sell you a pair of Jack Daniels socks or a lime for your margarita, but not candy, a bag of pretzels or a frozen pizza. And certainly not a THC gummy.

Online, Ely Liquor is still listed by Minny Grown as a vendor for its products, suggesting that the company could do a better job of updating its website. Minny Grown is a Minnesota-based wholesaler of hemp-derived cannabinoid products. The *Timberjay* sent a request for information about how vendors are listed or delisted on the Minny Grown website but received no response before this article went to press.

Searching for “cbd in ely mn” sent us down a different rabbit hole. According to the web, both Mealey’s Gift and Sauna

Shop and Ely Flower and Seed sell CBD products, which are products derived from hemp that offer many people a variety of benefits, yet don’t include enough THC to produce a high.

According to Ely Flower and Seed, they have never carried such products. Mealey’s confirmed that the gift store side of the business does sell ointments and gummies that contain CBD. Mealey’s does not carry any of the now legal THC-infused products and the sales staff confirmed that the store has no plans to change its current product offerings until the laws regarding these products stabilize.

In talking to businesses and customers around town, one gentleman helpfully recited all the places he personally knew sold CBD and THC-infused gummies and beverages. Following up on his leads sent the *Timberjay* to several storefronts, two of which were either closed for the winter or closed for several days every week so we couldn’t confirm whether they carried cannabinoid products.

We did confirm the sale of legal CBD and THC products at Mitska’s Market. The products, mostly beverages, were discreetly displayed in a glass case that only the staff can access. We also confirmed that both Zup’s Market and Lucky Seven sell Minny Grown brand delta-9 THC-infused gummies at their tobacco counters.

Those businesses aren’t affected by the

Plenty of confusion when it comes to cannabis

by CATIE CLARK
Ely Editor

To err is human but nothing can truly make a hash of things like a federal regulation.

The law defining what is currently legal when it comes to THC is part of a 2018 federal statute (7 U.S. Code § 1639o) that defines hemp as any Cannabis cultivar and all its derivatives with a “tetrahydrocannabinol (THC) concentration of not more than 0.3 percent on a dry weight basis.”

A cultivar is just a fancy word for a plant variety bred for one or more distinctive characteristics.

The 2018 definition of hemp divides all Cannabis cultivars into either high-THC marijuana, a federally restricted Schedule I drug, and low-THC hemp, which is now regulated as both food and a crop.

This creates an interesting situation where any product with 0.3-percent or less THC derived from legal hemp is itself legal. Meanwhile, any 0.3-percent or

less THC product derived from marijuana is not legal and is still a Schedule I drug.

This leads to some ironic consequences. For example, one could make an identical gummy with 0.3-percent THC, using either the derivatives from a legal hemp plant or those from a marijuana plant. Despite producing an identical final product, the gummy made from the hemp plant derivatives is legal as a food, but the gummy made using a marijuana plant is still an illegal drug.

Cannabinoid confusion

THC is the compound in marijuana that makes you high. There are different forms of THC, like delta-8, 9 and 10, which are isomers. Isomers share the same chemical formula but have slight structural differences. Delta-9 is the most common THC isomer in marijuana. Delta-8 and Delta-10 also occur in marijuana, but in trace amounts and they aren’t as potent as delta-9.

One of the greatest confusions about the growing lexicon of cannabis-related terms is the difference between a cannabinoid, cannabis, and cannabidiol (CBD). Starting with the most general, Cannabis is the genus for all the cannabis cultivars. A cannabinoid is any substance derived from a cannabis cultivar.

The similar sounding names don’t make it easy to remember which definition goes with which word. This is especially true regarding CBD. CBD is an abbreviation for a cannabinoid compound discovered in 1940 known as cannabidiol. CBD has the same chemical formula as THC but a completely different structure and a different physical reaction in humans. THC makes you high. CBD does not.

CBD is not synonymous with cannabinoid. CBD is one specific chemical compound. In contrast, cannabinoid is an umbrella word for all things derived from cannabis plants, including THC and CBD. Any clearer now?

current moratorium on the sale of such products in Ely, which only applies to any new or expanded sales in the city. The moratorium is expected to last until the city council agrees on a new ordinance to regulate the sales of such products. Ely clerk-treasurer Harold Langowski predicts that could well happen before the snow melts.

Many other sources

For those who are interested in purchasing THC-infused products, but would prefer a bit more discretion (yes, Ely is a small

town) such products are also available in other communities in the area, including the Natural Choice Smoke Shop in Cook. There are also sources in Virginia. For those willing to negotiate the hassles and occasional risks of purchasing such products online, the sources and variety of products is nearly endless – and not necessarily legal.

For example, one of the online sellers, a Minnesota business with a Minneapolis office address will sell and ship a jar of 15 delta-9 gummies which have 10 mg THC per gummy. This

is an apparent violation of Minnesota’s edible cannabinoid law passed last summer, which prohibits the manufacture, sale or shipping to Minnesota or any other state any edible cannabinoid product with more than 5 mg THC per portion and more than 50 mg total per package. While most websites that sell such products maintain a splash page that requires the user to confirm that they are 21 or older – which is unlikely to present a hurdle for many kids these days. That means anyone, including any young person with an

internet connection and a debit card or Google wallet, can easily obtain cannabis products that exceed the current law in Minnesota.

That law, of course, may be changing. The Minnesota Legislature is currently moving legislation at the committee stage that would further legalize the use of cannabis products – legislation that is widely expected to legalize the adult recreational use of cannabis, or marijuana. Gov. Tim Walz has already indicated his support for legalization and is expected to sign the final bill.

TOWN HALL...Continued from page 1

For example, Skraba noted that passage of the homeless shelter funding could bring some of that money into Virginia, to help with its homeless problem. Skraba addressed other issues that concerned him, like the lack of mental health funding, without going into details. He did state that he believed that there was a strong tie between mental illness and mass shootings.

While Skraba portrayed himself as an open-minded moderate, Wesenberg made no such efforts, at various times expressing contempt and paranoia for those who disagree with his views. He portrayed himself as a rugged, self-sufficient outdoorsman who believed that a return to conservative values and strong families would end entitlements and moral decay.

“All my friends played Nintendo but I was outside playing in the woods,” Wesenberg stated. “I was fishing or hunting or riding my bike. That’s what kids should be doing.”

Wesenberg complained that kids today are too soft and said past generations worked harder, paid what they could afford and never expected handouts or entitlements. “So now, when I see someone (who) has a PlayStation, Nike shoes, and a \$1,000 phone, ask for help – No. All that stuff needs to be destroyed. You don’t need all that crap.”

Wesenberg quickly dove into gun control issues, at times exposing his lack of understanding of some of the issues at hand. He incorrectly mislabeled Minnesota’s 72-hour psychiatric hold law as a red flag law, which allow law enforcement to remove firearms from someone who is an immediate danger to themselves and others.

“We have red flag laws already,” said Wesenberg. “Don’t you know that? Now you do. They can take (a disturbed person)

and put a 72-hour hold on. This is the mental health stuff we’re talking about. They can already do that. But there’s no reason to take his guns ... They might as well take your knives and your baseball bat and your hammers and your cars and your horse and whatever else, because all those things can kill people too.”

Minnesota, in fact, does not have a red flag law though several bills have been introduced into the Legislature to add one to the state’s statutes.

Wesenberg made clear he views any gun control laws as a loss of freedom. “If we didn’t have firearms to protect ourselves, you know, there’s a state called China and North Korea where they can’t have weapons. That’s how we would be.”

Skraba pointed out that one of the gun control laws would mandate that guns and ammunition be stored in different locations in a home, making self-defense with a firearm inside a home illegal. Wesenberg expanded on Skraba’s remark. “This makes it easier for criminals to cause harm,” he remarked. “I can’t have a loaded gun in my home to protect myself from a criminal that would come into my home with a loaded gun to harm me, so I have to die so this criminal can take whatever they want.”

At least three of the proposed gun control laws (HF 14, SF 1116, SF 1723) attempt to close the loophole that no background checks are required for private sales and transfers of firearms. Wesenberg falsely claimed these laws would make it illegal to do a simple loan of a gun without first checking in with a sheriff. He used an example, “Let’s say I go hunting and Bill drops his gun and breaks his gun. Before I can loan my gun to him, I have to go to the sheriff and ask him, ‘hey, I want to loan Bill my gun so he can go hunting in the

morning.’ Does that make any sense?”

After reviewing the three bills Wesenberg cited, however, the *Timberjay* has confirmed that all three exclude the temporary loan of a gun for hunting or sporting events from the background check requirement.

Attendees bite back

After 46 minutes of the Skraba and Wesenberg show, the first member of the audience spoke up. Becky Rom, of Morse Township, protested, “This was advertised as a town hall for you to hear from your constituents, and so far, it’s just been a lobbying campaign.”

Rom went on to say that she supported all the gun control measures currently under discussion in the Legislature. “You started this conversation by saying I’ve already decided on this bill.”

Skraba confirmed that: “Yeah.”

Rom continued, “We are your constituents, and you represent us. And I hope you have an open mind, Roger. I, as your constituent, support locking up ammunition and guns in homes. A lot of children are harmed when that doesn’t happen. They find these guns, they take them to school, and they kill their classmates.”

Wesenberg interrupted Rom at this point to say, “So you know, that my kids don’t do that, because I’ve taught them not to do that.”

Rom refused to be derailed and finished her statement aimed at Skraba, thanking him for listening to her opinion as one of his constituents.

Wesenberg attempted to rebut, but Rom said that she would not accept his rebuttal since it was

Skraba’s stated intent to use the town hall to listen to his constituents like herself, and that Wesenberg did not represent her in the Legislature. The next few moments were heated as multiple people tried to talk over each other.

Wesenberg remarked to Skraba, loud enough to be heard over many voices, “You tell them what I’m going to tell them, because she can call and say, ‘I don’t like that guy,’ and the cops will take my guns.”

Wesenberg stuck to his erroneous interpretation of the language of pending red flag law legislation, suggesting that police could confiscate guns on a whim. “If I don’t like this lady, she’s my neighbor, I can call the police and say she’s been running around with a gun here. They could come, they could arrest her. They could come, they could arrest, and take your guns, and you’ll never get them back. There’s no due process.”

A minute later, an unidentified gentleman in the audience brought up HF 15, one of the so-called red flag bills under consideration in St. Paul, which he was reading on a smart phone while in the town hall. He read out the due process procedure included in its text for the temporary red flag removal of firearms from an unstable person, which includes a court petition and hearing. “There’s your due process,” he said, disputing Wesenberg’s misrepresentation.

Familiar arguments

The remainder of the town hall careened through most of the same old arguments about gun rights and gun control plus a few other topics, like transgender surgery for minors. The crowd appeared to be split

evenly between gun rights and gun control advocates and several repeated Wesenberg’s conservative stance regarding moral decay and chipping away at individual freedoms.

Skraba appeared to listen and respect even contrasting points of view from his constituents. His desire to appear open-minded and respectful, however, did not stand up well next to the certitude expressed by Wesenberg, who demonstrated no interest or desire to respect other views, and frequently argued with those with whom he disagreed. Wesenberg interrupted speakers and often inserted himself to have the last word. Though it was Skraba’s town hall, Wesenberg clearly upstaged him.

Throughout, Wesenberg maintained his stand that most of the problems discussed could be fixed by a return to family values, strong moral guidance in the home, self-sufficiency, fiscal responsibility and an ethic of hard work. He argued that those with differing views are leading the country down a path to tyranny and morally inferiority. He treated Democrats as an enemy led by senior politicians like President Biden whose agenda including making lists of all gun owners for nefarious purposes.

“What universal background checks do,” Wesenberg said, “is force every transfer to go through a government system which allows Tim Walz, Keith Ellison, Joe Biden to create a massive list of guns, gun owners where they live- and we oppose that. Government shouldn’t have lists of American citizens.”

It’s not clear whether

Wesenberg has heard of the Internal Revenue Service or the Census Bureau, two federal agencies that track and maintain far more information about U.S. citizens than a background check. In either case, federal law requires the destruction of any gun-related background check data within 24 hours, unless the individual is legally prohibited from possessing a firearm.

While Wesenberg and others criticized gun safety laws as ineffective, Frank Sherman of Eagle’s Nest, took issue with that argument. “If we only pass laws that we thought were 100 percent, effective, I would have been out of the job,” said Sherman, who served 40 years as a prosecutor. “Republicans have in the past said, and they said it today, we don’t need new laws, we should just enforce the ones we have. Well, obviously, that hasn’t solved the problem.”

Sherman also chastised Skraba a bit. “The point of this session I thought, as was just said, was to air issues. Part of the problem with this whole process is that you [Skraba] felt the need to start by apologizing for being bipartisan. You shouldn’t have to do that. It sure sounded like you were apologizing in front of your Republican friends for voting with a Democrat?”

Skraba responded, “I’m not, I’m not embarrassed at all.”

Addressing both lawmakers, Sherman continued. “You build this as a discussion about the threats to our way of life. And I know the Senator has in the past said that these democratic issues are atrocities that threaten our way of life. I don’t think that’s helpful to moving us forward as a society.”

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PUPCAKES...Continued from page 1

Erica put up a page on Facebook, Erica’s Dog Bakery, and takes orders either in person, or over Facebook messenger.

“People are always getting baked goods and cookies and things,” she said. “Why not dogs?”

Lenci’s recipes are all taste-tested first by Finnegan, an Australian shepherd-beagle mix, and George, a rescue dog she and her husband Craig literally picked up one day when on a lunch outing in Babbitt.

“Somebody asked us if we wanted a dog because they couldn’t take care of him anymore,” she said. “We were heading into Tank’s for lunch. We left with a dog, and we are not sure what breed he is.”

Lenci’s recipes all use



Left: Timberjay news hound Loki was more than excited to offer a taste test of a pupcake. He gave it five stars.

photo by J. Summit

dietary needs, for example, switching out wheat flour for almond flour. “I am always willing to try new things and different recipes.”

Her dog biscuit recipes come in traditional dog bone shapes, as well as more whimsical styles.

Erica and Craig both grew up in Soudan, and recently bought their first home, where they live with their two-year old son Layne and their two dogs.

“It makes my heart happy knowing that I am making dogs happy,” she said.

Erica works part-time at Fuel and Food in Tower,

but mostly spends her time caring for Layne. Craig works for Ziegler CAT in Mt. Iron. She said the help she gets from Layne’s grandparents means she has time to bake her dog treats.

The Timberjay’s resident dog, Loki, did a taste test of the pupcakes, and I barely had time to snap a photo before he had inhaled it, almost in one gulp. The treats can be frozen if they aren’t eaten in a few days.

“But they usually don’t last that long,” Erica said.

“Every dog just gobbles them up,” she said. “That is what everyone tells me.”

Research on dog health

Many processed dog foods may be convenient for their owners, but recent research is showing they may not be healthy for dogs. Indeed, research has shown that dogs have a reduced

risk of gastrointestinal issues if fed unprocessed meats, fish, eggs, vegetables, and berries a few times a month, either as part of their regular mealtime or as regular table scraps. A study published in the journal Nature last month detailed research done by the Faculty of Veterinary Medicine, Department of Equine and Small Animal Medicine, University of Helsinki, Helsinki, Finland. The research also found that the risks for gastrointestinal issues rose if fed on solely ultra-processed carbohydrate-rich dog foods. Rawhide chews also greatly increased those risks. Pupcakes, in other words, might make a health alternative to those expensive chews. “They are healthy for dogs,” said Lenci.

CO-OPS...Continued from page 1

to come and camp on the lakeshore.

While Myntti told the audience she is by no means a professional historian, her interest in her family’s Finnish roots has drawn her to study the cooperative movement on the Iron Range.

Her family’s personal story was a mirror of many Finnish immigrants to the Iron Range.

“While there are many shared experiences,” she said, “Finns are not a monolithic group.”

According to her research, during the period between 1880 and 1930, about 240,000 Finns emigrated to the United States.

In 1917, Finland declared independence from Russia, which had taken control of Finland back in 1809. A civil war followed, with the population split between two opposing world views.

“White Finns,” she said, “were supported by the German army, and consisted generally of middle class and wealthier elites.” Many spoke Swedish and were politically more conservative and more church-going.

“Red Finns were the socialist working class,” she said. “These were the commoners, laborers, agnostics and atheists, along with intellectuals with ideas of utopia.”

Both classes of Finns



Dozens of kids, mostly from Ely, posed for a photograph at a summer camp on Co-op Point. submitted photo

ended up settling on the Iron Range and in Ely. Her family identified with the Red Finns. On the Range, she said, both groups mostly got along.

“The working class summered at places like Co-op Point and shopped at coops. The wealthier Finns summered at Burntside Lake, but they had their own shops and clubs.”

Finns were instrumental in creating many of the cooperatives that still are visible in the area today. Myntti’s great uncle ran the Pike-Sandy Coop. They were also strong labor union advocates. Finns were often blamed for labor unrest.

“They led the struggle for better wages and working conditions,” she said. “Some considered

them subversive trouble-makers.”

The Finns were not anarchists, she noted. They were in favor of cooperative communitarianism.

“No word strikes more fear in the hearts in America than socialism,” she said. “But the Finnish world view was progressive: cooperative ideology, socialist values, morally conscious economies, justice, and economic security for all.”

“Socialism is already entrenched here,” she said, “and people like it. When the government intervenes to set working hours, child labor laws, and Social Security, that is socialism at work.”

Myntti said the novels of Charles Dickens show what life was like without socialism.

“We must banish our fear around socialism,” she said. “It has been weaponized for political reasons. The real debate isn’t capitalism vs. socialism, but the appropriate balance between them.”

The Finnish cooperative movement was based on a need for self-determination.

“Company stores and local merchants sympathized with the mining companies,” she said, “and they would not give credit to Finns during times of strikes.”

Coops were created with common ownership.

“Finns banded together to help themselves,” she said. “It was an alternative model to capitalism. They still needed to make a profit. They paid their shareholders a small quarterly dividend.”

their families could come and pitch a tent for a vacation at the lake. They also operated a summer camp for children.

“My father and his sister attended the camp,” she said. “They taught classes in Finnish, and the campers learned about helping their neighbors. They were immersed into the cooperative philosophy.”

The camps included music, arts and crafts, swimming, and drama.

“Finnish workers came from all over for their summer holidays,” she said. “There were communal feasts, and they put on concerts.”

Donald Myntti, Valerie’s father, was a 1941 graduate of Ely High School. He died last year, just short of his 99th birthday.

“My dad believed he had the most wonderful childhood in the country,” she said. “He marveled that Co-op Point existed at all, even during the Depression.”

Myntti said children were treated as “precious gifts” while at the camp.

“They were shielded and protected from all the hardships their parents endured,” she said. “The lakes and forests were true gifts.”

At the time Co-op Point was being developed, there was a train that traveled from Ely to Tower, which is how most members got there and back.

Co-op Point flourished into the 1950s, but by that time, people had become better off. Her own family sold their small lot and cabin in the early 1960s, when her grandparents were too old to navigate the steep rise between the lakeshore and their cabin site. But they used the proceeds from that sale to purchase a more level lot and cabin on Eagles Nest Lake Three, where Myntti and her husband now live.

Mesaba Coop Park, near Hibbing, is still in operation today, and was developed alongside the same model as Co-op Point. Mesaba Co-op Park still

offers a summer camp for children, along with affordable camping for families, and hosts an annual Midsummer celebration each year.

Annual meeting reports

President Marlin Bjornrud reported on the nonprofit’s activities in 2022. Sisu Heritage maintains and restores historic buildings in the Embarrass area. They sponsored concerts at the housebarn and at the Apostolic Lutheran Church, two historic buildings they now manage; hosted National Sauna Day; had new historic informational signs made to replace aging ones; and managed the Nelimark Museum building.

Attendees heard updates on fundraising and grant writing, and plans for the continued restoration work at the Seitaniemi Housebarn.

The Farmstead Artisans group donated over 800 hours of their time keeping the Nelimark open, hosting over 1,500 guests, not counting the crowds that showed up for the Nelimark Christmas Open Houses in November and December. The Nelimark had \$36,000 in sales of locally-made crafts, baked goods, and other items of cultural interest.

“Since Four Corners went away,” Bjornrud said, “it has become the hang out place.”

Visitors were introduced, including Ahti Westphal, a project manager for DJR Architects in the Twin Cities. He had come up to Embarrass to visit the historic Seitaniemi Housebarn and had snowshoed around the site before the annual meeting.

Westphal said he had fallen in love with old wooden buildings when he was a child. His family had an island on Rainy Lake, and took a trip to visit the historic log buildings when he was a young child.

“I’ve dreamed of coming here for over 20 years he said, “The work you do, it is quiet work, but is has an incredibly deep impact on people you might not even know.”

“I can’t thank you enough,” Westphal said. “I want to learn more about Sisu Heritage.”

“People like you keep us from taking it for granted,” said Bjornrud.

St. Louis County Commissioner Paul McDonald said the work of Sisu Heritage makes him proud to honor the heritage of his mother, “a full-blooded Finn.” He said he is working with the county board to increase funding for the St. Louis County Historical Society and its partner organizations, like Sisu Heritage.

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THE LEGISLATURE

Skraba bucks party to back House bonding bill

Ely lawmaker joins a handful of GOP members to pass \$1.5 billion measure

REGIONAL—Northeastern Minnesota would be a major beneficiary of a state bonding bill approved by the state House on Monday. State Rep. Roger Skraba, R-Ely, was one of a relative handful of Republican lawmakers to join DFLers in approving the spending package, which may still face more unified GOP opposition in the state Senate.

In total, the funding package includes one bill (House File 669) which features \$1.5 billion in state bonds, and another bill (House File 670) which appropriates around \$392 million from the general fund.

“This is a good bill for Northeast Minnesota as we worked hard to make sure that the interests and priorities of our area were included in this package,” said Skraba, who serves on the House Capital Investment Committee. “We have a responsibility to take care of state-owned assets and to make sure that infrastructure needs are met across our region and the state. While the bill isn’t perfect, I was happy to support it



Roger Skraba

because of its importance for the Northland and for the men and women of labor.”

Local projects include:

- \$3.633 million for classroom and common space renovations at Vermilion Community College in Ely.
- \$3 million to repair and reconstruct the Nett Lake Dam in Koochiching County.
- \$11 million for several infrastructure improvements at the Lake Vermilion-Soudan Underground Mine State Park, including the design and construction of a visitor center, camping facilities and trails, among other improvements.

- \$4 million for construction of the Gitchi Gami Trail.
- \$3.5 million for the construction of a safe harbor on Rainy Lake and Rainy River at the Gateway to Voyageurs National Park in Ranier.
- \$1.294 million for Crane Lake Water and Sanitary District debt retirement to bring the district’s monthly wastewater rates in line with those of similarly situated facilities across the state.
- \$12.2 million for upgrades to snowmaking infrastructure at Giants Ridge.
- \$1.138 million for construction of two miles of the Mesabi Trail between Wahlsten

Rd. and Tower.

The bill now heads to the Senate where Republicans appear more unified in opposition to the measure. While the DFL has narrow majorities in both the House and Senate, passage of the bonding bill, at its current size, requires a 60-percent majority, which means lawmakers will need to act in a bipartisan manner to grant final approval.

Should the Senate reject the bonding plan, the DFL would have the option of approving the funds out of the current budget surplus, which would only require a simple majority.

WATER LEVELS

Board provides update on border waters flood outlook

Information to be used in March 10 decision on rule curve management

by DAVID COLBURN
Cook-Orr Editor

REGIONAL- On the heels of last summer’s historic flooding, the International Rainy-Lake of the Woods Watershed Board (IRLWWB) Water Levels Committee gave a virtual look to the public Monday at current data about watershed conditions and seasonal weather forecasts that will factor into a March 10 decision about the rule curve it will use to manage waterflow throughout the basin this spring, but stopped short of indicating just what that decision might be.

About 60 people tuned in to the WebEx stream, many of whom were hoping to find out if conditions look likely to spawn another round of spring and summer flooding, but with at least a good two months left of winter, the uncertainties of long-range forecasting, and a decision on the rule curve still 11 days away, no clear answer was forthcoming.

During the rapid rise of water following an April 24-25 storm that dropped around four inches of rain on top of snowpack that held at least another four inches of water, some faulted the committee’s decision last year to choose the standard rule curve to manage the flow of water through Namakan and Rainy lakes, believing the high flood risk rule curve should have been employed instead. The high flood risk rule curve, last used in 2019, calls for lower than normal water levels on Rainy Lake during the spring period to provide for more water storage when a flood risk is identified. However, the sudden massive inflow of water into the basin largely made the question moot – according to information about the 2022 flood on the IRLWBB website, following the high flood risk rule curve would have likely reduced flood levels by only one to two inches.

“It is certain that the High Flood Risk Rule Curve would not have prevented or significantly reduced the 2022 flooding of Rainy Lake,” the IRLWBB concluded.

Current data

IRLWWB engineering advisor Matthew DeWolfe began the presentation by comparing base flow levels at several points at the end of February to last year’s levels.

“Base flows are a good



Widespread flooding hit border communities, like Crane Lake pictured here, last spring from a combination of heavy rain and rapid snowmelt.

file photo by M. Helmberger

indicator of how much water is already in the ground and how much capacity therefore there is in the ground to absorb water when the ground thaws in the spring,” DeWolfe said. “So higher base flow indicates that there’s less room in the ground absorb spring runoff.”

Progressing across the basin from Basswood Lake in the east to Lac la Croix, Namakan and Rainy Lakes, and the Turtle River in Ontario, DeWolfe noted that base flows, including inflows into Namakan and Rainy, are toward the upper end of the normal range and running a bit higher than 2022.

“Altogether, flows into the system are normal or slightly above normal for the end of February,” he said.

Next, DeWolfe looked at snowpack data maps from the Minnesota DNR.

“Amounts last year were roughly six inches deeper than we have now this year,” he said. In 60 to 80 percent of years past, snowpack was lower than 2023, he said.

“We’re in the upper normal range,” he said. “But what’s most important in terms of the spring outlook is how much water is in that snow, and that could be quite variable.”

DeWolfe displayed a map of the region shaded mostly in light blues and purples, an indication of

snow water content in the range of four to six inches. By contrast, the 2022 map showed more purple, indicating higher water content.

“There seems to have been more water at this time of year by a couple of inches across most of the watershed,” DeWolfe said.

At a direct measurement site in Ontario, the snow water content measured about three-and-a-half inches on Feb. 15, compared to about eight inches last year.

And while frozen ground is another factor to consider, DeWolfe said that it “really isn’t a risk at this point compared to other years due to the milder winter that we’ve had so far.”

Given the prevailing conditions, DeWolfe pegged spring rainfall as the most important factor for determining flooding, “which, of course, we do not have a good predictor for at this point,” he said.

“If we don’t get a major wet period in the spring, the snow alone will not cause a flood,” DeWolfe said.

Showing a three-month forecast from the National Weather Service, DeWolfe pointed out that the basin was in a band of white indicating equal chances for above or below normal precipitation for March, April, and May, which was the same long-range forecast last year.

DeWolfe pointed out

that of the ten Rainy Lake high water years since 1970, seven of them occurred after mild to strong La Niña weather pattern winters, which is what the region is experiencing this year. However, he also noted that this is the third straight La Niña winter, and that the first led into the 2021 drought. The second led into the 2022 flood.

Zachary McEachran, of the National Weather Service North Central River Forecast Center and Patrick Ayd, of the Duluth NWS office, were up next. McEachran kicked off their presentation by noting the overall consistency of the data from DeWolfe’s presentation with NWS assessments.

“That’s always good when a couple of different people come to consistent answers,” he said.

McEachran then provided an observational summary.

“We’re seeing a strong east-west gradient in existing snowpack with high amounts of snow water equivalents in the headwaters and lower amounts near Lake of the Woods,” he said. “Considering generally drier than normal antecedent conditions in the fall, precipitation patterns and snowpack, our river simulations for tributaries on the U.S. side indicate higher chances for greater than normal streamflow near the headwaters of the Rainy while closer to Lake of the Woods near average conditions are indicated. However, there are still six to eight more weeks left for conditions to change, as well as sensitivity to those early spring precipitation events, so keep that in mind.”

Ayd displayed a series of slides illustrating precipitation amounts, noting the lesser amounts in the western portion of the basin and overall compared to last year.

“You can see we’re almost a four-inch difference in liquid-equivalent

precipitation, 8.77 inches as of this time last year and we’re only at 4.8 this year,” Ayd said.

Temperatures this year compared to last winter have also been milder, Ayd said.

“We’ve been a whole winter where we’ve been generally above normal, not just across the Rainy Basin but across large portions of the Midwest,” he said.

Indications are that temperatures will cool down over the next several weeks and precipitation will likely be around normal, depending on storm tracks, Ayd said.

“There’s more confidence for those below normal temperatures continuing into mid-March if not a bit beyond,” he said.

But low soil frost conditions should contribute to more open soils to take on some of the runoff, Ayd concluded.

McEachran said that the National Operational Remote Sensing Center has developed a set of flight lines over the basin to take snow water equivalent measurements.

“The plane flies over and takes measurements of the scattering of radiation off the snowpack and uses that to calculate what the snow water equivalent of the landscape might be,” he said. “So we’re going to get a little bit more measurements to maybe adjust our models to help us to keep track of that snowpack throughout the spring.”

A simulation of stream flows across the basin shows the same east to west pattern, with higher flows in the east and near normal flows in the west, McEachran said.

One participant asked why the Committee has to choose the rule curve by March 10.

“I see somewhat of a problem with that,” she said. “A lot of things can change after March 10, and listening to what you guys presented today, it sounds like it’s going to be a colder-than-average March, which means the ground is going to stay frozen and the ice is going to come out late, and we may have the same exact situation as last year. I don’t know if I can go through another spring like we went through last year. I’m still recovering from that, as most people are.”



Col. Eric Swenson, with the IRLWWB, answered the question.

“The high-risk rule curve is a bit of a misnomer,” he said. “It’s not a one and done decision and then we just sort of leave it up to fate. We meet frequently to manage the watershed and the water levels, especially as the season moves on to the more critical section we manage daily, weekly, sometimes hourly. We have to make a decision, but it by no means like we can’t continue to adjust to manage the current situation.”

DeWolfe added that the March date is necessary to allow for enough time to bring the level of Rainy Lake down to where it needs to be.

“It’s doing it in a gradual way so you’re not slamming the Rainy River with a whole bunch of extra flow and you’ve still got ice on the river and causing problems for people downstream,” he said.

The IRLWWB plans to hold another virtual information session for the public in early April to update the condition reports. Check <https://www.ijc.org/en/rlwbb/news/releases> periodically for the event announcement and registration information.



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CITY OF ELY

City starting to look for funding for water main replacement

by CATIE CLARK
Ely Editor

ELY— A report by Ely Clerk-Treasurer Harold Langowski on possible funding to replace the city’s drinking water supply line was the most substantial item of business in an hour-long city council meeting here on Tuesday.

Langowski reported that the city has initiated the process with Eighth District Rep. Pete Stauber to receive federal funding for the replacement of Ely’s nearly five-mile-long potable water supply line, which runs from

Burntside Lake to Ely. “The original was built in 1932 with upgrades in the 1950s and 70s,” said Langowski. The intake infrastructure is approaching its end of useable life and requires replacement, at an estimated cost of \$4.5 million. The prospects for the funding aren’t clear, since Congress typically receives many more requests for project earmarks than it ultimately funds. At the same time, with Republicans now in charge in the U.S. House, there has been pressure to reduce or even eliminate congressional earmarks.

In other action, the council:

- Approved scheduling one Ely Utilities Commission (EUC) meeting on the fourth Wednesday of every month.
- Approved a one-year contract extension at \$500 per month for Mick Shusta, who provides water quality services to the city.
- Approved a conservation improvement rebate of \$368.81 to St. Louis County for an LED lighting upgrade.
- Voted to make the Ely Area Ambulance Joint Powers Board meeting on

March 28 a special meeting of the Ely City Council. This is a formality which makes it possible for city council members to attend the meeting without violating the Minnesota Open Meeting Law.

- Approved sending Ely Librarian Rachel Heinrich to the 2023 American Library Association annual conference. The money for the trip was from a donation to send Heinrich to the ALA conference in 2020. That conference was canceled due to the COVID-19 epidemic and the money was

set aside for a future ALA conference trip.

- Approved a mortgage for a \$10,000 residential rehab loan for John and Susan Leonard to fix the sewer line at 127 W. Chapman St.
- Appointed Lucy Soderstrom to the Heritage Preservation Commission, Abby Dare to the Park and Recreation Board, and Scott Kochendorfer to the Police Commission. The council also noted the appointment of Jen Westlund of the Ely School Board as the Park and Recreation Board member for ISD 696. The

city still has open seats for the Police Commission, the Tree Board and the Telecommunications Advisory Board.

- Approved issuing a letter of support for the Hwy. 169 spot safety and mobility improvements project to receive federal 2024 funding. The details of the project were presented by Bill Erzar on behalf of the Hwy. 169 North Task Force. The work proposed will improve alignments and grades in four areas between Soudan and Ely which have elevated accident rates.

Ely’s Rom participates in Minnesota Day at the White House

by MARSHALL HELMBERGER
Managing Editor

THE WHITE HOUSE— The Boundary Waters received a call-out at the White House last week as part of the Minnesota Day event that highlighted some of the Biden administration’s policies and investments that were impacting residents in the state.

Ely resident Becky Rom, national chair of

the Campaign to Save the Boundary Waters, was one of about 50 Minnesotans invited to the event, which heard from a number of top officials in the Biden White House about their efforts to implement some of the major new spending bills and policies enacted in the first two years of the administration.

Rom, who has spent considerable time in Washington in recent years lobbying on behalf

of the campaign, said she was “blown away” when Brenda Mallory, chair of the President’s Council on Environmental Quality, led off her remarks to the group with a discussion of the administration’s recent decision to implement a 20-year mineral withdrawal affecting about 225,000 acres of the Superior National Forest.

Mallory addressed the decision head on, according to Rom, touting

the Biden administration’s pro-labor record, and noting that President Biden is seeking to balance economic growth and environmental protection. She cited the mineral withdrawal as an example of the balance the administration is seeking to achieve. “She said the administration is striving to maximize job creation, while not sacrificing special places like the Boundary Waters,” said Rom.

According to Rom, Mallory took note of the outdoor-oriented “wilderness edge” economy that has developed in places like Ely and Grand Marais, and said the decision to prohibit new sulfide-based mining in the upper reaches of the Rainy River watershed had “lifted a dark cloud” that had hung over the futures of local businesses that cater to wilderness enthusiasts.

The Minnesota Day event brought together dozens of elected officials,

union representatives and leaders of nonprofit advocacy groups to talk about the administration’s work to administer new laws, including the Inflation Reduction Act, the Bipartisan Infrastructure and Jobs Act, and the American Rescue Plan, all of which are pumping hundreds of billions of dollars annually into the U.S. economy. Dennis McDonough, a Minnesotan who served as chief of staff for a time in the Obama administration, now serves as Secretary of Veterans Affairs, was among those speaking at the event. McDonough discussed the administration’s efforts to reduce homelessness among veterans and he talked about making services available more quickly.

He also talked about suicide prevention, particularly among veterans, and he noted that red flag laws, which are designed to temporarily restrict access to guns by people

experiencing mental or emotional instability, are needed as part of the effort to reduce suicides.

The event was part of a series of such events which will eventually highlight all 50 states and the steps the administration is taking to improve the lives of Americans.

While the events are designed to promote newly-enacted policies and spending, Rom said the event didn’t have a partisan feel. She said the speakers often related personal stories and were rich with detailed information.

“I don’t think it was partisan,” said Rom. “There were Republicans in the room.”

Rom was among three Minnesota environmental leaders invited to the event. Other participants from the region include St. Louis County Commissioner Keith Musolf of Duluth.

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SECTION 7A GIRLS BASKETBALL PLAYOFFS



Grizzlies tamed by Cherry press

North Woods bows out of playoffs in 66-46 loss

by DAVID COLBURN
Cook-Orr Editor

FIELD TWP- By the time the North Woods girls adapted to the Cherry Tigers’ ferocious attack in last week’s home sectional

Left: North Woods’ Brynn Chosa tries to work a shot around a Cherry defender.

photo by D. Colburn

playoff game, they found themselves too far behind to recover and bowed out of the postseason with a 66-46 loss.

After a thrilling overtime win against the Tigers earlier this season, the Grizzlies expected a tough battle on March 1, but the relentless nature of Cherry’s full court press rattled North Woods right from

the start. Three turnovers led to three Cherry scores as the visitors broke on top 6-0, and North Woods went scoreless for the first three-and-a-half minutes until Hannah Kinsey canned a follow shot to make it 8-2.

The Grizzlies kept pace the rest of the half, but Cherry stubbornly clung to its early lead, holding a 27-19 lead at the break.

Talise Goodsky trimmed the deficit in half by hitting the Grizzlies’ first two buckets of the second half, but the excitement was short-lived as Cherry responded with three scores to go up 33-23. North Woods mounted a serious run with 11:30 left to play on a trey by Brynn Chosa, a

See NW GIRLS...pg. 2B



SECTION 7A GIRLS BASKETBALL PLAYOFFS

Ely bows out

Fall in semi-finals to Cromwell-Wright

by DAVID COLBURN
Cook-Orr Editor

HIBBING- The Ely Timberwolves used an opening second half spurt to pull ahead of Cromwell-Wright in Tuesday’s sectional semifinal in Hibbing, but the Cardinals retook control and pulled away down the stretch for a 53-43 win to advance to the Section 7A finals.

Both teams got off to a slow start with turnovers on their first two possessions before Isabella Anderson got the Cardinals on the board first with a bucket and one. Hannah Penke immediately answered for the Wolves with a basket, but this game was shaping up as a defensive battle. Ely took its first lead of the game at 14-13 on a corner triple by Penke with just over eight minutes elapsed on the clock. The Cardinals regained the lead 19-17

Above: Hannah Penke and Sarah Visser team up on a steal during Tuesday’s semi-final contest against Cromwell-Wright.

Right: Penke is tied up by two Cardinal defenders.

photos by D. Colburn

at the 4:41 mark, but a three-ball by Grace LaTourell put the Wolves back ahead 20-19 with 3:12 left. That was the last score of the half for Ely, and a pair of charities put the Cardinals up 21-20 at the break.

The Wolves came out of the locker room with a two-three zone that triggered three turnovers and a 7-0 streak fueled by a 12-foot jumper in the lane by Madeline Kallberg, a three-ball by Madeline Perry, and

See WOLVES...pg. 2B



BOYS BASKETBALL

Grizzlies stumble at Deer River

by DAVID COLBURN
Cook-Orr Editor

DEER RIVER- The North Woods boys came out of gates fast last Friday at Deer River, but a late first half collapse gave the Warriors the cushion they needed to run away with an easy 93-74 win.

The Grizzlies drew first blood on a putback shot by Kaden Ratai and went up 5-0 when Jonah Burnett dropped in a triple from the top of the key. Burnett connected again from three-point land to give North Woods a 20-12 lead, and a basket by Louie Panichi with just under nine minutes to play in the half kept the margin at eight, 28-20.

But then the red-hot Grizzlies went ice cold as Deer River surged. The Warriors came back to tie at 28-28, and after Brenden Chiabotti scored in the lane to regain the lead, Deer River sank a long triple to go up 31-30 with 4:57 left before the half. The Warriors never trailed again. Chiabotti’s basket was the only field goal the Grizzlies made in the final eight minutes of the half, and Deer River kept right on rolling, outscoring North Woods 25-5 in that stretch to head into halftime firmly in control 47-33.

The North Woods drought continued in the second half with the Grizzlies going scoreless in their first eight possessions as Deer River built the lead to 55-33, forcing North Woods Head Coach Andrew Jugovich to call a time out. The Grizzlies showed brief signs of life with a deuce by Chiabotti, a pair of Burnett buckets, and a Chiabotti triple to cut the deficit to 58-42, but went flat again as the Warriors put together an 18-4 run to go up by 30, 76-46, with just under eight minutes to play. The Grizzlies made up some ground down the stretch, but didn’t have enough firepower or defense to make a big dent in the Warriors’

See GRIZZLIES...pg. 2B

SNOWMOBILE RACING

Racers attract a crowd

Crane Lake Challenge marks its 24th year

by DAVID COLBURN
Cook-Orr Editor

CRANE LAKE- A temporary city on ice sprung up at Crane Lake last Saturday as 123 snowmobilers along with their teams, families, and fans invaded town for the Straight Line Speed Association’s Crane Lake Challenge.

Race director Kurt Mohawk said that the association looks

forward to coming back to Crane Lake year after year for the event.

“This is our 24th year, if I remember correctly—I think the event started in 1987,” he said. “It’s a good community event and all the community seems to help. They really, really step up and make it easier on us guys to come in and enjoy ourselves.”

The race, which offered pro and non-pro divisions, drew

Right: A stock sled racer lifts his skis during a fast takeoff during Saturday’s competition.

photo by D. Colburn

participants from far and wide.

“We had people from Canada, and we had one gentleman drive all the way from Nebraska to race,” Mohawk

See RACERS ...pg. 2B



BOYS BASKETBALL

Wolves slip to Ojibwe in regular season finale

by MARSHALL HELMBERGER
Managing Editor

FOND DU LAC— The Timberwolves were headed into Thursday night’s playoffs on a down note after suffering a tough 64-57 loss to Fond du Lac in their regular season finale on Friday. The loss dropped Ely to sixth seed in the Section 7A compe-

tion, just below Fond du Lac, which heads into the post-season seeded fifth. Despite the loss, the Wolves will host their first playoff game on Thursday, against 11th seeded Bigfork. That game was set to get underway at 6 p.m. If there was a silver lining to Friday’s disappointing outcome, it was that the Wolves battled to

the end. “We got down early 30-11 as Fond du Lac shot the ball really well, and we struggled to get anything going offensively,” said Ely Head Coach Tom McDonald. By halftime, the Wolves had trimmed the Ojibwe’s lead to 38-30 after outpacing Fond du Lac 19-8 in the final minutes of the half. “It was nice to see us fight back after getting down early,” said

McDonald. Ely took that momentum into the second half and briefly took a one-point lead with about eight minutes to go but faded after that. McDonald gave credit where it was due, noting that the Ojibwe are a “strong and athletic team.” Senior Joey Bianco, as he has done all season, led the charge for Ely, pouring in 27 points,

while adding nine assists and six rebounds. Freshman Jack Davies added 15 points, while senior Erron Anderson pulled in six boards. The Wolves ended their regular season with a record of 19-7.

WOLVES..Continued from page 1B

a 15-footer from the left of the key by LaTourell, quickly thrusting Ely to a 27-21 lead. But as quickly as the scoring faucet turned on for the Wolves, it turned off again. After a Cardinals time out, Ely came up dry on their next six possessions, letting Cromwell creep to within 27-25. LaTourell righted the ship with a trey at the 12:08 mark, and had a fast break score on an assist from Perry to extend the lead to 34-27 with just over 11 minutes to play. But Ely would remain stuck at 34 for the next four-and-a-half minutes as the Cardinals turned up the heat on both ends of the floor and reeled off a devastating 12-0 run to retake the lead 39-34 with seven minutes remaining. Penke hit a triple at the 6:38 mark, but that did little to slow the Cardinals’ momentum,



Left: Ely’s Madeline Perry dribbles past a Cromwell defender
photo by D. Colburn

time getting by them,” he said. “We struggled to get some shots, struggled to make open looks once we did get them. The rhythm was not there. We’d get an open look but it’s not falling anymore.” Gantt noted that the brief switch two-three zone produced the desired results, but it wasn’t something the Wolves could stick with. “It’s not necessarily a strength of ours,” he said. “We tried to just flash it and they turned it over three times in a row, so it was a nice little run for us. But we couldn’t stay in that the whole half because they know how to beat it.” While he was disappointed with the loss, Gantt

didn’t let it detract from the team’s outstanding year, one in which they set the school record for most wins in a season. “When you play 28 games and you win 23, you’d take that every year,” he said. “We worked hard and we never lost back-to-back games, we always came back stronger. Our defense improved throughout the year and we had some awesome stretches on offense where we would catch fire. They’re just a great, great group to be around. They worked so hard all year and they were just a lot of fun.” LaTourell led the Wolves in scoring on Tuesday, with 20 points. Penke also reached double figures with 10. Ely ended the season with a record of 23-5.

GRIZZLIES..Continued from page 1B

lead, finally succumbing by 19, 93-74. Deer River put up 93 shots in the game while the Grizzlies had just 73 attempts, due in no small

part to the 21 turnovers committed by North Woods. The Grizzlies have counted on scoring off turnovers in many of their wins this season, but Deer

River flipped the script with a 22-8 advantage in that category. Burnett led North Woods in scoring with 26 points, followed by

Chiabotti with 21 and Ratai with 13. Deer River claimed the No. 1 seed in the Section 7A tournament that started this week. North Woods, 16-10,

slotted in as the No. 7 seed and was scheduled to face No. 10 Littlefork-Big Falls at home on Thursday. North Woods won their regular season matchup 115-68.

A win on Thursday would likely set up a Saturday quarterfinal contest against No. 2 seed Cherry at Duluth Denfeld at 4 p.m.

NW GIRLS..Continued from page 1B

pair of Kinsey buckets, and two triples by Helen Koch, and the Grizzlies pulled to within 43-41 on a Koch free throw with 8:05 remaining. But that was as close as the Grizzlies would come to taking the lead. Cherry hit a basket and a trey to go up by seven and led 53-44 with 2:54 left. Forced to foul, the Grizzlies watched the

Tigers connect on a dozen charities down the stretch as their own offense sputtered. River Cheney scored the only Grizzlies’ hoop of the final three minutes with 12 seconds remaining as the Tigers pulled the minor upset 64-44. “I don’t think we were intimidated by Cherry, but they came out with a fire

and a desire to win that clearly outmatched ours, unfortunately,” Grizzlies Head Coach Liz Cheney said. “Cherry’s determination when they stole the ball from us one, two, three and went up 6-0 within 30 seconds just caught us off guard and they capitalized on that the rest of the game.”

“We just struggled,” Cheney continued. “On a different night the game could’ve taken our turn. It’s not the way we wanted to end the season.” Koch was the only North Woods player to crack double-digits with 20, as the Tigers did a good job of neutralizing the Grizzlies’ inside

game and took away fast break scoring opportunities with solid ball control on offense. North Woods finished the season at 14-13, the best mark for a Grizzlies squad in nearly a decade. While the Grizzlies say goodbye to seniors Kinsey and Kiana LaRoque, everyone else will be back next season, a

scenario Cheney is looking forward to. “I’ve got players ready to step in,” she said. “I’m definitely looking forward to the off-season and then next season. No one can count us out, that’s for sure.”

RACING..Continued from page 1B

said. “It’s pretty good that they trust you to drive that far for one of our races. We have people from Wisconsin and all over who follow our circuit. It’s good for the local businesses as well. Everybody’s got to do well to keep it going.” Matt Anderson made the five-hour drive from Ellsworth, Wis. with a couple of trailers to carry his fleet of snowmobiles running in various classes. Anderson said he serves as the mechanic for others who pilot the sleds down the 4,000-ft course, including his young son Camden, who said the track conditions on a relatively warm afternoon weren’t quite ideal. “It was kind of soggy,” Camden said. But nonetheless, Camden was happy with the times he clocked, hitting his top speed of 68.1 mph in the last of four runs. It was the third trip to the Crane Lake race for Anderson.

the day’s fastest speed of 179.78 mph, can use most of that at the end of their runs. But the race isn’t just for the pros. It’s a family-oriented event with a wide range of classes to fit stock and non-stock snowmobiles, complete with divisions for kids with a need for speed. “I try to get the kids involved because that’s the future of any type of sports racing,” Mohawk said. “A friend of ours works as a manager at Holiday station stores in the cities, and he sends us a bunch of gift cards for the kids. We let them run right with the others, we don’t set aside a certain time for them. They’re included in everything, and whenever they’re ready they go just like the other racers.” And the race isn’t limited to just snowmobiles, either. A few motorcycles, some ATVs, and even a couple of cars took their turns at speed runs. Mohawk said he had one more race to stage in Spicer this weekend to complete the season. “I get off work Wednesday morning and then I’ll head down there and get that one ready to go,” he said. “It’s supposed to snow down there Wednesday, Thursday, and Friday. It’s just crazy.” And Mohawk is already

Right: A competitor used a modified VW bug to compete in the Crane Lake Challenge this past Saturday.
photo by D. Colburn
planning to be back at Crane Lake next year. “We’re doing it again, the first Saturday in March,” he said. “That’s kind of the tradition.”





It's Time For.....
COOK
YOUTH BASEBALL

Registration for the upcoming 2023 youth baseball season is open! Girls and boys ages 5-12 on or before May 1 are welcome to join! **Register your child/children by March 31** by using the QR code below or on our Facebook Page, “Cook Youth Baseball”.

Pre-Register by March 15!
Feb. 20 - Mar. 15: \$75 Early Bird Fee (save \$25)
Mar. 16 - Mar. 31: \$100 Fee
Family Registration Fee: \$150 (2 or more players)

Coaches and umpires are also needed for the season.
If you are interested, please email us at:
cookyouthbaseball@gmail.com.



VOTING RIGHTS

Felons get right to vote upon release from incarceration

by DAVID COLBURN
Cook-Orr Editor

REGIONAL- Approximately 55,000 Minnesotans who have felony convictions will be able to vote again on July 1 after Gov. Tim Walz signed legislation restoring that right last Friday.

Current Minnesota law mandates that a person convicted of a felony must fully discharge their sentence, including incarceration, probation, parole, or other supervised release before the civil right to vote is restored. The new bill will restore that right when an incarcerated

person has completed their prison term and is released. The bill also requires Department of Corrections officials to provide a written notice and a voter registration application to individuals upon their release.

Calling it the largest expansion of voting rights in Minnesota in a half century, Walz said, “Minnesotans who have completed time for their offenses and are living, working, and raising families in their communities deserve the right to vote. In this country, we’re a country of second chances. We’re a country of welcoming folks back in. And the idea of not al-

lowing those voices to have a say, in the very governing of the communities they live in is simply unacceptable.”

Minnesota Secretary of State Steve Simon issued a statement following the signing ceremony.

“Today is a great day for democracy in Minnesota,” Simon said. “Today we will welcome more people to share a sacred right and a special power, the ability to choose how they want to be governed, the freedom to vote. Our office is ready to act on today’s new law. We’ve already reached out to the Department of Corrections and to a

number of community partners about strategies to let affected people know that they now can vote. We’ll do our best to spread the word and make sure everyone knows their rights.”

The new law brings to a close a two-decades-long legislative quest first started in 2003 by then State Rep. Keith Ellison.

A group of individuals who were on supervised release and unable to vote sued the state in 2019, claiming the old law deprived them of a fundamental constitutional right and disproportionately affected people of color. But last month, the Minnesota Supreme Court found the

law to be constitutional, leaving it to the Legislature to enact the change.

Minnesota’s action adds to a growing trend to reduce voting restrictions on convicted felons. New Mexico lawmakers are debating similar legislation, and there are other proposals for expanding felons’ voting rights in Nebraska, Oregon, and Illinois. Minnesota joins 21 other states where voting rights for felons are restored after release from incarceration. Maine, Vermont, and the District of Columbia are the only jurisdictions where felons never lose the right to vote.

Obituaries and Death Notices

Michelle Anne “Shelly” Lubinski

Michelle Anne “Shelly” Lubinski, 49, died peacefully at home in Soudan, on Feb. 20, 2023, following an illness. Memorial services will be scheduled at a later date. Family services are provided by Bauman-Vermilion, a Bauman Family Funeral Home, in Tower.

Shelly was born on June 8, 1973, in Forest Lake, to Gerald and Barbara (Babcock) Lubinski. Her school years were spent in Biwabik and Aurora and in 2006 she received her AA from Mesabi Community College in Virginia.

In recent years, Shelly developed a love for traveling, snowmobiling, and gardening. She also enjoyed the companionship of her cats, Smokey and Nifty. Shelly will be remembered for her fierce independence, adventurous spirit, and wonderful sense of humor.

Shelly is survived by sons Jace Chilcott and Isaac Archambeau; mother Barb Paquette; brother Kevin; sisters Linda, and Debra (Ron) Muth; maternal grandmother Gerry; special niece Aurora; longtime boyfriend Robert “Bobby” Hujanen; siblings of the heart Rhonda and Norm; and numerous extended family and many lifelong friends.

She was preceded in death by her father and three grandparents

Irene H. Sipola

Irene H. Sipola, age 94, an Embarrass resident for many years, passed away peacefully surrounded by family, on March 1, 2023, on the family farm. The funeral service was held on Thursday, March 9, 2023 at the Range Funeral Home in Virginia. Arrangements are with Range Funeral Home in Virginia.

She is survived by her two sons, Steven (Carole) of Embarrass and Charles (Sandra Makkyla) of Bab-bitt; and one daughter,

Diana (Roger) Moore of Virginia; grandchildren, Brandon (Amy) Sipola, Joshua (Julie) Sipola, Alicia (Mark) Hansen, Gina (Ryan) Millis, Jennifer (Jay) Templeman, Zachary Wagenbach (significant other Brittany Karnik), Alex Makkyla, Maija Sipola, and Derek Lamppa; eight great-grandchildren, Luke, Kaitlin, Linnea; Julia, Josie, Jenna, Jamie, and Taylor.

Carol Helen Nevala

Carol Helen Nevala, age 74, peacefully passed away on Monday, Feb. 27, 2023, after a courageous battle with cancer. The Celebration of Life was held at 11 a.m. on Tuesday, March 7, 2023, at Gethsemane Evangelical Lutheran Church, in Virginia. Family services provided by Bauman-Cron, a Bauman Family Funeral Home in Virginia.

Carol was born on December 25, 1948, in Virginia, the daughter of Ilmer and Helen (Passo) Seppi. She is survived by her husband Bruce Nevala; children, Aaron (Bridgette) Nevala, and Adam (Tina) Nevala; grandchildren, Nick, Jacob, Keira, Nolan, Jackson, Alex, Isaiah, Makenzie, and Zachary; siblings, Jim (Donna) Seppi, Barbara Jacobson, Donna Seppi; and numerous loving cousins, nieces, nephews, and close friends.

George Washington Putney

George Putney, 54 years young, born May 28, 1968, passed away Thursday, Feb. 23, 2023, peacefully at home, with his mate and daughter close to his side. He had fought a nasty battle with pancreatic cancer and now is at peace. There was a benefit and celebration of life on Saturday, March 4, at Jim’s Sports Club in Chisholm.

George grew up in Iowa and Gheen. George is survived by his loving soulmate, Shawna Kush,

who was with him on his fateful journey; brothers and sisters, Steven Putney, Christine Dutcher, Walter Putney Jr., Dixie Minzes, and Naomi Heck; daughters, Felecia Theisen and Kassandra Putney; grandchildren Keelia Brohman, Keifer Brohman, Nathaniel Davidson, Cypher Davidson, Patrick Theisen, and Killian Davidson.

Ronald “Ole” Newman

Ronald (Ole) Newman Sr., 79, of Togo, passed away peacefully surrounded by his loving family, Monday, Feb. 27, 2023, in Grand Rapids. A funeral is being planned for later in the spring, at Bear River Lutheran Church, Bear River. Family services provided by Mlaker Funeral Home in Cook.

He is survived by his loving wife Carol (Maness) of 55 years; son, Ron (Lana) Hibbing; daughter, Paula (Wade) Bigfork; grandchildren, Brady Newman and MacKenzie Newman, both of Hibbing; sisters, Dorothy Hagen (Dick), Sheboygan, Wis., and Kathy (Bill) Whitlock, Hibbing; mother-in-law, Helen Maness Adams, Cohasset; sister in laws, Pat Rukavina (Larry), Wabana, Mary Larsen (Gary) Blackduck, Lynda Newman, Elk River, Lindie Newman, Togo; and brother-in-law, Gordon Maness (Maria) Millton, N.H. He is also survived by numerous nieces and nephews, and his special great nieces and nephews who he adored, Dallas Gram, Taylor Kalisch, Logan Steel, Lane Newman, Kadin Erickson, and Jordan Whitlock.

Karen Rose (Bengry) Bialik

Karen Rose (Bengry) Bialik, 79, passed away on March 7, 2023, at the Ely-Bloomenson Community Hospital surrounded by her family. There will be a Celebration of Life at the

Winton Community Center from 1-4 p.m. on Friday, March 10. Family arrangements have been entrusted to Kerntz Funeral Home of Ely.

She is survived by her children, Judy (Dan) Ser-tich, Ron (Cheryl) Bialik and Curt (LuAnne) Bialik; grandchildren, David, Kirsten, Cody, Ben, Zach and Emily; great-grandchildren, Tyler and Ryan; sisters, Janet and Marion; and brother, Jerry.

John Braun

John Braun, 62, of Ely, passed away on Thursday, March 2, 2023, at his residence. Family arrangements have been entrusted to Kerntz Funeral Home of Ely.

DEATH & DYING PRESENTATION

Tuesday, March 14, 6 PM
St. Mary’s Catholic Church in Cook

Guest Speakers

Fr. Beau Braun – St. Mary’s Catholic Church
Lisa Bowes – Mlaker Funeral Home

This is an opportunity to learn about funeral arrangements, cremation, becoming an organ donor, and spiritual preparation regarding death. Lisa Bowes and Fr. Beau Braun will be on hand to answer your questions. Handouts will be available.

Refreshments will be served
OPEN TO THE PUBLIC

For more information, contact
St. Mary’s Catholic Church at 218-666-5334
or email: stmaryscook@q.com

Enhancing Your Retirement Plan Through the SECURE 2.0 Act

The newly-enacted SECURE 2.0 Act contains significant changes that may affect how you plan for retirement. The bill, passed by Congress and signed into law by President Biden in late 2022, could help you bolster your retirement savings and income strategy. Here are some of the key provisions included in the new law, which are being phased in over the next several years:

New rules now in effect: Required minimum distributions (RMDs) start after age 73. Until recently, RMDs from traditional IRAs and workplace retirement savings plans, such as 401(k) or 403(b) accounts, had to begin after reaching age 72. Now individuals can wait until reaching age 73, extending the benefit of tax-deferred growth of earnings. Distributions must commence by April 1 of the year after turning 73.

New rules in effect in 2024: Matching contributions for those paying student loans. Employers will have the ability to offer contributions to workplace retirement savings plans that match the amount of student loan debt repaid by an individual employee in a given year.

Rollovers of 529 education savings plan balances to Roth IRAs: Beneficiaries of 529 plans that have been in place for 15 years or more can transfer assets from the 529 plan to a Roth IRA. The transfer is subject to the beneficiary’s annual contribution limit and up to a lifetime maximum of \$35,000.

This provision may alleviate a parent’s potential concern that they are over-funding a 529 plan. For example, if a child qualifies for scholarships, or school expenses are less than anticipated, leftover 529 amounts could be transferred to the beneficiary’s Roth IRA.

Requires catch-up contributions to be made as Roth contributions using after-tax dollars. Catch-up contributions for participants aged 50 or older must be made on a Roth basis under 401(k), 403(b), and governmental 457(b) plans. However, the requirement applies only if the employee’s prior-year wages from the employer sponsoring the plan exceed \$145,000 in the previous taxable year. The option to make pre-tax catch-up contributions will continue in 2023. When deciding whether to make pre-tax or Roth contributions for 2023, consider that your future catch-up contributions will have to be Roth contributions if you earn more than \$145,000.

No RMDs for Roth workplace plans: Under current law, those with Roth 401(k)s or Roth 403(b) plans are subject to the same required distribution rules as standard workplace plans. However, the new law will eliminate RMDs for workplace-based Roth savings plans, comparable to current rules for Roth IRAs.

Emergency savings: New emergency savings accounts, associated with an employer’s retirement plan, can be established for many employees. It will allow them to accumulate up to \$2,500 in the account, with penalty-free access to the funds allowed once a month, to meet current needs.

Other key changes beyond 2024: Other provisions of the SECURE 2.0 Act that will take effect in 2025 include:

- The ability of workers ages 60 to 63 to make catch-up contributions of \$10,000 per year above the standard limit for workplace retirement plans.
- A requirement that employers with 401(k) or 403(b) plans automatically enroll eligible employees in a workplace savings plan, starting at a contribution rate of at least 3% (workers can choose to opt out of the plan).
- The ability of part-time workers to participate in a workplace retirement plan once they’ve worked at least 500 hours for two consecutive years, rather than the current three-year threshold.

What does it mean for you? How can these changes enhance your own retirement savings plan? It may be beneficial to talk to your financial advisor to determine how you might be able to leverage the new rules listed here and others to help secure your retirement savings plan.

Adam Maki, CFS, is a Financial Advisor with Ameriprise Financial, LLC in Cook, MN. He specializes in fee-based financial planning and asset management strategies and has been in practice for 24 years. Contact him at 218-666-5329 / 219 S River Street, Cook MN 55723 / email adam.r.maki@ampf.com / websitewww.ameripriseadvisors.com/adam.r.maki.

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ATTENTION GREENWOOD VOTERS

March 14 is Minnesota Township Day, and voters control township taxes at their annual meeting.

We endorse keeping the Township taxes the lowest in the county, as they have been for the last decade.

We would appreciate you taking just a few minutes out of your day to vote for us:

JoAnn Bassing-Clerk
John Bassing-Supervisor

If you can, join us at the annual meeting after the polls close to vote for the taxes you support.

Paid by John and JoAnn Bassing on their own behalf.

Outdoors

Our lives in the
Northwoods

LEARNING

Brush burn training set for March 18

by MARSHALL HELMBERGER
Managing Editor

ELY—Downed and dead woody debris poses a serious wild-fire risk here in the North Country, but you can take steps to reduce the danger to your property by clearing and safely burning dead trees and other vegetation around your home and outbuildings.

If you’d like to learn more about how to burn woody debris safely, you’ll want to attend a free two-hour workshop at the U.S. Forest Service’s Kawishiwi District office in Ely on Saturday, March 18, from 10 a.m. to noon.

Experienced wildland fire-fighters will be there to teach about basic fire behavior, answer questions about forest management, thinning, pile construction, and pile burning.

The event is sponsored by the Forest Service, the FireWise program, and Dovetail Partners.

If you have questions about the event, you can contact Gloria Erickson at 218-365-0878 or by email at gloria@dovetailinc.org.

The event will be outside, so attendees are advised to dress for the weather conditions.

The Kawishiwi District Office is located at 1393 Hwy. 169, on the far east end of Ely.

Outdoors briefly

Deadline for fish house removal is March 20

REGIONAL — The Department of Natural Resources is reminding anglers that fish house removal deadlines are approaching. Make a plan to bring the proper tools with you to remove your fish house safely.

Don’t leave wood blocks, insulation or trash of any kind behind on the ice. Trash and human waste infiltrates our waters, sinking to the bottom or washing up on shore, polluting the water, impacting aquatic plants and animals, and threatening many species of water birds. Leave your space how you found it and nothing but an impression behind.

In the northern third of the state, the deadline for removing permanent fish houses is Monday, March 20.

For lakes bordering Canada, the removal deadline is March 31

After the removal deadline, shelters can still be used, but if they’re on the ice between midnight and one hour before sunrise they must be occupied or attended. This information is also available on the DNR website.

READ
the Timberjay!



TRACKING WILDLIFE

Trail cam tips from a real expert

REGIONAL — Trail cameras are popular with hunters, wildlife photographers, nature lovers, and security buffs. They’ve also proven extremely useful for wildlife researchers as the Voyageurs Wolf Project, based in and around Voyageurs National Park, has demonstrated in recent years.

Tom Gable, who leads that ongoing research project recently offered an online webinar full of helpful tips on how to get more and better wildlife shots through the use of trail cameras.

Few people in Minnesota have more experience with trail cameras than Gable, whose research project maintains about 210 trail cameras at any one time, and he’s learned many useful lessons over the years mostly through trial and error.

Planning ahead is key, he said, to increasing your odds of capturing great images of wildlife with a trail camera.

Among the factors to consider, said Gable, are these:

➤ **The right equipment.** While you can buy a \$25 trail camera these days, keep in mind you get what you pay for. After testing dozens of different makes and models of cameras, Gable recommends a Browning Spec Ops camera, which will run you about \$190 for a package that includes the camera, an SD card to record the images, a screw-in mount, as well as lithium batteries. Gable said his project has shifted over almost entirely to lithium batteries because they last a long time in any weather and are the only batteries that will continue to work well even when the temperatures fall below zero, as happens frequently in their study area.

“Rechargeables are nice, but they die in cold weather,”

said Gable. Incidentally, Gable said he has no deal or sponsorship of any kind with Browning, so he has no vested interest in recommending their cameras.

For night shots, Gable recommends getting a no-glow camera, which can’t be detected in the dark. Some cameras do glow when operating in infrared mode, and that can make them easy to spot by both humans



MARSHALL
HELMBERGER

and some of the animals you might be wanting to photograph.

Gable typically uses a 64 gig SD card, which matches up well with the typical life of his batteries. In other words, by the time the card is full, the batteries usually need replacement anyway, so everything can be swapped at one time. When you’re maintaining 210 cameras, efficiency clearly matters.

Gable also recommends the use of camera mounts, which can screw into a tree. “They make it easy to set cameras right where you want them,” he said. He also recommends using cable locks to prevent your camera from being stolen, particularly if it’s being placed in an exposed location where other people might find it.

To ensure the highest resolution photos or videos, Gable sets all of his cameras to “ultra quality.” He also regularly cleans his cameras’ lenses to help ensure sharp images.

➤ **Location, location, location.** You can have the best equipment on the market, but if you don’t place your camera in a good spot and aim it properly, you’re likely to be disappointed with the results. Where you locate your camera depends a lot on what kind of wildlife you’re hoping to capture. If you’re looking to capture images or video of predators like wolves, lynx, bobcat, fisher, or bear,

Gable recommends using linear features on the landscape, which predators often follow. That can include trails, beaches, and especially beaver dams. He also recommends looking for pinch points which provide a natural funnel. These can include a valley between two high ridges, narrow upland slots between lakes or significant wetlands.

Gable said he often relies on aerial imagery, available on Google Earth, which helps him to find these natural features that foster movements of wildlife.

In winter, wildlife will frequently take advantage of packed trails, such as snowmobile or snowshoe trails, or plowed logging roads. Gable said his research team routinely uses snowmobiles to pack trails in their study area, then place their cameras along these routes.

Camera height and alignment are also important, according to Gable. If you’re placing your camera along a trail, consider aligning it so it’s facing down the trail as much as possible, rather than perpendicular to it. That gives you a much wider activation field for the camera along the trail and is more likely to get animal faces head on, rather than sideways shots.

Placing your camera at the proper height is also important, said Gable, since it helps to ensure that you’re getting all of your target animal in the frame. He recommends placing cameras at about the height of the shoulder of the animal you’re trying to photograph. For a wolf, that might be 30 inches, but half that for a fisher or a beaver.

If you’re hoping to capture images of deer or moose, you’ll need to place the camera much higher or you’ll end up with nothing but legs.

In addition, Gable says you need to be thinking about your background. If you have lots of shrubs, young trees or tall grass in the background, you’re likely to get countless photos of vegetation swaying in the wind, wasting your batteries and the

Above: Field biologist Austin Homkes sets a trail camera along a beaver dam near Voyageurs National Park.

photo courtesy Voyageurs Wolf Project

space on your SD card.

➤ **Consider using lures.** Most predators are on the move when they’re not sleeping and that means you might only get one shot of that bear or wolf that passed into the view of your camera. For a researcher, like Gable, that doesn’t provide as much useful information as can be gleaned from an animal that stops and hangs around in front of the camera. Scents, such as the types used by trappers, make that possible. Gable uses a product called Skunk Junk, which is available for \$25 from www.minntrapprod.com. Gable advises that it’s extremely stinky, so it’s best to have latex gloves with you, so you don’t get it on you. It comes in a gel form, so with a little care you should be able to leave the stink back in the woods where it will definitely stop most predators in their tracks. Smear a little on a branch or tree trunk in front of your camera and it will improve your chances of capturing images of curious critters.

More webinars ahead

Gable is offering more interesting webinars in the coming months. The courses are provided through the University of Minnesota and cost \$20, although the funds help cover some of the costs of the Voyageurs Wolf Project. You can still register and view Gable’s presentation on using trail cameras by going to www.tickets.umn.edu. Click on U of M Tickets and Events and look for the link to the Voyageurs Wolf Project.

Upcoming webinars include: Wolf Personalities, Ecosystem Impacts, and the Possibility of Wolf Cultures, set for Wednesday, March 15, and Ending the Cycle of Wolf-Livestock Conflict with a Fence, set for Wednesday, April 12. Both webinars are scheduled from 6:30-8:30 p.m.

Fishing reports

Ely area

Lake trout anglers reported finally having a good weekend. Anglers found active trout in 30-50 feet of water up on sunken islands, main lake points and neck-down areas between islands. Spoons, and bucktails around three inches continue to be the best bet. Dead or alive suckers lying on the bottom have accounted for almost half of the lakers caught this winter, so be sure to put

tip-ups out with a minnow on the bottom.

With warm temperatures, anglers were finding success looking for crappies and sunnies. Crappies and sunnies continue to be found stalking mud flats in out in 20-30 feet of water. Small tungsten jigs tipped with soft plastics, wax worm or crappie minnows have been very effective.

Courtesy of Arrowhead Outdoors. See more at ArrowheadOutdoorsElyMN.com

LAKE COUNTRY FORECAST

from NOAA weather

Friday					Saturday					Sunday					Monday					Tuesday				
28 8					29 16					30 11					27 4					31 8				
Ely	Hi	Lo	Prec.	Sn.	Emb.	Hi	Lo	Prec.	Sn.	Cook	Hi	Lo	Prec.	Sn.	Orr	Hi	Lo	Prec.	Sn.	Tower	Hi	Lo	Prec.	Sn.
02/27	25	-3	0.02	0.1"	02/27	26	-10	0.00		02/27	23	-10	0.00		02/27	28	18	0.00		02/27	26	-13	0.00	
02/28	27	12	0.18	1.8"	02/28	29	13	0.11	0.4"	02/28	28	12	0.05	0.1"	02/28	32	10	0.05		02/28	28	6	0.00	
03/01	33	12	0.01	0.2"	03/01	35	6	0.02	0.2"	03/01	32	10	0.02	0.2"	03/01	19	9	0.02		03/01	34	4	0.00	
03/02	20	-8	0.00		03/02	19	-17	0.05	0.6"	03/02	18	-8	0.00		03/02	27	-15	0.00		03/02	20	-16	0.11	1.5"
03/03	27	-1	0.00		03/03	27	-18	0.00		03/03	27	-12	0.00		03/03	39	19	0.00		03/03	28	-14	0.00	
03/04	36	18	0.00		03/04	37	2	0.00		03/04	38	13	0.00		03/04	37	12	0.00		03/04	37	5	0.00	
03/05	37	12	0.00		03/05	38	-4	0.00		03/05	35	10	0.00		03/05	41	5	0.00		03/05	37	-3	0.00	
YTD Total 2.34 59.4"					YTD Total 1.98 58.6"					YTD Total 1.43 61.8"					YTD Total NA NA					YTD Total 1.57 53.1"				



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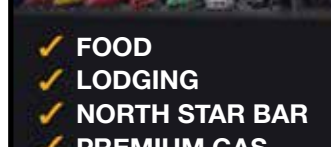
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PUBLIC NOTICE

KUGLER TOWNSHIP

NOTICE OF ANNUAL MEETING AND REGULAR MEETING

The Annual Town Meeting for Kugler Township will be held on Tuesday, March 14, 2023, beginning at 6:00 pm at the Kugler Town Hall, to set the levies, and to conduct any and all other business proper to be conducted when the Annual Meeting is convened.

In case of inclement weather, the Annual Town Meeting will be held one week later on Tuesday, March 21, 2023 at the time and place stated.

The regular town board meeting will follow the Annual Meeting.

Christopher Suihkonen, Town Clerk

Published in the Timberjay, March 3 & 10, 2023

NOTICE OF VACANCY
ST. LOUIS COUNTY
PLANNING COMMISSION

The St. Louis County Board of Commissioners will be making one (1) appointment to the St. Louis County Planning Commission with a term expiring December 31, 2025. The St. Louis County Planning Commission conducts monthly public hearings for comprehensive plans, conditional use permit applications, subdivision platting proposals and other matters as prescribed by county ordinance. The Commission makes recommendations to the County Board on official controls, environmental reviews and zoning text amendments. Typically the meetings are during the daytime on the second Thursday of the month; however, depending on case loads, there may be more than one meeting per month.

Persons interested in being considered for this appointment should submit an application no later than March 31, 2023 to: Phil Chapman, Clerk of County Board, 100 North 5th Avenue West, Room 214, Courthouse, Duluth, MN, 55802, fax: 218-725-5060, or e-mail chapmanp@stlouiscountymn.gov.

For an online application, go to www.stlouiscountymn.gov/clerk and click "Application for Citizen Advisory Committee". Applications are also available in the County Auditor's Office in the Duluth Courthouse and the Government Services Center in Virginia, and in the Ely Government Services Center, or by emailing chapmanp@stlouiscountymn.gov or calling 218-726-2385.

NANCY NILSEN,
COUNTY AUDITOR-TREASURER
BY: Phil Chapman, Clerk of the County Board

Published in the Timberjay, March 3 & 10, 2023

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PUBLIC NOTICE

**NOTICE OF VACANCY
ST. LOUIS COUNTY BOARD
OF ADJUSTMENT**

The St. Louis County Board of Commissioners will make one (1) appointment for the alternate position to the St. Louis Board of Adjustment with a term ending December 31, 2024.

The St. Louis County Board of Adjustment conducts public hearings for variances from county ordinances and hears appeals from any order, requirement, decision or determination made by the planning director. Typically the meetings are during the daytime on the second Thursday of the month; however, depending on caseloads, there may be more than one meeting per month.

Persons interested in being considered for this appointment should submit an application no later than March 31, 2023 to: Phil Chapman, Clerk of County Board, 100 North 5th Avenue West, Room 214, Courthouse, Duluth, MN, 55802, fax: 218-725-5060, or e-mail chapmanp@stlouiscountymn.gov.

For an online application, go to www.stlouiscountymn.gov/clerk and click "Application for Citizen Advisory Committee". Applications are also available in the County Auditor's Office in the Duluth Courthouse and the Government Services Center in Virginia, and in the Ely Government Services Center, or by emailing chapmanp@stlouiscountymn.gov or calling 218-726-2385.

NANCY NILSEN,
COUNTY AUDITOR-TREASURER
BY: Phil Chapman, Clerk of the County Board

Published in the Timberjay, March 3 & 10, 2023

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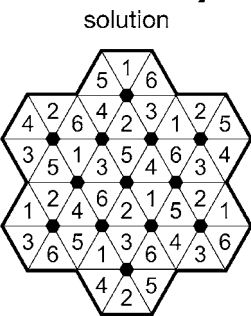


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King Crossword

ACROSS

1 Two-wheeler
5 Bumped into
8 Pack (down)
12 Ireland
13 Peyton's brother
14 "The Time Machine" people
15 Octopus arm
17 Lunch hour
18 Request
19 IV measures
20 Must-haves
21 Chai, e.g.
22 Vagrant
23 More recent
26 Goddess of wisdom
30 Tehran's country
31 Sly one
32 Tidy
33 Workshop cutter
35 Rock
36 Very long time
37 Possesses
38 Brainy
41 Small barrel
42 "The Wedding Planner" actress, to fans
45 New York's — Field
46 Bicycle type
48 N. Mex. neighbor
49 — Lingus

50 Pitt of "Moneyball"
51 Carry
52 Layer
53 Round Table titles

DOWN

1 Test version
2 Enrages
3 Neck problem
4 Tolkien creature
5 Pilgrimage site
6 Building wings
7 Dead heat
8 Some urban homes
9 Medicinal

10 Disposition
11 Bowling targets
16 Computer brand
20 Convent manager
21 Prepare meat for cooking
22 Beiderbecke of jazz
23 Pen tip
24 Mound stat
25 Pallid
26 Trim the grass
27 Old Oldsmobile
28 Moving day rental

29 Packed away
31 Summer cooler
34 Drunkard
35 Droops
37 Ford or Hudson
38 Ella's style
39 Surrealist Joan
40 Bickering
41 Fall (over)
42 Ryan of "Boston Public"
43 Tragic king
44 Probability
46 Light touch
47 "Frontline" ailer

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Weekly SUDOKU

by Linda Thistle

6		4			5		3	
	5		6			8		
3				4				7
	1		9		3			5
9				2		6		
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	9			1		4		
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

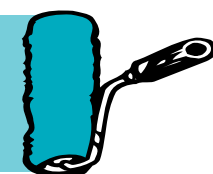
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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