



OFFICIAL NEWSPAPER: CITY OF ELY, ISD 696, CITY OF WINTON, MORSE AND FALL LAKE TOWNSHIPS



ATV Big Air Tour rider Nick Rogers performs the cordova stunt in Babbitt as part of the ATV Minnesota state convention last weekend. Photos by Eric Sherman.

ATVers were everywhere during convention

For a weekend and then some there were ATVs everywhere you looked in Ely, Babbitt, Tower and Embarrass.

The ATV Minnesota state convention was held here last weekend and the turnout was higher than it

has been in decades, according to organizers.

“We were really happy with how it all went. There was a lot of things going on and a lot of volunteers and businesses that made it happen,” said Nick Wognum.

The event included a

Friday line up of a pancake breakfast at Timber Hall, a guided VIP ride to the Lake Vermilion Soudan Underground Mine State Park, the ATV Big Air Tour in Babbitt, followed by more guided ATV rides on Saturday and a banquet

Saturday night at Miners Dry in Ely.

“The Prospector Club did a great job hosting,” said ATV MN President Ron Potter.

The event will be held in 50 Lakes next year after being here the last two years.



HAPPY BIDDER - Lindsey Keen holds up the original Joe Baltich artwork she purchased at the live auction.



BIG HELPER Beau Peterson drew the winning names from a raffle held by the Prospector ATV Club.

City projects levy hike

Preliminary estimates show a 4.5 percent increase for 2022

by Tom Coombe

Barring reductions between now and December, the city of Ely stands to collect about 4.5 percent more in local property taxes next year.

Tuesday’s council meeting included approval of a preliminary maximum levy of \$1,977,900 for 2022.

That amounts to a 4.52 percent increase over what was levied in 2021.

“It’s important to note this is the maximum,” said council member Paul Kess. “Of course we are hopeful we can bring it down.”

Further work on the city’s 2022 budget is expected this fall, and council members will set a final levy on Dec. 7.

It wasn’t immediately clear how the tax increase would impact property tax statements for Ely residents.

The levy, however, would be devoted to the city’s gen-

eral fund as well as the library and cemetery funds, debt service capital projects and equipment replacement.

The city projects general fund spending of just under \$3.9 million next year, with local government aid and other state aids providing the bulk of those funds - some \$2.8 million.

Ely stands to receive \$2,497,100 in LGA next year - an increase of roughly \$49,000.

Together with another \$331,000 in state aids, LGA makes up about 75 percent of the city’s general fund revenue.

Another \$527,000 would come from the property tax levy.

City officials also plan to put \$600,000 of levy funds into capital projects with the remaining funds from local taxes spread out among the library (\$348,300), debt ser-

vice (\$291,400), equipment replacement (\$175,000) and the cemetery (\$36,100).

The general fund budget will climb from \$3,636,200 this year to \$3,893,200 in 2022, encompassing general operations including police and fire protection, street maintenance, building safety, administration, parks and recreation and other general government functions.

Capital projects (\$2,280,000) is another separate line item in the 2022 budget, and the city will take \$600,000 in local property tax dollars and combine them with the monthly street and infrastructure assessment on utility bills, as well as grant sources to pay for various local infrastructure projects.

Work on Pattison Street and Ninth Avenue East is one of the projects in the works for 2022.

Mayor Roger Skraba described the budget as a work in progress and asked for citizen input before the levy is certified.

“There is room for the public,” said Skraba. “If people have concerns, they’re more than welcome to come to City Hall. Folks can look at the budget online and see where it goes.”

The city projects a balanced budget for 2021, one that would leave just over \$3.7 million in reserves.

Several years ago, the city passed a double-digit levy increase but Ely’s council has striven since then to lessen the hit on city taxpayers.

Council members raised the levy by 3.08 percent from 2018 to 2019, and settled on the one percent increase for 2020. In 2021, the levy was increased by 7.5 percent.

Retail development planned for former grocery store buildings

A business from Chapman Street will make the move to Sheridan Street and add a second business next year.

Eagle Wolf Development, owned by Jay and Jacki Bregier-Poshak, are purchasing the Zup’s Food Market and Ely Northland Market buildings on Sheridan Street. J&L Hardware will be relocated to the Zup’s building.

“We’re investing in the town,” said Poshak. “We are looking out for the community’s needs, it’s why we’re doing this, so we can provide what people need right here in our local community.”

The project has a two-phase approach with getting the current Zup’s building ready first. Zup’s and Northland Market are moving to the former Shopko building in October.

“Moving to the Zup’s building will give us more space to expand our retail selections so we can continue

to offer what we do now and expand areas like clothing and sporting goods,” said Poshak.

That will include the company’s growing rental equipment business that will also be located at the top of the hill on Sheridan Street.

“We had always planned to expand the business with a bigger retail show room and parking when we bought the business from Jay’s parents, we feel this is the right opportunity with two buildings right in town becoming empty,” said Bregier-Poshak.

The future of the current J&L buildings on Chapman Street is in development with a few different business models on the table. But there is a plan for the soon to be former Northland Market building.

“The idea we have for that building is home goods furnishing, clothing and things

(Continued on Page 2)



CHECKING OUT the plans were Joe Zupancich and Steve Zupancich at the new Zup’s Food Market.

Opening of new Zup’s store pushed back to October 27

People will have to wait a little bit longer to shop in a new grocery store in Ely.

“We had to change our opening dates due to the availability of building materials that were put on back order,” said Jim Zupancich.

Zup’s Food Market has purchased the former Shopko building and is remodeling it to include an expanded grocery store, a liquor store and a pharmacy.

“We want to open our store right. The last day’s of Zup’s in Ely on the top of the hill is October 11. At that time we will move our employees to Ely Northland Market until Oct. 27 when the new store will be open,” said Zupancich.

“We will still be moving in cases from Northland Market and equipment from the deli so bare with us. I think it’s going to be the nicest store in northeast Minnesota,” said Zupancich.

A look inside Thursday morning shows shelving being put up and signs hanging above each aisle along with new flooring in place.

“It came together well and we’re excited to team up with the Northland Market people,” said Zupancich.

There is also an issue with non-food items Zup’s is looking to offer that are held up “because of the backlash of Covid. We are getting

(Continued on Page 2)

Views from the North Country



RUFFED GROUSE

Listening to Dr. Park Wednesday night we’re wondering why eating healthy and taking vitamin D hasn’t replaced wearing masks.

Retail development planned for Zup's, Northland Market grocery store buildings

(Continued from Page 1)
 that people say are missing in town since Shopko closed," said Bregier-Poshak.
 While there may be some crossover between the two stores, the couple believes

they can fill both buildings with product, not an easy task after a pandemic.
 "We pre-bought shelving so that won't be holding us up," said Poshak. "Once we get things underway at the Zup's building we'll start

on the Northland Market building."
 The plan is to be open in the Zup's building around March of 2022.
 "We have good suppliers to choose from, it's just that there are shortages in

almost every supply chain right now but now we'll have more space to store and display products," said Bregier-Poshak.
 The names of the two businesses will be revealed in the near future, but the

couple said Eagle Wolf Development will be the owner of the two buildings.
 "We are looking forward to bringing things to the community that are new and continuing to offer what we do now," said Poshak.

"With the continued support of our customers, the town, the surrounding community. We look forward to the challenge and the new opportunity" said Bregier-Poshak.

Opening of new Zup's store pushed back to October 27

(Continued from Page 1)
 some in. We will have that store full and packed with Spartan Nash of St. Cloud where we're pulling groceries from and Mason Brothers where Donna has been pulling her groceries from.
 "And if we don't have an item in the new store people can go to our new customer service desk and we will do our best to get it for you," said Zupancich.
 He added the new stores will have three times as many choices for frozen dinners and that the dairy cooler space will also triple in size.
 "And the deli is a huge expansion for the combination of the Zup's and Northland Market deli," said Zupancich.
 "We'll have more variety of goods than you've ever seen before. We're all excited to come and shop at Northland Market for the three weeks in transition and then we plan to be open and operated by October 27."
 Even after the store opens there will be some additions made as equipment from the Northland Market building is moved over.
 "Some of the equipment

has yet to arrive but when it does for the most part we'll have more variety and more product than we've ever had before," said Zupancich.
 He added that the liquor store opening will trail the grocery store by a week or more due to construction materials not being available.
 "We're waiting on the entryway to get in there for the liquor store," said Zupancich.
 Essentia's new pharmacy is also in the remodeling phase without an announced opening date.
 But for grocery shoppers, the two week delay will be worth the wait.
 "This store is gorgeous. It's got all new items and it's beautiful. I hope people will be very, very pleased when they come inside."
 Getting the pharmacy open is also something Zup's is happy to see.
 "We're excited to have Essentia putting in a pharmacy in our store. We're very pleased and from what I understand they're going to bring in a wide variety of plans available through different insurance companies," said Zupancich.



CHECKING OUT the new freezers at the future home of Zup's Food Market was Pat Zupancich and Randy Stumlin, the project manager. The new store is now scheduled to open on October 27.

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Ely leaders lobby for state funds

\$1.5 million gap in trailhead project at forefront of Senators' visit

By Tom Coombe

A spacious unpaved parking lot was scattered with metal chairs, filled Wednesday by lawmakers who could turn Ely officials' dreams for the site a reality.

Ely's unfinished trailhead project was on display as members of State Senate's Capital Investment Committee were in town as part of a tour of northeastern Minnesota.

Several senators, including State Sen. Tom Bakk (I-Cook), listened as both city clerk-treasurer Harold Langowski and mayor Roger Skraba pitched both the trailhead project as well as Ely's wastewater treatment plant project.

Both require additional funding to move forward, and Ely officials appealed directly for another \$1.5 million in state funds for the trailhead project.

That initiative was stopped in its tracks this spring, despite an earlier \$1.5 million state bonding award for the second phase which includes construction of a new visitor center/trailhead building.

"We really hoped you would be here today touring a brand-new facility," said Langowski. "We had everything in order. We had all of our approvals. We went out to bids in May of this year and as many of you know

our construction costs went through the roof."

Now, the city needs another \$1.5 million just to get the next phase done, including the building as well as infrastructure and the parking lot.

City officials had first hoped to use the initial bonding allocation to complete part of this phase, but aren't allowed per state rules.

"What happened was they said all or none," said Skraba. "You can't do the site work and then go and hope you get the money somewhere else for the rest."

That put the city on a quest for additional funding, and the request to the State Senate group came amid uncertainty if the legislature will even pass bonding legislation in 2022.

Nonetheless, lawmakers came to Ely to learn more about the project, and were set to hear requests from the International Wolf Center and Vermilion Community College later the same day, as part of a three-day swing through the Arrowhead.

Ely is seeking just over \$4 million for the west end redevelopment project, including \$1.5 million for the next phase of the trailhead as well as another \$2.5 million for a subsequent phase that paves the way for future expansion at Ely-Bloomenson Community Hospital and

other city initiatives.

"The difference is to complete infrastructure work for workforce housing, hospital expansion, an ambulance facility and redevelopment of the city garage," said Langowski.

Skraba added "If you don't give us the whole four (million), we need the one-and-a-half (million)."

The visitor center was to be the centerpiece of a second phase that also included further infrastructure work, and plans called it to serve as a combination rest stop/information area for those coming to town.

The trailhead and west end project that combines several priorities, ranging from economic development and recreation, to new housing and support for year-round tourism.

An initial phase, spurred in part by \$1.3 million in state bonding support, included pavement and infrastructure. The trailhead serves as an entry point to the Mesabi Trail, David Dill Taconite Trail and Prospectors Loop ATV Trail.

It's part of an ongoing effort to make Ely a hub for trail users and in turn boost visitor traffic.

"The whole community has embraced ATV trails," said Langowski. "We want visitors to come to Ely and go to our businesses. We

changed the ordinance to allow OHVs (off highway vehicles) as well. We are now going to allow those in town on approved routes."

City officials also used their time to lobby for help in completing a \$9.9 million wastewater treatment plant project, prompted by requirements to meet mercury standards.

The city is set to receive \$7 million in funding for the project, but Langowski said there remains a \$2.9 million gap, with sources including the Iron Range Resources and Rehabilitation Board and the Community Development Block Grant programs among possibilities to bridge the gap.

The city is also looking for federal help, but Langowski said it's unclear if that request will come to fruition.

Both Langowski and Skraba say additional rate hikes aren't an option for funding the gap, citing Ely's status as a low-to-moderate income community as well as utility bills of upwards of \$300 per month for many city homes.

The wastewater project is going to bids later this fall.

"When you think about Ely think about the trailhead project and the wastewater treatment plant project," Langowski said.

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ECHO TRAIL bull moose photographed by Richard Cook of Chicago, IL who says he loves Ely, Minnesota and has been coming up here twice a year since 1981.

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Weather report						
Day	Date	High	Low	Precip	Snow	
Mn	9/13	65	34			
Tu	9/14	73	34	0.33		
Wd	9/15	64	37	0.05		
Th	9/16	75	36	0.15		
Fri	9/17	80	52	0.78		
Sa	9/18	65	33			
Su	9/19	71	33			

Observer: Wade Klingsporn, Vermillion
 Community College
 Readings taken at 7 a.m. for the previous 24 hours.

2021 Precip: 12.32" Snow on ground: 0"
 2020-21 Snow: 69.9" 2019-20 Snow: 94.7"

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Ely Airport prompts unity

Klobuchar and Smith align with Stauber, lobby for needed assistance

by Tom Coombe

U.S. Sen. Amy Klobuchar and Tina Smith are on one side of the political aisle while U.S. Rep. Pete Stauber is on another.

Yet on at least one issue related to the Ely area, they are working together.

This week, all three signed a letter to U.S. Department of Transportation Secretary Pete Buttigieg, urging the DOT to work with federal agencies to ensure the Ely Airport the necessary infrastructure to continue to combat the wildfires spreading across Minnesota's Arrowhead region.

Klobuchar and Smith are

both Democrats, but they joined on board with Republican Stauber to urge federal transportation officials to work with both the U.S. Department of Agriculture and the U.S. Forest Service to support the local airport.

Ely's airport was vital in efforts to suppress the recent Greenwood Fire, which burned thousands of acres, destroyed dozens of properties and brought hundreds of firefighters to the region.

The lawmakers wrote: "In the last month, roughly ten separate wildfires have spread throughout the Arrowhead region of the state.

As two of the region's critical highways were

closed as a result of the fires, the Ely Municipal Airport in Northeast Minnesota has been critical to the region's firefighting efforts, serving as a base for U.S. Forest Service tankers, planes, and helicopters."

Klobuchar, Smith and Stauber came to Ely's aid and said the airport "needs funding to improve its apron and requires a new fuel tank to accommodate the various firefighting aircraft - 17 planes and six helicopters - needed to combat wildfires, which have been occurring on an annual basis."

Forest Service aircrafts were using 11,000 gallons of fuel per day to respond to

the emergency, while Ely's airport can only store up to 12,000 gallons.

The lawmakers said this "leaves the airport to rely on daily deliveries during a time when many parts of the country are facing an aviation fuel shortage."

"We therefore urge the Department of Transportation to work with the U.S. Department of Agriculture and the U.S. Forest Service to ensure that Minnesota's transportation facilities—and particularly the Ely Municipal Airport—are equipped to protect our communities from wildfires," they concluded.



ELY MEMORIAL High School students entertained assisted living residents at Carefree Living recently.



DFL moves to open new office in Ely

A new Democratic-Farmer-Labor (DFL) Party office is coming to Ely.

St. Louis County DFL Organizing Unit 03 will host a grand opening and ribbon cutting for its new office in Ely on Sept. 26, 2-3 p.m. The office is located at 1311 East Sheridan Street.

Featured speakers include Minnesota State Auditor Julie Blaha, DFL political and organizing director Alyse Maye Quade, and House District 3A Representative Rob Ecklund.

Masks and social distancing will be required for the outdoor ceremony.

Minnesota DFL party spokesman Brian Evans said, "We are thrilled to be teaming up with DFLers in St. Louis County to open an office in Ely and bolster our voter outreach and engagement efforts."

"Our party is working to build a future where every Minnesotan has access to good health care, a strong public education, and a job that pays a decent wage," Evans

said. "We are committed to campaigning hard across all of Minnesota because we know our vision for the future resonates with voters everywhere in our state."

St. Louis County Organizing Unit 03 stretches from Proctor, Hermantown, and other communities surrounding Duluth; north through Babbitt, Ely, Tower, Cook, and Orr; and up to Kabetogama and Crane Lake on the Canadian border. The new Ely office is located in the center of Minnesota

Senate District 3, the largest senate district in the state.

Activities coordinated through the office include educational forums on current issues, door-to-door canvassing, voter registration and get-out-the vote campaigns, and outreach to young people and other underrepresented groups.

The office is staffed by volunteers and will be open each week on Tuesdays and Thursdays from 1-3 p.m. and on Saturdays from 10 a.m.-3 p.m.

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 DFL Political and Organizing Director: Alyse Maye Quade
 State Representative: Rob Ecklund, MN House District 3A

Due to COVID spikes, this event will be held outside in front of the office with masks and social distancing required.

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Park says masks don't work, urges healthy eating

by Nick Wognum

A retired Ely doctor had some different words of advice when he spoke to a full house at the Ely Senior Center Wednesday night.

Dr. Steve Park retired four years ago and told the crowd he's been following the coronavirus issue very closely.

"With the coronavirus stuff, it's been a fascinating 20 months since it all started.



Over that time I've read a ton, I read every day on it. And it's just been fun for me because I'm not in the office and the lack of science I've just found really, really interesting," said Park.

He said a trip to the southern part of the U.S. last fall found night and day differences to northern Minnesota.

"Every place in the northern part of country was locked down, and in Tennessee, Alabama and Florida it was like nothing had happened other than a restaurant where you walk in with a mask on, sit down and take the mask off. Where the heck did that come from? Is the germ that smart?"

Park, sporting a "Thanks Trump. Vaccinated. #operationwarpspeed shirt, said the virus started in China.

He said the spike protein is novel but the coronavirus "isn't new it's been around as long as man's been here. It's a cold virus. There's pretty good evidence the Chinese manipulated it. But it's still basically a cold virus.

"We as a species have got some immunity built into it anyway. That doesn't take away things that have happened.

"The real message I want to convey is you don't need to be scared to death of this thing. Don't fear the virus. There was a point in February of 2019 we didn't know much about it. Back then my best friend and I were sitting outside on the tailgates of our trucks. In retrospect that was stupid. The nearest coronavirus in 2019 was probably 500 miles away," said Park.

He said the virus is spread by aerosol and conventional masks are not built to stop it.

"The mask stuff, that came out 150 years ago, in the late 1800s and it was on tuberculosis, which is a horrible lung infection, and was not spread by aerosol. It was basically spread by chunks you expel, these are big pieces. The aerosol of coronavirus is really, really, really small.

"The particles are smaller than the smoke from a cigarette. Can I smell that through my mask? Of course I can. So it doesn't stop much.

"The best study I am aware of on masks came out of Denmark. This was an observational study which makes it suspect, nevertheless it had about 13,000 people.

"Their conclusion, and they took 6,500 that wore masks and 6,500 that didn't. The infection rate between the two groups was statistically insignificant. The group that wore masks were at 1.8 percent and the group that didn't was 2.1 percent.

So, a .3 percent difference which is no difference at all. And that's the best study we've got.

"My opinion is that masks don't do very much. Might they do something if you're visiting grandma in the nursing home? Yeah, you might want to wear it. But the difference is not there. Enough said."

He was asked if a mask would inhibit a sneeze. Park

trition research and that literature has been researched following the mantra that you gotta eat right, fruits and vegetables and stay away from meats and fats. And the data is unequivocally wrong. That research was put down. The same thing is happening with the coronavirus literature. Same thing with the different heart medicines. Data that says statins are good for you are marginal. The science is there you've got to look for it."

Park said the key to the coronavirus is keeping people healthier.

He explained that people who are obese, have diabetes or pre-diabetes are going to be more susceptible to coronavirus.

"All the masking and lockdowns, all the crap over the last 20 months was supposed to be keeping you healthier. But they won't do what will make a difference," said Park.

"The insulin causes the problem. The more insulin the more inflammation. So when you eat wrong you make more insulin. Insulin causes weight to go up. Weight is a marker of insulin resistance. If you are insulin resistant you are leptin resistant. Too much insulin and too much leptin activates other cytokines.

"The reason people die from coronavirus is a cytokines storm. And it's coming from the activation of



cytokines from leptin and insulin."

Park said the answer is simple: eat right.

"Eat things that drop your leptin levels and insulin levels. Stay away from sugar and carbohydrates, things like potato chips. If you do that in five days you'll cut your leptin levels in five days. Eat right. Those kinds of things will help."

The next part of Park's talk dealt with sunshine and vitamins.

He said a March 2019 study in Indonesia noted the patients who were dying from coronavirus were vitamin D deficient.

"And yet you have to look high and low to find study to take vitamin D. I don't understand that."

Park's advice is for people in northern climates to take 5,000 units of vitamin D every day.

"One of the observations I've made in taking care of patients with insulin and diabetes is they were all vitamin D deficient. Why are they vitamin D deficient? Vitamin D is a fat soluble vitamin. If you're heavier it's stored in fat tissue and it's stuck. The bio availability of vitamin D is not there. What's really critical about vitamin D is it's a vital component to make cells work right and fight off infection.

"It's easy to take and it's dirt cheap. If you live in this climate you should take it. Kids have a lesser problem, they should take 400 to 1,000 units. We fortify milk with vitamin D. Kids tend not to be obese. What's the difference between D and D3?

What you take is D3. What you buy at a store is D3."

Park also discussed how the coronavirus impacts different races.

"Sweden didn't lock down but they ended up with a surge in deaths. They have a big influx of Somali immigrants. Somali women wear burkas and they don't get vitamin D. Their vitamin D levels were rock bottom.

"There's something interesting about vitamin D and that's there is a huge racial disparity. If you have lots of pigment in your skin you are way less efficient in converting vitamin D from the sun. People of color don't have enough vitamin D by a long shot. It's an easy and cheap fix. Nobody talks about it and I don't know why."

"Zinc is another cheap thing you can take to help improve your immune system. I take 50 mg a day. This helps both for the immune system and viral protection. If you're eating nuts and seeds you're probably getting enough zinc. If you eat carbs your zinc is lower.

"There are easy simple things you can do to keep you from dying from this disease and you don't have to be scared of this disease. Eat good protein, fish, almonds, and nuts."

Park said it is true that some minorities are more affected.

"The reason the black and Native American population

this disease. The latest from the CDC is if you are under 16 your risks are three in 100,000. Your risks are insignificant. But the risks from vaccines are real. Boys, young men, can get myocarditis.

"The spike protein is concentrated in female mice ovarian tissue but what does it do in humans? I don't know. But when risks are so low from dying, I don't recommend the vaccine. I have 6.5 grandkids. I've got one cooking. I've told both my kids I wouldn't give them the vaccine. See different doctors, get different opinions. If you are at risk, it's absolutely reasonable."

Park said the two mRNA vaccines "don't work nearly as well as we hoped they would. These vaccines have been around for a year. How do we know what it will do 10 years from now. Some vaccine reporting systems have fallen down. And Facebook shut down a group that was reporting reactions to the vaccine."

Park said that this is the first time the spike protein is being used for vaccine purposes.

"Does it change your DNA, your cell structure? I don't think so. But it does make the spike protein. Robert Malone made the spike protein and he said there are some real issues with it and he made it.

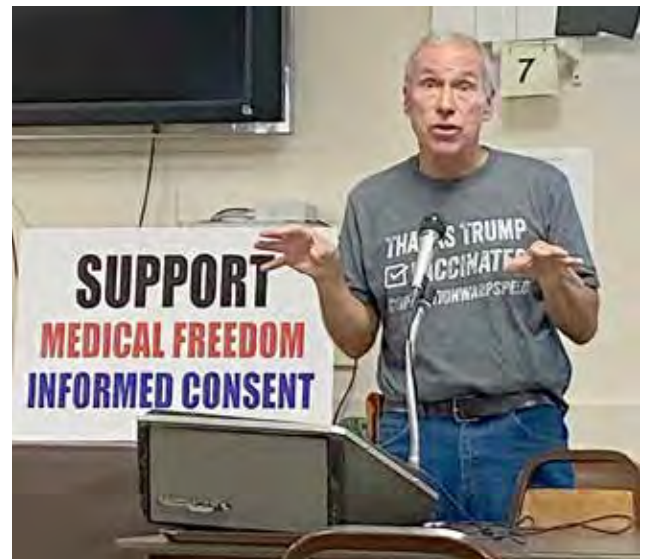
"The other part is it drives variant strains for which it's not working very well. When a vaccine knocks out other parts of the virus that's why you have the variants. That's known as the Merrick effect. The fact we're getting variants is not a surprise. The virus wants to survive and propagate to continue to survive. Right now people aren't dying to the same degree they were a year ago, still sadly we're losing people but it's toning down.

"The pandemic is over, we're now in the endemic phase. Politicians who say we need to eradicate coronavirus from the face of the earth are crazy. It ain't going to happen."

Park said he does think some people could be harmed from the vaccine, but "I think it's really, really important for those who are vulnerable."

Park gave the crowd a list of people to look up on Google or YouTube including Alex Berenson, Iver Cummings, John Campbell, Sebastian Rushworth, Robert Malone and Peter Gotzsche.

In a question and answer period at the end of the discussion, Park responded to



various issues.

On if he were still practicing would he be pressured not to speak out?

"If I worked for Essentia they'd try to send me back to charm school."

On why the information he provided is not getting out to people.

"In my opinion there are huge conglomerates out there for world control. I got nothing I can prove that with but I think there's really bad stuff happening.

What can overweight people do, especially those who are overweight from a medicine they are taking?

"Don't eat junk food, don't eat sugar, don't eat too many carbs. Eat lots of bacon

and eggs."

Is natural immunity as good or better than a vaccine?

"There's no question about that."

Why do people discriminate against natural immunity?

"It doesn't make any sense."

What about the Ely school board requiring kids to wear masks at school, what can we do?

"Vote the bastards out. I don't think it's good for kids to wear masks. Their carbon dioxide buildup in the mask is not good for them."

What can people do to prevent coronavirus and what should they do if they end up getting it?

"Do the things we talked about to prevent it. You treat it like flu or colds. Lots of fluids and Tylenol. If you're short of breath that might be a sign of a cytokine storm and you need treatment. And you need treatment sooner than later."

A nurse in the audience asked why people are not being checked for their vitamin D level.

"The media hasn't put this information out there...it's crappy and it's wrong."

On the PCR tests, was it used before covid?

"The technology has been around for along, long time."

How bad is insulin resistance syndrome?

"Insulin resistance is affecting about 70 percent of our population. The number of deaths from coronavirus, that's the reason why."

What about people who have had coronavirus and then get the vaccine.

"What appears to be the case is people who have gotten the first vaccine and have a reaction, it's not that bad but the second vaccine is worse. By the same token if you had coronavirus and get the vaccine I would think logically your risks would increase."

Why are studies coming out against the use of ivermectin?

"You have to take it early on. One of the problems with one of the studies is they waited til patients were on their death bed and of course it didn't work."

Why is there a push for people who have had the vaccine to wear a mask.

"I don't know."

On whether it's possible to keep from ever getting the coronavirus?

"My message once again is not so much what you do when you get it. But things you can do beforehand to keep from getting as sick.

We're all going to get it. We've all had the flu, we've all had colds. The goal is to mitigate with the things we talked about.

Part of me being here today is you don't have to be scared to death of this thing."

On variants to the coronavirus and concerns about them?

"I think we're at a non-issue now. I think everybody's going to get it sooner or later and it's really clear it's not going to wipe out the human race. They had big spikes in Florida in the last two months, that's their indoor season. There's a seasonality to it."



The Ely Senior Citizens were the recent recipient of a \$5,000 donation from the Cleveland-Cliffs Foundation, which will be used to pay off debt for the Senior Center's recent renovation project. The Seniors offer sincere thanks to Theresa Muhvich for following up on getting this donation from Cleveland Cliffs. Pictured with the check are officers: president Theresa Jamnack, vice president Virgie Ivancich, secretary Joan Luhta, treasurer Linda Maki and Barb Hiltbrunner. Photo by Tom Coombe

City aims to replace fire department's 1983 ladder truck

by Tom Coombe

Ely city officials are taking steps to replace aging fire department equipment.

Upon recommendation of the city's budget committee and fire chief Dave Marshall, the city council authorized Marshall to begin pursuing replacement of a ladder truck that was purchased in 1983.

The catch? It could cost between \$500,000 to \$600,000 to replace it.

But despite the hefty price tag, city officials say it's time to take the next step.

"The problem we are having with this ladder truck is it's a 40-year-old vehicle," said mayor Roger Skraba. "Try to find parts for a 40-year-old vehicle, let alone a specialty. We have done our due diligence by not buying new every year."

Skraba added "Our newest piece of equipment is 2011. We still have 1979, 1983, 1992, 1995. It may not sound like much but it's nice to have upgraded equipment."

Marshall said the ladder truck "is the only one in use north of Virginia."

"It's the only aerial device that many communities between Ely and Virginia depend on," said Marshall. "We've used it not only in Ely but the Zup's fire in Babbitt as well."

Marshall said a new ladder truck is the top need for equipment replacement.

"We reevaluated our equipment replacement list and this particular piece of equipment rose to the top of the list," he said.

Marshall added that a new ladder truck comes "with some unique nuances," most notably finding a vehicle that fits in Ely's current fire hall.

"Fire trucks the last 40 years have not gotten smaller," said Marshall.

According to minutes of the budget committee, Marshall has identified a 2015 Pierce Ladder Truck, with low miles, that may be a fit for Ely.

"What we're authorizing him to do is to go look for one," said Skraba.

In related fire department matters, Marshall added that the city billed for U.S. Forest Service for 400 personnel hours and more than \$31,000 for staff and equipment related to fighting the Greenwood Fire.

Louis Gerzin IV and Michael Smith were also hired as probationary firefighters.

In other business, the council:

- Approved grant agreements related to the Prospector Loop ATV Trail and the Hidden Valley mountain bike trails.

- Passed the first reading of an ordinance amending city code to authorize off highway motorcycle use in Ely, on designated routes, as part of the ATV ordinance.

- Approved tobacco licenses for Zup's Food Market at its new location as well as Ely Liquor.

- Voted to prioritize Pattison Street from Eighth Avenue East to 10th Avenue East, and Ninth Avenue East from White Street to James Street, for grant funding.

- Scheduled a truth in taxation hearing for Dec. 7, at 6:30 p.m., in the council chambers at City Hall.

- Accepted a blight report related to property at 1061 East Madison Street, in connection to furnishings, appliances, trash and debris being stored at the property.

Electric Vehicle Show & Tell Event on Sept. 30 to connect EV owners with public

Several types of electric vehicles (EVs), including Teslas, an electric Polaris Ranger and electric bicycles, will be available to the public for viewing during a special EV-focused event on Thursday, Sept. 30, in Duluth.

The goal of this event is to connect those interested in EVs to those who have already made the leap to purchase an EV.

A discussion panel of EV owners, energy representatives, the Ford dealership and other industry experts will kick off the event at 5 p.m. in the North Shore Room of Canal Park Lodge in Duluth.

They'll share their experience owning an EV, information about today's charging technologies, and charging programs available through their local electric provider – while also taking questions from the audience.

"The electric cooperatives in northern Minnesota are excited to bring this event to the Northland once again, especially during National Drive Electric Week," said David Ranallo, director, culture, communications, marketing & member services at Great River Energy.

"The event will feel like an informational car show where attendees can get up

close to a variety of electric vehicle options on display while visiting with vehicle owners and industry experts about today's expanding EV market."

Models of EVs at the event will include: Ford Mach E, Hyundai Kona, Chevy Bolts, Tesla models, Chrysler Pacifica Hybrid, Volkswagen ID.4, Kia Niro PHEV, electric bicycles, an electric forklift, etc.

"If you're thinking about owning an electric vehicle in the near future, this is the perfect event to attend to explore your options, get your questions answered, and engage in dialogue with a variety of experts" added Ranallo. The event is being offered at no charge to attendees.

Representatives from Arrowhead Electric Cooperative, Cooperative Light & Power, East Central Energy, Lake Country Power, Great River Energy, Minnesota Power, Shift2Electric, Minnesota Clean Cities, and several EV owners, will be on hand.

EVs offer a variety of benefits, some of which include lower costs-to-own over the life of the vehicle, cleaner air in the community, no emissions, and a smooth,

powerful ride.

Event Details – EV Show & Tell Event
Date: Thursday, Sept. 30, as part of National Drive Electric Week

Time: 5-7 p.m.
Location: Canal Park Lodge, 250 Canal Park Drive, Duluth – North Shore Room and the adjacent City of Duluth solar panel/EV charging lot.

Agenda: Discussion panel from approximately 5-6 p.m.; Opportunities to engage with industry experts and local EV owners; City of Duluth parking lot where the EVs will be parked near charging stations until 7 p.m.

Free Love Creamery ice cream for attendees sponsored by the electric cooperatives, including a special "Electric Blue" flavor.

Safety protocols as directed by the Centers for Disease Control and Prevention (CDC) will be followed.

Space is limited at the Canal Park Lodge. Please RSVP for the event: <https://driveelectricweek.org/event.php?eventid=2790>. For more information about electric vehicles visit www.energywisemn.com and www.PlugIntoMN.com.

Arrowhead Cooperative is an electric distribution

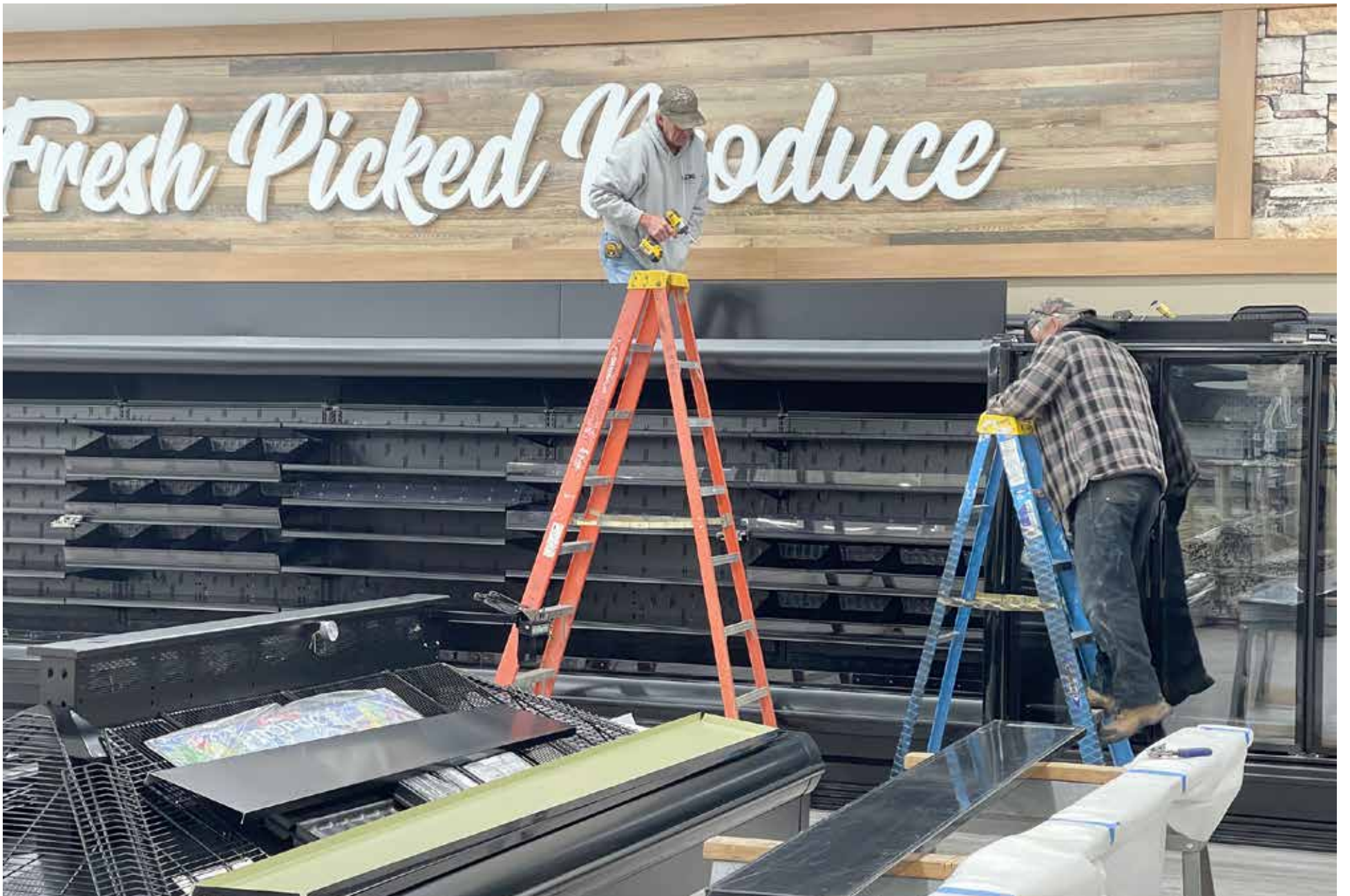
cooperative serving power to over 3,500 consumer-members at the tip of the arrowhead in northeastern Minnesota.

Cooperative Light & Power, www.clpower.com, is an electric cooperative providing power to over 6,000 rural members in Lake County and part of St. Louis County in Minnesota.

East Central Energy is a member-owned electric cooperative that serves nearly 63,000 homes, farms and businesses in east central Minnesota and northwestern Wisconsin. ECE provides electricity and high-speed internet, as well as community and business development and environmental services. ECE is an equal opportunity provider and employer. Find us at eastcentralenergy.com.

Lake Country Power, www.lakecountrypower.coop, is a Touchstone Energy cooperative serving parts of eight counties in northeastern Minnesota. The rural electric cooperative provides services to nearly 43,000 members and has offices located in Cohasset, Kettle River and Mountain Iron.

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COMING DOWN THE LADDER is Harry Homer who was working at the new Zup's Food Market at the old Shokpo building on Thursday. Photo by Nick Wognum.