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Helfert could face more accusations

Menominee trial will start later this month

By ANN MEYER

EagleHerald Staff Writer
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MENOMINEE—Five alleged victims will be allowed to testify as witnesses when the trial of former Menominee County Sheriff's deputy Brian Helfert begins

later this month, 41st Circuit Court Judge Mary Brouillette Barglind said Monday during a motion hearing in the Menominee County Courthouse.

Helfert has been accused of criminal sexual conduct, including seven counts in the first

degree, and gross indecency between males involving acts with a teen-age boy over a period of years. The charges include 16 felonies and the maximum penalty for first-degree sexual conduct is life in prison. Menominee County Prosecuting Attorney Jeffrey Rogg is the prosecutor in the case and attorney Trenton Stupak is defending Helfert, who was released from jail during COVID.

Barglind has set aside seven days for a jury trial in the case, with jury selection scheduled to begin Feb. 22. She said a jury is expected to be selected from a

pool of 100 people. The selection process will begin with a group of 40 people in courtroom A of Menominee County Courthouse at 9 a.m. Feb. 22 and a smaller group in courtroom B at the same time, Barglind said. Two other timeslots the same day also could be used to select the jury.

Stupak said allowing the new witnesses at this date presented a "due process" issue for Helfert, because it becomes more difficult to present other witnesses and an alibi after so many years have passed. Some of the allegations date back 17 years.

Due process takes several

different forms in a courtroom, but at its core it means the accused have the right to a fair trial. The 6th Amendment of the U.S. Constitution provides for a "speedy" trial in part to avoid the lapse of time that can affect testimony. It also says a defendant has the right not only "to be confronted with the witnesses against him" but also to obtain "witnesses in his favor."

"All these statements that were made from these alleged victims are from some time ago... as much as 17 years," Stupak said.

See HELFERT, A2



Special to the EagleHerald

Finally, a field trip!

UW-Green Bay professor Dan Meinhardt teaches Peshtigo seventh-grade students about vertebrae on a recent field trip. See story page A3.

Irwin's 7th place Olympic biathlon finish near perfect

By ANN MEYER

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If not for missing one shot out of 20 in the women's individual biathlon Monday at the Olympic Winter Games, biathlete Deedra Irwin most likely would have medaled in the event.

"That would have been a podium for me," she said. "That really puts fire in my belly."

As it was, her 7th place finish was

the United States' best ever Olympic finish in the women's individual biathlon at the Olympics, according to TeamUSA.

"I surprised a lot of people including myself. It goes to show if you put in the work and go through the process anything can happen especially in biathlon," Irwin said Monday evening, which was Tuesday morning in Zhangjiaka, China. The biathlon events are being held about 198 kilometers from Beijing.

Irwin, a Marinette native and cross-country skier at Michigan

Technological University, finished 1 minute and 1.4 seconds behind German gold medal winner Denise Hermann, with a time of 44:12.7. Anais Chevalier-Bouchet of France won the silver medal, and Marte Olsbu Røiseland of Norway took the bronze medal, TeamUSA said.

Irwin's strong finish puts her in the running to compete in the "mass start," an event scheduled for Feb. 16 and open to the top qualifying biathletes. "I'm really excited. I'm getting

See IRWIN, A3

Long COVID symptoms can last for months

By ANN MEYER

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MENOMINEE—Millie Hofer of Menominee didn't think she would come down with COVID because she was vaccinated and boosted.

But last Tuesday, she was ill with the virus. By Friday, she was feeling much better.

"I never thought I could get that sick from the COVID virus. I was so sick. I couldn't believe it. But now I am on the road to recovery," she said.

Hofer said she isn't aware of "long COVID," a prolonged illness. "I never heard about it. I was never told about it," she said. It also can be called "post COVID."

Hofer probably won't get long COVID because the odds are in her favor. But it's important to understand what it is and seek appropriate treatment if symptoms recur, said Dr. Anthony Harris, a medical doctor in Chicago. He says a lack of understanding of how long it can take to recover fully from COVID is keeping people from returning to full productivity or going back to work.

Up to one-third of COVID patients can experience long-COVID symptoms for months, said Harris, the owner of HFIt Health. The actual percentage varies from one study to the next, he said.

"The most common published range is between 11 and 20 percent of people with COVID can get long COVID," he said, noting that the rate is higher when self-reported cases are considered along with those clinically diagnosed.



Harris

This means when patients are asked if they have symptoms, such as fatigue, they may say "yes," while a health care provider might not see the effects and record them.

Secondary conditions

The real danger people face from COVID often is in secondary illnesses or conditions precipitated by it, which can range from fatigue, brain fog and depression to more serious physical conditions, such as heart palpitations or respiratory issues that can cause heart attacks and strokes.

Hofer said she was given an inhaler and a decongestant "because I had a lot of coughing in my lungs." Her throat was so sore, "it felt like knives were in the back of my sore throat," she said. "It takes its time to work through, but it's important that you eat healthy or drink a lot of fluid and do have a bit of positive outlook, and it will get better. It's just a matter of time and patience."

For some COVID patients, the recovery is taking months instead of days and can take a turn for the worse. "By impacting the respiratory system,

See COVID, A2

Good morning,
Jack Rein!
Thank you for subscribing to the EagleHerald

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Faucett Melnyk, Mary L.
Koster, Leslie
Raminger, Maureen A.

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Sports: Marines tame Panthers. **B1**

TODAY: Snow showers possible in the morning, light wind
HIGH: 37 **LOW:** 18

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Peshtigo seventh grade STEM students learn at the UW-GB campus



Special to the EagleHerald
Peshtigo students Brady Winkler and Asher Reisz dissect a sheep at UW-Green Bay.

By Special to the EagleHerald
EDITOR'S NOTE: This story was submitted by the Peshtigo School District

GREEN BAY—Peshtigo seventh-grade students recently spent a day learning STEM activities on the University of Wisconsin, Green Bay campus. Scott Reilly teaches a seventh grade STEM class (Science, Technology, Engineering, and Mathematics) to help prepare students for future careers. He describes the class as teaching “science and mathematical concepts in applied challenges.”

Students are presented with many in-class challenges to teach problem solving skills like they’ll experience in the future. Students also learn to work with others to solve problems to assist them when they enter the work world.

“Students are given a challenge and they learn that sometimes you fail. What do you do if your solution fails?” Reilly said, adding that teaching STEM concepts helps students learn how to overcome obstacles. Students learn to navigate engineering concepts in the class. One activity is to create working, DC powered windmills which they test to see who builds the one which generates the most volts. Another is to build a rubber band powered car which can go the furthest, using limited materials. A third example of a stem challenge is to design and build density boats using limited materials which can hold the most weight without sinking.

At UWGB, Peshtigo students learned additional skills and concepts from several students and professors. Skill stations included a robotics lesson taught by three students, followed by

an insect awareness lab. Next students learned about the on-site natural history museum and the process of preserving wildlife specimens. Students also explored physics concepts in a science lab and the parts of an eye through dissection in a biology lab.

A robotics lab was taught by three college students from the Women in Technology (W.I.T.). UW Green Bay students April Bub, Chloe Nutter, and Taylor Reichow taught students to operate Cozmo robots. Students all were able to operate the robots using controls in iPads, and have them perform various functions. Seventh-grade student, Wesley Baty, found the robotics lab most interesting, saying technology and robots are the future, so jobs in this field would “probably be in high demand.”

An insect awareness lab was taught by UW Green Bay student Jillian Kurovski, where she exposed students to her pet spiders, cockroaches and scorpions. Among the highlights were pet black widow spiders and Madagascar hissing cockroaches. Seventh-grade student Natalie Kropp found this lesson most interesting, “Insects are extremely cool and helpful to the planet.”

Seventh-grade student Ally Behnke is interested in biology, after seeing the pet cockroaches. Students also viewed the on-site Richter Museum of Natural History with Dr. Dan Meinhardt, who is the curator of a phenomenon collection of animal and bird specimens from the Great Lakes region, including one of the 10 largest egg collections in North America.

According to the website, it contains “all of the locally

breeding bird species, 95% of the mammal species, 80% of the reptile and amphibian species, and 80% of the fish species.” Many specimens are on display and others are safely protected in storage for research and educational use. Serenity Walden found the animal and bird specimens most interesting and Keelan Schmidt also commented on how unique the skeletons are in the museum. Jada Beyer was impressed to see “bird eggs older than us.”

Students were able to learn over 12 physics concepts in a hands-on lab run by Joe Schoenebeck. Seventh-grade student Levi Hodgins liked the physics lab the best. He said he could see himself working with technology for a career. His classmate, Isabel Oksa, made a similar comment, saying she also liked the physics lab and finds learning about motion interesting.

Students were able to learn the parts of an eye with a hands-on sheep eye dissection led by Amanda Nelson. Seventh-grade student Rebekah Nutt could see herself working in science someday and found the eye dissection most interesting. Payton Appleglise also enjoyed it, “I find learning about anatomy fun” Geovany Escoto and Kaitlyn Deschaine could see themselves in some type of science-related career. Gracie Bickel has a more firm vision for herself, saying she’d like to be the “type of doctor who does ultrasounds.”

Reilly thanks UW Green Bay outreach coordinator Sam Betancur as well as the faculty and students for helping Peshtigo students learn more STEM concepts and explore possible career options through attending the UWGB.

FROM A1

IRWIN:

a lot of love from people back home,” she said.

Right now, she is in the Top 15. But she will have to do well in pursuit to keep her spot, and that depends on her performance in the sprint.

Irwin beat her three female teammates, each of whom had competed in prior Olympics, with her 7th place finish in the individual, where the penalty for a missed shot is one minute added to the score. Team USA biathlete Clare Egan took 39th in the individual, while Joanne Reid came in 57th and Susan Dunklee placed 63rd.

“I think my finish in

general surprised everyone, least my coaches and teammates. We’ve all been prepared for this. We have the strongest women’s team we’ve had in a very long time,” Irwin said. “It makes us all excited for what we’re all capable of. You’ve got to watch out for the U.S. in the next coming years.”

While wind was a factor over the weekend, Irwin said, on Monday “the conditions really changed up for this race. The wind was a little bit calmer, which was an advantage to me. I didn’t have to think on the run.”

Cold temperatures could have affected shooting for some, but Irwin said she spent time trying different

combinations of gloves to ensure her hands would stay warm. Her efforts paid off. “I was almost over-prepared going into this race. I was able to stay calm, stay focused,” she said. Her hands didn’t get cold until the last lap, after she finished shooting.

“The wind adds a factor here. It cuts through gloves and cools you off. Up to the last lap, my hands were fine for all of the shooting stages.”

While Irwin said she didn’t feel great when she started skiing the course, she focused on her technique and her game plan. Her strong performance on the shooting range made the difference for her. “At the last shooting range,

I was going for the gold medal.”

“You can’t miss,” Irwin said. “Denise Hermann (the gold medalist) is an amazing competitor.”

With her next event, the 7.5 kilometer sprint, scheduled for Feb. 11, Irwin said she planned to take it easy Tuesday. “I’ll be napping and taking the day off,” she said. “I only got about four hours sleep.”

Irwin said she is enjoying the Olympic experience, including taking a bullet train through China’s countryside to the Opening Ceremony in Beijing. “I’ve met so many amazing athletes. I’m still trying to soak it all in and have a good time,” Irwin said.

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