Continued from page 1

## **Grit and Gratitude**

"There is a significant risk of recurrence, and now we are figuring out how to live with that anxiety that it could come back and still enjoy our journey," said Buchholz.

Buchholz says that when she got the news of Lily's first cancer-free test she was energized and elated, and then just a half hour later completely fatigued. However, she is rallying to move forward.

Recognizing that pediatric cancer is relatively underfunded, Buchholz resolved to do something about that. She loves bicycling, and all the months spent in hospital rooms and indoors created a great appreciation for any opportunity to be next to the Lake and outdoors.

"I reached out to Spokengear and immediately they gave me a resounding "Yes!" to being a host for the bike event. They are such a fantastic place," said Buchholz.

Half of the proceeds raised by the event will be donated

pital Medical Center for hepatoblastoma research, and the rest will be contributed to several organizations that support families of children with cancer (Dragonfly Foundation, Northern Lights Foundation, and Ronald McDonald House).

to Cincinnati Children's Hos-

Shockingly, her stay at the Ronald McDonald House with Lily taught Heather that many families endure even more than what her family went through. She was also surprised to learn that corporate support is only a small percentage of operating the Ronald McDonald house, and a full 94 percent of their costs are covered by individual donors.

will be held this Sunday, August 25th with riders checking in at Spokengear in Two Harbors at 8:00 am, and rolling out at 9:00 am. Bicyclists should come prepared to head out on one of three routes: 20

The Grit and Gratitude ride

mile paved, 50 mile paved, or the 50 mile gravel.

All the riders will travel together for a few miles, then road bikers will split off to Scenic Highway 61, with rest stops at Mocha Moose, and Great! Lakes Candy Kitchen. Water and snacks will be available at rest check points on the gravel route. Riders should plan to complete their route in under five hours and be back at Spokengear by 2:00 pm.

auction will be held after the ride. To register for the event, go to: <a href="https://">https://</a>

Activities for children will

be available at Spokengear

during the ride, and a silent

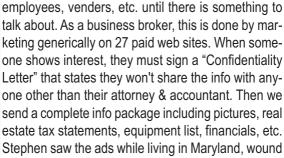
gritandgratitude2019.myevent.com. Same day registration is also possible. The first 50 riders regis-

tered will receive tutus, but everyone is welcome to sport their own tutu, fairy wings, or unicorn horns. Congratulations Stephen Skeels, the new owner of

Calhoun

Like often is the case, business owners want the sale/ marketing kept confidential until we have a buyer. There is no need to stir up

Bragg, Business Broker



up buying and moved his family to Grand Marais.

"Buck's Hardware" in Grand Marais, From Steve

## William Kelley School -**Back to School!** Wednesday, August 28th

5:00 to 7:00 p.m. Open House: Staff will be available for questions, students can visit their rooms, find their lockers, 7-12 graders may pick up their schedules.

to High School for 7th graders and their parents/guardians. 6:00 to 7:00 p.m. in the Auditorium: Special

presentation for all students, parents, and other

5:45-6:00 p.m. in the Auditorium: Welcome

interested community members. We are pleased to have Katherine Myers from LiveMore in Minneapolis to share a "Digital Wellbeing Workshop." LiveMore believes that when parents, families, young people, and

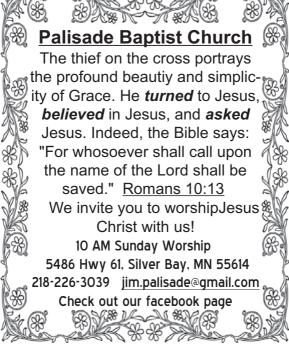
schools make changes to use technology more thoughtfully our lifestyles and communities will become healthier. Katherine is a veteran educator with 25 years of experience in the classroom, has a Masters Degree in Education, and is guided in best practices for student and adult learners. For more information, check out the website: <a href="https://livemoretoday.org">https://livemoretoday.org</a>

#### A Time and Place for Screens -Research + Tools for **Balanced Screen Use** Katherine Myers, LiveMore

Screens grab and hold our attention in our living rooms, dinner tables, bedrooms, and cars and while we eat, sleep, converse, and work out. We are overwhelmed by the task of managing our devices. Come learn how to navigate parenting in a digital age and to create a pathway for families and young people to thrive and be well. We will review current research about the impacts of screen use on our wellbeing: -brain development

-attention -sleep -mental health Parents and young people will walk away

from this informative and practical workshop feeling inspired and empowered to practice healthy screen use.





HEALTH





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# make people smile. He was a loving husband whom he loved deeply. (Carie), daughter, Pam (Chris) King, and daughter, Judy (Cory Carlson). Grandchil-

dren, Jereme (Krista), Jaime (Paul), Meghan (Mark), Lynsey, Kathleen (Cody), and Kelli. Great-grandchildren, Chase, Kaci, Camryn, Keira, Chloe, and Bennett. His brother, Jerry (Sharon), a niece, Jenice, and nephew, Jef-

frey. Many friends, including residents and staff at the Minnesota Veteran's Home. A memorial service will be held on Au-

# RONALD ORVIN LARSON

**OBITUARY** 

## Ronald Orvin Larson, 84, of Silver Bay,

Minnesota, passed away on Friday, August 16, 2019. He was born on March 21, 1935, in Bagley, Minnesota. Ronald grew up in Bagley and

graduated from high school in 1954. He enlisted in the Army and served in the Korean War. He was honorably discharged in 1956 and served in the Army Reserve until 1962. Ronald and Darlene were married in 1957 and resided in Silver Bay where Ron was employed at Reserve Mining and later, Cleveland Cliffs. He retired in 1997 and continued to work in his retirement for Midwest Patrol as a taxi driver for the sailors on the ore boats. Ron was a car enthusiast, enjoyed riding his motorcycle, loved to dance, and loved to

and devoted father. He was most proud of his grandchildren and great-grandchildren, Ronald was preceded in death by his dear wife, Darlene, and his parents, Orvin and Minnie. He is survived by his son, Michael

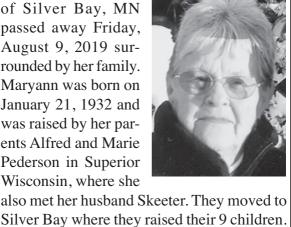
gust 29, 2019, at 11:00 a.m., at Sychar Luth-

eran Church in Silver Bay.

### MARYANN OLSON

of Silver Bay, MN passed away Friday, August 9, 2019 surrounded by her family. Maryann was born on January 21, 1932 and was raised by her parents Alfred and Marie Pederson in Superior Wisconsin, where she

Maryann Olson, 87,



Maryann loved quilting, sewing, picking berries, hiking with Skeeter, shopping for

shoes, jackets, and accessories, among many other things. She laughed easily and loved reminiscing with her friends and family about the good old days. Maryann also enjoyed spending time with her 18 grandchildren and 25 great-grandchildren and loved to brag about them whenever she could. Maryann is preceded in death by her hus-

Olson, her parents Alfred and Marie Pederson, her brother, and 2 sisters. She is survived by her children Marcia

band Walter "Skeeter" Olson, Son Kenny

(Tom) O'Brien, Gary (Nancy) Olson, Steve Olson, Sandy Olson, Lauri (Gary) Hohman, Dennis (Cindy) Olson, Vicki (Ward) Danielson, Terry (Rob) Rolando, 18 Grand-

children and 25 Great-Grandchildren. The Family would also like to extend a very heartfelt Thank You to the workers at Carefree Living of Silver Bay for their excellent

Her Celebration Of Life will be held at a later date.