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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

to Cincinnati Children's Hospital 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).

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.

The Grit and Gratitude ride 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

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.

Activities for children will be available at Spokengear during the ride, and a silent auction will be held after the ride.

To register for the event, go to: <https://gritandgratitude2019.myevent.com>. Same day registration is also possible.

The first 50 riders registered will receive tutus, but everyone is welcome to sport their own tutu, fairy wings, or unicorn horns.

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.

5:45-6:00 p.m. in the Auditorium: Welcome 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 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: <https://livemoretoday.org>

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.

Congratulations Stephen Skeels, the new owner of "Buck's Hardware" in Grand Marais, From **Steve Bragg**, Business Broker



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 employees, vendors, etc. until there is something to talk about. As a business broker, this is done by marketing generically on 27 paid web sites. When someone shows interest, they must sign a “Confidentiality Letter” that states they won't share the info with anyone other than their attorney & accountant. Then we send a complete info package including pictures, real estate tax statements, equipment list, financials, etc. Stephen saw the ads while living in Maryland, wound up buying and moved his family to Grand Marais.



Palisade Baptist Church

The thief on the cross portrays the profound beauty and simplicity of Grace. He **turned** to Jesus, **believed** in Jesus, and **asked** Jesus. Indeed, the Bible says: "For whosoever shall call upon the name of the Lord shall be saved." **Romans 10:13**

We invite you to worship Jesus Christ with us!

10 AM Sunday Worship
5486 Hwy 61, Silver Bay, MN 55614
218-226-3039 jim.palisade@gmail.com

Check out our facebook page

OBITUARY

RONALD ORVIN LARSON

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 make people smile. He was a loving husband and devoted father. He was most proud of his grandchildren and great-grandchildren, whom he loved deeply.

Ronald was preceded in death by his dear wife, Darlene, and his parents, Orvin and Minnie. He is survived by his son, Michael (Carie), daughter, Pam (Chris) King, and daughter, Judy (Cory Carlson). Grandchildren, 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, Jeffrey. Many friends, including residents and staff at the Minnesota Veteran's Home.

A memorial service will be held on August 29, 2019, at 11:00 a.m., at Sychar Lutheran Church in Silver Bay.

MARYANN OLSON

Maryann Olson, 87, 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



also met her husband Skeeter. They moved to Silver Bay where they raised their 9 children.

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 husband Walter “Skeeter” Olson, Son Kenny Olson, her parents Alfred and Marie Pederson, her brother, and 2 sisters.

She is survived by her children Marcia (Tom) O’Brien, Gary (Nancy) Olson, Steve Olson, Sandy Olson, Lauri (Gary) Hohman, Dennis (Cindy) Olson, Vicki (Ward) Danielson, Terry (Rob) Rolando, 18 Grandchildren and 25 Great-Grandchildren.

The Family would also like to extend a very heartfelt Thank You to the workers at Care-free Living of Silver Bay for their excellent care.

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

HEALTH & WELLNESS GUIDE

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