

Agate Track Team Sprints Towards Sub-Sections

by John Sandstrom

Coach Ryan McIntyre's Two Harbors Agate track team is enjoying a successful and, by all accounts, enjoyable season as the team prepares for the "big meets."

Sophomore Mya Poe-Johnson says that as the season heads toward the finish line, she is focused on "just getting better and working on improving my times". Johnson, who also plays soccer and basketball, does the long jump and runs the 100, 200, and 400. "The long jump and the 400 are probably my favorite, but the 200 and 400 are the events I am strongest in."

Reflecting on the season Johnson adds, "It is difficult because we competed against the same teams since fewer teams have competed in each meet. We haven't been able to see all the runners in the area. It has been fun because there are a lot of new people on the track team this year and I have gotten to make some new friends".

Junior Matson Granmo also competes in the long jump along with the 100 and 200. "I think the 100 is my strongest

event. When I was in ninth grade, I tore my ACL and of course, lost my sophomore year of track to covid. It feels really good to be able to run and compete again."

Granmo says the highlight of his year has been the meet at Mesabi East where he recorded his fastest time in the 100. Granmo, who also plays football, says that the thing he is particularly enjoying this year is the way this team gets along. "Everyone is close and supportive of each other. I just want to beat my best time of the year and keep improving as we get to sub-sections."

The "big meets" Coach McIntyre mentioned include the Polar League Championship meet on May 26th in Two Harbors, the south sub-section meet at Esko on June 3rd, and the Section 7A meet on June 10th at Cloquet High School. According to McIntyre, "I want to see our team improve and hopefully have a number of them set their 'PR' (personal record). I am hoping we can score as many points as possible and have some people advance from sub-sections to the 7A meet in Cloquet".

Letter to the Editor

Dear congressman Pete Stauber,

To retaliate against a member of Congress, or against anyone for that matter, in a place of work regardless of where it is located is harassment and against the law. Liz Cheney understands the U.S. Constitution and our laws. Do you? Were you not a law enforcement officer in a former life? Liz Cheney, one of our Nations most conservative lawmakers, has more respect for our laws than most in Congress. She certainly has more.....(grit) than any of those House Republicans who signed onto a brief supporting Texas's lawsuit asking the Supreme Court to overturn the results of the 2020 Presidential election. Liz would not sign such a treasonous document, but I recall that you did. During the joint session of Congress, Liz was not among those Republicans who voted not to recognize the votes of the electoral college and instead she voted to confirm the results of the election. And after the Trump sponsored insurrection of January 6th, Liz voted to punish the disgraced president with impeachment. But Pete, you chose to stand by your man idol Donald Trump. Mr Stauber, this would be an excellent time for you to develop a spine and take some pointers from Liz Cheney on how a democracy actually functions. Liz Cheney is a defender of this Republic and a true American patriot. Please, be like Liz.

Yours,
Jeffrey Dickson
Silver Bay, MN

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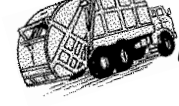
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