

Green Wave boys win EGF XC Invite

Bruce Brierley

bruce@page1publications.com

Senior High boys cross country took the top spot at the 2021 EGF XC Invite last Thursday at Valley Golf led by Jonathan Krueger who turned in a time of 17:08.7 for the 5K course, almost 31 seconds faster than the closest competitor to earn the top spot.

Josiah Sundby who is running unattached was third with a time of 17:50.9.

The Green Wave girls placed fourth led Lydia Floden who was the top finisher in the girls 5K with a time of 20:49.3.

2021 EGF XC Invite
September 30

Boys 5K

- 1 Jonathan Krueger EGF 12 17:08.7
- 3 Josiah Sundby unattached 10 17:50.9
- 8 Dawson McDonald EGF 12 18:19.4
- 9 Hunter Jordheim EGF 10 18:21.0
- 16 Jace Fore EGF 10 19:06.5
- 20 Ethan Arntson unattached 11 19:14.2
- 21 Jaxon Mahar EGF 9 19:21.8
- 22 Elliot Arntson unattached 9 19:35.0
- 32 Jonah Vandervort EGF 10 20:15.6
- 36 Weston Mahar EGF 9 20:36.2
- 37 Charles Nelson EGF 10 20:38.9
- 49 Brady Loer EGF 10 21:16.0
- 54 Tate Moore EGF 10 21:30.2
- 57 Brayden Carlson EGF 10 21:40.2
- 61 Jason Briones EGF 11 22:16.5
- 66 Kasen Riendeau EGF 10

22:23.8

- 72 Rylan Slack EGF 9 23:18.1
 - 83 Payton Donarski EGF 10 25:02.8
- Team Scores**
 1-EGF, 2-Grafton, 3-Ada-Borup-West, 4-Warroad, 5-Thief River Falls, 6-Langdon Area/Edmore/Munich, 7-Roseau/Badger, 8-Clearbrook-Gonvick, 9-L/Woods/Indus/Rainy River, 10-Bagley/Fosston
- Girls 5K**
 1 Lydia Floden EGF 11 20:49.3
 22 Jessa Robles EGF 11 24:07.1
 31 Mikila Gudajtes EGF 12 24:59.8
 33 Katie Allard EGF 9 25:01.1
 50 Adrianna Gregoire EGF 9 27:28.5
- Team Scores**
 1-Grafton, 2-Warroad, 3-Thief River Falls, 4-EGF, 5-Ada-Borup-West



photo by Bruce Brierley

Dawson McDonald leads a pack on the backside of the course last Thursday.

Hospice support groups offers healing for those facing pregnancy and infant loss

Losing anyone you love is extremely difficult, but it is especially devastating and overwhelming when faced with the loss of a baby. Whether the loss occurs during pregnancy, or after the baby is born, parents and loved ones lose not only the precious little one, but also their hopes and dreams for the future. Such a loss can forever change the lives and relationships of those affected.

Hospice of the Red River Valley offers two pregnancy and infant loss support groups: Life & Pregnancy After Loss, and Pregnancy & Infant Loss. Each group is tailored around the unique needs of grieving parents. The purpose of each group is to provide compassionate grief support, understanding and resources to bereaved parents while allowing them to share their grief in a safe place with others who have experienced a similar journey.

Each group session has expectations and boundaries for attendees. Everyone's situation will be respected as unique, and no one's circumstances are more or less difficult than someone else's story. "The group as a whole values life, so we don't necessarily look at it as how early or late the loss occurred in your personal journey," Heather said. "A loss is a loss. You can't compare or assume."

The virtual support groups are free and open to community members. Registration is required. For more information or to register, contact us at grief@hrrv.org or call (800) 237-4629 and ask to speak to the grief department.

Starting Pay
\$18.14-\$27.17 per hour
\$2,250 SIGN-ON BONUS

Medical Insurance
Available Day One

Pay increases in
6-month increments
up to 2 years

TEAMWORK	CUSTOMER FOCUS	INNOVATION
BE PART OF A WINNING TEAM COMMITTED TO EACH OTHER AND OUR SUCCESSES	HAVE PRIDE IN YOUR WORK AND DELIVERY OF OUR FIRST IN CLASS PRODUCT; THAT'S ALSO FUN!	GO BIG... WE WIN WITH CREATIVITY AND COMMITMENT TO YOUR GROWTH

JOIN OUR POLARIS ROSEAU FAMILY!
Assemblers, Material Handlers, Welders

SCAN THIS CODE WITH YOUR MOBILE DEVICE TO START YOUR APPLICATION

(218) 463-7979 WWW.POLARISROSEAU.JOBS EOE | Drug-free Employers

Live the Sweet Life
with a work schedule that allows time to do the things you love.

Highly skilled positions in our East Grand Forks factory.

- House Mechanics/Millwrights
- Machinists
- Electronic Control Technicians
- Electricians
- Boilerhouse Foreman, Fireman
- Welders

APPLY NOW!

American Crystal Sugar Company

Apply now at CrystalSugar.com

Get Out and Enjoy the Best Of Fall

Come Experience the Dahlstrom Difference!
CHECK OUT THESE & LOTS OF OTHER GREAT VEHICLES ON OUR WEBSITE - dahlstrommotors.com

\$9,800

'15 FIAT 500 Sport with 74,000 miles, and equipped for pulling behind your vacation trailer or Motor Home!

#23862

\$35,800

'20 Subaru Outback XT with Power Sunroof, Leather seating and only 13,015 miles on this Silver colored All Wheel Drive

#23826

\$65,800

'20 Chevy Tahoe Premier Edition with 6.2L V8, adaptive Cruise, 2nd row Buckets and only 36,000 miles on this Black 4WD

#23793

OSLO, MN • 800-446-"OSLO"(6756) • WWW.DAHLSTROMMOTORS.COM