



## Soaring Dreams

by Sheryl Puckett

Living in Bayview is a young man, **Nicolas (Nick) Gronlund**, who has earned his Eagle Scout award. This is a distinguished achievement that few reach.

An Eagle Scout exemplifies qualities such as resilience, integrity and a commitment to service. For Nick the journey to Eagle Scout has been a meaningful experience that set him on a path toward big dreams and aspirations.



Living off Cape Horn Road, this determined high school senior attends North Idaho STEM Charter Academy while dual enrolled at North Idaho College. By spring, he will graduate with both his high school diploma and an associate's degree.

Outside of academics, his passions range from forging swords and designing 3D models to programming and dreaming of a future in aviation. His goal is to earn a degree in aeronautical science, obtain a commercial pilot's license, and one day own an engineering firm specializing in airframe development. Nick says, "This is a large and potentially impossible dream, but I like to dream big and never stop shooting for my goals."

This ambitious young man began his Scouting journey in California with Troop 148, where he learned the basics of being a Scout. After moving to Idaho in 2019, he joined **Troop 201** in Coeur d'Alene, which proved pivotal in his growth. According to Nick, "Troop 201 really set me off to get my Eagle." He recalls, "The troop atmosphere, with people who weren't afraid to be themselves, was eye-opening. It broke me out of my shell." Surrounded by inspiring role models, both youth and adults, he discovered what being an Eagle Scout truly means.

"To me, being an Eagle Scout means leading by example," he explains. "Eagle Scouts never give others jobs they aren't willing to do themselves and are always among the first to volunteer to help. They teach others by doing and guide them through challenges they've faced themselves."

Achieving the rank of Eagle Scout is no small feat. It requires completing six ranks, earning

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21 merit badges, recording extensive service hours and leading a significant Eagle project, all while balancing the demands of daily life. Amazingly, Nick ended up earning 42 merit badges!

One of his favorite achievements: winning the Cooking Competition in October 2023. During a campout weekend, the Scouts were tasked with preparing and serving a full course meal. Nick's menu included his famous homemade bread, baked in a Dutch oven in the wilderness. Pulling off perfectly risen yeast bread in chilly October mountain conditions is no small feat.

"The hardest part was time management," he admits. "Making time for all of this, alongside other life activities such as school, is not an easy task. On top of that, Eagle scouts are supposed to lead their troop, which is a job I took on full heartedly. I procrastinated on many requirements for my eagle rank, but by managing the little time I had left I was able to finish all that I had to do to get my rank."

His dedication paid off. On July 24, 2024, Nick earned the prestigious Eagle Scout rank. Reflecting on his journey, he shares, "The most important lesson I learned was that hard work pays off. Many times, I didn't know if I could complete the requirements and I almost gave up. But by pushing through the hardships, I reached a goal very few people manage to. If I can complete my Eagle, I know I can complete anything."



When it comes to his passion for aviation Nick says, "I love the feeling of a large aircraft accelerating and then lifting off the ground," he says. Becoming an Eagle Scout, he believes, is not only a mark of good character but also a preparation for the challenges ahead. "It gives me the skills to endure the hardships of pilot school and fulfill the requirements for my degree."

Nick's journey as an Eagle Scout is a testament to perseverance, leadership, and dreaming big. From his achievements in Scouting to his ambitious goals for the future, this Bayview youngster is set to soar to great heights, literally and figuratively.

Editor's Note: A big thank you to Cindy Gardner for suggesting this article on Nick's accomplishments. If anyone else has ideas or stories to share, I'd love to hear from you!

# Understanding GERD: Symptoms, Risks, and Lifestyle Tips for Relief

By Dr. Cecilia Fry



Gastroesophageal reflux is the medical term for when stomach contents go up the esophagus. If that happens on a regular basis, it can lead to inflammation of the lining of the esophagus or gastroesophageal reflux disease (GERD).

The symptoms of GERD can be a burning sensation in the chest (heartburn), stinging sensation in the throat, a sour taste, nausea, tightness in the chest, difficulty swallowing, cough, wheezing, and/or a feeling of needing to clear the throat frequently. If left untreated, uncontrolled GERD can lead to narrowing of the esophagus, esophageal ulcers, Barrett's esophagus, aspiration pneumonia, dental problems and vocal cord spasm.

There are some lifestyle changes that can be used to minimize GERD. These include:

- Eating smaller meals especially at night.
- Eat slowly and chew well.
- Finish your last meal at least three hours before going to bed
- Wait for at least two hours after a meal to exercise.
- Don't smoke.
- Minimize alcohol.
- Don't wear tight, constrictive clothing or belts.
- Achieve a healthy weight.
- Avoid foods that trigger reflux. These vary for each individual but common triggers are caffeine, fried or fatty food, mints, onions, garlic, citrus, tomatoes, and spicy food.
- Elevate the head of your bed.
- Sleep on your left side. (Left side down)

In addition to lifestyle changes there are medical and surgical treatments that can be done to limit reflux and/or the symptoms of reflux. If you have symptoms of GERD I recommend seeking the advice of your physician.

## New in Athol

**Ribs on the Run** at the Athol Eats Food Truck Pavilion. They are closed every Wednesday and Thursday. Hours 11 to 6 p.m. Sundays close 3 p.m.

**Cascadia Pizza** open 7 days a week at the Athol Eats Food Truck Pavilion. They're advertising wood fired pizza too.

Opening January, Hayden Sharp DDS, **dentist**, with Athol Dental & Implants

# Blast From The Past

by Ali Spahn

Looking back through old Shore Lines I realized that the local newsletter has been in existence since January 2004, twenty years! The editor was Dorothy Zakrajsek (Zak).

In April 2007, after 6 1/2 years as editor, she retired and passed the baton to Jackie Lloyd until 2008 when it gave way to the Bylines, a Bayview Chamber of Commerce brochure. At that time Cindy Post was the new editor, according to the April 2007 Shore Lines article below.

In October 2015, Sheryl Puckett resurrected the Shore Lines to include a more in-depth local news reporting.

Just for fun, here is an April 2007 Shore Lines issue announcing the grand opening of Ralph's Coffee House and other interesting tidbits:

## SHORE LINES

April, 2007

Editor: Zak

No. 44

### GRAND OPENING

Long time and well liked Bayview resident, Ralph Jones, is about to become the community's newest entrepreneur and businessman. He plans to open Ralph's Coffee House (or as he says, "just plain Ralph's) Saturday, April 21<sup>st</sup> at the former Bistro. Business hours will be 7 days, 7am to 7pm and possibly extended to 9pm the end of May. Breakfast goodies will consist of pastries, muffins, croissants, hot breakfast burritos and biscuits and gravy. Later day menu lists sandwiches, 6- and 12-inch subs, hot dogs, taco burritos, salads, and one or two soups. Yummy treats of hard ice cream sundaes, banana splits, cones, root beer floats, and shakes are a welcome addition. Espresso coffee will be available all day. Merchandising items starting with hats, shirts, and buttons may be expanded to other "I can't live without" mementos. Community Best Wishes, Ralph!

### OVERLAY DISTRICT

Under the guidance of Hobe Jenkins and Kathy Ellis the community work group of about 20 has completed a first draft of ordinances that speak to development interests of local residents. The draft is being forwarded to officers of County Planning and Zoning for evaluation and critiquing, after which the draft document will come before community residents at a town meeting for explanation, input, and further refinement.

### SENIOR SCAM JAM

A Conference on Aging is scheduled all day,

May 24<sup>th</sup>, 8am to 4pm at the Edminster Student Union Building on the NIC campus. The Scam Jam will focus on elder abuse, exploitation, identity theft from unscrupulous scam artists, and other sessions dealing with senior security measures. Registration is limited to the first 300 on a first-come, first served basis and is free which includes lunch. To register either call 770-2101 or go on line ([aaani.org](http://aaani.org)) and download a registration form for more information. The conference is being sponsored by Area on Aging of North Idaho, Carenet, and the AARP Foundation. AARP will be sending out 10,000 flyers to North Idaho members.

### AROUND TOWN

- 55+ Senior Potluck. Log Spirit will again be the setting for an international potluck supper, Thursday, April 19<sup>th</sup> at 6pm. Senior are asked to bring an ethnic dish or dessert that represents something from their heritage.
- BABS Meeting, April 24<sup>th</sup> at 10am.
- Community Council Meeting, April 24<sup>th</sup> at 7pm.
- Huckleberry Pancake Breakfast. The annual Chamber fundraiser, Sunday, April 29, 8am to noon at the Wheel.
- Hearing on a change from Commercial to High Density Residential for the property at the intersection of Hwy 54 and Hudson Bay Rd. is May 3<sup>rd</sup>, 6pm in Room 1, 451 Government Way, CDA.
- Cindy Post Grandy is the new editor of the Chamber's newsletter.
- Eunice Bockstruck, mother of Ron and Larry Bockstruck died Sunday evening April 15<sup>th</sup>. She was 93.



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