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A look at next week... We introduce you to the Goodridge and Grygla High School Class of 2017

THIS WEEK'S COLORED EDITION IS SPONSORED BY AMERICAN STATE BANK OF GRYGLA!



Goodridge Close Up students visited the White House last Thursday on their trip to Washington D.C. Advisor and chaperone, Harry Farris, said, "All was good until Secret Service moved everyone back a block. Seems that the President was arriving by helicopter and they require the security bubble around it." Students L-R: Jordynn Johnsrud, Kendra Jensen, Maloni Henrickson, Preston Panek, Katerina Groven, Felix Jensen, Hogan Lundeen, Madilyn Race, Cameron Naeseth, Kristin Farris, Logan Merrill, Blake Passa and Blake Jensen.

Local Close Up students visit Washington D.C. and NYC

The Goodridge High School Close Up group left on their trip to Washington D.C. and New York City on Sunday, April 23rd and returned home Sunday, April 30th. The group spent their time touring sites around DC/NYC making memories sure to last a lifetime.

The mission of Close Up is to inform, inspire and empower young people to exercise rights and accept responsibilities of citizens in a democracy.

Trip highlights included:

Monday: Jefferson, FDR, and Martin Luther King memorial visits, along with the National Coalition for the Homeless and the 9/11 Pentagon memorial. On this day, students also attended workshops dealing with topics such as bullying in school, youth voting and gun violence in schools.

Tuesday: Visited war memorials, US Supreme Court and where JFK lived when he was elected President.

Wednesday: Students spent the day on Capitol Hill and en-

joyed a guided tour and visits with Congressman Peterson, Senator Franken and Senator Klobuchar. Students enjoyed a night on the town after their busy and educational day!

Thursday: Arlington National Cemetery visit and a stop at the Smithsonian Institution's National Air and Space Museum. Students capped off the afternoon with a visit to the White House. A dinner banquet was held with Close Up student speakers and a dance.

Friday: Traveling to New York, the Close Up group visited the Metropolitan Museum of Art in New York City. They also visited NYC Times Square. The evening brought the students to Broadway where they enjoyed a "Phantom of the Opera" production.

Saturday: A visit to Ellis Island and the Statue of Liberty, along with sight-seeing in the Financial District. Other stops included the 9/11 Memorial, Chinatown, Lower East Side, dinner in little Italy and the Brooklyn Bridge.

Sunday: Traveling back home to Goodridge!



Above: The Goodridge High School Close Up group spent some time on Capitol Hill last week where they shared a visit with Senator Al Franken.

Front row, L-R: Preston Panek, Felix Jensen, Jordynn Johnsrud, Maloni Henrickson, Senator Franken, Kristin Farris, Madilyn Race and Blake Jensen. Back row, L-R: Kendra Jensen, Blake Passa, Logan Merrill, Hogan Lundeen, Cameron Naeseth and Katerina Groven. Not pictured was Harry Farris, Close Up Advisor and trip chaperone.

Pictured right: A glimpse into the hustle and bustle of NYC Times Square. Goodridge Close Up students spent last Friday and Saturday exploring iconic sites around New York City.



Rustic Romance was the theme of last Saturday's prom in Grygla. Check out the prom couples photos by Wibbels Photography on the back page!



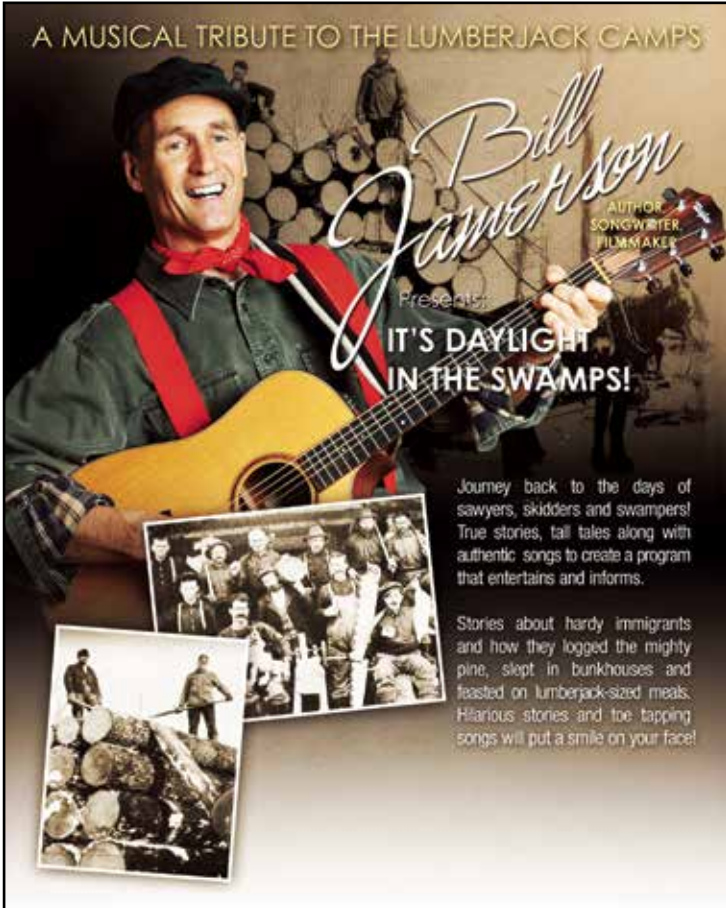
Grygla Library hosts a musical tribute to MN Lumberjacks

Michigan based singer/storyteller Bill Jamerson will present an hour-long musical tribute to the Minnesota Lumberjacks on May 24 at 1pm at the Grygla Community Center. The program is sponsored by the Northwest Regional Library, hosted by the Grygla Library and is free to the public.

With guitar in hand and dressed in costume, Jamerson sings traditional lumberjack songs, tells stories about life in the lumber camps and shows a short video clip of the old logging days. He takes his audience on a musical journey with songs about working in the woods, living in a bunkhouse, the hardships of river drives, the importance of camp food, and going into town in spring.

Most of the lumberjacks were newly arrived immigrants who brought a zest for living and a hunger for the American dream. The majority came to America to become homesteaders. Many lumberjacks who acquired property for farming, continued to spend their winters working in the logging camps for extra income. Jamerson shares many stories he has learned first-hand from the men who worked in the woods and from family members.

The program includes traditional lumberjack songs that were passed from camp to camp. They range from foot stomping jigs to soulful ballads. The program contains stories of strength, wit and charm. The stories are as entertaining as they are educational; as honest as they are fun.



GRYGLA CENTENNIAL SNEAK PEEK



REMEMBERING THE PAST
CELEBRATING THE PRESENT
EMBRACING THE FUTURE

AUGUST 25-27, 2017

Science Museum Cryogenics Show



Saturday, August 26th, 2:30pm

Make sure you stop by the exhibit for a demonstration of conditions, substances and processes at extremely low temperatures! Using liquid nitrogen, the presenter shows how substances change from solid to liquid gas and demonstrates how substances change when their temp is varied by hundreds of degrees!

This science exhibit is coming to the Grygla Centennial from the Headwaters Science Center in Bemidji, MN.

STAY UP TO DATE BY LIKING THE "GRYGLA CENTENNIAL 2017" PAGE ON FACEBOOK!

Another sneak peek to come next week!



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm 7th & 8th grade last Confirmation class, 8pm Interfaith Bible Study
Sunday:
Grace: 9am Worship, last day of SS at 10am
OS: 10:30am Worship, last day of SS at 9:30am (Lunch provided by SS families after Worship)

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor TBA
Sunday:
UL: 9am Worship w/ 10am SS
OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday:
Ekelund: 8:30 Worship, 9:45 SS
Faith: 9:45 Worship, 11am SS
Bethany: 11am Worship, 9:45 SS

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St.

Ann's – Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm
BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship
COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseith
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Oak Park: 9:45am Worship w/ 8:30am SS
Nazareth: 11am Worship w/ 10am SS

LIBERTY CHAPEL Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

School Lunch Menus

Grygla Lunch Menu
Wednesday, May 3: Italian Dinkers Cheesy Bread & Salad Bar
Thursday, May 4: Pork and Gravy, Mashed Potatoes & Salad Bar
Friday, May 5: Hamburger on a Bun, French Fries & Salad Bar
Monday, May 8: Hot Ham & Cheese on a Bun & Salad Bar
Tuesday, May 9: Chicken Nuggets, Mashed Potatoes & Salad Bar

Goodridge Lunch Menu
Wednesday, May 3: Hot or Cold Subs, Nachos w/ Cheese, Broccoli, Carrots & Celery w/ Dip, Apples & Oranges
Thursday, May 4: Italian Dinkers Cheesy Buns, Green Beans, Pears & Peaches
Friday, May 5: Cook's Choice
Monday, May 8: Hamburger Macaroni Hotdish, Green Beans, Peaches & Pears, Bread
Tuesday, May 9: Chicken Nuggets w/ Assorted Sauces, Steamed Carrots, Seasoned Rice, Mixed Fruit, Bread



Thank you just doesn't seem like enough for all the support and generosity we have received from all of our family, friends and wonderful community. We just can't say it enough. Last weekend's benefit was truly humbling. From our family to yours, from the bottom of our hearts, we thank you!
Jason, Jackie, Raymond and Paizley Moe

WIC Schedule

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. WIC is very interested in enrolling pregnant women in the program. They feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. No proof of pregnancy is needed.
All potential clients must contact the WIC Program to schedule an appointment.
Monday-Friday, May 8-12: Thief River Falls Redeemer Lutheran Church
Monday, May 15: Warren Evangelical Covenant Church
Tuesday, May 16: Karlstad First Lutheran Church
Wednesday-Thursday, May 17-18: Roseau LifeCare Medical Center Basement Auxiliary Room
Thursday, May 18: Grygla Grace Lutheran Church
For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 218-874-7845.
Immunizations, dental varnishing & blood lead testing available at the Newfolden and Warren clinics from 9-11am.

Land Lease out on Bid

The City of Grygla is accepting Sealed Bids for 46.57 tillable acres on the North & South side of US Hwy 89, on the west side of city limits.
This is for 2018-2020 crop season. (Note this is not for this summer's crop season!) The sealed bids are due by the 7:00 PM City Council meeting on Monday, May 8th.
Anyone that turns in a sealed bid prior to the meeting will be allowed to bid higher at the meeting.

POSITION OPENING ANNOUNCEMENT:

Northwest Community Action, Inc. a private non-profit agency, with an annual operating budget of \$4-\$5 million is now accepting applications for the position of Executive Director. The Executive Director will have overall strategic and operational responsibility for Northwest's staff, programs, and execution of its mission. Areas of responsibilities are as follows:
Leadership & Management:
Ensure ongoing programmatic excellence, evaluation, and consistent quality of administration of programs.
• Actively engage with board members, funders, and partnering organizations.
• Develop, maintain, and support a strong Board of Directors; serve as ex-officio of each committee.
• Lead, encourage, support, and retain a high performing senior management team.
• Ensure effective systems are in place for monitoring progress, and regularly evaluate programs and effectively communicating such to the board, funders, and other constituents.
Specific Position Requirements:
• BA degree a preference, with major emphasis placed on senior management experience.
• Unwavering commitment to quality programs and data-driven program evaluation.
• Excellence in staff management, setting strategic goals, and budget oversight.
• Past experience in working with a Board of Directors.
• Strong ability to build outside relationships with other stakeholders, and build public support.
• Excellent ability to build and maintain supportive relationships with staff and board.
• Strong written and verbal communication skills.
• Ability to work effectively in collaboration with all groups of people and communities.
• Passion for the work of Community Action, integrity, positive attitude, and mission driven.

Salary to be commensurate with education and other qualifications. Quality benefit package includes vacation and sick leave, substantial health insurance contribution, life insurance, and retirement.
A letter of interest and resume should be sent to and received by 4:00 PM May 26, 2017 at the following address:
Kathy Bernstrom, Chairperson
PO Box 217, Lancaster, MN 56735
or emailed to bernstrom@wiktel.com

Community Calendar

Wed | May 3
GG 6th grade class trip; Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla Centennial Meeting at Community Center 7pm
Thurs | May 4
GG 6th grade class trip; Senior High Track Meet in Mahnomen 4pm
Fri | May 5
GG 6th grade class trip; Senior Meals at Grain Bin Café 11am; Evening with the Arts at the Grygla High School (displays open at 6pm, play beginning at 7pm)
Sat | May 6
Fourtown/Grygla Sportsman's Club Annual Picnic at Grande Corner (begins with ditch cleaning at 10am); Goodridge Prom Grand March 6pm
Sun | May 7
Grace/OS Lutheran Sunday School Care Center Visit/Outing
Mon | May 8
Senior Meals at Grain Bin Café 11am; Pine to Prairie Drug Task Force Presentation at the Grygla School (open to public) 2:30pm; Grygla City Council Meeting 7pm
Tues | May 9
Senior High Track Meet in Park Rapids 4pm

Newspaper summer internship

If you are interested in a fun and flexible, part-time summer job, go and see Kari at the Grygla Eagle Newspaper office. Experience the balance between being in an office setting and being out & about talking to people and snapping pictures; you're guaranteed to take away many new skills by the end of your 10-week internship!
You must be a high school student between the ages of 16-19 (recent high school grads are eligible) and be an enthusiastic, flexible person with OK communication skills. "OK" is good enough for us! Why? Because you don't have to be a great communicator! That's the point of the internship program - to help you learn and benefit from such skills over your 2 months with the newspaper.
You have the potential to earn up to \$160 a week. The paid summer position will be 10 weeks long at up to 20 hours a week; start & end dates are flexible according to your schedule.
A few of the job duties will include: set office hours, conducting interviews for news stories, along with writing one human interest story a week to be featured on the front page, attending various community events to be featured in the Grygla Eagle and finding fun, fresh and interesting tidbits to include in the paper.
To learn more about the part-time summer intern job, or to apply, please email Kari at grygla.eagle@gmail.com or call 218.294.6220.

Order your Grygla Centennial History book today

(The following was taken from the Grygla Centennial History book that is still available on a pre-order basis. See below for more information.)
Mr. Frank Gryglaszewski (later changed to Frank Grygla and whom our town is named after) came from one of the ancient and noble families of Poland. In the revolution of 1864, a young Grygla, a mere boy of 16 years old, took an active part and was left for dead on the battlefield and fell into the hands of the Russians. Desperate as were his seven wounds, he recovered, was tried and transported for life to Siberia. In making his escape from Siberia, he walked 1400 miles, probably the longest authentic journey on foot ever made and under the most perilous circumstances.
To shorten up a most interesting story, Grygla ended up in the United States where his patriotism and services to his country were honored by his election to the high office of president of the Polish National Alliance. In his speech to the committee, Grygla said that thirteen thousand square miles of rich farm land (the current Grygla area) would make homes for a lot of people. "The little town of Grygla, nestled off to itself in a beautiful wilderness, is destined, if things go right, to wake up some morning to find itself the center of a movement of peoples which may astonish officials into the knowledge that there is something more in Northern Minnesota than pine logs and iron ore," Grygla said.
Grygla passed away in 1918. His obituary read, "Col. Grygla will be remembered as a kind and cheerful man who maintained his optimism under the most trying circumstances."
For the whole story, make sure to check out the Grygla Centennial History Book! Only a limited quantity will be available at the Centennial Celebration in August. Pre-order yours today by May 15th. The cost is \$45 and orders can be sent to Grygla Centennial Committee, PO Box 222, Grygla, MN 56727. For more information, email a Centennial Committee member at gryglacentennial@gmail.com

An Evening with the Arts in Grygla

The annual "Evening with the Arts" has been scheduled at the Grygla High School for this Friday, May 5th, 2017.
Art, Wood Shop, FACS & Science displays open at 6pm. GHS Drama Department presents: The Great American Talent Show and County-Ella, directed by Jessie Nordby, which begins at 7pm. All are welcome to attend this enjoyable evening at the school.



It was the ever-popular birdhouse building day in the Grygla Headstart room recently. Students get to invite their parents or special adult to visit their class and help with the wood project. Summer Ruud and her dad, Devin, are pictured assembling their house!

Wednesday, May 3, 2017

Parents and community members invited

On Monday, May 8th at 2:30, the Pine to Prairie Drug Task Force will be presenting information to the Grygla 7th-12th grade students on drugs in today's culture. This presentation will be held in the new gym at the Grygla School. They will discuss prevalence of these

drugs in our society today, but also focus on how and which drugs affect our communities. We strongly encourage parents and community members to attend this informative presentation. If you have questions, please contact Jamie Lunsetter at 218-294-6155.

Sportsman's Club annual picnic

The Fourtown/Grygla Sportsman's Club are having their annual picnic this Saturday, May 6th. The day starts

out with a 10am ditch cleaning, riding and a potluck lunch. (Meat and beverages are provided.) All are welcome.



Beef...It's What's For Dinner

Beef is one of the most popular meats in the U.S. and demand for Beef is surging around the world.

Beef has great nutritional value. It's an excellent source of protein, B-vitamins, and many minerals such as iron, zinc, potassium and magnesium.

On the average here in America, each person consumes more than 54 lbs. of beef annually. May is Beef Month. Stay healthy. Make Beef a part of your next meal.

ASB AMERICAN STATE BANK
In two locations
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328
www.asbgrygla.com

EXTENSION NEWS

Beef Home Study Courses
The University of Minnesota Beef Team is offering three online Home Study Courses in summer 2017, titled "Introduction to Cow/Calf Nutrition", "Health Management for the Cow/Calf Herd" and "Introduction to Cattle Feeding." Courses focus on practical applications of topics. Each lesson will include online activities designed to encourage participants to become familiar with electronic resources and an online forum gives participants the opportunity to connect with other producers. Following completion, participants will receive a certificate of completion and the opportunity to highlight their continuing education through a LinkedIn Certificate Badge. The first lessons will be available June 7, 2017, and the following lessons will be posted every 2 weeks. The fee for course registration is \$75. Registration is open through June 14, 2017. Internet access and Microsoft Office software are required. Contact Nicole Kenney Rambo at nmkenney@umn.edu or 320.235.0726 ext 2009 with questions or visit www.extension.umn.edu/beef for further details and a list of lessons offered within each course.

DO IT YOURSELF

Easy diagram on creating a 3 tier planter



Tips from people who tried it:
"I made this last year but just used 3 pots and set each one on the dirt in the middle of the one below, then the water drains through all 3. Only drawback was the top pot dries out so fast. Maybe put a tray

under that one."
"Not much room for growth in bottom two tiers. Flowers that spill over would work better!"
"You don't have to use clay pots. Lighter weight pots work too as the soil weighs them down enough."

Below: Grygla School (6-12 grade) held their choir and band concert last Tuesday evening, directed by Mr. Gene Lunsetter.

A Note from Principal Lunsetter's Desk

"I truly believe in positive synergy, that your positive mindset gives you a more hopeful outlook, and belief that you can do something great means you will do something great."
~Russell Wilson

We all have ups and downs; days where we feel like we can take on the whole world and days when it's tough to get out of bed. The difference between the really successful people and those that aren't isn't only in making the decision to get out of bed when they don't want to, but it's also forcing themselves to believe that they can conquer anything, even when they don't feel like it. They find the positive in everything...there's always a lesson to be learned and they refuse to take no for an answer. A friend shared a short video today on the difference between failing and failure. Failing means that there is continued growth...we challenge ourselves and come up short, gather our thoughts and try it again. It's a continued pattern of building ourselves towards the people we are meant to be. Failure on the other hand, is quitting...it's giving in when we are challenged or things seem to get to difficult. It's all a matter of perspective. When we fill our minds with positive thoughts and surround ourselves with positive people, we believe that we are capable of doing something great, and when that mindset is present, we are truly capable of doing anything.

Word of the Week
...enhancing vocabularies one Grygla Eagle at a time.

Drupe noun \druop\
1. Botany. any fruit, as a peach, cherry, plum, etc., consisting of an outer skin, a usually pulpy and succulent middle layer, and a hard and woody inner shell usually enclosing a single seed.



Clay Irlbeck, Brooke Limesand, Hailey Vad and Olivia Tykward at last week's band concert in Grygla. The four are part of the Senior High Band.



On the right, Mr. Lunsetter is pictured with the senior choir and band members. L-R: Ryce Skime, Alison Satre, Gene Lunsetter, Kaitlyn Olson and Ashley Moe.

A trip to the Shrine Circus in Grand Forks



Grygla Kindergarten and 5th grade sure looked ready and excited for their Shrine Circus trip last Friday!

A HIPPIE'S HEALTH

Written by Tara Waltman
Have you guys ever watched the movie Inside Out? If you have not, I highly recommend it. I love it! It's animated, so you can watch with the kids and as a therapist, I have a special connection with it. I even bought an Inside Out t-shirt and wear that to work. The reason I bring this up is I am the character Disgust. That is me folks. I am sure some of you have seen my facial expressions and are shaking your head yes in agreement.

A lot of things disgust me such as dog poop (we have 3 dogs), cat poop (we have 2 cats), cat hair, stepping in dog poop (this has happened a lot), roadkill, the smell of manure (I live in Amish Country and you have not smelled anything until you have smelled manure around here let me tell you!) and last but not least bugs (surprisingly, I don't mind spiders though!)

I used to do therapy in a residential program and my office was infested with box elder bugs. At one point, I had a client say you have a box elder bug in your hair (he said this calmly). I freaked out. You can just about imagine.

Now when I am doing therapy, I imagine having a bug in my hair! Ugh gross! (This is what the Inside Out Disgust character would say!)

I also had this fear that the entire residential place I worked would be infested by bed bugs at any moment and this was a legit fear, folks. There were many times I would go home from there and put my clothes directly in the dryer on high heat. This is tip number one for bed bugs. Put clothes in dryer at high heat before washing. The high heat is what kills the bugs. I have also done that since starting outpatient therapy because I have clients tell me they have bed bugs. It takes a lot of willpower to hide my disgust face in session when things like that come up. So, a spray you can use to not let the bed bugs bite is 2oz water, 15 drops Palo Santo Es-

sential oil, Lavender EO and Rosemary EO and a capful of Thieves Household Cleaner. Combine ingredients and spray mattress and use in washing bedding and sheets.

Another disgust moment, seeing ants in my house. I will tell you though, the remedy I used, they did not last long and they did not come back. Ants don't like peppermint. I put peppermint, vodka, water and maybe lemon oil (I can't remember for sure as that was last year) in a spray bottle. I sprayed where the ants were - on my counter tops and around. The ants were gone within about a day and didn't come back. I had to spray quite a few times, but it worked and it was a nontoxic way to get rid of them. Then my disgust face turned into a smile.

Last but not least, the infamous mosquito. Do you know that the mosquitos in MN are like 20 times larger and there are about a million more in just Grygla alone then in all of PA? Still, we do have them. I like using a few home remedies for mosquitos. Now if this would work in Mosquitoville, MN, that I am not sure about because those things are vicious and persistent! I have used a natural bug spray made primarily from Eucalyptus and I have used lavender as well. This summer I am going to try a couple of the recipes shown in the picture.

It is the season of bugs coming out more in full force! So make sure you are guarding yourself against all of them. Hopefully some of these tips help! Also, feel free to google ideas, that is where I find most of my recipes and ideas!

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and wellness for people. She is also a Young Living Essential Oils consultant. She is the daughter of Darell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.

stepintomygreenworld.com

MOSQUITO SPRAY REPELLENTS

OPTION 1 EUCALYPTUS LEMON
In a BPA-free spray bottle mix:
2 cups of water
5 drops of lemon essential oil
10 drops of eucalyptus essential oil
20 drops of citronella essential oil
Spray around you and on yourself

OPTION 2 GERANIUM LAVENDER
In a BPA-free spray bottle mix:
2 cups of water
5 drops of geranium essential oil
10 drops of lavender essential oil
20 drops of citronella essential oil
Spray around you and on yourself

OPTION 3 BASIL LEMON
In a BPA-free spray bottle mix:
2 cups of water
5 drops of lemon essential oil
10 drops of basil essential oil
20 drops of citronella essential oil
Spray around you and on yourself

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SIMPLY DELICIOUS

Written and (will be) made by Kari Sundberg, Eagle Editor
Caramel Apple Cinnamon Rolls

I haven't actually made these yet, but I plan to this week. I'll probably have to skip breakfast and lunch, though, as I'm sure they are loaded with calories! But remember, it's all about portion control! So you can definitely splurge guilt free, as long as it's in moderation. (Though I'm wondering how a person could just eat one of these!?)

The dough recipe below promises to be easy to make and perfect for beginners. Serves: 8

- Ingredients
Dough Ingredients:
3/4 cups flour
2 tsp instant yeast
1/4 cup white sugar
1/2 teaspoon salt
1 egg
1/4 cup water
3/4 cup milk
1/3 cup butter, softened
Filling Ingredients:
2 Granny Smith Apples, chopped
1/4 cup brown sugar, packed
1 tablespoon cinnamon
1/4 teaspoon nutmeg
5 tablespoons butter, softened
Caramel Glaze:
1/2 cup butter
1/2 cup brown sugar
1/4 cup sweetened condensed milk
Instructions

To make the dough: In a small saucepan over medium low heat add the milk and butter. Stir until the butter has melted and remove from heat. Let stand until luke warm temperature.

In a large mixing bowl whisk together 2 1/4 cups flour, yeast, sugar, and salt. Add to the stand mixer with dough hook attached. (You can also make this by hand, just knead until smooth once all of the ingredients are added.) Add the egg

and water and mix until just starting to combine. Slowly add in the milk mixture and 1 cup of flour until the dough starts to form and become smooth. Let the dough rest for 10 minutes.

On a lightly floured surface, roll the dough into a large 9x15 square. About 1/4-1/2 inch thick.

In a small bowl combine the cinnamon, nutmeg and brown sugar for the filling. Spread the softened butter onto the dough keeping it about a 1/2 inch away from the edge. Sprinkle the cinnamon and brown sugar on top of the softened butter. Sprinkle with chopped apples.

Roll up the 15 inch side into a log and pinch the seams. Cut into 9-12 slices depending on how thick you want your cinnamon rolls. Place in a greased 9x13 inch pan or 9 inch pie pan. Cover with a damp cloth and let rise for 30 minutes.

Preheat oven to 375 degrees. Bake for 30 minutes or until just golden brown on the tops.

To make the caramel glaze: In a medium saucepan, melt the butter and brown sugar until sugar dissolves. Add the sweetened condensed milk and bring to a boil over medium high heat for about 2-3 minutes. Pour over warm cinnamon rolls.



Wednesday, May 3, 2017

Grygla's 'Rustic Romance' Prom

Saturday, April 29th, 2017



Olivia Tykward escorting Brittanie Jones



Alaina Monson escorting Peyton Verbout



Brooke Limesand escorting Blake Nerhus



Chris Skime escorting Hailey Vad



Kameron Dahl escorting Shawntel Ignaszewski



Tanner Anderson escorting Madasun Fulton



Carlye Kiesow escorted by Carver Sannes



Michael Jelen escorting McKayla Vad



Alison Satre escorted by Jack DeWulf



Dustin Smith escorting Abby Kiesow



Chris Luttrell escorting Rebecca Dahlen



Katrina Smith escorted by Clayton Irlbeck



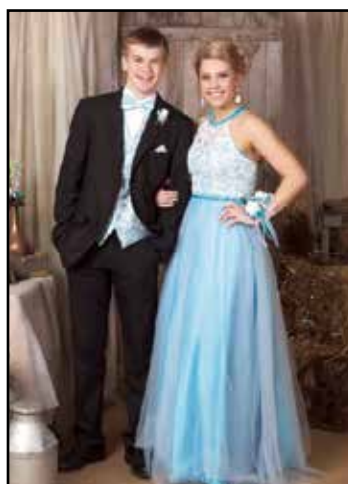
Jordan Herseth escorting Maddie Nix



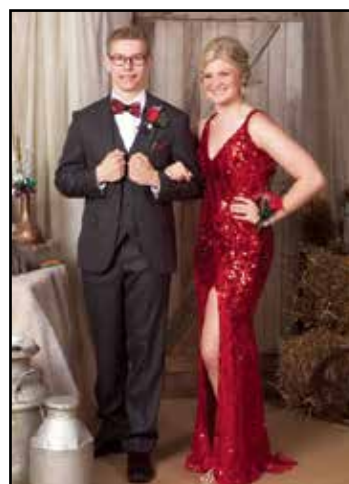
Cooper Blazek escorting Cheyenne Irlbeck



Ryce Skime escorting Lakeisha Hays



Ashley Moe escorted by Hudson McMillin



Jaden Kiesow escorting Libby Johnson



Julianne Nordby escorted by Andrew Jones



Trystan Jelle escorted by Ben Groven



Jake Ahlbeck escorting Sarah Suchoski



Kaitlyn Olson escorted by Logan Tinnies



Lucian Tinnies escorting Mercedes Coan



Tyrone Alten escorting Chelanne Kostrzewski



GG Chargers Track

The cold (and extended winter) weather hasn't been ideal for track meets around the area resulting in all last week's meets getting cancelled, but the Chargers track team looks forward to their upcoming competitions.

Junior High Track Meets

Tuesday, May 16th in Roseau 3:30pm

Monday, May 22nd in LOW 4pm

Senior High Track Meets

Thursday, May 4th in Mahanomen 4pm

Tuesday, May 9th in Park Rapids 2pm

Friday, May 12th in Warren 4pm

Thursday, May 18th in Ada (time TBD)

The week prior to last brought a few victories to our local athletes. Competing in Mahanomen on April 21st, Tyler Stinar got 1st place in the 100 meter dash and Jaden Kiesow finished 3rd. The 4x800 meter relay team finished 3rd! Members of that consisted of Ben Groven, Jake Olson, Moses

Jensen and Kaleb Sjulestad. That day, Karlee Johnson tied the school high jump record of 4' 4", as well!

Track photo: Bottom row, L-R: Vivian Coan, Trinity Walseth, Mataya Sargent, Mercedes Coan, Madison Cullen, Chloe Kuznia.

Row 2: Jaden Kiesow, Gabe Arveson, Clayton Suchoski, Jake Olson, Nick Groven, Nolan Anderson, Mason Laidley, Felix Jensen, Jordan Coan.

Row 3: Coach Brady Olson, Kaleb Sjulestad, Aaron Jones, Hudson McMillin, Preston Panek, Moses Jensen, Jared Haack, Levi Kiesow, Layla Jelle, Eli Sundberg, Andrew Loken.

Row 4: Anthony Loken, Lucian Tinnies, Andrew Jones, Libby Johnson, Katerina Groven.

Stairs: Coach Jason Grandstrand, Ben Groven, Clay Irlbeck, Robert Brummitt, Tyler Stiner, Karlee Johnson, Trystan Jelle, Carlye Kiesow, Cheyenne Irlbeck.