



Today	Thurs	Fri	Sat	Sun
Scatt Tstorms	Partly Cloudy	Mostly Cloudy	Partly Cloudy	Partly Cloudy
H 76 L 54	H 76 L 51	H 75 L 53	H 75 L 52	H 77 L 54

A look at next week... Intern Kendra brings you Back Behind the Barn Boys Part 2: The Later Years



A rare machine makes its way back home

Written by Kendra Jensen, Eagle Intern

A heartwarming story on how one very special snowmobile made its way back home after almost 25 years.

Gatzke resident, Randy Larson, has been collecting and remodeling snowmobiles for over 10 years. He says it's a fun hobby of his that he likes to do in his free time. One day, a fellow collector, and work friend of Randy's, told him about this one particular snowmobile. Randy was very interested in the machine, and bought it in hopes of fixing it up and entering it in to snowmobile shows.

"It's a very rare model," Randy explained. The machine is a '67 Polaris Sno-King that was designed for Messelt's Service Station in Roseau. At the time, an undecided amount was produced by Polaris. The estimated number of machines that were manufactured ended up to be 25. Randy said he knows of four or five that are still around today.

Randy was at a snowmobile show when he happened to run into fellow Gatzke resident, Ed Monson. They started talking about the snowmobile Randy had purchased. It was a rare machine that Randy knew

Ed would have some interest in. The more they talked, the more interesting the conversation got.

It just so happens that Ed had bought the exact same model brand new in 1967 and had given the machine to his son Tom, who has since passed away. The more they talked about Randy's snowmobile, the more similarities they found in Ed's old machine that he had sold many years ago. Randy brought up how this particular snowmobile had marks where stickers were put on the dash. Ed described that Tom had put stickers on the dash of his, too.

Randy explained the sticker to Ed and it was one that wouldn't have been put there by anyone else.

It was discovered that Randy had Tom Monson's old snowmobile. It had made its way back to the Gatzke area.

Greg Monson, Tom's brother, says, "My dad bought it brand new from Messelt's Service Station in the fall of 1967. I remember being pretty bummed when he sold it. I thought I would never see it again." He remembers a story about his dad and his brother putting wheels under the skis so they could drive it around during the summer time.

Once the realization set in for Randy that he had the Monson's old sled, he knew it was one he had to remodel. He started working on it and put that machine at the top of his priority list to restore. He said a machine becomes special to him when he knows there is a story behind it. "I become motivated to fix it up," he added.

Randy has since restored Ed's old snowmobile and added an extreme amount of detail. Once the snowmobile was finished, Randy threw a little party in Tom's honor so the Monson family could be reacquainted with the machine. It was a bittersweet day filled with many emotions!

"When I saw Randy's sled, I was amazed. He did an outstanding job on the restoration. Even my dad said it had never looked that nice, even when he bought it back in '67," said Greg. "I'm glad how things worked out," he smiled.

More photos on back page.

GRYGLA CENTENNIAL SNEAK PEEK

REMEMBERING THE PAST
CELEBRATING THE PRESENT
EMBRACING THE FUTURE

AUGUST 25-27, 2017

Community Celebration

Sunday, August 27th, 9:30am

There will be a community musical worship service, led by The Overtone's, under the big tent at 9:30am. Following the non-denominational worship, cake will be served for a Centennial Birthday Celebration.

The Overtone's, a quartet, have been singing southern gospel, secular and patriotic songs for over 30 years!

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

Another sneak peek to come next week!

Like

Logan Tinnes vs. Europe

Written by Kari Sundberg, Eagle Editor

Logan Tinnes, son of Jon and Karina, recently embarked on a month long European adventure complete with stops in multiple countries. Just graduating high school at the end of May, he and a friend, Caleb Olson, left on their trip June 13th.

Logan graduated from Nevis High School last May and currently resides with his grandparents in Nevis. He is cooking for Dorset House in Dorset, MN, for the rest of the summer and will then head to Grand Forks this fall where he plans to major in Commercial Aviation in the UND Aerospace program. Of the trip, Logan says he just wanted to do something adventurous after high school because, in his words, people always say "I wish I would have done that" and he didn't want to be one of those people.

He describes his experience as challenging, but worth it.

Let's head to Europe with Logan for a bit.

Departing on June 13th, Logan and his friend, Caleb, flew out of Minneapolis to Boston. After switching flights, they crossed the ocean bound for Reykjavik, Iceland, then flew to Amsterdam where they toured first.

1st stop: Amsterdam, Netherlands
Logan and Caleb stayed in

Amsterdam for a week. One of the most interesting things about their trip was the sleeping arrangements they had made. Using only an internet website and a smartphone app, the two stayed with complete strangers the entire trip! In Amsterdam, they stayed at a house which was in the next city over so they had to take a train when coming and going. After 3 nights at this place, the gentlemen was going sailing and invited Logan and Caleb with. "We didn't feel comfortable going because we didn't have any power or WiFi so we'd have no way to communicate our safety," Logan said. So the boys decided to get a hostel for the remainder of their stay in the city.

When asked how they found their specific places to stay, Logan says they looked up cheap hostels on Google and booked through there or used a couch surfing travel app that allows travelers to stay with locals who are willing to host them.

Logan's favorite thing in Amsterdam? Meeting up with other couch surfers and touring the city via bicycles.

In the city, the two didn't take much public transportation and walked over 50 miles alone. They enjoyed numerous sightseeing attractions and also a canal cruise by boat one evening.

Next stop: Oslo, Norway
After Amsterdam, Logan

and Caleb flew to Oslo where they stayed for 4 days. Before making the big trip, the two friends decided on the places they wanted to visit and included Norway because of their heritage. "We got to Oslo about 11pm and had to walk to our host house from the train station. He had to work at 8am every day so we had to be out of his house by then, too," Logan said. What he describes as physically and mentally challenging, due to having to tour around Oslo for so long every day, while their host was at work, Logan says this was his favorite place to stay, however. "Our host lived on the same street as the Korean and Italian Embassy, and a block away from the US Embassy. It was a high class, gated neighborhood," he described. The young men found this host on a website where you request to stay at their home. The man accepted and let the two crash there. Logan says they sent out about 20 requests per city, in hopes to hear back from someone. They took a chance and had great luck.

In Oslo, Logan says his favorite day was when they took a ferry two hours away to an island where they went hiking and were treated to some amazing views.

"A lot of sightseeing filled our time and we saw some great parks and museums," Logan mentioned. He also added

that it was hard to find people in the cities to talk to as everyone speaks a lot of languages without much English.

Bus trip to Berlin, Germany

After Oslo, Logan and Caleb took a 16-hour bus ride to Berlin, Germany, which took them through Sweden and Denmark. "One thing we noticed when we got there was graffiti everywhere," Logan pointed out. "Out of all the other cities, it was crazy how much graffiti we saw in Berlin alone." The two spent their days relaxing in the city as they were tired from their time in Oslo, due to having to get up so early and stay out so late to accommodate their host's wishes.

Highlights in Berlin included a visit to a concentration camp, the East Side Gallery, and one of the most important landmarks in Berlin: Checkpoint Charlie. "It was really weird to see all of that history in the city," Logan expressed. The two stayed in Berlin for 3 days.

Next bus stop: Paris, France

From Berlin, the two friends took a 12-hour bus ride to Paris, France. Logan says the tickets were incredibly cheap. Plane tickets were about \$150-200 Euros to fly within, while the bus ticket from Berlin to Paris was only \$45 Euros. (FYI: 1 Euro equals 1.18 US Dollars.)

When arriving in Paris, the two went directly from the bus straight to the Arc de Triomphe and Eiffel Tower. Only staying one night in a city they describe as "filthy and expensive" the two crashed at a host house and left the next day. "It was so run down, dirty, gross and expensive," Logan described. "We both felt that way. The Eiffel Tower is the focal point of the city, but there was garbage everywhere." Logan says neither he nor Caleb cared for the city and felt the most unsafe here. They also felt uncomfortable at their host house saying the man was lonely and divorced, missed his son a lot, and gave a lot of hugs. "He was nice, but he just made us feel weird," Logan confessed.

Last stop: Barcelona,



Logan says he was unimpressed while visiting the Eiffel Tower in Paris, France. "The spot that's supposed to be the focal point of the city was instead littered everywhere with garbage and matted-down grass. I didn't like it. Neither did Caleb," Logan offered. "It was the one city where we actually felt the most threatened and unsafe due to recent terrorism," he added.

Spain

The last city on the European adventure was Barcelona, Spain, where Logan and Caleb spent another week. A lot of their time was spent at the beaches, which Logan described as amazing. The two had a great time in the city but admitted to being tired at this point, sick of traveling and ready to go home.

When asked what types of food they enjoyed over the course of the month long vacation, Logan said neither were ready to expand their palates quite yet. "We found pizza shops or McDonalds," he laughed. Did they check in

with family back home pretty often? Well, with a 7 hour time difference and limited access to WiFi, calls were made about every 3 days.

Back to the US

Flying back to Iceland on July 7th, Logan and Caleb had an 11-hour layover. From there, they went back to Boston where they were supposed to catch a flight to Minneapolis. Because the flights were booked so close together, the boys ended up missing their flight to Minnesota. Logan said, "We sprinted across the airport

Logan vs. Europe...
Continued on back



The iconic "I Amsterdam" letters in the Museum quarter in Amsterdam, Netherlands.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday: 8pm Grace Council
Sunday: Grace: 9am Worship OS: 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Pastor TBA
Sunday: No Worship
Wednesday, Aug. 16: Joint Service at UL 7pm

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

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

Ann's - Goodridge Fr. Adam Hamness
Sunday: St. Clement's: 11am St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Sunday: 9:30am 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 Merseth
Saturday:
Mt. Olive: 9am Worship
Sunday:
Nazareth: 8am Worship
Oak Park: 9:15am Worship
St. Petri: 11am Worship

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



Softball is still happening every Sunday night in Grygla at 6pm - everyone welcome! Pictured above: Brady Olson and Charlie Wells. Pictured below: Justin Thompson up to bat!



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

Ergate noun
1. a worker ant

Grace Lutheran Women to serve at Centennial

The Women of Grace Lutheran Church will be serving up a delicious menu at the Grygla Centennial. Beginning at 9am, the ladies will be serving inside the church. Make sure to stop by and check out the

building if you haven't visited in a while! The menu includes BBQ's, sandwiches, potato salad, beans, homemade pie and bars. Food will be served all day until it runs out!

August WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of August 2017.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We 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. We need no proof of pregnancy.

All potential clients must contact the WIC Program to schedule an appointment.

The following is the schedule of WIC Clinics for the month of August.

Wednesday, August 9: Warroad Community Center

Thursday, August 10: Red Lake Falls Community Center

Monday-Friday, August 14-18: Thief River Falls, Redeemer Lutheran Church

Monday, August 21: Warren,

Evangelical Covenant Church Tuesday, August 22: Karlstad, First Lutheran Church

Wednesday-Thursday, August 23-24: Roseau, LifeCare Medical Center Basement Auxiliary Room

Thursday, August 24th: Grygla, Grace Lutheran Church

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.

North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9-11am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.

Food shelf accepting garden vegetables

Grygla/Gatzke Food Shelf will accept excess garden vegetables on Thursday, August 17th, from 8-9am. The food shelf will be open for regular hours on Saturday, August 19th, from 8-10:30am so vegetables will also be accepted

this day.

Future dates the local food shelf will be open are September 23, October 21, November 18 and December 23.

Please plan accordingly as there will be no special appointments.

HOME FOR SALE

3 Bdrm, 1 Bath, 1 Stall Garage on 5.74 acres. Very open large yard! 6 miles E. of Grygla along Hwy 89. Many updates to the home, all new roofing & much more! Asking \$59,900 OBO. Open to all offers and motivated to sell as soon as possible.

Call/Text Clint 701-215-1362 or Matia 218-242-6494

with questions or if you'd like to view the property.



The Family of Larry Hagen would like to thank everyone for the kind words, expressions of sympathy and delicious food during Larry's recent passing. We would like to extend special thanks to the Middle River EMS as well as the kind and caring staffs at the TRF Hospital and Sanford Hospital in Fargo for the excellent care they provided. Special thanks as well to River Run Percherons (Shannon and Christopher Ostby and David Lian) and Mike Pittman for their contributions to the interment services.

USDA opens more land for emergency grazing & haying

Emergency grazing and haying of Conservation Reserve Program (CRP) land was authorized in North Dakota, South Dakota and Montana due to drought conditions. Recently the Secretary has expanded the eligible area to all counties in which any part of their border lies within 150 miles of a county approved for emergency grazing.

Marshall County now lies within that expanded area.

Grazing and haying is limited to the following CRP practices: CP1, CP2, CP4B, CP4D, CP10, CP18B, CP18C, CP38E, CP8A, CP23, CP23A, CP27, CP28, CP37 and CP41.

The details of the authorization are as follows: All signatories on the CRP contract must sign a request and modified conservation plan before grazing and haying begins. Livestock producers who lease CRP acreage must also sign

a request. CRP participants may use the acreage or grant a livestock producer use of the acreage. 25 percent of the acres must be left ungrazed or the stocking rate, as determined by NRCS, reduced to 75 percent. 50% of the field must be left if haying. Grazing is approved through September 30, 2017 unless conditions improve. There is no payment reduction. Authorization is effective immediately, however, the necessary paperwork must be completed prior to the onset of grazing or haying. Haying is authorized through August 31 and is limited to one cutting.

Producers must apply and receive written approval prior to beginning any emergency CRP activity.

CRP participants wanting to apply or with questions, should contact the Marshall County FSA office to make an appointment at 218-745-4251 ext. 2.

Maintenance Position for MarBel Homes in Grygla

Duties will include summer lawn care, mowing, trimming, landscaping, etc., winter snow removal and sidewalk upkeep, minor maintenance repairs and keeping the grounds clean and in good condition.

Must have knowledge about minor plumbing issues, basic carpentry skills, ability to upkeep development equipment, valid driver's license and the ability to work independently when needed.

Applicant must be able to live on-site, and will receive a 1 or 2 bedroom unit to live in depending on his/her family needs. Compensation for this position will be full monthly rent and utilities.

Position available until filled. Please contact Stacie Meyer at 218-688-0198 or staciemeyer0711@outlook.com for application.

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Community Calendar

Wed | Aug 9
Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 2-6pm; Grygla Library open 2-6pm; August Senior Birthday Party at Grain Bin Café 2:30pm; Community Bible Church VBS (3-5:30pm for 6th grade and under, 6-9pm for 7th grade and up)

Thurs | Aug 10
Community Bible Church VBS (3-5:30pm for 6th grade and under, 6-9pm for 7th grade and up); Sand Volleyball in Goodridge 6:30pm

Fri | Aug 11
Senior Meals at Grain Bin Café 11am; Community Bible Church VBS (3-5:30pm for 6th grade and under with a program at 4pm, 6-9pm for 7th grade and up)

Sat | Aug 12
Sun | Aug 13

Mon | Aug 14
Senior Meals at Grain Bin Café 11am; Grygla City Council Meeting at Civic Building 7pm

Tues | Aug 15
Grygla Eagle office open 9am-5pm; Goodridge Summer Reading Program event 6-7pm; Fourtown/Grygla Sportsman's Club meeting at 7pm at Yo-Hawn's

GRYGLA LIBRARY LINK



NWRL/Grygla Library hosted Jared Sherlock last week! The professional magician and illusionist performed for over 60 people at the Community Center!



Legal Notice

NOTICE OF HEARING

Pursuant to Minnesota Statutes, Chapter 103D.911, notice is hereby given that the Board of Managers of the Red Lake Watershed District will hold a public hearing on the proposed 2018 General Fund Budget at 9:30 a.m., August 24, 2017, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2018 proposed budget:

PROPOSED 2018 BUDGET

Manager's fees & salaries.....	\$20,000.00
Board of managers' expense.....	22,000.00
Staff salaries.....	461,000.00
Payroll taxes.....	35,266.50
Employee benefits.....	108,368.50
Travel and meetings.....	5,000.00
Audit.....	9,000.00
Legal.....	15,000.00
Office supplies.....	15,000.00
Office equipment.....	18,000.00
Appraisers and Viewers.....	2,000.00
Professional services.....	20,000.00
Dues and subscriptions.....	10,000.00
Insurance and bonds.....	25,000.00
Repairs and maintenance- building.....	15,000.00
Utilities.....	10,000.00
Advertising & publications.....	4,000.00
Telephone.....	11,000.00
Vehicle expense & maintenance.....	14,000.00
Engineering supplies.....	3,000.00
Engineering equipment.....	40,000.00
TOTAL.....	\$862,635.00

LESS ESTIMATED OVERHEAD..... (691,500.00)

LESS: MISCELLANEOUS REVENUE..... (7,000.00)

PROPOSED 2018 GENERAL FUND BUDGET..... \$164,135.00

PROPOSED 2018 GENERAL FUND TAX LEVY..... \$ 0.00

CAPITAL PROJECTS FUND

An ad valorem tax of .0004836 times the taxable market value for 2017, collectible for 2018, will be levied on all taxable property within the Red Lake Watershed District. One-half of the levy will remain in the District for projects listed below; the other one-half of the levy will be sent to the Red River Watershed Management Board for projects within the Red River Basin.

Permitting system	Benchmarks
Flood Control studies/projects	
Stream gauging	
Water quality studies/projects	Rivers
Watershed hydrologic analysis	Lakes
Bank stabilization	

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A FULL SERVICE BANK

Amazing new artists you're probably not listening to

Written by Kendra Jensen, Eagle Intern

A little bit honky tonk and a little bit Texas. Nashville recording artist, Luke Bell, is making heads turn with his rough around the edges, traditional country sound. His throwback style, combined with his own well-traveled experiences makes for a unique sound that can only be described as timeless twang. With a healthy dash of Bakersfield and vintage Nashville, this up and coming artist sounds like a blend between Buck Owens, Roger Miller, and Dwight Yoakam.

Raised less than an hour's drive from Yellowstone, in Cody, Wyoming, Bell says he grew up listening to old country music while he worked on his grandparents' ranch. "I grew up on all kinds of music, just like everybody else. I loved Nirvana. I loved punk rock. But I'm very drawn to the simplicity and timelessness of hon-

ky-tonk music. A lot of different music is about examining the human condition, but with honky-tonk, you get to have a sense of humor in the delivery. You can laugh at yourself."

Luke released his self-titled, debut record last June. He has had plenty of success with his album this past year, including opening shows for Willie Nelson, Hank Williams, Jr., and Dwight Yoakam.

Luke Bell is currently touring Europe, but you can find his music on Youtube, Pandora, and iHeart Radio!



Simply Delicious

By Kari Sundberg, Eagle Editor

Carrot and Zucchini Bars with Lemon Cream Cheese Frosting

For today's recipe, let's try a zucchini dessert recipe. Zucchini is great fried up or oven-baked with parmesan cheese on it, but it's even better in something sweet like cakes, muffins or breads. These bars are a fun recipe that include both zucchini and carrots. I love the ginger in them and the lemon frosting. Don't peel your zucchini if you want to see the color, but if you want it hidden (from picky eaters) go ahead and peel!

2 eggs, slightly beaten
3/4 cup packed brown sugar
1/2 cup canola oil
1/4 cup honey
1 tsp vanilla
1 1/2 cups shredded carrot
1 cup shredded zucchini
1/2 cup chopped walnuts (optional)
1 1/2 cups all-purpose flour
1 tsp baking powder
1/2 tsp ground ginger
1/4 tsp baking soda

Lemon Cream Cheese Frosting

1 (8 oz) pkg reduced fat

cream cheese
1 cup powdered sugar
1 1/2 tsp lemon zest

Preheat oven to 350 degrees. In a large bowl, whisk together the eggs, brown sugar, oil, honey and vanilla. Don't worry about clumps of the brown sugar, those will dissolve as it sits while you prepare the remaining ingredients. Then fold in the carrot, zucchini and walnuts.

In another bowl combine add the flour, baking powder, ginger and baking soda. Whisk to blend together.

Add the flour mixture to the wet mixture. Stir just until combined. Spread batter into an ungreased 13x9 baking pan. Bake about 25 minutes or until a toothpick inserted in center comes out clean. Cool completely in pan on a wire rack.

Once the cake is cooled prepare the frosting. In a medium mixing bowl, beat the frosting ingredients with an electric mixer on medium speed until fluffy. Spread or pipe the frosting over the cooled bars. Makes 36 bars.



Bringing two different styles, yet the same love for music are The Jensen Sisters and Jordynn Johnsrud! Each from Goodridge, the performers took the stage at RiverFest in Thief River Falls last weekend.

The Jensen Sisters (below left) played on Friday, August 4th. If you missed it, you can check out one of their upcoming shows on August 10th at 6:30pm - Riverview Park Gazebo in Roseau; August 12th at 8pm - The Municipal in Goodridge; August 18th at 8pm - Eleven Lounge in Williston, ND.

Jordynn Johnsrud (below right) performed Saturday, August 5th. To see her live, catch her at one of these locations: August 10th at 5:30pm - Riverwalk in Thief River Falls; August 11th at 8pm - Brick and Barley in Grand Forks; August 12th at 12pm - MooseFest in Karlstad; August 12th at 7pm - Market Days in Oklee; August 17th at 6:30pm - Riverview Park Gazebo in Roseau; August 19th at 5:30pm - Springsteel Resort at Springsteel Island; August 27th at 7pm - 4H Performing Arts Stage at the MN State Fair.



Carter Torgerson and his friend, Charlie Olson, won 1st place and \$500 for biggest catfish caught during the East Grand Forks "Cats Incredible" over the weekend of July 29th. They were awarded two 1st place prizes - 1 for the biggest catfish and the other for the most pounds caught on each team.

Charlie caught the winning 19.48# catfish on Sunday, July 30th. Carter caught a 12 lb. 33"!



A Hippie's Health

Written by Tara Waltman

We are exposed to approximately 300 toxins a day. 300! This all varies depending on where we live; the air we are breathing, the water we are drinking, the foods we eat and the products we are consuming and putting on our body.

I recently read an article, Toxic Chemicals Finding Their Way in the Womb, on CNN.com and this is what it wrote,

"We've measured hundreds and hundreds of toxic chemicals in the blood of babies that are still in the womb," said Ken Cook, president of the Environmental Working Group, a non-profit environmental advocacy organization. "Flame retardants, the chemicals in consumer products like personal care products, makeup, shampoos. It's a very long list."

The EWG study found an average of 232 chemicals in the cord blood of 10 babies born late last year.

There are chemicals found in a wide array of common household products -- a list that is as long as it is familiar -- shampoos and conditioners, cosmetics, plastics, shower curtains, mattresses, electronics like computers and cell phones, among others.

This is just crazy to me! We have to keep in mind that people were exposed to less chemical years ago.

I recently read a post from a friend of a friend and her son was extremely ill right when he was born because they lived by a coal burning plant (this is in MN). The child was born with methyl mercury poisoning and could have died. Needless to say they moved out of that area and his all his symptoms cleared.

Do you know that one of the first ingredients listed on a lot of baby formulas is Corn Syrup!? Corn Syrup! I was furious

when I read this (just ask my spouse). Nothing like getting your child addicted to sugar right out of the womb, well, and it's not even sugar, it's a genetically modified substance.

Can you tell I am passionate about this?!

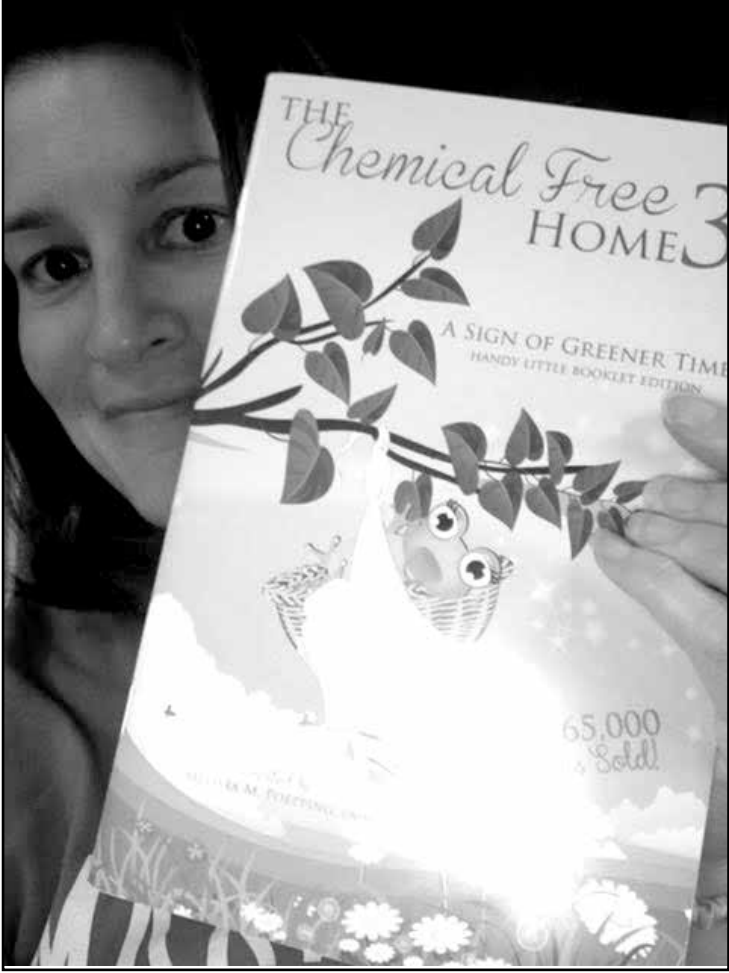
I am by no means judging mothers that give their baby's formula at all; some can't breast feed and some don't want to, and that's okay. I just want to make parents aware of what's in products. I am furious that companies put harmful products in things we consume. It would be ideal to breast feed (because breast milk is packed with so many nutrients) but if not, there are some healthier formulas available. too.

We cannot eliminate all toxins because it is just not possible. We can however, limit the amount toxins. With the foods we eat, water we drink, products we put on our bodies, what we clean our households with, etc.

I just wanted to share a little information because I think toxicity in people is becoming far too common and with that all types of diseases are becoming more and more prevalent, especially in kids.

It's important to know some of this information, to be aware but it won't help to over worry about it either. Do things to limit exposure to toxins. Do things that make you happy - that make you feel healthy and good!

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.



What A Joke

Submitted by Kendra Jensen, Eagle Intern

What did the duck say when he bought lipstick?

"Put it on my bill."

What happens to a frog's car when it breaks down?

It gets toad away.

Can a kangaroo jump higher than the Empire State Building?

Of course. The Empire State Building can't jump.

How does a dinosaur get out of a pool?

Wet.

Why couldn't the leopard play hide and seek?

Because he was always spotted.

Do It Yourself

Submitted by Kendra Jensen, Eagle Intern

Here is what you'll need to make your own:

- A small cable spool
- Wooden dowels
- 3 to 4 casters (swivel wheels)
- Molding glue
- Saw
- Measuring Tape
- Paint
- Drill and screws

Steps
To get started, you'll need to paint your spool and your dowels. Use a white Behr paint with the primer already mixed into it. Paint with just two light coats as it has a beautiful vintage and worn look.

After it dries, turn it upside down and position your wheels where you want them. This pic-

ture shows three wheels but consider using four so it doesn't topple over. Just drill them into place.

Next, measure the gap between the top and the bottom of the table. This will be the size your wooden dowels should be. Using the saw, cut about 5-6 dowels.

Using molding glue, position and place the dowels around the table about a foot apart and hold in place while they dry. If you cut them down to the perfect size, you don't even need to hold them. They should just stand on their own.

Now fill it with books and admire your new bookcase! It's not too fancy, but it's cozy and makes for a great conversation piece.



Logan vs. Europe...
Continued from page 1

with our backpacks on and got to the line. The lady told us we were too late.” He said this was the saddest moment of the whole trip. “We were crushed,” he said. The airline gave them emergency tickets to fly out the next day for an extra \$100. Having to spend the night at the airport made for some last minute memories as the airport actually closed at 1am and the guys got kicked out. They just waited outside in a pickup zone until it reopened at 4am where they were then able to sleep until 9am before flying



A photo of the Barcelona Cathedral, which has a roof notable for its gargoyles, featuring a wide range of animals, both domestic and mythical. The cathedral was constructed from the 13th to 15th centuries.



In Berlin, Germany, Logan and Caleb toured a concentration camp, which they said was very eye opening. Arbeit Macht Frei is a German phrase meaning “work sets you free.” The slogan is known for appearing on the entrance of Nazi concentration camps.



Logan and Caleb took a ferry to The Vikings Ship Museum just west of Oslo, Norway. Logan is pictured in front of the Oseberg Viking Ship, a ship that is said to be among the finer artifacts to have survived from the Viking Era.

back home. When landing in Minnesota, Logan says, “I just felt relieved, honestly.” After enjoying 80-90 degree weather over the duration of their trip, and making a lot of memories, Logan said it was an interesting trip. He’s glad he did it, but admits it was a challenge. “Overall, the trip taught me things I never expected to learn. I’m thankful that I can create opportunities for myself in life and I’m also grateful that we stayed safe and healthy the whole time,” he concluded.

Acclaimed songwriter and new author
Elisa Koreenne to visit the Grygla Library

To celebrate the release of her debut book Hundred Miles to Nowhere: An Unlikely Love Story, veteran performer, award-winning songwriter and New Yorker-turned-Minnesotan Elisa Koreenne will visit the Grygla Library on August 16th at 4pm to share fish-out-of-water excerpts from her memoir and perform songs inspired by her new home. North Star Press released Hundred Miles to Nowhere on June 6, 2017, and it is already a finalist for the Next Generation Indie Book Awards. Koreenne, known for her original songs about oddballs in history, left New York City in 2006 to be an artist-in-residence in rural west central Minnesota. When she fell in love with a local outdoorsman, she moved and became a fish out of water in New York Mills, Minnesota, a town of 1100 people. To survive the culture shock, she wrote and composed about herself and other oddballs. “I felt lonely and disconnected,” Koreenne says. “So I channeled my loneliness the only way I knew how.” Koreenne’s culture shock evolved into a memoir that is already gaining attention. In

smooth, well-crafted prose, Koreenne’s memoir tells the story of finding somewhere, and someone, in the middle of nowhere. The book is an unlikely love story about a musician, culture shock, and discovering that sometimes lost is on the way. It features naked jaunts through New York City, a three-day canoe-camping trip of a blind date, learning how to eat roadkill for dinner, moonshine, and a tornado. Since becoming a Minnesotan, Koreenne has become known as a pioneering rural artist. Gull Lake TEDx chose Koreenne to be a featured speaker at their April 2017 conference. Prairie Public Television in Fargo, North Dakota commissioned her to create songs and appear in a series of ten mini-music documentaries of unusual people and events in the Upper Midwest. In her hands, stories of fascinating and under-sung historical figures become song portraits. Extraordinary experiences become musical snapshots of emotional truths. Koreenne will be at the Grygla Community Center on Wednesday, August 16th, 4pm, to perform BOOK AND



BALLAD: Hundred Miles to Nowhere, which is available at bookstores across the country, Amazon.com, NorthStarPress.com and at your local library. This event is being hosted by NWRL/Grygla Library.



Randy Larson and Ed Monson are pictured on the newly restored '67 sled. Larson recently held a reveal party for the entire Monson family in Tom's honor. On the right, Ed Monson (on the Sno-King) and his son, Tom, in 1968.



Yard of the Week



David and Diane Paulson, 11893 310th Ave NE, Goodyridge, have a gorgeous yard with plenty of artistic touches and a welcoming feel. That fire pit sure looks inviting, doesn't it?



Wayne and Hazel Thomas, 210 Woodrow St. W, Grygla, have given their property a lot of time and effort, including a DIY natural rock pathway. Check out those Hollyhock stalks, too!



Grygla Elementary School Patrol Captains for the 2017-18 School Year

Left: School Patrol Captains Alicia Osse, Christian Loken, and Blake Rychlock recently completed their training at Legionville, located on Long Lake north of Brainerd.