



Today
Partly Cloudy
H 88 L 64

Thurs
Sunny
H 85 L 63

Fri
Sunny
H 88 L 65

Sat
Scatt Tstorms
H 87 L 67

Sun
Mostly Cloudy
H 75 L 54



A look at next week ... A Goodridge family shares some history on their two Century Farms!



The 4-H group at Luckenbach, Texas, a venue known for country music. One of its two main buildings houses the remnants of a post office, a working saloon, and a general store. The other is a dance hall. *Photos courtesy of Lori Jones*



Walter Jones, right, and Nathan Friesenhahn, both part of the 4-H State Exchange Program, at The Alamo in San Antonio, Texas. Of visiting here, Walter commented, "I've seen the movie so many times so to see the real thing was really cool." Nathan will visit Gatzke, MN, next summer!

Making the best better

Written by Kari Sundberg, Eagle Editor
The Grygla Eagle recently had a nice visit with Walter Jones, son of David and Lori Jones, of Gatzke. Walter, age 14, was part of a 4-H State Exchange Program where he had the opportunity to fly down to Texas a few weeks ago. He's been a Grygla-Gatzke Go-Getter since he was in 3rd grade; this fall he'll be a freshman at Grygla High School.

The Grygla-Gatzke Go-Getter's 4-H Club is a member of the Roseau County 4-H program. Just over a dozen kids signed up to do this summer's State Exchange in Texas. The program is paid for through Roseau County 4-H, but the kids did raise a lot of money through fundraisers prior to the trip. With just an initial \$125 fee per kid, after fundraising, the only cost come trip-time for each individual was each owns spending money.

Participating families in the 4-H program in Texas opened their home and each took in a Roseau County 4-H member. As the name states, it's an exchange program, which means that next summer, the family that Walter stayed with in Texas, will send their son to stay in Gatzke with the Jones family for a week!

The Roseau County 4-H kids left for their trip on Sunday, June 17th. Walter flew from Minneapolis to San Antonio and didn't return back home until the following Sunday.

Staying in Marion, Texas, a half-hour outside of San Antonio, Walter was welcomed into the home of Michael and Lisa Friesenhahn, whose son, Nathan, is also involved in his local 4-H club.

Through the program, the host families can plan fun activities on the side, however, the entire group meets every morning where a coordinator has vans and buses ready to take all of the kids around sight-seeing. Walter says his host family only came with on a couple of the outings, although Nathan was a part of all daily trips as he is a member of the exchange program, like Walter.

Out of the many, many sites the group visited, Walter said his favorite was one off the main schedule. His host dad, Michael, manages a sale barn, Seguin Cattle Company, so they took Walter there one day. Anyone who knows him, knows Walter loves cattle! The family he stayed with raises Brahman Angus Cross, which Walter said was really neat to see since they aren't commonly found in Minnesota.

Some of the other notable stops the group made included the Lyndon B. Johnson National Historical Park where they toured LBJ's home and ranch. It was here that Walter took his one and only photo the entire week! The LBJ ranch raises Horned Herefords and being a Hereford man himself, Walter deemed this photo-worthy! The group also went to a living history farm and experienced Luckenbach, Texas, 4-H style. Another day included touring the Alamo, walking through the Riverwalk and taking a tour on a riverboat. Though they also visited the coast one day, Walter said he isn't much of a swimmer, but it was still fun to see the ocean.

When asked what he took away the most from this experience, he says, "The culture. Everything is so different in Tex-

as, including the agriculture. That's what I thought was the neatest.

Not steering too far away from his farm roots, it's no surprise Walter enjoyed seeing the agriculture down south the most. And being a part of Roseau County 4-H, that's what the entire experience is really about!

The Roseau County Fair is coming up July 15-20. Walter plans to show one of his Polled Hereford steers and a cow/calf pair in the livestock show. He is also showing a draft horse team through open-class.

When asked what he loves the most about his local 4-H club, Walter had the most mature answer. He said, "Well, our motto is to make the best better...so there's that!" Between volunteering his time with in the Grygla-Gatzke Go-Getter's, cleaning ditching, helping at the Roseau County Fair, along with entering and showing livestock, the best will definitely just continue to get better.

The Jones family has already started planning some fun outings for when Nathan visits next summer as part of the exchange program. Walter says they'll most likely take him to Lake of the Woods fishing, maybe up to Canada or over to the Bemidji area. Nathan has never been to Minnesota; there's no doubt Walter and his family will show him a great time and the same hospitality that was received in Texas.

For a Roseau County Fair schedule, along with 4-H information, check out the fair write-up on the back page.



This is the only photo Walter took the entire time in Texas! Those who know him know his love for cattle! This was taken at the LBJ Ranch in Stonewall, Texas. Walter said a few guys take care of about 60 cows on site. President Johnson was born, lived, died and buried on the working ranch. After his death in 1973, Mrs. Johnson continued to live at the ranch part-time until her death in 2007. Visitors, like the Roseau County 4-H kids, are now able to tour the National Historical Park at their own pace on self-guided tours.



Out of all the places he visited in Texas, Walter enjoyed visiting Seguin Cattle Company the most. His host dad, Michael, manages the sale barn. Walter is pictured with Michael's son, Nathan, who was also a part of the 4-H State Exchange Program. *Photos courtesy of Lori Jones*

Yard of the Week

Jesse and Ashley Stratton, 29844 370th Ave NE, Grygla, have been nominated for 'Yard of the Week'!

This quaint country yard offers a lot of charm; from the 80 hills of pumpkins planted, to the entry into the dirt hideout under the trees, where all four Stratton kids have their own rooms and play area, to the bountiful flower gardens surrounding the house...it seems fitting to just break into song and sing, "Country roads take me home..." *Photos courtesy of Ashley Stratton Photography*



Outstanding Senior Citizen

Doris Cleven has been named "Outstanding Senior Citizen" and will be representing Grygla and the local Senior Citizen's Club at the 2018 Marshall County Fair. Doris will be included with senior representatives from around the county at the fair's Senior Day Program on July 27th in Warren at 1:30pm.

Joni Anderson, who is on the Council on Aging Committee, said this is the first representative from Grygla in a very long time! She added that a man and woman from each senior center can be nominated. The winners go to the Minnesota State Fair, where one of each is then chosen as the state winners.

Congratulations to Doris Cleven! We wish her well on stage at the fairgrounds in Warren. *Photo courtesy of Abby Sundberg*



It was business as usual for Advantage Ag Air last week when they took their business to the sky. Riley Farder was spraying fungicide on wheat east of Grygla last Thursday when this action shot was taken by the Grygla Eagle Newspaper.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, July 11: 4pm Hymn Comm., 7:30pm Interfaith Bible Study
Sunday: Grace: 9am Worship OS: 10:30am Worship

St. Clement's: 11:45am
St. Ann's: 10am

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 Merseth
Saturday, July 14: Mt. Olive: 9am Worship
Sunday: St. Petri: 8am Worship Oak Park: 9:45am Worship Nazareth: 11am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH United - Gatzke; Our Savior's - Thief Lake
Wednesday, July 11: OS Ladies Aid 2:30pm
Sunday: UL: 9am Worship OS: 11am Worship

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

THE CATHOLIC COMMUNITIES OF St. Clement's - Grygla; St. Ann's - Goodridge Fr. Adam Hamness
Sunday:

NOTICE OF FILING DATES FOR ELECTION OF THE SCHOOL BOARD INDEPENDENT SCHOOL DISTRICT NO. 447 GRYGLA STATE OF MINNESOTA

NOTICE IS HEREBY GIVEN that the period for filing affidavits of candidacy for the office of school board member of Independent School District No. 447 shall begin on July 31, 2018, and shall close at 5:00 o'clock p.m. on August 14, 2018. The general election shall be held on Tuesday, November 6, 2018. At that election, three members will be elected to the School Board for terms of four (4) years each. Affidavits of Candidacy are available from the school district clerk, Grygla School, PO Box 18, 114 N. Fladeland Avenue, Grygla, MN, 56727. The filing fee for this office is \$2. A candidate for this office must be an eligible voter, must be 21 years of age or more on assuming office, must have been a resident of the school district from which the candidate seeks election for thirty (30) days before the general election, and must have no other affidavit on file for any other office at the same primary or next ensuing general election. The affidavits of candidacy must be filed in the office of the school district clerk and the filing fee paid prior to 5:00 o'clock p.m. on August 14, 2018.

Dated: Thursday, June 28th, 2018.

BY THE ORDER OF THE SCHOOL BOARD

1st Deputy Clerk School District Clerk

G16C



Results from last week's StatePoint crossword puzzle.

Summer League Standings

Week 3 standings (W, L)
Red 4,0; Green 4,0; Black 1,3; Orange 0,4; Purple 2,2

Week 3 results
Blue 50
Blaine Kriel 18
Nolan Anderson 10
Red 57
Jordan Coan 17
Ty Jelle 17
Jaden Kiesow 13

Orange 54
Jordan Brateng 25
Dayle Larson 16
Purple 67
Steven Hanson 26
Tyler Stinar 21
Cameron Naeseth 13

Black 37
Hudson McMillin 11
Brady Olson 10
Purple 58
Steven Hanson 26
Cameron Naeseth 22

Green 61
Austin Brateng 20
Carter Burks 12
Brett Bakken 10
Blue 54
Blaine Kriel 29
Michael Jelen 12

Summer League schedule

Tuesday, July 17
6:15
BG Red vs. Orange
SG Green vs. Purple
Refs Black, Blue
7:00
BG Green vs. Orange
SG Black vs. Blue
Refs Red, Purple
7:45
BG Black vs. Purple
SG Blue vs. Red
Refs Green, Orange

Tuesday, July 24
6:15
BG Green vs. Blue
SG Red vs. Black
Refs Purple, Orange
7:00
BG Orange vs. Purple
SG Green vs. Red
Refs Blue, Black
7:45
BG Black vs. Orange
SG Blue vs. Purple
Refs Green, Red

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Community Calendar

Wed | July 11
Grygla Accel 7-9am; 7-12 grade VB camp in Grygla 8am; Chargers Youth Baseball game in Goodridge vs. Newfolden 9am; Goodridge swimming lessons in Foss-ton 10:15am-12pm; Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; K-6 VB camp in Goodridge 1-3pm; Grygla Library open 2-6pm; July Senior Birthday Party at Grain Bin Café 2:30pm; BBB in Grygla 6-8pm

Thurs | July 12
Grygla Accel 7-9am; Chargers Basketball Camp in Grygla (grades 1-4 held 8-10am with grades 5-8 held 10:15-12:15pm); GBB in Grygla 6pm; Goodridge Sand VB League 6:30pm

Fri | July 13
Chargers Basketball Camp in Grygla (grades 1-4 held 8-10am with grades 5-8 held 10:15-12:15pm); Chargers Youth Baseball game in Lancaster at 9am (bus leaves Goodridge at 6:30am & Grygla at 7am); Senior Meals at Grain Bin Café 11am

Sat | July 14
Roseau ALS Super Hero Walk/Run 8:30am; Northwood Church Program 11am w/ potluck picnic at 12pm

Sun | July 15
Roseau County Fair begins

Mon | July 16
Roseau County Fair; Pee-Wees Baseball game 9am (location N/A); Senior Meals at Grain Bin Café 11am; VB in Goodridge 4pm; Monday Night Football in Grygla 5pm; GBB in Goodridge 6pm

Tues | July 17
Roseau County Fair; Grygla Accel 7-9am; BBB Tourney in Fergus Falls; Midgets Baseball game 9am (location N/A); Grygla Summer League Basketball 6-8pm; Fountown/Grygla Sportsman's Club Meeting 7pm

Grygla School District

Position Open: Full time custodial/transportation/substitute bus driver position. Must be able to get bus drivers license. For information and application contact Jamie Lunsetter, K-12 Principal, Grygla Public School, PO Box 18, Grygla, MN 56727. Phone: 218-294-6155, email: jlu-nsetter@grygla.k12.mn.us. Open until filled.

Position Open

SWIMMING BUS/LOCKER ROOM AIDE
Supervise Swimming bus/boys locker room
12:15 PM - approximately 4:45 PM
July 30 - August 10
\$15.75/hour
Open to males 16 years of age and older
Application: Contact Shanna Olson, or Galen Clow, Grygla Public School@ 218-294-6155.

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Senior trip to Jasper's Theater

The Grygla Senior Citizens are planning a summer trip to Jasper's Theater in Park Rapids. The outing will be on July 19th with a 10am leave time. Jasper's Theater is air conditioned and offers comfortable cushioned seating for 280

guests. They have an all new show in 2018 that features music, magic and comedy, celebrating 14 years of fun family entertainment! If you are interested in going, please contact Thelma Thomas at 294-6386. Space and tickets are limited.

Grygla swimming lessons notice

Grygla swimming lessons will be held the week of Monday, July 30th, and go through the next week until Thursday, August 9th. The bus will leave Grygla at 12:45pm and return about 4:30pm. Lessons were supposed to run until Friday, August 10th, but there is maintenance scheduled at the pool that day. Instead, the students

will have a longer swimming instruction time on Friday, August 3rd. Please make note of this as the bus will be leaving the school this day at 11:15am. The Grygla School will be sending letters home to each student signed up making note of these changes. For any questions, call Shaunna Olson at the Grygla School, 294-6155.

Northwood Church to hold annual picnic

The Northwood Church has scheduled its annual picnic for Saturday, July 14th. The picnic will carry on its yearly tradition with holding a program at 11am with a potluck lunch to follow at 12pm. The program includes special mu-

sic by Byron & Peggy Staie. Everyone is welcome and invited to attend the picnic. The Northwood Church is located 10 miles north of Grygla and 3 miles east at 44796 Moose River Rd NW.

Grace picnic and worship

All community members are invited to a free-will offering picnic at Grace Lutheran Church on Wednesday, July 25th. A grill-out will be held from 6-7pm at the church with worship beginning at 7:15pm

across the street at the Veteran's Memorial Gazebo. Come and join in for an evening of fellowship. If the weather does not cooperate, worship will be held at Grace. Bring your friends!

Senior trip to Sandstone

The Grygla Senior Citizens are planning another summer trip, this time an overnighter, to Sandstone, MN, to attend the Midwest Country Music Theater. The group will leave Grygla at 8am on August 18th, riding in the comfort of a Tri-angle Charter Bus. The cost is \$140.00 per person and in-

cludes the charter bus transportation, hotel cost and music theater ticket. Only 40 tickets are available - call Rose Hanson to reserve yours at 218-280-5944. The group will be returning on Sunday, August 19th. Deadline to sign up is July 30th.

27th Annual Grygla Open

The 27th Annual Grygla Open is scheduled for Friday, July 27th, at Oakcrest Golf Course in Roseau. Registration begins at 8:15am with tee off

starting at 9am. Space is limited and it's a first come-first served! Sign up individually or sign up your team of four to Chris Aune at 218-684-4943.

Grygla July Lion's meeting

The Grygla Lion's Club will hold their July "Picnic in the Park" meeting on Wednesday, July 18th, at the Ralph Klein Park. The annual steak sup-

per will begin at 6pm with the meeting to follow at 7pm. All Lion members are welcome to attend!

Chargers youth baseball July schedule

The Chargers youth baseball program wraps up this month, but a few more games will be taking place. Wednesday, July 11th: Game in Goodridge 9am vs. Newfolden
Friday, July 12th: Game in Lancaster 9am with bus leaving Goodridge at 6:30am and Grygla at 7am.

Monday, July 16th: 9am PeeWees tournament, no location stated
Tuesday, July 17th: 9am Midgets tournament, no location stated
Wednesday, July 18th: 9am Small Fry tournament in Warren

Stepping Stone AND Bench Orders...
...will be due August 1st, 2018 for this years delivery of August 15th.
Veterans Memorial PO Box 45 Grygla, MN 56727
THANK YOU for your support!
Please call: Lyle Nelson at 294-6433
~~ FOR GOD AND COUNTRY ~~

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian
I don't have too much to share this week in regards to library news as we were closed last Wednesday for the 4th of July holiday. I'm sure the delivery bins will be double the size this week, which is fantastic! I'm excited to see all of you, including our little summer readers, too.

once dazzled by the large and charismatic family, in particular the oldest son, a rising politician named Jack.

So, I read a couple of books over the holiday week, but neither are worth mentioning - that happens sometimes. In fact, I gave them both only 1-star on the list that I keep. I'm really hoping my next book is going to be better. I'm super excited to start reading it and I thought I'd share it with you since a few of you always ask me what I'm busy reading.

Alicia and Jack are soon engaged, but his domineering father forbids the marriage. And so, Alicia trades Hyannisport for Hollywood, and eventually Rome. She dates famous actors and athletes and royalty, including Gary Cooper, Kirk Douglas and Katharine Hepburn, all the while staying close with Jack. A decade after they meet, on the eve of Jack's inauguration as the thirty-fifth President of the United States, the two must confront what they mean to each other.

I'm ready to start a novel called The Summer I Met Jack by Michelle Gable and I have really high hopes for it. Now, this is not a true story, however this fiction novel IS based on a real story about JFK and offers an alternate Kennedy family history that will leave readers wondering whether American knew the real JFK at all!
Book Summary:
In 1950, a young, beautiful Polish refugee arrives in Massachusetts to work as a maid for one of the wealthiest families in America. Alicia is at

The Summer I Met Jack is based on the fascinating real life of Alicia Corning Clark, a woman who J. Edgar Hoover insisted was paid by the Kennedys to keep quiet, not only about her romance with Jack Kennedy, but also a baby they may have had together.
Since hearing about this book, I've done a little online research about the real life of Clark and I have to say, I'm hooked and intrigued. I'm really looking forward to seeing what kind of fictional spin this author gives this real-life relationship and turn of events. Sounds pretty scandalous and like the perfect summer read to me.
Wednesday, July 11, 2018



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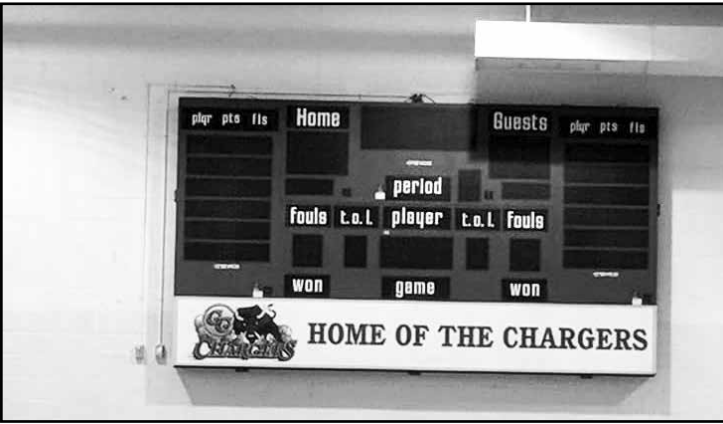
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The Grygla School big gym makeover is complete. Bolduc Hardwood Floors did the new flooring, Grygla Classes of 2018 & 2019 provided the new mats, Wayne Thomas repainted the stripe and Monson Electric took care of the lights. What a great job that all came together nicely! *Photos courtesy of Grygla School*



Grygla/Gatzke School Board May Minutes

Official Minutes of the Grygla/Gatzke School Board Meeting from Thursday, May 17, 2018, 8:00 p.m. (Approved at the June meeting.)

MAY MINUTES: Chairperson of the board Nicolette Leach called the meeting to order at 8:00 p.m. with Karina Tinnes, Charisa Limesand, Jeremy Rychlock, Andrew Oslund, James Verbout, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance. Motion by Karina Tinnes, second by Jeremy Rychlock, to approve the agenda as presented. Passed 6-0. Minutes of the 4/19/18 regular school board meeting were approved as printed. Motion by Charisa Limesand, second by Andrew Oslund, to approve payment of the bills check #35934 through check #36003 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow.

General Fund: \$206494.89 MSDLAF: \$1564543.99 Food Service: 381.70 Checking: 71816.41 Comm. Service: 1589.93 Trust: 0 Scholarship: 0 Total: \$208466.52 Total: \$1636360.40

Student Report: No Student Report

Teacher Report: Given by Drew Kiono. Mr. Kiono reported that it has been a very busy spring and a tough week with the school coming together around two students who have lost parents. The sophomores have led the way with a fundraiser for those two students and their families. The Charger Day of Caring was a big suc-

cess. Students went out to help people in the community with outdoor projects, and the help was very well accepted by the community. The potential is there to expand this next year. Thank you to the juniors and Mrs. Westbrook for putting on a successful prom. MHS induction was held and there are now 11 active members. The High Mileage Team took 6th out of 28 teams, with the car reaching 240 miles per gallon. The Envirothon teams took 5th, 7th and 8th out of 28 teams at their recent competition. Several track and field records have been broken this year. The seniors returned recently from their class trip to Brainerd. Evening with the Arts went very well this year with displays from the art and woodshop classes as well as several Genius Hour projects. The play also went very well. The 6th graders had a fun and educational experience on their class trip to Minneapolis with Mr. Sundberg and Mrs. Nelson chaperoning. The 5th and 6th grade will be taking a class trip to Itasca soon as a part of outdoor education and Minnesota History classes. The circus trip went very well. Elementary Track and Field Day will be held before school gets out on May 24th. Louis, Chelsie and Christian represented the school at the Minnesota History Contest recently in Roseau.

Principal Report: Principal Lunsetter reported that several students are registered for online college classes through our updated OCHS policy. Mr. Lunsetter and Mrs. Nelson are continuing to work

with Garden Valley to plan for the upcoming local television station. MCA testing has been completed and scores were better than in previous years. Mr. Lunsetter thanks the staff and students for their preparation and participation in these tests. The 2018-19 Student Daily Schedule was reviewed and will be presented for approval at the June board meeting. The scoreboards are installed in the new gym, the brown stripe has been painted and the sound system has been upgraded. Work on the floor refinishing will begin next Monday, May 21st. All seniors have met the graduation requirements and will be walking through the graduation ceremony on Saturday, May 19th, 2 p.m. The staff will host an in-service on Monday, May 21 from 4:00-8:00 where Tammy Klein will be recertifying staff members in CPR/First Aid. The Open House was successful with several area families in attendance. Students will continue fund raising into next week for our local families.

Superintendent Report: Superintendent Clow reported that there no major bus issues.

Motion by Karina Tinnes, Second by Jeremy Rychlock, to approve membership in the Minnesota State High School League for the 2018-19 school year. Passed 6-0. Motion by James Verbout, second by Andrew Oslund, to approve the 2018-19 lunch prices/fees as presented. Passed 6-0. Motion by Nicolette Leach, second by Karina Tinnes, to approve the following candidates for graduation contingent upon

all requirements for graduation being met: Taylor Berberich, Jordan Herseeth, Shawntel Ignaszewski, Clayton Irlbeck, Trystan Jelle, Carlye Kiesow, Brooke Limesand, Chris Luttrell, Alaina Monson, Julianne Nordby, Ana Andre Saban, Hailey Vad. Passed 6-0. Motion by Charisa Limesand, second by James Verbout, to approve the 2018-19 InterQuest contract. Passed 6-0.

Motion by Jeremy Rychlock, second by Charisa Limesand, to accept the following donations: \$735 F-G Sportsmans Club-trap shooting donation \$16.06 G-G Jaycees-2018 scholarships \$100 G-G Jaycees-trap shooting donation \$1000 Farmers Union-2018 scholarships \$300 Raincare-2018 Scholarships \$300 Grace WELCA-2018 scholarships \$500 American State Bank-2018 Scholarships \$250 Stanley Farms-2018 scholarships \$1000 Machinewell-2018 Scholarships \$100 Veterans Day Monument-scholarships Passed 6-0.

Trustee Reports: Local parents are looking at purchasing banners for the outfield fence on the Grygla Baseball Field. \$1500 was donated from the ECCE fundraiser to the Dolly Parton Imagination Library. Preschool graduation is tonight. June 1st is the city fundraiser to purchase new city playground equipment. Motion by James Verbout, second by Andrew Oslund, to approve the 2017-19 essential contract as negotiated. Passed 6-0.

The meeting was adjourned at 8:41 p.m. Next Mtg. time/date: 6/28/18, 8:00 p.m.

Word of the Week

...enhancing vocabularies one Grygla Eagle at a time.

Fizzgig

noun

\fiz-gig\

1. A type of firework that makes a loud hissing sound.
2. A whirling toy that makes a whizzing noise.

SIMPLY DELICIOUS

Written by Kari Sundberg, Eagle Editor

Jalapeno Popper Chicken Casserole

This recipe caught my eye while looking up things to make with chicken. It looks quick, easy and over-the-top tasty. If you love jalapeño poppers as an appetizer you are going to go crazy for this easy dinner recipe. Not only is it super delicious, as a bonus, it is gluten free, low carb and keto friendly! I mean, what could be better than chicken layered with cream cheese, peppers, cheddar and bacon, right? With only a few ingredients, you can get this from the fridge to the oven in as little as 15 minutes.

Ingredients
4 boneless, skinless chicken breast
½ tsp garlic powder
8 oz. cream cheese, softened
5-6 jalapeño peppers
4 oz. shredded cheddar cheese
½ cup crumbled crispy bacon

Instructions

Preheat oven to 375. Lay chicken flat in casserole dish and season with garlic powder. Next, spread cream cheese over them evenly. Wash peppers and cut tops off, removing seeds, as well. Then cut the peppers into strips and lay them on top of the cream cheese then sprinkle the cheddar

dar cheese over top. Bake uncovered for about 40 minutes, remove from oven. Sprinkle with bacon and return to oven for 5 more minutes.

Serving suggestions: Obviously this goes great with a baked potato, but you can also serve these on top of sautéed spinach or a bed of rice.



A HIPPIE'S HEALTH

Written by Tara Waltman

I recently heard that wearing makeup can help someone feel more confident. I heard this at the Young Living convention and it has stuck with me the past few weeks. Now as a new mom, living the #mom-life like a champ, I don't always have time to put makeup on. However, yesterday morning, I decided to make the time to put makeup on. It took, like, less than 5 minutes! I put a little of the Young Living Savvy makeup on. A little eye shadow and mascara. I shaded a little and it looked great! Now this was quite the accomplishment because last time I tried to shade my eye makeup, I looked like

I had a black eye. I'm not kidding or exaggerating! I have to admit I did feel more confident the rest of the day! I should have captured the moment with a picture but, of course, I forgot. Challenge for you all... do something today that makes you feel confident!

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 Darrell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.

DO IT YOURSELF

Buy a cheap kids tent and fill it with sand and toys. Kids can stay out of the hot sun and you can zip it up to keep the cat poop and rain out! Unzip the sides to let the little ones still enjoy the outdoor breeze.



WHAT A JOKE

My son identifies as a crescent moon. I'm worried, but my wife says it's just a phase.

The doctor said to me, "Do you know you have a serious problem vocalizing your emotions?" I said, "I can't say I'm surprised."

Asparagus is a funny word. It sounds like an Italian guy begging you not to kill someone named Gus.

I broke my finger today. But on the other hand, I'm completely fine.

What's an acorn? In a nutshell, it's an Oaktree.

Someone broke into my apartment last night and stole

my limbo stick. How low can you go?

My landlord said he needed to come talk to me about how high my heating bill is. I told him, "My door is always open."

Who decided to call it "marijuana possession" and not "joint custody"?

What has to be broken before it can be used? An egg.

Two windmills are standing in a field. One asks the other, "What kind of music do you like?" The other one says, "I'm a big metal fan."

My girlfriend says I'm hopeless at fixing appliances. Well, she's in for a shock.

July WIC schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of July 2018.

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 July.

Monday-Friday, July 9-13: Thief River Falls, Redeemer Lutheran Church

Monday, July 16: Warren, Evangelical Covenant Church

Tuesday, July 17: Karlstad, First Lutheran Church

Wednesday-Thursday, July 18-19: Roseau, LifeCare Medical Room, Basement Auxiliary Room

Tuesday, July 24: Oklee, Inter-County Community Council Building

North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health.

Wednesday, July 11, 2018



A Nesland family reunion was held at the Grygla Community Center on Saturday, June 30th. The first photo is of the whole group of about 72 people; the second photo is of the only surviving Nesland sibling, Bunny Duchamp, 96 years old, of Plummer, and the first cousins from Minnesota, Florida, Arizona and Washington. 4 generations of Mikkell and Gunda Nesland! *(Photos submitted)*



Fur Trading Exhibit in Marshall County

Submitted by Minnesota Historical Society

“Here in northwest Minnesota, a global trade network flourished from 1730 to 1850. The small, slow-moving waterways and abundant poplar trees made excellent habitat for beavers. Trappers, traders, and voyageurs canoed the Red, Rainy, and Mississippi Rivers...bringing goods to and from markets around the world.” Thus begins the text for a new and far-reaching museum exhibit about life in northwest Minnesota that existed right here in our own part of the world in the eighteenth and nineteenth centuries.

This traveling exhibit about the Fur Trade in our area will be featured at the Settler's Square as well as in 14 others in the northwest corner of the state during the upcoming months. A regional group, Minnesota's Historic Northwest, made up of about 20 county historical societies and other historical and cultural organizations and museums, has been working with the Minnesota State Historical Society for nearly three years to prepare for this program.

Some of the topics covered refer to the early French explorers, the Metis (originally these were mostly children of Native American mothers and European fathers, who developed a unique culture), historical accounts of economic and political hostilities, and many fascinating details of the lives of those involved in fur trading. Dean Vikan of the Polk County Historical Society and president of Minnesota's Historic Northwest, says, “Whether you are native to this area or a transplant, I believe you will find of great interest the little known or long forgotten tidbits of information revealed in this exhibit on the Fur Trade in Northwest Minnesota.”

You can find this exciting and interesting display at Settler's Square. We are open daily from 10 a.m. to 5 p.m. or call

218-745-4803 for after hours appointments.

The project was funded by a grant of \$90,000 from the Minnesota State Historical Society and has been carefully and thoroughly researched and constructed by Museology, an organization that works with local museums to develop exhibits, programs, partnerships, and other interpretive strategies.

According to Bret Pearson of Museology, “We loved researching and designing these exhibits. The history of the fur trade is a crucial part of Minnesota's cultural identity, and these displays are filled with stories that gave us a fresh understanding of its significance. The name of Pierre Bottineau's mother, for example, has usually been translated as ‘Clear Sky Woman.’ When we had coffee with an Ojibwe name expert, he told us that it actually meant ‘She Sits In Strength,’ the female equivalent of Sitting Bull, the buffalo who turns and faces the enemy while her family escapes.

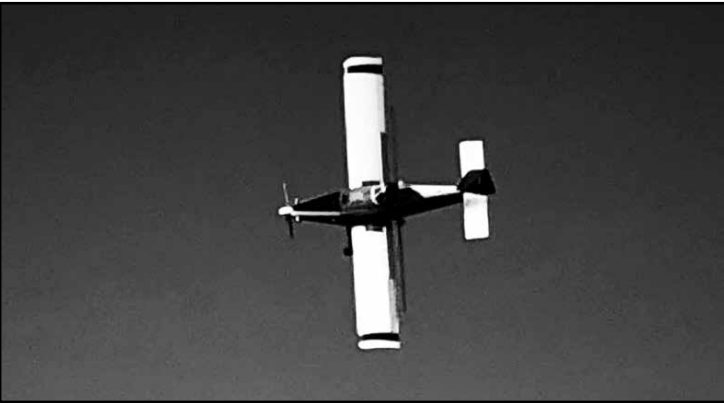
Pearson added, “This is a unique project as the full exhibit is hosted in fifteen different sites across northwest Minnesota. The exhibits will rotate, and each will eventually be on display at each site over the next five years or so. If that's too long to wait, visitors can head over to another museum/host in the Minnesota's Historic Northwest, and get a jump on their neighbors!”

This exhibit was made possible in part by the people of Minnesota through a grant funded by an appropriation to the Minnesota Historical Society from the Minnesota Arts and Cultural Heritage Fund. Any views, findings, opinions, conclusions, or recommendations expressed in this exhibit are those of the authors and do not necessarily represent those of the State of Minnesota, the Minnesota Historical Society, or the Minnesota Historic Resources Advisory Committee.

AROUND THE AREA

Of interest: There is going to be a Thief River Falls Art and Wine Walk on Thursday, July 26th, from 5-8pm, hosted by the Thief River Falls Education Foundation. Early registration for the event is \$15 and available on Facebook under TRF Art & Wine Walk, otherwise the cost is \$20 on the day of

the walk. About 20 businesses downtown TRF will be a part of the event. Each business will have art to view with a wine and snack to taste. Please have ID available at pre-registration table night of event, along LaBree Avenue. There will also be door prizes and a complimentary wine glass give-away.



It's a bird....it's a plane....yup, it's a plane! Just another cool action shot of Advantage Ag Air flying over the fields in Grygla last week! Photo by Grygla Eagle Newspaper

Turning back the pages to Grygla Daze in summer of ‘98



Lisa Verbout gets set to compete in American State Bank's Watermelon Seed Spitting Contest at the annual Grygla Daze on July 17th (1998).

Annual Grygla Daze winners named in drawings & events

A number of winners were announced Friday, July 17th, 1998, at the conclusion of Grygla Daze. Grand Prize winner of \$50 in Grygla Bucks was Cody Archibald. Other winners were as follows: Turkeys given by the Grygla-Gatzke Jaycees and the Grygla Merchants: Lowell Warne, Brenda Mosher, Marnie Olson and Carol Klamar. Turkey given by Farmer's Union to Marlene Holte. Grygla Hartz prizes: Doug Nordby and Thomas Waling won a watermelon while Lyla Gust and Jerod Foss each won a case of pop. Grygla Coop: 48 Snickers

were given to John Barkman and Hank Thomas, a six-pack of pop was given to Gene Peterson, Bonnie Cwikla and Ronald O'Brien. American State Bank gave a jacket away to Linda Torgerson. Sue's Beauty Shop gave hair-care products to Anna Westburg, Ruth Liedberg and Denise Thomas. Watermelon Seed Spitting Contest Winners: (Kids) TJ Waling 16 feet, 8 inches; Rebecca Polansky 13 feet. (Youth) Kevin Cedergren 18 feet, 7 inches; Desiree Johnson 12 feet, 9 inches. (Adult) Brad Monson 32 feet, 4 inches.



The 2018 Roseau County Fair is just a hop, skip and a jump away! This year's dates are July 15-20. Photo credit to Jennifer Robb

Roseau County Fair begins Sunday

It's just about time for the local county fairs to set up! Shared this week is information on the Roseau County Fair. Established in 1906, Roseau County Fair is always the third full week in July making this year's dates July 15-20!

This year's schedule is packed full of events, entertainment and food! Advanced ride tickets can be purchased at the Grygla Coop Store. 1 strip equals 10 tickets for \$13. Most kid rides take 1 ticket, spectacular rides take 2 tickets and the Rock It takes 3 tickets. Purchase your tickets in advance to save money from buying on the midway.

Daily Event Schedule is as follows with kick-off this Sunday evening.

- Sunday, July 15th
7pm: Church Night at the Fair
- Monday, July 16th
9am-6pm: Open Class Entry Day
6-9pm: Official Livestock Check-In
7pm: Open Class Photography Judging
- Tuesday, July 17th
7am-12pm: Official Livestock Check-In
9am: Open Class Judging for Culinary, Quilting, Pictorial and Decorative Arts
9:30am: Open Class Household Arts Judging
10:30am: Open Class Judging for Crop, Vegetables, Fruit, Flowers and Potted Plants; Open Horse Halter and Riding Classes

- 1pm: Open Class Poultry Judging
3pm: Open Class Rabbit Judging
5:30pm: Women of Today Parade on Main Street in Roseau
6pm: Midway Opens; Xtreme Ball Opens (South of Midway)
7:30pm: Overtones & Back Behind the Barn Boys Grandstand Event (\$10)
- Wednesday, July 18th
10:30am: Open Horse Driving Class Judging
2pm: Midway Opens; Pig Races, Xtreme Ball Opens
3pm: Open Class Beef Judging; Mounted Shooting Demo at Horse Arena
3:30pm: Open Class Sheep and Market Goat Judging
4pm: Pig Races
4-6pm: Kids Power Wheels Derby Heats (Near Soybean Pit)
6pm: Pig Races
7pm: Wojo's Rodeo Grandstand Event (\$15)
- Thursday, July 19th
12pm: Kids Pedal Tractor Pull (Registration 11am near Soybean Pit)
1:30pm: Open Class Dairy and Dairy Goat Judging
2pm: Midway Opens; Pig Races; Xtreme Ball Opens
2-4pm: Kids Power Wheels Derby Heats (Near Soybean Pit)
4pm: Pig Races
6pm: Pig Races
7pm: Bush Car Races Grandstand Event (\$10)
- Friday, July 20th

- 1pm: Pig Races
2pm: Midway Opens; Xtreme Ball Opens
6pm: Kids Power Wheels Derby Main Event
7pm: Demolition Derby Grandstand Event (\$10)
8-10pm: Open Class Exhibits to be picked up at the Magnusson Building
10:15pm: Fireworks (Sponsored by Polaris)
- Mini Stage Entertainment Schedule
- Tuesday, July 17th
1-2:30pm: Joyfull Noise
2:30-3:15pm: Gabbie June
3:30-5pm: Moen Family
- Wednesday, July 18th
1-2:30pm: Moen Family
2:45-3-4:5pm: Jodi Kirkeide
4-6pm: Night Riders
- Thursday, July 19th
1-2:45pm: Cathy Erickson Band
2:45-3:45pm: Dariann Leigh
3:45-4:30pm: Hodney & Friends
4:30-6pm: Slough Grass Band
- Friday, July 20th
1-2:15pm: Northern Posse (Solom Sisters)
2:20-3pm: Steve & Mary Hoffer
3-4pm: 4H Performing Arts
4-5pm: WellSpring
5-6pm: Arlene's Angels
- New this year to the Roseau County Fair is a Farm Life Photo Contest! It's simple to enter and prizes will be awarded! Must be a picture of both farm animals and people. One picture per entry person. Picture must have been taken

in the last 12 months and must be taken by person submitting photo. 8"/10" photo unframed, mounted on tag board. No photos in frames will be accepted. Open to all ages and displayed in Magnusson Building! Please have photos delivered by noon, Tuesday, July 17th to the Magnusson Building. Prizes Given: Adults & Children 1st, 2nd, & 3rd.

The 4-H Blue Ribbon Market Livestock Auction Sale will be held on Friday, July 20th, with a luncheon at 12pm and the auction at 1pm. This event has been a long-standing tradition and educational opportunity for the Roseau County 4-H youth involved in 4-H livestock projects.

Grygla-Gatzke Go-Getter's 4-H Club members will be entering numerous items into the fair, along with showing different livestock! Current Go-Getters are: Riley Saurdiff, Brody Saurdiff, Josie Saurdiff, Lakylie Brobst, Russell Rian, Zach Rian, Walter Jones, Lewis Jones, Gus Jones, Gavin Aune, Cooper Aune, Layla Jelle, Carlye Kiesow, Katelyn Larson, Cheyenne Irlbeck and Clay Irlbeck.

Stay tuned in upcoming issues of the Grygla Eagle for projects entered into the Roseau County Fair by these 4-H members! Information on Pennington and Marshall County Fairs to be shared next week.

Annual Grygla Daze to be held

(July 1998) The Grygla-Gatzke Jaycees and the Grygla Merchants thank you for your support of this community and invite you to Grygla Daze! Join the crowd on Friday, July 17th, 1998! A free picnic-style dinner will be served from 5:30-8pm at the Community Center with LYO selling sundaes. Games and Relays for families and people of all ages will be

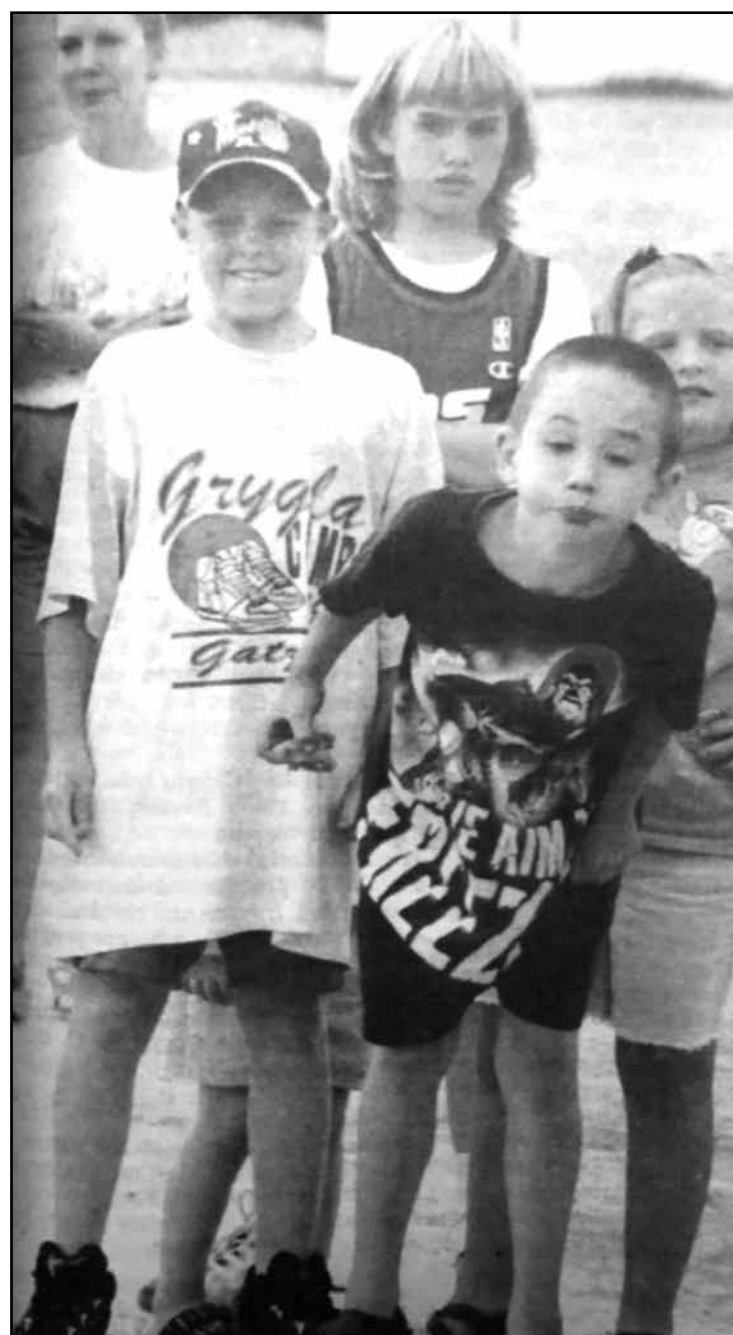
gin at 6:30pm, complete with American State Bank hosting a Watermelon Seed Spitting Contest with trophies awarded in youth, junior and adult divisions! Be sure to also visit the following business that evening for their specials: Grygla Hartz Store, Grygla Coop Store, Farmer's Union Oil, American State Bank, Grygla Café and Sue's Beauty Shop!



In line to get an ice cream sundae from LYO kids, Ashley Holthusen and Laura Anderson, is Eugene Polansky.



Trophy winners in the Grygla Daze Watermelon Seed Spitting Contest, L-R: Kevin Cedergren, Rebecca Polansky, Brad Monson and TJ Waling.



Charlie Wells is one of the competitors in the Watermelon Seed Spitting Contest at Grygla Daze. Wednesday, July 11, 2018