



				
Today Partly Cloudy H 86 L 55	Thurs Mostly Sunny H 84 L 59	Fri Partly Cloudy H 91 L 61	Sat Sunny H 90 L 63	Sun Sunny H 88 L 65



A look at next week ... Chargers Fall Sports being their official season practices.

Pathways Bible Camp comes to town



This is the third year that the Goodridge Lutheran Parish has hosted Vacation Bible School and invited Pathways Counselors to come to town. Jason and Sarah Kotrba (and family) once again hosted the group at their home, which is something they really look forward to every summer. The day camp was held Monday-Thursday, July 30-August 2, however, the counselors arrived a day early just in time for the Sunday morning church service. About 65 kids in grades K-6 participated in the camp that was organized by several volunteers and 5 Pathways counselors. The Goodridge Lutheran Parish is made up of Bethany, Ekelund and Faith. *Photos courtesy of Tracy Johnson*

You’re invited to the Secret Garden Market



The annual Secret Garden Market is held on the Jason and Allison Kangas farm in rural Goodridge, 26045 290th Ave NE. Handmade items, home goods, clothing and jewelry vendors will be set up all around the garden on Thursday, August 23rd, along with live music, food and drinks. The event takes place from 5-9pm. *Photos courtesy of Chelsey Osbourne Photography*

Written by Kari Sundberg, Eagle Editor
It's almost time for the 2nd Annual Secret Garden Market, hosted by Wheat & Beans creator, Allison Kangas! When Allison planned her first garden party last summer, she had no idea what to expect in regards to the attendance. Hundreds of people ended up coming to the rural Goodridge farm for a night they could only hope would happen again!
Dreams really do come true because it IS happening again and we're all pretty darn excited about it.
The Secret Garden Market 2018 is happening Thursday night, August 23rd, from 5-9pm. Except it's no secret and YOU'RE invited. With numerous vendors being set up around the garden selling handmade items, home goods, clothing and jewelry, you're sure to find something that strikes your fancy. A list of this year's vendors include: Wheat & Beans, Total Betty, Sassafrass, The Red

Poppy, Howard Soap Co., Rosewood Gardens, Sunshine and Bleu, K&J Treasures, Hickory Backroads, Twisted Metals, Artefact & Co., Timbermade, Aunt B's, Klasen Kandles, 31 Bags by Bridget, Northern Roots Furniture & Design, Hruby's Rustics, Klondike Carvings, Crooked Halo, 2 Girls with Junk, j.glo studio, Plum Tree Tiles, Her Bunnies Three and Vantel Pearl Jewelry by Tara.
Food trucks will also be on site by Groovy Grub and Baker Street Sales LLC. Mini photo sessions by Amara Lea Photography will also be on that farm that evening...and if that wasn't enough, there will be live music by Corey Medina & Brothers. (If you haven't heard the song "Home" I suggest you go listen to it on-line. AMAZING. The group is a blues-rock band based in Minnesota led by Corey Medina from the Navajo Nation. Corey's voice is indescribable. (Well, if I had to pick one or two words to describe it, maybe I'd use smooth and smoky.) You're going to fall in love with

this band while they serenade you in the garden pictured above.
Allison's She-Shed that sits in her picture-perfect garden is THEE. PERFECT. SETTING for a fun summer night of shopping, eating and socializing. Allison says that she has the occasional girl's night out in her sanctuary with friends coming over for a wine night and you can get it on the fun now, too!
Grab your girlfriends, your mom, your sisters, even your husbands (yes, men are invited, too) and head on over to the Kangas farm Thursday, August 23rd. The Grygla Fall Festival is happening that weekend as well, Friday-Sunday, August 24-26. The 2018 Secret Garden Market seems like perfect kickoff night to lead into that weekend. See you guys there!
For more information on the upcoming event, you can visit facebook.com/secretgardenmarket.

Goodridge teachers of the 90’s reunite at a ladies luncheon

Goodridge School staff of the 1990's were invited to a special ladies luncheon last week on Thursday, August 2nd. The event was hosted by Diane Paulson, Patti Johnson, Sandy Henrickson and Darlene Hulteen. The invite stated it was "a celebration of the special ladies who have touched lives, and to honor our past and present friendships." The group assembled at the Wiseth family hunting cabin, Royal Oaks, on the Red Lake River near Highland. Introductions were made with the women sharing when they were employed, along with special memories and paging through old yearbooks and photos.
Marilou Cwikla shared that Eloda Knutson and Elva Fiedler were her teachers in elementary school. In fact, she started teaching 1st grade in the same classroom she attended as a kid. Of the gathering, Marilou said a lot of laughs and reminiscing took place. "Teaching is such a special career. I feel fortunate to be a part of it. Very few communities are as close as Goodridge," she added.



Back, L-R: Darlene Hulteen, Marilou Cwikla, Kandy Sundberg, Patti Johnson, Val Larson, Lois Anderson, Deb Stanley, Kristin Buckley, Kathy Magnuson, Deidre Nordin, Betsy Saurdiff, Elaine Grovum, Olive Wiskow, Margie Iverson, Jean Grovum, Linda Peterson, Sandy Henrickson, Audrey Rogalla, Darlene McCauley, Diane Paulson. Front, L-R: Ruth Sackett, Eloda Knutson and Elva Fiedler. *Photo courtesy of Marilou Cwikla*

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, August 8:
6pm Grace Choir
8pm Grace Council
Sunday:
Grace: 9am Worship
OS: 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Sunday:
OS: 9am Worship
UL: 11am Worship

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

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

Fr. Adam Hamness
Sunday:
St. Clement's: 11:45am
St. Ann's: 10am

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 Merseeth
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship
Oak Park: 9:45am Worship
Nazareth: 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

Summer League Standings

Final standings
(W, L)
Red 8,4; Orange 8, 5; Black 8,5; Green 7,6; Purple 5,7; Blue 2,10
Red-Regular Season Champions
Orange-Playoff Champions

Playoff results
1st Round
Green 63
Brandon Bakken 17
Brett Bakken 15
Matt Hanson 10
Blue 57
Blaine Kriel 21
Kaleb Sjulestad 15

Orange 58
Dayle Larson 18
Peyton Verbout 16
Purple 55
Steven Hanson 18
Tyler Stinar 14

Semifinals
Orange 47
Dayle Larson 18
Andrew Holte 11
Peyton Verbout 10
Red 44
Ty Jelle 16
Brandon Stanley 11

Black 63
Hunter McMillin 21
Brady Olson 20
Cory Cleven 11
Green 60
Brandon Bakken 22
Brett Bakken 13
Carter Burks 13

5th Place
Purple 40
Blue 23

3rd Place
Red 56
Ty Jelle 29
Jordan Coan 14
Jaden Kiesow 10
Green 49
Carter Burks 15
Brandon Bakken 10

Championship
Orange 61
Dayle Larson 23
Jordan Brateng 14
Andrew Holte 13
Black 53
Hunter McMillin 15
Logan Dvergsten 14
Brady Olson 12

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Karl Sundberg, EDITOR
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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 to 11 am.

Community Calendar

Wed | Aug 8
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Swimming lessons (bus leaves at 12:15 and returns at 4:30pm); Grygla Library open 2-6pm; August Senior Birthday party at Grain Bin Café 2:30pm

Thurs | Aug 9
Grygla Swimming lessons (bus leaves at 12:15 and returns at 4:30pm); Goodridge Sand Volleyball League 6:30pm

Fri | Aug 10
Senior Meals at Grain Bin Café 11am

Sat | Aug 11

Sun | Aug 12

Mon | Aug 13
Senior Meals at Grain Bin Café 11am; Grygla City Council Meeting at Civic Building 7pm

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GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

June and July FLEW by. Honestly. I feel like I was just preparing for our Summer Reading Program last week and here we are already done with it. This summer, I had 18 kids participate in the "Reading Takes You Everywhere" program. 18!? Let's give them some credit and list each by name: Janessa Torgerson, Hunter Hackley, Conner Hackley, Benjamin Askeland, Caleb Askeland, Addison Severts, Brianna Severts, Harper Severts, Noah Severts, Liam Westbrook, Josie Saurdiff, Summer Ruud, Allie Sundberg, Emma Sundberg, Scarlett Sundberg, Anna Sundberg, Lakylie Brobst and Kamdyn Brobst.

So we ended the 8-week program with a performance by Ross Sutter. It was a hit with the kids, who were dancing all around the Community Center in step to his fun music. Afterwards, we had Grygla's very own "Outstanding Senior Citizen" Doris Cleven help draw for prizes. Our grand prize winner was Summer Ruud, who went home with a big beach towel, a new lunch bag AND a \$50 Visa gift card. She informed me that she will be buying things for her new bedroom. How cute is that!? We also drew for another beach towel and Conner Hackley was the winner of that. And yeah, I know what you're thinking...he doesn't look THAT excited about winning a towel, but on the inside I'm almost positive he's loving it. (Which way to the beach, Conner...)

Anyway, before I move on to this week's book suggestion, I just want to take a minute to say THANK YOU to all the kids who participated...but more importantly...a thank you to their parents. So many of these parents came in with the kids each week and made sure to check out books, read,

STATE OF MINNESOTA. BELTRAMI COUNTY NOTICE OF PRIMARY ELECTION

To the voters of the Town of Benville In the County of Beltrami, State of Minnesota.
Notice is Hereby Given, That a Primary Election will be held in the Election Precinct at: Benville Town Hall, 65510 Flintlock Rd. NW, on Tuesday, the fourteenth (14) day of August, 2018, (8/14/18) which the polls will be open from the hours of ten (10) o'clock AM to the hour of eight (8) o'clock PM for the purpose of nominating candidates for offices which are to be voted for at the General Election to be held November, 2018. G19-20C

For Sale on Written Bids:
1994 pickup w/attached Hinniker snow plow. For information and bidding contact Jamie Lunsetter, K-12 Principal, Grygla School, PO Box 18, Grygla, MN 56727. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Written bids accepted by 3 PM, August 10. The district reserves the right to accept/reject any/all bids. G19-20C

MOVING SALE
Saturday, August 11th
9:00am - 5:00pm
The Leland & Thelma Thomas Residence
67092 Flintlock Rd NW
Grygla, MN
218-452-1674
From Grygla: 3 miles north on Cty. Hwy. 54, 3 miles east on 55 (320th Street) to Flintlock Rd. Grey house on left. G19-20C

Goodridge Public School
Long Term Substitute - third grade
Dates:
October 3 - November 3
For information call Becky Carlson, K-12 Principal,
Goodridge School, PO Box 195, Goodridge, MN 56725.
Phone: 218-378-4134,
email: becky.carlson@goodridgeisd561.org. G20-23C

Goodridge/Grygla Athletics
Position Open: Head Boys Basketball Coach
For information and application contact Jamie Lunsetter, coordinator of paired sports, PO Box 18, 114 N. Fladeland Ave., Grygla, MN 56727. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Open until filled. G20-22C

For Sealed Bids
6 ft. 5 inch x 4 ft. 3 inch - log playhouse
No floor, cutouts for windows and door.
To view, contact Rose Hanson, 218-280-5944. Located at Leland & Thelma Thomas residence.
Grygla Senior Citizen's received this in 1972, very heavy. Whoever is interested, please put in a sealed bid by August 27th at noon.
Send bids to Grain Bin Cafe, attention Rose Hanson, club VP. G20C

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Food for thought

(Submitted by TW)
Do you have your priorities in the right order? Is God first?

Food Shelf open early

The Grygla/Gatzke Food Shelf will be open one week early this month - on August 18th from 8-10:30am and NOT on August 25th because of the Grygla Fall Festival. Please make note of this schedule change.

Summer Accel Pound Club

Now that the Grygla School Summer Acceleration Program has finished for the season, names have been posted on the "Power Wall" in the weight room. Here's where everyone finished in the pound clubs. (They do the maximum amount of weight for 1 rep on bench press, deadlift, and squats, then add those 3 totals together to find out what weight club they made it in.)
1,000+ Pound Club
Lucian Tinnes (1,210 lbs.)
Jaden Kiesow (1,025 lbs.)
900 Pound Club
Jared Haack (900 lbs.)
800 Pound Club
Hudson McMillin (861 lbs.)
Peyton Verbout (846 lbs.)
Levi Kiesow (845 lbs.)
700 Pound Club
Cory Cleven (760 lbs.)
Nolan Anderson (755 lbs.)
Payton Grandstrand (730 lbs.)
Tucker Verbout (715 lbs.)
600 Pound Club
Lewis Jones (605 lbs.)
500 Pound Club
Justin Thompson (550 lbs.)
Kaylor Torgerson (525 lbs.)
Reece Sundberg (510 lbs.)
400 Pound Club
Sheldin Sundberg (420 lbs.)
Wednesday, August 8, 2018

Back to School Open House

From 4-8pm on Wednesday, August 29th, Grygla teachers will be in their classrooms for an informal "Meet the Teacher" night. Parents and students are encouraged to come and meet their teacher and find out what to expect in their classroom. Teachers will have classroom rules, schedules and other information available for you to review. The office will

also be open; avoid the first day of school waiting lines and stop in to drop off forms and pay lunch bills.
The School Board will once again be grilling a hot dog supper free of charge to all families visiting. 6th Grade Orientation will be held at 5pm; 7th Grade Orientation at 5:30pm; Freshman Orientation at 6pm; Senior Orientation at 6:30pm.

Summer blood drive helps save lives

Lifeguards aren't the only ones who'll be saving lives this summer. The residents of Grygla/Gatzke will be by donating blood. Unfortunately, during the hottest months of the year, donors often are in short supply. Many are on vacation or out having fun in the sun. United Blood Services urges community members who have never given to roll up their sleeves this summer to give blood as new donors are always needed!

While people are much busier than they are at other times of the year, patients who are in need of a blood transfusion still depend on a volunteer like you to take the time to give blood.

Every two to three seconds someone in this country is in need of a blood transfusion and Grygla/Gatzke community blood donors will make a difference on Wednesday, August 15th, at the Grygla Community Center from 12:15-6pm. Contact Ralph 294-6177, Sheldon 294-6176, Mildred 435-3436 or Nadine 435-3315 to make an appointment.

To save time, donors can now fill out their Fast Track Health History online at www.unitedbloodservices.org the day of their donation. To donate blood, volunteers must be at least 16 years old (certain ages need a minor donor permit) and be in good health.

August WIC schedule

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

Wednesday, August 8: War-

road, Community Center
Thursday, August 9: Red Lake Falls, Community Center
Monday-Friday, August 13-17: Thief River Falls, Redeemer Lutheran Church
Monday, August 20: Warren, Evangelical Covenant Church
Tuesday, August 21: Karlstad, First Lutheran Church
Wednesday-Thursday, August 22-23: Roseau, LifeCare Medical Center Basement Auxiliary Room
Tuesday, August 28: 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

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StatePoint Crossword
Theme: Back to School

ACROSS

- Téa Leoni as ____ Secretary
- Lending letters
- Cat-headed Egyptian god-deity
- Round openings in architecture
- Pilot's estimate
- Short tale
- Deprived of a limb, e.g.
- Popular pickup
- Revolving mechanism
- *L in LMC
- Peninsula with Portugal
- Not a win nor a loss
- Lou of The Velvet Underground
- The ____ Four
- Unpleasant road display
- Authoritative declaration
- The 15th of March
- Rubik's puzzle
- *Sorority letter
- Pinocchio's lie detector
- Do-re-do-re-do-re-do-re, e.g.
- Same as alighted
- Perpendicular to the keel
- Major in the sky
- Condoleezza ____
- *Varsity award
- *Multiple choice challenge
- *Where Driver's Ed occurs
- Richie ____
- *Standard aptitude assessment
- *"Sideways Stories from

- ____ School"
- *Hall order keeper
- George Clooney's recurring character
- Shakespearean "fuss"
- Heating outlet cover
- Muse of love poetry
- Confession subject
- All the words in a language
- Withered
- Id's partner
- Same as #30 Across

DOWN

- Gangster's gal
- Berry high in antioxidants
- Avoid these mistakes
- Red or orange announcement
- Somewhere above ground
- Bald eagle's nest
- *Parents+teachers, acr.
- China Grass
- Uncouth one
- Not in favor
- Roofed colonnade
- Seaside bird
- *Extra of it can help students
- Act against
- Made in the morning?
- Spring event
- *Type of assessment
- Acrobat maker
- Continually annoy
- Buddhist teacher
- Burn to a crisp
- Denoting the final end or purpose
- Carthage's ancient rival
- *Alma ____
- *Assigned spot
- More
- Rodeo rope
- Breed of sheep prized for wool
- Free
- Hair knot
- This and desist
- Clichéd
- Things to lament
- Homesteader's measure
- *180 days, in most states
- Fill to satisfaction
- Kissing disease?
- De Niro's ride, 1976
- Like an ear infection
- None of this for the weary
- Like a lot

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

Vespine \ves-pahyn, -pin\
adjective
1. of or relating to wasps
2. resembling a wasp

SIMPLY DELICIOUS

Written by Kari Sundberg,
Eagle Editor

Slow Cooker Crack Chicken

This Slow Cooker Crack Chicken is a creamy, cheesy, ranch and bacon shredded chicken. It's perfect on a sandwich, in a tortilla, on nachos, or on a lettuce wrap for a low carb option. It has the unfortunate name of "crack" chicken. The internet has deemed the combo of cheese, ranch and bacon as "crack"...it's a thing. Now you know.

This recipe couldn't be easier, though. It's just a few ingredients and they transform into a creamy, tasty, shredded chicken that you can use in TONS of ways. Literally all you do is plop all the ingredients in the slow cooker and let it go. (Just make sure not to overcook it. Use the low setting if you aren't going to be around the house.)

Ingredients

- 2-3 lbs. boneless chicken breasts
- 2 (8 oz) blocks cream cheese
- 2 (1 oz) packets dry Ranch seasoning
- 8 oz. bacon cooked crisp and crumbled

Instructions

In a slow cooker, combine chicken breasts, cream cheese and ranch seasoning. Cook on low for 6-8 hours or high for 4 hours. Once done, shred chicken with a fork, combining all ingredients. Add in crumbled bacon before serving.



A HIPPIE'S HEALTH

Written by Tara Waltman

So something I was thinking about recently...I haven't exercised much since having Waverly. I think we all have obstacles that get in the way of being active at times. It is very hard to find the time I must admit. I think that could be an excuse or reason for not working out or doing Yoga for a long time, though. I have to make the time. I find this difficult working full time, running my own business, being a mom and trying to balance it all. I need to put more Balance essential oil blend on! Haha.

I am wondering how do other people do it!? How do we find balance in an unbalanced world? Is it even possible? I recently read a book on Balance and Oola which has been helpful! Oola is the state of awesomeness. It's living life in a way where we are balancing

different categories. It's trying to balance friends, family, fun, fitness, faith, finance and field (career) in a way that we feel this feeling of Oola. Now I say try because I think that's what we are all doing. We are all trying. We are all doing the best we can one day at a time.

So what areas would you like to focus more on? For me, it is family and field and maybe throwing a little fitness in there! How about all of you?

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.



These kids attended a basketball camp in Coon Rapids recently. They are pictured with Coach Chris Oliver. Back row, L-R: Maci Bakken, Kylie Delage, Katelyn Larson, Coach Oliver, Maloni Henrickson, Daria Waletzki, Amy Wiskow, Madison Paulson. Front row, L-R: Vivian Coan, Sadie Anderson, Libby Johnson, Mercedes Coan, Trinity Walseth and Chloe Kuznia. Laying: Jordan Coan. Photo courtesy of Sheila Wiskow



Grygla Elementary kids have been attending swimming lessons in Fosston last week. Lessons wrap up this Thursday, August 9th. Photo courtesy of Lea Ann Torgerson



On August 1st, the Goodridge First Responders received a special visit and recognition from Sheriff Ray Kuznia and the Pennington County Sheriff's Office following a recent motor vehicle accident in their district. Sheriff Kuznia and the deputies on scene that day thanked the Goodridge Fire and Rescue for their quick response in aiding to the victims of the accident and for their assistance with directing traffic and securing a safe landing zone for life flight.

It took the efforts of every individual that day to work together and provide the best care possible. Other assisting agencies were Oklee Ambulance, Minnesota State Patrol, Red Lake County Sheriff's Office and Sanford AirMed. Photo courtesy of Kensie Haugen

Walk to Remember

Submitted by Paula Peterson/Jill Wulff, Co-Facilitators and Co-Chairmen

It is with great pleasure that we invite you to attend and support the 2018 Walk to Remember on September 8th at the Warroad Senior Living Center! Walk to Remember is an all ages and all abilities event with people walking, running, on roller blades, on bikes, scooters, wheelchairs and golf carts. There will be babies in strollers, children in wagons and dogs will also receive a special treat at registration. We are all at Walk to Remember for the same reason; we all want to help those afflicted with Alzheimer's or a related dementia; we want to help their caregivers and we want to bring an end to Alzheimer's!

Our website, walktoremem-

berinc.org has all of our information on it. You can also find Walk to Remember, Inc. on Facebook. We encourage you to check it out! There is NO charge for registration and each individual that turns in donations of \$100 or more will receive one free tshirt. "Bank Day" will be on Friday, September 7th, at the Warroad Senior Living Center from 10am-6pm. Teams and individuals are encouraged to turn in as many of their donations as possible by that day as we will be calculating the top ranking teams as of that day. We will again have the "Memory Wall" and we encourage registrants to bring a picture to display on the Memory Wall of their loved one(s) for whom they are walking (we ask that you pick up your picture after the walk).

Registration begins at 9am

on Saturday, September 8th, if you have not already pre-registered. Other activities will also begin at 9am and will include free coffee, juice and rolls, live music in the courtyard, silent auction, theme baskets, raffles, photo booth, face painting and much more. The opening ceremony will begin at 11:30am with the balloon release at 12 noon and the Walk to Remember at 12:15pm. A free-will donation lunch provided by the Warroad Senior Living Center for registered walkers will follow the walk along with the posting of all winners of prizes.

What a year it has been! Grants have been given out to area individuals and organizations in the amount of just about \$35,000! These grants

Walk to Remember...
Continued on back

A Saddle Up for St. Jude event is being planned for Saturday, September 22nd, in beautiful Beltrami State Forest Bemis Hill Campground near Warroad and Roseau, MN. This event will raise funds for St. Jude Children's Research Hospital, the premier center for the research and treatment of childhood cancer and other deadly diseases.

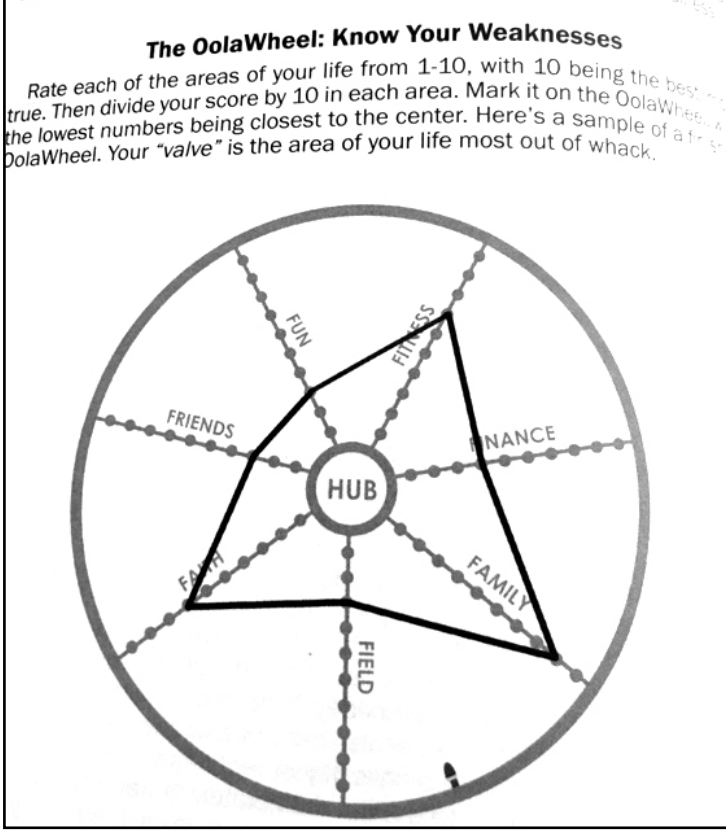
This volunteer based horseback trail/wagon ride will begin with registration starting at 8:00 and the ride beginning at 10:00. The trail ride will be approximately 10 miles. Riders are asked to collect donations from sponsors based on every mile ridden or a flat donation. Sponsorship forms are still available. Following the ride, riders will be treated to a lunch at the lodge provided by area businesses

A silent auction is also being planned from 3-7pm with all the proceeds going to St. Jude. Mark Wojciechowski will be providing the entertainment.

A catered supper will start at 5:30. The Groovy Grub from Hallock will be serving a delicious supper. On the menu is Philly steak sandwiches with fries, coleslaw and dessert. Cost of supper \$10.00 per meal. Everyone is invited to attend this event. Participants are encouraged to bring their family and friends and spend the day or weekend in beautiful Beltrami State Forest. Free primitive camping is available at Bemis Hill Campground for the weekend.

For more information contact Darlene at 452-1922. Last year's riders and wagoners raised over \$16,000. Through programs like Saddle Up for St. Jude, the idea of St. Jude founder Danny Thomas to raise funds for the hospital through community-based events is able to continue. St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases.

Founded by late entertainer Danny Thomas and based in Memphis, Tennessee, St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatment not covered by insurance, and families without insurance are never asked to pay. St. Jude is financially supported by ALSAC, its fundraising organizations, through events such as Saddle Up for St. Jude. For more information, visit www.stjude.org



Announcement from USDA

Submitted by Brad Finstad, Director, USDA Rural Development Minnesota

Not long ago, the United States was a world leader in infrastructure investments. Federal and private funding helped even the most remote communities obtain electricity, running water and access to the rest of the world through telecommunications.

However, recent years have not followed the same trend, and too many rural communities have been left behind. The need for improvement is great, especially for rural water and wastewater systems.

To put this in perspective, the American Water Works Association estimates that more than \$600 billion is needed over the next 20 years to upgrade our nation's water and wastewater systems. Unfortunately, many small and rural water systems lack access to affordable financing.

But there is hope for the future. This year, USDA Rural Development has more than \$4 billion in direct loans available now to help rural communities build or upgrade water infrastructure. This is a substantial increase from last year. In 2017, USDA helped more than 2.5 million rural residents get access to upgraded water and wastewater systems. I am excited to see how many more people we can help with this unprecedented funding opportunity.

I encourage rural community leaders and water district operators to apply now for this

assistance before the Sept. 30 deadline. USDA state and field offices are great resources to use during the application process, and we have technical assistance providers with water and waste expertise that can help complete rural communities' applications.

USDA's support for rural water infrastructure is already making a big impact here in Minnesota. Over the past two years alone, USDA has invested more than \$86 million in water/wastewater infrastructure for nearly 60 communities throughout the state. These investments wouldn't have been possible without collaboration through our numerous partnerships. For example, in 2017 our partnerships with the MN Public Facilities Authority and the Small Cities Development Program helped us invest more than \$43 million in 10 new community projects – half of our total water/wastewater infrastructure investments from the past two years.

Water districts and rural communities can apply for USDA loans electronically using the interactive RDAApply tool on the USDA Rural Development website (rd.usda.gov). Also, USDA state and field offices are great resources to use during the application process. Minnesota's office locations and contact information can also be found on the Rural Development website (rd.usda.gov/mn).

USDA is eager to partner with you in this effort to modernize water infrastructure in our state's rural communities.

Walk to Remember...
Continued from page 3

have been given for dementia specific uses such as respite care, support, medical needs, training, education, research and equipment. Gifts were also given to LifeCare Roseau Manor, LifeCare Greenbush Manor and the Warroad Senior Living Center in the amount of \$10,000 each for dementia specific purposes. What a true joy it is to see these dollars put to use and to be kept local!

Alzheimer's disease is a triple threat to society unlike any other diseases – with soaring prevalence, lack of effective treatment and enormous costs. It is the 6th leading cause of death in the United States with over 5.4 million Americans living with the disease. By 2025, this number is expected to be 7.1 million and 16 million by 2050. In Minnesota, the number of people living with Alzheimer's is expected to reach 120,000 by 2025.

We started the Roseau Alzheimer's Awareness and Support Group 19 years ago and 13 years ago we started the

Warroad Alzheimer's Support Group. Both of these groups have met monthly since then. The Roseau group meets the 2nd Wednesday of each month at the Roseau Masonic Lodge directly across from the Altru Clinic from 6:30-8pm and the Warroad group meets the 2nd Thursday of each month at the Warroad Senior Living Center from 6:30-8pm. These meetings not only provide a listening ear and a shoulder to cry on in a completely confidential setting, but to educate as well.

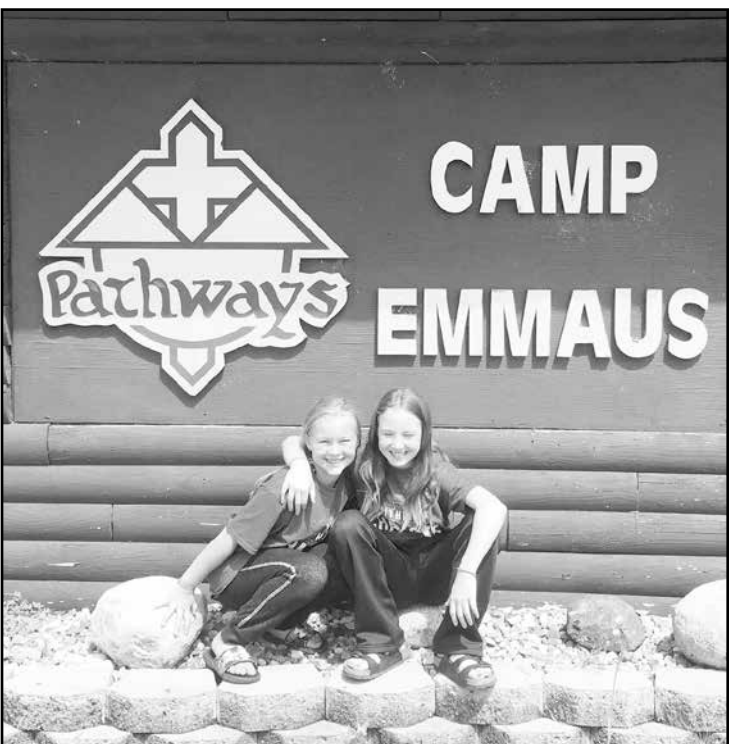
Participating in the Walk to Remember is the single most significant thing people in our area can do to make the biggest impact on this disease. The END of Alzheimer's starts NOW with ALL of you on Saturday, September 8th, at the Warroad Senior Living Center.

For more information, questions or comments, please contact Jill Wulff at 218-425-7401 or Paula Peterson at 218-463-2833, email us at walktorememberinc@gmail.com, check out Walk to Remember on Facebook or visit our website at walktorememberinc.org/

Chargers Volleyball



Charger Volleyball players have been volunteering with some cleanup this summer around the Goodridge and Grygla Schools/towns. Varsity Head Coach, Katelyn Tharaldson, says, "I'm proud of the girls that showed up and worked hard to help out the community and the school staff." 9-12 grade volunteers did jobs such as cleaning windows and classrooms, weeding the sand volleyball court in Grygla and helping out with flower gardens around Goodridge. Tharaldson also said her team is one step closer to "taking it to the next level" after an amazing day camp on July 30th that was all about motivation and learning how to react and work together as a team in tough situations. The camp was led by Rick Rassier, below. *Photos courtesy of Katelyn Tharaldson*



Addison Severts and Kinsley Oslund attended a week long Pathways Bible Camp July 15-20. Camp Emmaus is located just outside of Menahga, Minnesota. *Photo courtesy of Tausha Severts*

Yard of the Week



This week's 'Yard of the Week' goes out to Amy Pittman, 24868 Minnesota Highway 219, Goodridge. Check out all of the outdoor seating options around the yard! When you've got a peaceful, serene setting in the country such as this, you extend your living space to the great outdoors. Come. Sit. Relax. Enjoy. Stay awhile.



Grygla Summer League Basketball



Grygla Summer League has come to an end last week with the Orange team taking 1st place. *Summer League photos courtesy of Brady Olson*
Back row, L-R: Payton Grandstrand, Peyton Verbout, Ashley Moe. Front row, L-R: Dayle Larson, Andrew Holte, Jordan Brateng. Not pictured: Chris Kiesow



Black team, 2nd place
Back row, L-R: Hudson McMillin, Logan Dvergsten, Cory Clevon, Levi Kiesow. Front row: Hunter McMillin, Brady Olson, Tucker Verbout



Red team, 3rd place
L-R: Jordan Coan, Ty Jelle, Brandon Stanley, Jaden Kiesow, Syra Naik. Not pictured: Cole Halvorson, Hogan Lundeen



Green team, 4th place
L-R: Brandon Bakken, Matt Hanson, Kember Anderson, Michael Lawrence, Brett Bakken, Carter Burks. Not pictured: Austin Brateng



Purple team, 5th place
L-R: Jeremy Wiskow, Tyler Stinar, Cameron Naeseth. Not pictured: Randy Henrickson, Steven Hanson, Leah Schulz, Jared Haack



Blue team, 6th place
L-R: Kaleb Sjulestad, Jesse Wiseth, Blaine Kriel, Michael Jelen, Nolan Anderson, Justin Thompson, Justin Kiesow. Not pictured: Brock Olson, Jake Olson

Volunteer and make a difference

VOLUNTEER - Make A Difference was the theme for the Marshall County Social Services Volunteer Booth at the Marshall County Fair. The fair booth gave information to the public on the volunteer programs the county offers, and encouraged people to sign up as a volunteer for Marshall County Social Services.

People were also encouraged to sign up for the door prize, which was a basket full of movie themed goodies and a \$30.00 Sky Vu Drive In gift

certificate. The winner of this prize was Suzanne Tuerstel of Thief River Falls.

Marshall County Social Services is currently looking for Volunteers to serve as Drivers, Visiting Friends, Little Brothers/Little Sisters, and Foster

Care Homes. If you would like more information on these programs and how you can make a difference, call Marshall County Social Services, Volunteer Program at 218-745-5124.