



Today
Partly Cloudy
H 71 L 52



Thurs
Partly Cloudy
H 77 L 59



Fri
Scatt Tstorms
H 76 L 51



Sat
Mostly Sunny
H 73 L 52



Sun
Partly Cloudy
H 78 L 56

Wednesday, August 29, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 9

A look at next week ... Meet the 2018 Charger Volleyball and Football teams!



Charger Football kicked off with a scrimmage in Argyle last Saturday! The team rode the bus through the Grygla Fall Fest parade and just kept going out of town all the way to the field in Argyle. This Thursday, August 30th, is the first official game of the season. The Chargers will host the Clearbrook/Gonvick Bears in Goodridge with kickoff scheduled for 7pm. GO CHARGERS! *Photo courtesy of Nikki Leach*

Moose River West Fire currently contained



Looking west, you can see Dick's Parkway and the small ditch perpendicular to it under the wing of the plane. This ditch helped slow the spread, along with immediate and multiple air attack efforts. Photo taken 10:30am Thursday morning, August 23rd. *Photo courtesy of MNDNR*

Update by Kari Sundberg, Monday, August 27th

As of Monday, August 27th, the Moose River West Fire has been contained. According to Kristi Coughlon, MN DNR Public Information Officer, there are still about 30 crew members on site that will continue to monitor the area over the next couple of days. DNR prescribed burns are a common occurrence, but what most people wanted to understand was why one was conducted when we were under such extreme fire danger. Coughlin offered, "The prescribed fire was planned. The burn area was prepared by burning back the fire lines and all conditions were met to go ahead with the burn." The controlled burn was intended to burn off 12,000 acres on the Moose River Wildlife Management Area. The blaze escaped on the east side of Dick's Parkway, about 5 miles north of Fourtown, which is when it officially became a wildfire, and burned 452 acres on the Red Lake Wildlife Management Area. No private land or structures were affected.

With the rainfall over the weekend, a lot of relief was provided in regards to the fire behavior. Most of the crews left Sunday morning with a handful still on site to keep watch over any smoldering areas. Read below for previous press

releases regarding the Moose River West Fire.

Governor Dayton calls Minnesota National Guard to assist in firefighting efforts in Beltrami County

Official Press Release from last Thursday, August 23rd

Governor Mark Dayton issued Executive Order 18-12, calling upon the Minnesota National Guard to assist with firefighting efforts in Beltrami County. The National Guard will support the Minnesota Department of Natural Resources' (DNR) ongoing firefighting efforts in Beltrami County, where a 500-acre wildfire began yesterday. "The women and men of the Minnesota National Guard are trained and ready to take on this important mission," said Maj. Gen. Jon Jensen, Adjutant General of the Minnesota National Guard. "We will do all we can to successfully support this firefighting effort."

In ongoing efforts to contain and extinguish the wildfire in Beltrami County, the Minnesota National Guard will provide the assistance of two water-dropping helicopters. The UH60 (Blackhawk) helicopter is capable of dumping 660 gallons of water on the fire at one time. The CH47 (Chinook) helicopter is capable of dumping 2,000 gallons of water on the fire at one time.

The wildfire in Beltrami County began on Wednesday, as a result of a DNR-prescribed fire which was intended to manage brushlands in northwest Minnesota. At this time, the fire is limited to state lands within the Beltrami Island State Forest. Thus far, no structures or private land are threatened.

Current fire danger in northwest Minnesota is categorized as "very high," and is expected to remain high for the next several days.

DNR prescribed burn turns into NW Minnesota wildfire

Written by Key Teeters with TRF Radio, last Thursday, August 23rd

9:00pm update

Air support has been "released" this evening after Minnesota Governor Mark Dayton called up the Minnesota National Guard this afternoon to assist the Minnesota Department of Natural Resources fighting a five hundred acre wildfire in the Red Lake National Wildlife Refuge, four miles north of Fourtown in Beltrami County.

Wildfire Section Manager Paul Lundgren says the ground fight is continuing with no injuries and no property damage reported. Lundgren said containment efforts will continue Friday morning, with

monitoring and patrolling through-out the day.

The DNR rated Fire Danger as "extreme" today in Northwest Minnesota, the highest alert level possible short of a Red Flag Warning; with no burning permits issued and only recreational campfires (within a three foot ring) allowed.

3:20am update

DNR officials say they are "making good progress" against the Moose River West Fire, a wildfire burning on 525 acres North of Fourtown in the Red Lake Wildlife Management Area/Beltrami County.

Spokeswoman Kristi Coughlon says some the aircraft fighting the fire has been released and fire fighters are "holding the line," with no injuries reported and no property damage.

The cause of the fire was a DNR prescribed burn in the Moose River Wildlife Management Area that jumped the containment line at Dick's Parkway and was moving north this afternoon.

The DNR is throwing everything they have at it, fighting the fire with track vehicles and a heavy effort by air, including three helicopters, a fixed wing aircraft and air tanker with the Minnesota State Patrol providing air reconnaissance.



This photo was taken last Wednesday night, August 22nd. The fire was 2 miles north of Malcolm at the time. Julie Grossman, Jackpines resident, said the DNR called her dad, Ray Hendrickson, to get permission to use the parking area in front of their cemetery for their staging/refueling area. *Photo courtesy of Julie Grossman*



A DNR-prescribed burn got out of hand last week north of Fourtown, MN. The Minnesota National Guard was called in to assist in the firefighting efforts. This photo was taken last Thursday, August 23rd, at the Grygla Airport. *Photo courtesy of Lea Ann Torgerson*

Public safety alert

A public safety alert was issued by the Marshall County Sheriff's Office on Wednesday, August 22nd. It has been reported to the Sheriff's Office that a woman was recently caught inside of a residence in the Grygla/Gatzke area. No one was home at the time she went inside, but the homeowner had arrived back home to find the person in the house, who had claimed they needed to use the

bathroom. It is believed that the woman was in search of prescription medication. The Sheriff's office would like to remind everyone to hide your medicine and lock your doors when you leave. They also added, "Do not post on Facebook when you plan to be away from home." Please call the Marshall County Sheriff's Office if you have any information about an incident similar to this.

Grygla Fall Festival parade winners

The Grygla Fall Festival was held over the weekend with many pictures on the back page! The parade winners were: Most Original: Machinewell,

pictured below; Funniest: Senior Citizens, Best Car: Judy Miller, Best Tractor: Cure for Cancer - George Olson, also pictured below.



Rock on, Grygla



L-R: Emma Sundberg, Madi Tabaka, Allie Sundberg and Jacob Tabaka. *Photos courtesy of Amber Sundberg*

Allie Sundberg, a Grygla 6th grader, has taken on her own "Kindness Rocks" project and you've maybe been a part of it without even knowing it!

Over the Fall Fest weekend, a few people at the Horseshoe pit found a painted rock that was hidden in an unsuspecting place. The rock had an inspirational quote on it, but no other explanation.

Well, we've got one for you.

Allie, the daughter of Andrew and Amber Sundberg, recently went camping with her family. The resort they were staying at informed them that they had painted rocks hidden all around the property. If you found one of the rocks, you were asked to hide it someplace new for the next person to find.

Allie thought this "Kindness Rocks" project sounded fun to

bring back home to Grygla. She got her sister, Emma, to help, along with two friends Madi and Jacob Tabaka. The group of kids collected about 20 small rocks, painted them a variety of colors, added some words, like happy/inspirational quotes, and hid them all around the city of Grygla.

The rocks have all been weather-proofed and are waiting to be found! Allie says the next step is simple, "If you find one, hide the rock someplace new around town...just not in anyone's yard!"

It's likely by now, some of you may have stumbled across one of these miniature art pieces yourself. Play along in the hide and seek game and help spread the kindness around Grygla.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, August 20:
7:30pm Interfaith Bible Study
Sunday:
Grace: 9am Worship
OS: 10:30am Worship

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

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 Hammess
Sunday:
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 Merseith
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship
Nazareth: 8:30 SS, 9:45am Worship
Oak Park: 10am SS, 11am Worship

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

Fourtown/Grygla Sportsman's Club August meeting notes

The fall picnic and youth gun training are set for September 8th. Gun training/range day will happen in the morning from 9am-12pm at Grande Corner. Volunteers are needed. Picnic to follow.
This year's board members spots coming open belong to Nick Harris and Kyle Haack. Both have noted they would like to serve another 3 years.
Goodridge/Grygla I500 fundraising is underway. A booth was set-up by the car show at

Fall Fest. A race trailer, racers, raffle tickets and more to see. They also entered the Fall Fest Parade.
Snowmobile Grant-In-Aid funds are increasing for the upcoming season due to an excellent turn-out of registered sleds in MN for the past season. Thanks to all our active snowmobilers!
Annual club snowmobile trip is set for February 16th-17th, potentially at Pinehurst Resort.



Executive Leadership for the 2018-2019 BSU Student Alumni Association: Megan Larson, President. Megan is a BSU Senior from Gatzke, MN, majoring in Elementary Education with a Coaching Specialty. She is the daughter of John & Dawn Larson. A veteran of the BSU Student Alumni Association, Megan continues to increase the popularity of SAA and looks to establish a culture, student leadership and service. Photo courtesy of Dawn Larson



Labor Day In The United States

The United States is still a land of freedom and opportunity. In our country, a person can start out poor, work hard and become successful.

Banking advertisement for ASB (American State Bank) featuring FDIC logo, website, and contact information.

Farmer's Union Oil in GRYGLA ~ is now a supplier of ~ Bemidji Welders Supply welding gases

FOR SALE: Grygla School District has for sale on written bids: 19 iMac desk computers (2008, 2.66 GHz Intel Core 2 Duo Processor, 4 GB RAM, 320 Hard Drive) 2 MacBook Pro laptop computers (2012, 2.5 GHz Intel Core i5 Processor, 8 GB RAM 500 GB Hard Drive) For information and bidding, contact Jesse Westbrook, technology coordinator, Grygla School. Phone: 218-294-6155, email: jwestbrock@grygla.k12.mn.us. Bidding closes 3 PM, 9-21-18. The district reserves the right to accept/reject any/all bids.

HELP WANTED: Come fill a church pew. The pay isn't good but the 401K plan is excellent.

NOTICE OF MINNIE TOWNSHIP BOARD MEETING: Minnie Township Board will meet at the Minnie Town Hall, 65964 Fourtown Road NW, on September 6th, 2018. Meeting will start at 2:00 PM. MINNIE TOWNSHIP RAY HENDRICKSON, CLERK

PLEASE JOIN US: Walk to Remember - I forget not those who cannot remember. Saturday September 8 Warroad Senior Living Center. 9am: Registration Opens 9-11:30: Silent Auction, Photo Booth, Face Painting & more 11:30: Open Ceremony followed by Balloon Release 12:15: Walk to Remember!! KEEPING OUR DOLLARS LOCAL to improve the quality of life for individuals & families of those with Alzheimer's disease and related dementias.

JOHNSON FUNERAL SERVICE, INC.: Thief River Falls • 218-681-4331 Red Lake Falls • 218-253-2128 Oklee • 218-796-5177

Community Calendar: Wed | Aug 29 Grygla Eagle office open 10-5pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-5pm; 9-12 grade VB practice in Goodridge 2-5pm (bus leaves Grygla at 1:30pm); Back to School Open House in Grygla 4-8pm. Thurs | Aug 30 VB practice in Goodridge 8-11am (bus leaves Grygla at 7:30am); Varsity FB game in Goodridge vs. Clearbrook/Gonvick 7pm. Fri | Aug 31 VB practice in Goodridge 8-11am (bus leaves Grygla at 7:30am); Senior Meals at Grain Bin Café 11am. Sat | Sept 1 Sun | Sept 2 Mon | Sept 3 Labor Day; Senior Meals at Grain Bin Café 11am. Tues | Sept 4 First day of school; JH FB Jamboree in Newfalden; JV FB vs. WEM in Erskine 5pm; VB game vs. Warroad in Grygla

Jensen Sisters go live from State Fair: Pioneer 90.1 KSRQ will broadcast live from the Ampers booth at the Minnesota State Fair's Education Building from 9am to 9pm Thursday, August 30. The Jensen Sisters, along with Cathy Erickson, state fair performers and exhibitors, will be featured on the station's live remote.

Stanley & Kuznia Wedding Announced: Mr. and Mrs. Brian Stanley and Mr. and Mrs. Jason Kuznia announce the marriage of their children, Anthony Stanley and Chelsea Kuznia. Anthony and Chelsea were engaged on November 18, 2017. Chelsea is employed at Marvin Windows and Doors in Warroad, MN. Anthony is self employed and is contracted with Hartz truck line. He also helps with the family farm. The couple resides in Grygla, MN, with their son, Ryelin Stanley, on a small farm where they also raise cattle. The wedding will be at 4:00 pm in Grygla, MN, at Grace Lutheran church on September 8th, 2018. The reception will follow at Brian and Bonnie Stanley's farm, 2 miles south of Grygla. Social Hour: 5:30, Dinner: 6:30, Dancing: 8:30! All friends and family are welcome to join our wedding celebration!

Youth Firearm Safety course: The Youth Firearm Safety course will be held Saturday, September 8th, at Grande Corner. The all-day range course begins at 9am where students will walk through different scenarios with firearm safety instructors. Before stepping on the range, students must complete the online portion of the course, which can take up to 15 hours, so prepare accordingly. To get started with the program, students can visit www.huntercourse.com; choose your state, enter your DOB and it's self-explanatory from there. There is also a link on the MN DNR website. Students are asked to bring their online course completion certificate with them the day of the range course at Grande Corner. For any questions, call Donald Haack (294-6325) or Robert Paulson (378-4366). Students must be at least 11 years old to participate.

Operation Round Up Grant Applications due Friday, September 7th: Organizations involved in community projects and charities are encouraged to apply for funds from Operation Round Up at this time. Completed grant applications are due in the Red Lake Electric Cooperative (RLEC) office by Friday, September 7th. Operation Round Up is a program adopted by RLEC headquartered in Red Lake. Continued on back

Eagle one day late: The Grygla Eagle will be one day late next week due to Labor Day holiday.

Back to School: Next Tuesday, September 4th, it's BACK TO SCHOOL! For planning purposes, picture day with Thoele Photography is Thursday, September 6th.

Legal Notice: ESTATE OF MINNESOTA COUNTY OF MARSHALL NINTH JUDICIAL DISTRICT DISTRICT COURT PROBATE DIVISION Court File No. 45-PR-18-230 AMENDED NOTICE AND ORDER OF HEARING ON PETITION FOR FORMAL ADJUDICATION OF INTESTACY, DETERMINATION OF HEIRSHIP, APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS. Estate of Alfred Lorentzen Decedent. It is Ordered and Notice is given that on September 18, 2018, at 1:00 pm, a hearing will be held in this Court at 208 E. Colvin Ave., Warren, MN 56762, for the adjudication of intestacy and determination of heirship of the Decedent, and for the appointment of Lynn Anderson, whose address is 40044 293rd Street NE, Grygla, MN 56727 as Personal Representative of the Estate of the Decedent in an UNSUPERVISED administration. Any objections to the petition must be filed with the Court prior to or raised at the hearing. If proper and if no objections are filed or raised, the Personal Representative will be appointed with full power to administer the Estate, including the power to collect all assets, to pay all legal debts, claims, taxes and expenses, to sell real and personal property, and to do all necessary acts for the Estate. Notice is also given that (subject to Minn. Stat. 524.3-801) all creditors having claims against the Estate are required to present the claims to the Personal Representative or to the Court Administrator within four months after the date of this Notice or the claims will be barred. Dated: 8-3-18 BY THE COURT (COURT SEAL) /s/ Eric P. Schieferdecker Judge of District Court Dated: 8-3-18 Courtney Hauet Court Administrator Deputy Attorney for Petitioner: Name: Eliza L. Evans Firm: Rokke, Aandal & Associates, PLLC Street: 423 No. Main St., PO Box 159 City, State, Zip: Warren, MN 56762 Telephone License No. 399217 Telephone: 218-745-4321 Fax 218-745-4320 Email: e.evans@ralawoffice.com

Village Arts seeks visual artists: On Sunday, September 16th, a festival called "Village Arts: A Celebration of Creativity" will be held at Peder Englestad Pioneer Village in Thief River Falls. The festival will be held from 1:00-5:00 p.m. and will include music, dance, theater, and visual arts. Visual artists are needed to display their work on that day. They will also have the option of selling their art if they wish. If you have questions or need more information, please contact Jamie Bakken at jamie.bakken@myprowl.org or Jane Anderson at mjander@mncable.net. "Village Arts" is a family-friendly celebration intended to advance arts opportunities for artists from all walks and for audiences of all ages and interests.

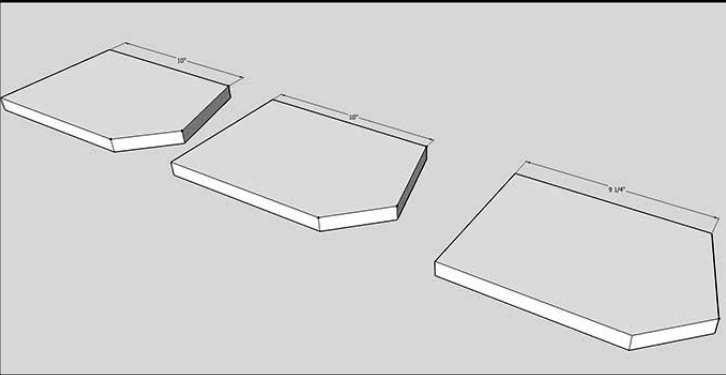
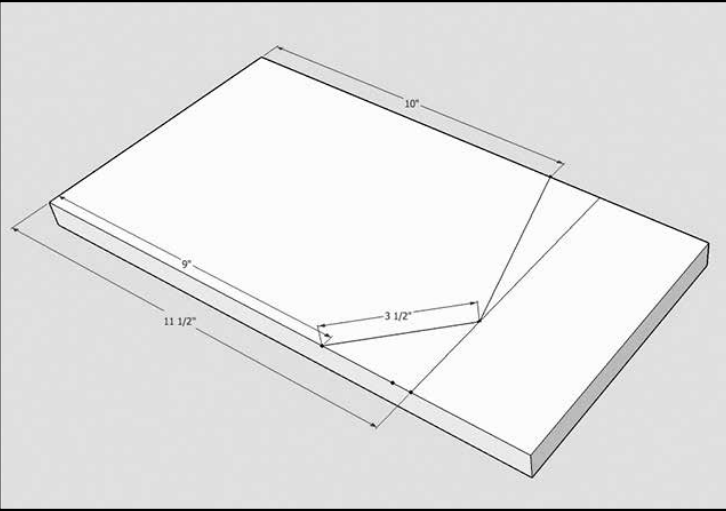
DO IT YOURSELF



An easy DIY vegetable storage bin with divider. It's a perfect beginner woodworking project or a great way to use up scraps and organize your kitchen!

- Items needed**
- 3/4" plywood – half sheet or scraps
 - 1"x4"x2' – 1 board
 - 1"x3"x8' – 1 board
 - Kreg Jig
 - 1 1/4" pocket hole screws
 - Jigsaw
 - 1 1/4" finish nails
 - Brad nailer or hammer
 - Wood glue
 - Drill
- Cut list**
- 1 – 1" x 4" board cut at 18 1/4" (front rail)
 - 3 – 1" x 3" boards cut at 18 1/4" (bottom slats)
 - 1 – 3/4" plywood cut at – 7.5" x 16 3/4" (back)
 - 2 – 3/4" plywood cut as shown below (sides)
 - 1 – 3/4" plywood cut as shown below (divider) – Note: divider is identical to the sides

- except it is 9 1/4" in width.
- Step 1: Cut out the handles on the sides. Make a template for the handles – 1.5" wide and 3" long, trace it on the plywood and cut it out using a jigsaw.
- Step 2: Make pocket holes on both ends of the back and the straight edge of the divider.
- Step 3: Attach the back to one divider using pocket hole screws and wood glue.
- Step 4: Measure 8" from the side and attach the divider using pocket holes and wood screws.
- Step 5: Attach the other side the same way as the first side.
- Step 6: Attach the front rail using wood glue and finish nails.
- Step 7: Add the bottom slats using wood glue and finish nails. The spacing between the slats is 3/4" and you can use any 3/4" board to space the slats out. Lastly, you can give it a good stain and seal it with a food-safe topcoat.



Yard of the Week



Grygla's Blood Drive brings in 42 volunteers

Grygla Lions hosted a blood drive with United Blood Services on August 15 at the Community Center which helped collect a total of 43 units of blood and one unit of plasma for patients in need.

A total of 42 individuals volunteered to donate blood and 35 individuals were able to donate. A total of nine donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. There were three persons who volunteered for the first time.

United Blood Services expressed their gratitude to Ralph Rundell, who coordinated the drive, and Grygla Lions, which sponsored the blood drive, as well as others who assisted the day of the drive: Sheldon Peterson, Mildred Klamer, Nadine Aune, Ida Stanley and Laurie Polansky.

UBS strives to keep a 5-day supply of every blood type on the shelf at all times to be able to meet the needs of patients across the region. Donations from O-negative donors, the universal blood type, are especially important this time of year due to increased accidents and trauma cases.

United Blood Services is the only blood provider to nearly 70 hospitals across the region. The blood supply is dependent on selfless donations from volunteer donors to ensure the lifesaving needs of the region are met.

About 30 percent of UBS's blood supply goes to cancer patients across the region and one in seven people entering the hospital will need blood. Those relying on blood in the region receive that lifesaving blood from UBS.

Donors can make a convenient appointment to give blood at www.bloodhero.com or by calling (877)827-4376. With each donation, donors receive a free total cholesterol test and earn points in United Blood Services' Hero in Me rewards program.

Blood donation takes about an hour from check-in to refreshments. Donors can save about 20 minutes by completing their Fast Track Health History the day they donate on www.unitedbloodservices.org

Two Marshall County organizations benefit from Lorie Line church service

(Submitted) It was a great morning in Warren on the Sunday morning of the Marshall County Fair. The sun was shining and the skies were blue as the grandstand filled with worshippers who were anticipating the great piano sounds of Lorie Line.

Each year at the Marshall County Fair in Warren, the Fair Board teams up with the Warren Ministerial Association, the annual sponsors of the Community Worship Service at the Fair. That association then chooses and works with a church from the county to put on that service. The Newfolden Evangelical Free Church (NEFC) served as the host church for 2018.

NEFC was delighted to bring in Lorie Line, a classically trained pianist and composer, who lives in Minneapolis and tours across the United States with her husband, Tim Line. She shares her ministry by playing her own arrangements of Christian hymns. Lorie Line was recently inducted into the Minnesota Music Hall of Fame, joining the ranks with Bob Dylan, Prince and Judy Garland.

All funds after expenses from the worship service were designated to two charities from Marshall County. Jim Robberstad, from the Warren Ministerial Association, presented a check in the amount of \$1325 to David Myhrer, representing Middle River Veterans Outdoors, Inc., and Pastor Gary Barrett presented a check in the same amount to Barb Geer, representative of Trails to Treatments.

Jim Robberstad is pastor at the Warren Assemblies of God church in Warren and the Varsity Covenant Church. Gary Barrett is pastor at Newfolden Evangelical Free Church. They would like to thank everyone who gave so generously, enabling them not only to bring Lorie Line to the fair, but also make contributions to charities of Marshall County.

Middle River Veterans Outdoors, Inc., is a group of veterans and others who help veterans experience the outdoors. The organization has provided fishing and hunting trips to hundreds of veterans since its formation in 2014.

NCH Trails To Treatments is a grant program administered by the North Country Horsemen Saddle Club, a non-profit organization based out of Middle River, Minnesota. Feedback from sponsors, riders and communities inspired the North Country Horsemen to establish this grant program which offers financial assistance to patients currently receiving cancer treatments.

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

Calescent

adjective

Growing warm; increasing in heat.

9	3	8	1	7	5	4	2	6
4	1	2	3	6	9	5	8	7
7	5	6	2	4	8	1	3	9
2	7	3	9	5	1	6	4	8
5	4	9	6	8	7	2	1	3
6	8	1	4	2	3	9	7	5
3	2	5	7	1	6	8	9	4
8	9	4	5	3	2	7	6	1
1	6	7	8	9	4	3	5	2

Results from last week's StatePoint puzzle.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Ground Beef Stroganoff

This dish comes together fairly quickly. You could probably have dinner on the table within 25 minutes. It's one of the best stroganoff recipes I've come across and it's my daughter's favorite; we'll be making it again this week, per her request. Enjoy.

Ingredients

- 1 pound ground beef
- 1/2 cup yellow onion chopped
- 1 teaspoon garlic minced (about 1-2 cloves)
- 3 tbsp butter
- 3 tbsp flour
- 1 1/2 cups beef broth
- 1 cup sour cream
- 1 can cream of mushroom soup
- Salt and pepper to taste
- Egg noodles cooked according to package directions

Instructions

- Bring a pot of water to boil and begin to cook egg noodles

according to package directions. In a large skillet over medium high heat, brown ground beef along with the onions and garlic until thoroughly cooked. Drain ground beef to remove excess grease from pan. Put pan back on stove over medium heat (don't add the ground beef back in yet.) Add butter to pan and let it melt. Then add flour to pan, stir and let it absorb butter. Now add beef broth and whisk vigorously to remove any lumps, turning the heat up to high, bringing it to a boil for 2-3 minutes until you see it thicken slightly. Bring temperature down to medium and whisk in sour cream and cream of mushroom soup. Stir until mixture is thoroughly incorporated. Add salt & pepper, to taste. If sauce gets too thick, just add a tad more beef broth. Add ground beef back to mixture until reheated. Serve over prepared egg noodles.



A HIPPIE'S HEALTH

Written by Tara Waltman

I focus most of my day on talking to people about taking care of themselves both in therapy and with my essential oil gig. I talk about how important it is to take care of our body and mind.

What a hypocrite I am! Lol.

Now, don't get me wrong, I do take care of my body in that I try to get enough protein and I try with veggies and fruit and I use oils of course! Duh. However, I have been running around doing so much that I have been feeling a bit drained. Sometimes we are the last to realize this for ourselves.

So, I realized yesterday, thanks to some friends, that if I give and give and do and do, but don't take time for myself, I will have nothing left to give. Yesterday, I started crying talking about wanting an egg sandwich when I got to work. I think the support staff were shocked. One of them gave me a hug and walked with me to get an egg sandwich. Lol. (I think I am getting my period because usually the tears don't flow so easily!) What I did though, was I did take time for myself. I went and got food. I got back to my office and put a drop of frankincense on my hand. And what I did next is important...I took the time to inhale the oil 3 times and to just breath. It felt wonderful.

So, moral of the story: take time for yourself. Take time to take a few deep breaths. If you have some essential oils to do this with, even better!

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.

Legal Notice	OVERHEAD.....(708.750.00)
	LESS: MISCELLANEOUS
	REVENUE.....(7,000.00)
	PROPOSED 2019 GENERAL
	FUND BUDGET AND LEVY.....\$120,388.00

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 2019 General Fund Budget at 9:30 a.m., September 13, 2018, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2019 proposed budget:	
	PROPOSED 2019 BUDGET
Manager's fees & salaries.....	\$20,000.00
Board of managers' expense.....	22,000.00
Staff salaries.....	472,500.00
Payroll taxes.....	36,146.00
Employee benefits.....	73,492.00
Travel and meetings.....	5,000.00
Audit.....	9,000.00
Legal.....	16,000.00
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.....	10,000.00
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.....	\$836,138.00
LESS: ESTIMATED	

1X2
Sounds like
multiplication?

Guess again. It's newspaper talk for a one column by 2 inch ad. Too small to be effective? **You're reading this one!!!**

RICHARDS PUBLISHING CO.
Gonvick • 487-5225

Operation Round Up...
Continued from page 2

Falls. Members choosing to “round up” their monthly electric bill payment provide funds for this effort. Today 96% of RLEC members now choose to contribute pennies each month to enhance their communities. Funds will be donated primarily to nonprofit organizations to help fund specific projects or programs. Since the program began in 1993, \$525 thousand has been granted to community organizations and charities. Money is donated for the betterment of the community within the outside service area boundaries of RLEC. The Red Lake Electric Trust Board of Directors determines grants. Board members are Julie Stennes, Thief River Falls;

Tishara Melcher, Middle River, Diane Kolstoe, Oklee; Stephanie Johnson, Gatzke and Bonnie Christians, Crookston. To apply for Operations Round Up grants, organizations should contact the RLEC office in Red Lake Falls at 218-253-2168 or 800-245-6068. A short application must be completed and submitted along with a financial statement from the organization. Grant application forms are available on the Cooperative’s website: www.redlakeelectric.com For more information contact Stephanie Johnson, General Manager of RLEC, at 218-253-2168 or 800-245-6068. This institution is an equal opportunity provider and employer.



Jogs for Dogs was the theme of this year’s Fall Fest Fun Run (2k/5k)! 27 people entered this year with the entry fee of \$15/person going to the TRF Humane Society. 2k male winner was Hayden Fort at 14 minutes (not pictured); 2k female winner was Keri Kiesow and Tikka at 16:32 (far left). 5k male winner was Payton Grandstrand and Cinders at 25:05 (middle); 5k female winner was Alyssa Mosher at 28:02 (far right). *Photos by Grygla Eagle Newspaper*

Grygla Fall Festival held last weekend

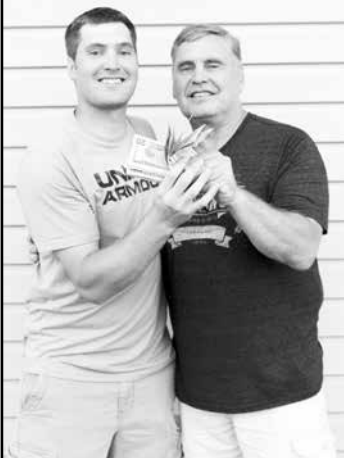


Saturday’s Demolition Derby was made up of trucks, old irons, 80’s & newer and compacts. Pictured above is Tyrin Hagen hung up on the bank. *Photo by Grygla Eagle Newspaper*

Below: Saturday’s Mixed Softball Tournament Winners Back row, L-R: Justin Newton, Kaine Jablinske, Dayle Larson, Joe Helm, Justin Skjerven. Front, L-R: Steph Larson, Amanda Fish, Haley Price, Kayla Schmitz and Amanda Kennedy. The team is made up of members from the TRF and Grygla area. *Photo courtesy of Justin Newton*



Sunday was a beautiful day for volleyball! 11 teams participated: Moe Logging, Nice Aces, Blood Sweat Beers, High-landing Hooters, Leroy Jenkins, Falls Cinema, Studweisers, NSBNA, Benchwarmers, The Roosters, and Last Minute. 1st place went to the Benchwarmers, pictured above. The team is made up of Jake Hanson, Kellan Giesler, Nick Anderson, Niki Gustefson and Angie King. More team photos shared next week. *Photo courtesy of Jodi Schulz*



40 teams entered the Bean Bag Toss Tournament on Friday night of Fall Fest. The 1st place winners were Anthony Gast and Mike Gast, who won \$250, left. The 2nd place winners were Jake Olson and Justin Thompson, right, who won \$150. *Photos by Grygla Eagle Newspaper*



Left: Rodney Hagen and Roy Sundahl got 1st place in Saturday’s Horseshoe Tournament (left); Sam Kofstad and Steve Kloety placed 2nd (right). *Photos courtesy of Jesse Newton*

The Grygla Fall Festival Talent Show was held Friday evening at the Grygla School. The lineup was as follows: Grace Choir, Gene Lunsetter & Randy Larson, Marin Peterson (pictured above), Jodi Schulz & Leah Schulz, Mike Rendahl, Red Hats, Justyne Klasen & Randy Larson, Gloria Sistad, Brennan Kirkeide and DJ Bernstein.



Lon Englund in Saturday’s parade.



A craft and vendor show was held Saturday, August 25th, from 9am-4pm, in the Grygla Community Center and on the outside lawn. Among the many booths set up for shoppers was Brooke Olson, pictured above, with her Westside Crafts. *Photo by Grygla Eagle Newspaper*



Pictured above is Andrew Holte on the Grande Corner Grouse softball team, along with Mitch Bernstein on the Sue’s Beauty Shop team, which took 1st place in Sunday’s Men’s Softball Tournament. *Photo by Grygla Eagle Newspaper*



The Grygla Lion’s Club coordinated another successful Fly-In breakfast on Sunday of Fall Fest. The airport was one busy place that morning! *Photo by Grygla Eagle Newspaper*



Schmidt Pedal Pulls out of Alexandria conducted another Kid & Adult Tractor Pull last Saturday at the Grygla Fall Festival. The annual event is sponsored by the Grygla Fall Festival Committee and Grygla Lion’s Club. Below are the winners of the Adult Tractor Pull. Next week the results/winners from the Kid Pedal Pull will be featured!
Women, pulling 240 pounds: Whitney Neuschwander 1st place 43.1; Courtney Tennancour 2nd place; 35.5, Katie Molstad 3rd place 26.4
Men: Kareem Joseph 1st place FP at 320 pounds, then 43.4 feet at 410 pounds; Chris Ostby 2nd place FP at 320 pounds, then 40.4 feet at 410 pounds; Zach Blasky 3rd place 43.6 feet at 320 pounds. *Photos by Grygla Eagle Newspaper*