



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Mostly Sunny	Rain	Scatt. Showers	Partly Cloudy
H 51 L 30	H 53 L 36	H 50 L 36	H 51 L 31	H 49 L 31

A look at next week... Photos from Charger's Volleyball Parent's Night - the game was held in Goodridge vs. Stephen/Argyle

Early detection can save your life

Two local breast cancer survivors share their story

By Kari Sundberg,
Eagle Editor

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

That's why two local survivors agreed to share their stories. Both said, "If telling our stories can help just one person, it will be worth it."

Janelle's discovery

Janelle Mc-Millin, of rural Gatzke, was diagnosed with Stage 2 breast cancer almost exactly 6 years ago, in October of 2009. A month prior to her diagnosis, she was laying in bed and simply had an itch on her chest.

Something didn't feel right; it was something she had never felt before. A crescent-shaped lump was underneath her skin and in her words, "It's like it popped up over night...of course it didn't, though."

Having just had a mammogram the April before, the results showed nothing. Just five months later, what felt like a cashew, in her words, a lump had shown up in her breast. "44 years old is too young for breast cancer," she recalls thinking.

Carter's circumstances

Carter Torgerson, of Grygla, was 52 years old at the time he was diagnosed with stage 1 breast cancer. "It's something I had never even thought about before...something I knew nothing about because you don't hear about men getting this," Carter shared. It was March of 2008 when Carter received the news that he had breast cancer. He had been lifting weights and every time the weight had touched his chest, he felt a painful, needle-like sensation in his chest. Every time he touched the spot, it felt like he was being stuck with pins. He kept rubbing the area and could feel a lump, but thought he had simply been lifting too much and backed off a bit. When the condition didn't improve, Carter made a trip in to see his doctor, who thought the lump was quite possibly just a muscle mass.

Janelle receives the news

When Janelle made her doctor appointment, the doctor confirmed there was a lump and scheduled another mammogram for that same day. She remembers the physician telling her not to worry about anything until there was something to worry about.

It turns out, there was a need to worry. After her mammogram, Janelle had to have an ultra-sound, which made

her start to suspect things. The ultra-sound tech wouldn't look at or speak to Janelle, causing her to wonder what was being seen. A couple of days later, she was called in to the clinic. Before even seeing her doctor, the nurse, upon checking her in and greeting her, basically came right out and said, "You

plan, which Janelle would start right after Christmas, in Thief River Falls. Her plan included four treatments over the course of 12 weeks. Every 3 weeks, she'd go in and sit through the 6-hour chemo session.

"The first treatment goes by and you think it's not so bad. The second one comes and you

Once his body had finally recovered from the surgery, it was time to start chemotherapy.

Every two weeks for 20 weeks, Carter endured 10 treatments total. "I had what's referred to as the 'Red Devil' chemo...it's like your whole insides are on fire...it really burned," he shared. "I was so tired after the 6-hour sessions, I'd go home and just fall asleep. I'd try really hard not to have a pity party for myself, though, and keep my spirits up."

Carter never had to do radiation, however, he did still have to do some doctoring. He suffered a serious side effect from the chemo that made his heart almost explode. The doctor's rushed him to the ER for his irregular heartbeat, the doctor's heart rate was at 280 beats per minute. The chemo had made one of his heart valves open, in which a surgery had to soon follow to fix. To this day, Carter is advised not to have anything with MSG or caffeine in it or it will affect his heart rhythm and kick it into gear.

Stories of a survivor

Through their breast cancer diagnosis, Janelle and Carter both learned they had a small family history of the disease. Janelle's was on her dad's side and Carter's was on his mom's side of the family.

Both of them are cancer-free today and were asked in closing what they would like to share with community members as breast cancer survivors.

"If anyone learns anything from this, it's not to wait too long," says Carter. "You never think it'll happen to you, but it does. If you have a lump of any kind, demand it out and have it tested. And know that breast cancer can happen to men, too."

Janelle adds, "It's so important to be aware of it. Younger women are getting it, too. Just don't wait; go in at the sign of the first symptom."

Both had an incredible support system throughout their journey. Not only did they have their family and friends to lean on, they both received an outpouring of support from the community, as well. And both would like to return the favor to anyone in need.

"Call us. If anybody has questions, we don't mind talking about it at all. Once you go through it, you want to pay it forward some day," Janelle offered.



have cancer."

Janelle didn't have time to even prepare herself for the news. She had been hit with the terrible 'C' word.

Carter's doctors move fast

The day of Carter's appointment, his doctor moved fast, but not necessarily out of worry. He simply suggested they go in, cut the lump out that day and get it over with. He was free to go home and wait for the results. A short time later, it was a Friday, and Carter was driving the school bus to Fargo for a track meet. His cell phone rang and it was his doctor. "You've got cancer, Carter, and I need to see you right away Monday morning," the doctor stated. To which he replied, "Wow! I'm driving a school bus right now." The doctor apologized but said he needed to see him right away. For a man, breast cancer spreads faster due to the lack of tissue. His doctor met him in Fargo that following Monday, and surgery was already set for that coming Wednesday morning. "My doctor was so efficient. It all happened so fast that I didn't even have time to worry about it...that's just the way I wanted it, too," he added.

Janelle's treatment process

Janelle agrees with Carter, saying, "They move and they move NOW." Janelle doctored between Thief River Falls and Bemidji in the beginning. She had a lumpectomy done first, which means the doctors went in and took the entire lump out, including some of the tissue around it. Her cancer had spread to one lymph node, so she had to have that removed, as well. Traveling to the Roger Maris Cancer Center in Fargo, she then met with her team of doctors; by this time it was almost Thanksgiving. Together, they set up a chemotherapy

are more tired. By the time the third one comes, you start losing your hair," Janelle voiced. "I was in the shower and I had clumps of hair coming out and I just started bawling," she recalls. Janelle went in, and with the help of her stylist, she got a short new hairstyle, to make the transition a little easier.

Having her last chemotherapy on March 3rd, Janelle got a short rest period. On March 22nd, she had a checkup to make sure her body was ok to start radiation, which she began on April 7th. Every day, except the weekends, Janelle would get a radiation treatment in Grand Forks; she did this for 7 weeks. When explaining the treatment process, she says the doctors tattoo where they need to do the radiation. The ink dots are very, very small but it allows them to line up the laser to these dots so they can pint point exactly where the cancer is. The entire process only takes a minute or two and Janelle compares it to having a bad sunburn.

Carter's treatment process

For Carter, he had found out on a Friday that he had breast cancer. By that next Wednesday morning, he had already undergone surgery to remove the entire side of his chest tissue. Because he overworked himself, too soon after surgery, Carter had some slight complications. A lot of fluid was building up in the chest cavity, where he had his tumor removed, and he had to go in every few days to have it sucked out with a needle. His doctor was upset with him for rushing the healing process so quickly after surgery, so after the 16th time of shoving the needle into his chest, without pain medication, Carter's doctor demanded him to stop working and allow his body to heal.

Facts about breast cancer in the United States

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.

- Breast cancer is the most commonly diagnosed cancer in women.

- Breast cancer is the second leading cause of death among women.

- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.

- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.

- Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people continue a normal life.



The view from here...

Tucked away in the woods on the outskirts of town, you'll notice most of the leaves have all fallen down. Have you been to this location while enjoying recreation?

Last week's photo: The two silos stand northeast of Grygla, along Benville Road NW. The cabin property is currently for sale.

The fun happens this Sunday evening at the Grygla School

This Sunday evening is the 'All City Basketball Challenge' that will take place from 4-7pm at the Grygla School. This is a Grygla Centennial Fundraiser in which our community businesses will play basketball against each other for bragging rights! BBQs, hotdogs and chips will be available at concessions that evening, along with many silent auction items that will be up for grabs!

If anyone has any items they'd like to donate, the Centennial Committee is still taking donations; please contact Gavin Nordby at 218-689-3163. The cost at the door will be \$3/ adults, \$1/kids and free for pre-school & under.

Come out and watch a fun night of basketball and help support the 2017 Grygla Centennial!

Grygla City Council approves September meeting minutes

The regular meeting of the Grygla City Council was held on Monday, October 12th, at 7pm. The agenda included the approval of the September 14th meeting minutes, which are included below for your reference. Official minutes are taken by Rose Aune, City Clerk, and recapped by Eagle editor. For a full version, visit www.grygla.govoffice2.com

The September Council meeting was held on the 14th with the following council members present: Mayor Richard Mosher, Gavin Nordby, Robert Thompson. Absent: Lindsay Oslund, Dave Dunrud. Also present was Rose Aune and Kristi Hanson.

The following agenda items were approved at the start of the meeting: previous month's minutes, receipts & disbursements and payment of all bills presented on the claims list.

Other items included:

Trees: Rocky still needs to get together with Lisa & Jim to figure out what trees to get planted on the west side of Klein Addition for next year.

Water Tower Inspection: Rocky is waiting for an estimate from TMI Coating to do the painting.

Workers: Able to have a worker from the CETA program for the Fall, up to 100 hrs.

Community Center: Need to work on more air flow in the CC since it isn't getting used as much.

Safe Routes to School Grant: The bids will be opened on Wednesday, September 23rd at 10am in the Civic Building meeting room.

Playground Equipment: Oslund is still working on a grant with the county.

Nothing new to report on the campsite additional hookups or the airport electrical hookups.

Radar Speed Limit Signs: Possible funding available through county for this.

Veteran's Memorial Lot: The agreement isn't made up



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Oct. 21:
6pm Choir, 6:30pm Confirmation, 7:30pm Interfaith Bible Study
Sunday:
Grace: 10:30am Worship w/ Holy Communion, 9:15 SS
Our Savior's: 9am Worship, No SS (SS will be held Sat. eve at Elaine Rychlock's home from 3-5pm)

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Pastor Craig Bowyer
Wednesday:
(Wednesday Worship for the Summer, no Sundays)
United: 6:30pm
Our Savior's: 8pm

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

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Rick Lambert
Sunday:
St. Clement's: 10:30am Worship
St. Ann's: 5pm Worship.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Blaine MacNeil
Sunday:
9:30am Worship, 10:30am SS

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Pastor TBA
Sunday:
9:30am Worship, 11am SS and Adult Bible Class.
Wednesdays:
7pm Bible Study and Prayer.

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseth
Saturday:
Mt. Olive 9am Worship, 10:15am SS/Confirmation
Sunday:
Reformation Sunday (10am SS practice song)
Joint Service at Oak Park at 10:30am
Dinner to follow service

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

September School Board Meeting Minutes approved

Thursday, October 15th, 2015, the Grygla/Gatzke School Board met. Members approved the minutes from Septembers meeting. They are as follows:
Members Present: Nicolette Leach, Shaunna Olson, Gary Polansky, Karina Tinnes, Charisa Limesand, Principal Lunsetter and Superintendent Clow. Absent was Jim Verbout.
Pledge of Allegiance was said and agenda was approved as presented, along with Minutes of the 8-20-15 school board meeting. Payment of the bills approved and Finance Report is as follows:
General Fund \$114,463.41
MSDLAF \$1,535,256.13
Food Service 2,557.70
Checking 109,767.26
Comm. Service 0.00
Debt Service 0.00
Scholarship 0.00
Scholarship Trust 0.00
Total \$117,021.11
Total \$1,645,023.39
Student Report: Given by

Erin Monson and Samantha Kraulik. Six sessions, three of which dealt with the new Chromebooks, were held on the first day of school return retreat for grades 7-12. Student Council's fall leadership lock-in included a trip to the waterpark, camping at the school, Homecoming planning, and Grygla Fall Fest planning (proceeds from the Fun Run went to the Centennial committee). Homecoming 2015, 9/14-9/18, had a theme of Can You Feel the Love Tonight; activities included pep fests, games, coronation on 9/14, trivia, door decorating, and dance. Candidates were: seniors Samantha Kraulik, Maddison Bakken, Shantel Verbout, Ty Jelle, Austin Brateng, and Jordan Hagen, junior attendants

School Board... Continued on page 3

Local Lion members to meet Wednesday

The Grygla/Gatzke Lion's Club will hold their October meeting on Wednesday, October

ber 21st at the Grain Bin. Dinner is on your own at 6pm; the meeting will follow at 7pm.

For your information

As of print date (Monday, October 19th) the Charger's volleyball team is in 4th place in the west sub-section. If they stay in 4th place, they

will host a home playoff game in Goodridge on Tuesday, October 27th, at 7pm. Watch for more information!

Grygla Elementary Halloween Party

The Grygla Elementary is holding a Halloween party with costumes, games and fun! The event is set for Friday, Oc-

tober 30th from 1:30-3:15pm and will be held in the small gym at the Grygla School. It is open to all kids up to grade 6.

Speaker to share story, lead retreat

St. Bernard's Catholic Church in Thief River Falls, Minn. is sponsoring author and speaker Moira Noonan to share her testimony of the dangers of the "new age" movement and how it is effecting our lives and society. She will be the guest speaker at Family Faith Night at 7pm on November 4th. She will also be facilitating at re-

treat from 12-4pm on November 7th.

All are welcome to attend these free events and a free will offering will be taken for her ministry. Please contact St. Bernard's Parish at 218-681-3571 to register for the retreat as lunch will be included. No registration is needed to attend the Family Faith Night.

Post Prom Tickets for sale

The Grygla Post Prom Basketball tickets are for sale! The cost is \$20 and winners need not be present to win. The first drawing will be held on December 1, 2015. Tickets can be purchased from any Grygla Senior, Junior or Sophomore parent or contact Shaunna Olson at 218-684-5284. Tickets are also available at Cenex, Coop and American State Bank.

GRYGLA LIBRARY LINK

Written by: Karen Olufson

Hello Super Readers! Sorry I missed you last week, but I was on vacation. I do like to take those once in awhile, though they rarely happen. Anyway, it was nice and we had nice weather, so that was good. What have you been up to? Reading anything worth remarking on?

We received our monthly shipment of items from the Thief River Library last week. I'll try to share a few of the new things we got in this column. This month's items have an orange, "OCT" sticker on the bindings; quite appropriate since it is Halloween month! Hope you read about something you can't wait to come in and pick up!

I'll start this week with the some of the children's items we got in. We received a Sesame Street movie: P IS FOR PRINCESS. It also has two bonus episodes on it. For our junior readers we got in a book on CD called LICORICE SHORTS by Margaret Clark and read by Stig Wemyss. It's about a boy with, guess what ... girl problems! And all kinds of other funny problems, too. We also got in a book called ANANSE THE SPIDER: WHY SPIDERS STAY ON THE CEILING. It's produced by the Sign Language Literature Series and has the written story as well as sign language illustrations to tell the story. Just think, you could learn to tell a whole story in sign language! Finally, we just received a brand-new RIPLEY'S BELIEVE IT OR NOT book called EYE POPPING ODDITIES! Some things are pretty gross, but I guess that's what people who read that kind of thing like! (Smile!)

For adult books, maybe I'll start with two Christian Fictions books since I haven't mentioned them lately. We got in WHAT SHE LEFT FOR ME by Tracie Peterson. (Did any of you go to see her at the Thief River Falls Library recently?

She was there!) We also got another Ann Tatlock book called PROMISES TO KEEP.

In paperback we got THE LION'S GAME by Nelson DeMille and THE COUNTESS by Catherine Coulter, among others.

On our non-fiction shelf we have the MAYO CLINIC GUIDE TO SELF-CARE: SOLUTIONS FOR EVERYDAY HEALTH PROBLEMS. It has thoughts on lots of common ailments. We also have A GALLERY OF AMISH QUILTS: DESIGN DIVERSITY FROM A PLAIN PEOPLE by Robert Bishop and Elizabeth

Safanda. There are some pretty fancy quilts in that book! We received THE TIME JUMPERS on CD, with musicians like Vince Gill and Kenny Sears on it.

For books on CD we got in the UNDOMESTICATED GODDESS by Sophie Kinsella and read by Katherine Kellgren. It's about a lawyer who mistakenly gets hired as a housekeeper and she can't even work the oven! (Smile!) We also got Harlan Coben's PLAY DEAD which is read by Scott Brick.

I'll finish up with two of the movies we got in this month: BRIDE AND PREJUDICE and also, MINORITY REPORT starring Tom Cruise.

Well Dear Readers, I'm sure you'll come running in to me now because you've seen something in this list that you can't wait to have! (Smile!) Remember that a lot of books on CD also come in regular book form and the other way around, in case you have a preference. Please have a safe and enjoyable week. Also, take some time to do some reading and don't forget those little ones in your life. They like stories, too! Don't forget to let me know what you're reading so I can order you some more! We'll see what next week brings. Until then ...

Community Calendar

Wed | Oct 21
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Oct 22
Grygla Eagle office open 9am-3pm

Fri | Oct 23
Senior Meals at Grain Bin Café 11am

Sat | Oct 24
Grygla/Gatzke Food Shelf 8-10:30am; 7th & 8th grade volleyball tournament in Warroad at 10:15 and 11:30am

Sun | Oct 25
All-City Basketball Game (fundraiser for Grygla Centennial) at the Grygla School from 4-7pm

Mon | Oct 26
Senior Meals at Grain Bin Café 11am

Tues | Oct 27
Potential Chargers Volleyball game in Goodridge (Home play-off game) 7pm - more info to come

School Lunch Menus

Grygla School Lunch Menu

Wednesday, October 21:
Tator Tot Hotdish, Broccoli, Carrots, Fresh Fruit, Bread
Thursday, October 22: Tacos, Lettuce, Corn, Peaches, Mandarin Oranges, Bread
Friday, October 23: Quesadilla, Baked Beans, Carrots, Applesauce, Pineapple
Monday, October 26: Submarine Sandwich, Lettuce, Tomato, Baked Beans, Fresh Fruit
Tuesday, October 27: Chicken Fingers, Rice, Corn, Peas, Mandarin Oranges

Goodridge School Lunch Menu

Wednesday, October 21:
Pork Chop Patty, California Blend Veggies, Mandarin Oranges, Bread, Milk
Thursday, October 22: Chef Salad w/ Turkey & Ham, Tomatoes, Cucumbers, Carrots, Broccoli, Green Peppers, Banana, Breadstick, Milk
Friday, October 23: Quesadilla, Garden Salad, Green Beans, Pears, Bread, Milk
Monday, October 26: Hot or Cold Sub Sandwich, Nachos w/ Cheese, Broccoli, Carrots, Celery w/ Dip, Oranges, Milk



Together with their families, Brittany Loberg and Timothy Tesarek invite all friends and family to their wedding reception at the Grygla Community Center on October 24th, 2015, at 5:15pm. G30C

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EXTENSION NEWS

Written by: James Stordahl

Protect Trees for Winter

It's time for an annual reminder to protect young trees for winter. Minnesota winters are often as stressful on trees and shrubs as they are on humans. Plants may suffer from root or stem damage, frost cracks, winter browning, die back, bud death and even plant death.

Each spring, we get scores of calls on damage to newly planted trees. In many cases, the trees were near the point of bearing fruit and such a loss is frustrating and discouraging.

Young trees are vulnerable to two preventable problems each winter, sunscald and critter damage. Luckily, both types of damage are easy to prevent with a little work and inexpensive materials.

Sunscald

Sunscald and bark cracks occur mostly on the south and southwest sides of smooth barked trees and shrubs. Young maple, apple, aspen, linden and mountain ash are the most vulnerable.

Sunscald can occur when the sun is at a low-angle and it warms the south and southwest sides of the trunk, which causes cells to think spring has arrived. As the sun sets and the temperature plummets below freezing, the bark cells are damaged. The following spring, a vertical crack develops along those damaged cells.

Sunscald is very common and does not always kill the tree. If you look at a number of trees, especially apple, maple and mountain ash, you will likely find trees with previous sunscald damage. If they survive, trees with this damage are prone to further problems years later, so it's a good practice to protect the tree when it's young. As the tree matures, the bark is less prone to damage.

Stem protection, such as wrapping it in the fall, will help protect the young tree. Start at ground level and work up to the first branches; remove the wrap in spring if using the disposable wraps. Light-colored, loose stem protectants are most effective. My preference is to use plastic tubes or spirals available at your hometown hard-

ware store or garden center.

Mulching

Mulching around the tree's base reduces soil moisture loss, improves water and air penetration, and keeps soil temperatures more stable. These conditions are helpful for root growth and therefore improve tree vigor. Wood chips, shredded bark, dried grass clippings or pine needles all can be used for mulch. Cover the area with mulch about 3 to 4 inches deep. Avoid mounding mulch on the tree trunk.

Critter Damage

Protection from rodents and rabbits must be in place before damage occurs. Little can be done after they have girdled your prize apple tree!

Tree trunks can be protected from the damage of voles, mice and rabbits in two ways. One, place a cylinder of 1/4 inch-mesh hardware cloth or plastic drainpipe around the trunk. It should extend two to three inches below the ground line for mice control and 18 to 24 inches above the anticipated snow line for rabbit control. This protective ring should be removed each spring, or at least evaluated, to ensure that it does not end up girdling the trunk as the tree grows.

The second method is to use materials commonly used to prevent sunscald. If your purpose is to prevent sunscald and critter damage, the plastic wraps may be more effective. These wraps are not as fool-proof as the wire, but it's less laborious; so if this is all you'll get done, something is better than nothing.

You can protect shrub beds from rabbit feeding by fencing the beds with chicken wire. Check fenced areas frequently to ensure a rabbit has not gained entrance and is trapped inside.

Trees add tremendous value to a homeowner in a variety of ways. A small amount of effort this fall can prevent disappointment and unnecessary work next spring with a few simple measures taken this fall.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Source: UM Forestry.

Word of the Week

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

Schlemiel

Noun - Slang

An awkward and unlucky person for whom things never turn out right.

\shluh-meel\

A Note from Principal Lunsetter's Desk

"Don't put the key to happiness in someone else's pocket."

~ Author Unknown



A lot of times, it's so much easier to put all of our "stuff" on someone else and blame them for all of the problems in our life. We also rely on people for our happiness and that's not fair either. I want to share happiness with those around me, and I want people around that I can trust when things aren't going well. What I don't want is to have to rely on someone else for me to be happy, because they might not always be there, and I don't want those around me to feel like I'm blaming them for everything. Keep things in perspective and enjoy the time we have here, and don't allow anyone else to dictate how you feel or live your life.

DNR urges caution

The Department of Natural Resources reminds Minnesotans to be careful this fall when burning vegetative debris.

"In Minnesota, 98 percent of all wildfires are caused by people, and the largest contributor is burning debris like leaves, grass and brush," said Linda Gormanson, DNR wildfire prevention supervisor.

Burning permits are required to burn vegetative debris when there is less than 3 inches of snow on the ground. Citizens should know the burning restrictions for their county, and check the weather forecast, before lighting a fire. Permits may be restricted when weather conditions allow wildfires to

easily spread.

Current information on statewide fire danger and burning restrictions is available on the DNR website at www.mdnr.gov/forestry/fire. Burning permits are available online, from local fire wardens or at DNR forestry offices.

Gormanson recommends finding alternatives to burning vegetative debris such as mulching or composting.

If it is not possible to mulch or compost, people should put debris fires out by drowning the remains with plenty of water, stirring and repeating until cold. All fires should be supervised until they are out cold.



Marlyn Sistad and Erling Lian celebrated their October birthdays last week at the Grain Bin Café in Grygla. Monthly senior birthday parties are held at the Grain Bin the second Wednesday of every month at 2:30pm. Happy Birthday! (Submitted photo)

DO IT YOURSELF



This is such an awesome use of space and is a necessity in any man cave! Put a little bar area on the back of a couch for extra seating – it's a great connection between the kitchen/dining room to a living room, also! With this cool bar seating behind the couch, everyone can see the big game – even the ones that are still busy munching!

WHAT A JOKE

Ole and Lena went to a revival meeting where an evangelist was conducting a very emotional service. Working up to a fever pitch, the preacher man exhorted the crowd: "All of you who want to go to heaven, step forward. Come up to the altar."

Fifty people came forward... everyone except Ole and Lena.

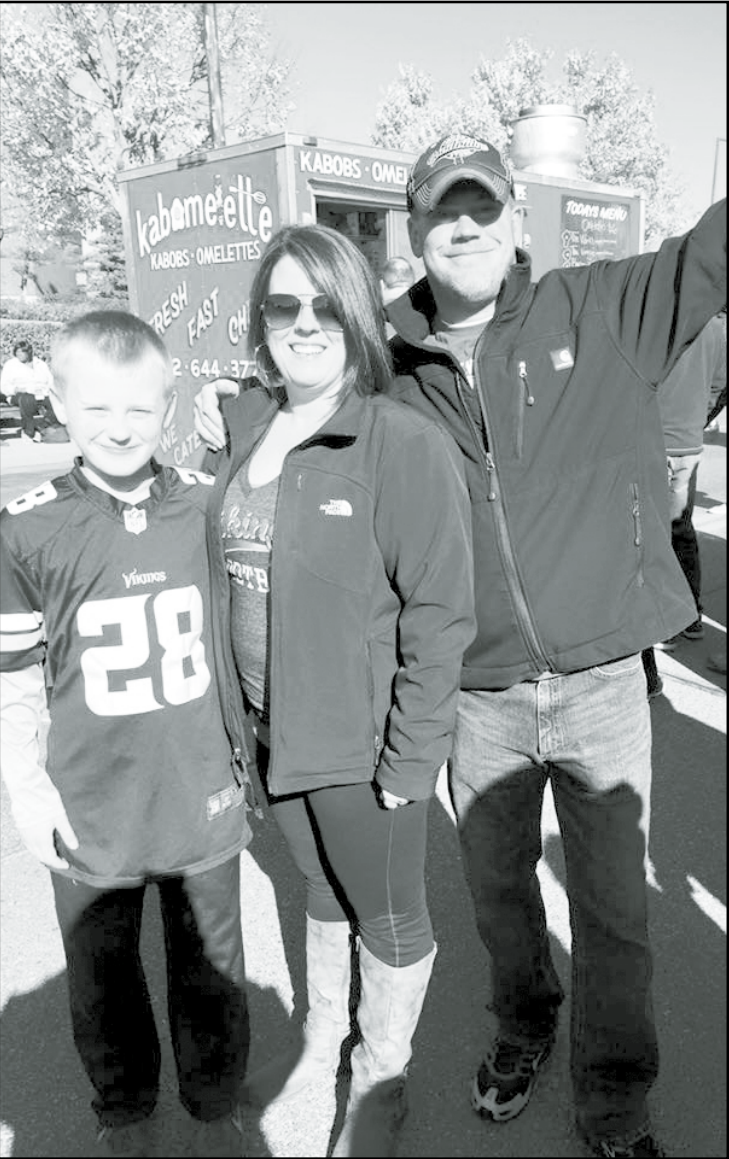
The evangelist spotted the two hold-outs in the audience and shouted, "Don't you two

want to go to heaven?"

"Vell, sure ve do," answered Ole. "But ve didn't know you vas getting up a load to go now!?"

Lena was somewhat put out with Ole last Christmas. She had hinted she could use a pot holder as a gift. So what did Ole get her? A GIRDLE.

Lena says that Ole's favorite sandwich is a BLT: Baloney, Lutefisk and Torsk.



Jason & Shannon Moen, and their son, Brody, were among the fans on the bus trip to the Vikings game. (See photos on the back page.)

SIMPLY DELICIOUS

Sausage Potato Spinach Soup

A hearty soup that's so easy and simple to make – its also loaded with lots of flavor and will be on your table in less than 30 minutes.

Ingredients:

- 1 tbsp olive oil
- 1 lb ground sausage
- 3 cloves garlic, minced
- 1 onion, diced
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp crushed red pepper flakes
- Salt and pepper to taste
- 5 cups chicken broth
- 1 bay leaf
- 1 pound red potatoes, diced
- 3 cups baby spinach
- ¼ cup heavy cream

Instructions:

Heat olive oil in a large stock pot or over medium heat. Add sausage and cook until browned, making sure to crumble it as it cooks; drain excess fat.

Stir in garlic, onion, oregano, basil and red pepper flakes. Cook, stirring frequently, until onions have become tender, about 2-3 minutes. Season with salt and pepper to taste.

Stir in chicken broth and bay leaf; bring to boil. Add potatoes and cook until tender – about 10-15 minutes.

Stir in spinach until it begins to wilt, about 1-2 minutes. Add heavy cream until heated through.

Ready to serve!

School Board...

Continued from page 2

Alison Satre and Tanner Anderson, sophomore attendants Brooke Limesand and Antony Yip, and first grade attendants Autumn Osse and Wade Tornow. Crowned king and queen were Maddison Bakken and Ty Jelle. Yearbook members will be selling ads this fall. The volleyball team is 5-0 so far, and the football team is 2-2. School Store member Brooke Limesand presented information for the proposed purchase of an enclosed cargo trailer; she asked for the board's preference of color between black, white, or silver, which they indicated black.

Teacher Report: Given by Renae Westbrook. New teachers Tausha Severts and Alex McDonald were introduced. Gene Lunsetter is the new GEA president. The fifth and sixth grade classes have adopted the highway from the west edge of town out four miles and will be out cleaning this fall. The movie shown on the football field during homecoming week was a hit. School has gotten off to a great start! Robotics has six new members and three returning members this year; practice has started and they'll be attending a tournament on 11/21/15 in Albany. Students are enjoying the new Chromebooks in the high school. Karina Tinnes inquired about a protection plan or damage deposit, and the answer to her question is that parents signed a form agreeing to pay the school for any damages while in the possession of the student. Each elementary classroom has two of the older Chromebooks and access to the iPad cart. Wi-Fi will be installed in the lobby and new gym area in the next couple of weeks. Sixth graders attended Outdoor Education Day last week.

Principal Report: Given by Principal Lunsetter. Welcome to Tausha and Alex, the new teachers, as well as to Courtney Boutain, the new para-

professional. The 2016 sports schedule is set, with the first football game on the Friday before Labor Day. The return retreat on the first day of school went well. We have 16 new students this fall, which is up six from the start of last year. Homeroom classes, held at the end of the school day, include: robotics, community art, guitar hero, high mileage, basketball skills development, senior high FACS, resource room, and 7th/8th grade study halls. The half time special education position, for which Tausha Severts was hired, has evolved into a full time position due to more time needed in special education and Title I. Thank you to Beth Kucera for all of her hard work organizing the homecoming events. Great job to Jean Foss and Darlyne Roen, who met with a nutritionist this summer, for improving our lunch line with additional fruits and vegetables.

Superintendent Report: Given by Superintendent Clow. The bus log was reviewed; buses are running well so far this fall.

The board accepted the resignation of Jesse Westbrook as elementary basketball coach, along with the resignation of Isaac Kvasager as junior high GBB coach. They approved the hire of Kelsey Loberg as junior high GBB coach.

Also approved: .50 additional time for Tausha Severts, special education instructor, the hire of Courtney Boutain as one-to-one paraprofessional, certify the 2015 Payable 2016 Tax Levy at "Maximum", set the truth in taxation date/time/location as 12/17/15 at 7pm in the Grygla School library, during the regular December school board meeting. The 2015-16 milk bid from Food Services of America was also accepted.

Trustee Reports: Thank you to the Board for grilling at the Back-to-School Night; there was a good turnout.



Last Tuesday, October 13th, the Charger's volleyball team took a break from practice and went on an outing to Grand Forks. 9-12 graders attended the UND vs. NDSU college volleyball game at the Betty Engelstad Sioux Center, where UND won 3-0.

Front row, L-R: Madi Race, Maci Bakken, Hailey Vad, Sarah Suchoski, Cheyenne Irlbeck.

Middle row: Libby Johnson, Trystan Jelle, Nichole Arveson, Mercedes Coan, Hannah Dietsch, Alison Satre, Mariah Coan.

Back row: Julianne Nordby, Karlee Johnson, Kaity Olson, Maddy Bakken, Brooke Anderson, Shantel Verbout, Ashlyn Henrickson, Alaina Monson, Nikki Waletzki, Carlye Kiesow.

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David Sjulestad, of Goodridge, organized a bus trip to Minneapolis for local football fans. The crew headed down to the TCF Bank Stadium in Minneapolis last weekend and attended the Vikings game on Sunday, October 19th. The Vikings played the Kansas Chiefs and pulled off a 16-10 win! David Jones, of Gatzke, snapped this photo of the group.



These Grygla & Gatzke boys seem pretty excited for the Vikings game! L-R: Nolan Anderson, Antony Yip, Walter Jones, Gus Jones, Arman Duyar and Lewis Jones struck a pose for the camera before heading to the Vikings vs. Chiefs game in Minneapolis.



There were a few lucky youth hunters over the MEA weekend. Kylie Delage, daughter of Jason and Sarah Kotrba, Goodridge, turned 11 years old on Thursday, October 15th, and also shot her first deer that morning! Kylie's 6-point buck was taken about 6 miles east of Goodridge, near her home.



Sheldin Sundberg shot himself a nice-sized doe on Friday evening, October 16th. He is the son of Robert and Kari Sundberg, rural Grygla, and is in 5th grade at Grygla Elementary. Sheldin put some venison steaks on the supper table over the weekend and plans to make some jerky with the remaining meat.



Blake Rychlock was pretty excited about shooting his first buck over the youth hunting weekend! He is the son of Jeremy and Elaine Rychlock, rural Grygla, and is 10 years old. The weekend was open for youth, ages 10-15, to hunt alongside an adult mentor.



Lewis Jones also bagged one with horns over the weekend! Lewis is the son of David and Lori Jones, Gatzke, and is a fourth grader at Grygla Elementary School; this was his first hunt. The smile on these kids' faces are priceless, aren't they?!

Chargers football season ends with 2 wins, 7 losses

Last Tuesday, October 13th, was the end of the 2015 Charger's football season. The team traveled to the section quarter finals game vs. Northome/Kelliher, and lost the game 14-52, putting an end to their season. Of the game, Coach Wilebski said, "The game was close...14-26...in the end of the 3rd quarter. We were stopped inside their 5 yd line on downs. They drove down and scored again in the 4th. We countered and drove down inside their 15 yd line, but then fumbled and they ran it back 85 yds for the touchdown...that nailed it. The other scores were late in the final minutes with underclassmen playing the game out. We battled it out and played fairly well. It would have been

fun to upset this state-ranked team. The kids left it all on the field and seemed to have a fun season, even though we never went anywhere in post-season playoffs." Coach Wilebski also felt the line played very well and said to him, Jesse Wiseth, Lucian Tinnes and Jordan Hagen really stood out. Also adding that Dylan Walker played well on the defensive end. Stats: Jaden Kiesow 12 carries for 105 yds 1 td, Austin Brateng 18 carries for 140 yds 1 td, Benji Wilebski 4 carries for 12 yds, Blaine Kriel 3 for 10 yds, Dylan Manderud 5 for 12 passing 87 yds with 2 ints. Defensively: Caleb Olson 9 & Benji Wilebski 8 to lead the team in tackles.

Volleyball stats from KCC/BGMR games

Friday, October 9th, the Charger's volleyball team played KCC in Lancaster. They lost the game in 4 with scores of 26-24, 16-25, 14-25, 14-25. Head Coach Jean Schulz said the girls played really good the first game, but seemed to lose confidence and started to make mistakes that they couldn't shake off. Ace Assits: Hannah Dietsch 25. Kills: Shantel Verbout 17, Ashlyn Henrickson 5, Karlee Johnson 8, Madison Bakken 5. Aces: Karlee Johnson 1, Hannah Dietsch 1, Brooke Anderson 2. Digs: Kaitlyn Olson 21. Blocks: Shantel Verbout 1, Ashlyn Henrickson 2. (B, C, 8th and 7th grade teams all lost 0-2.) Monday, October 12th, GG defeated BGMR in Greenbush with scores of 25-20, 25-6, 21-25, 25-17.

Of that game, Coach Schulz says, "This was a fun game to watch. The girls served very well, especially Hannah Dietsch and Brooke Anderson." Ace Assits: Hannah Dietsch 21. Kills: Shantel Verbout 20, Ashlyn Henrickson 6, Karlee Johnson 5, Madison Bakken 7. Aces: Karlee Johnson 3, Hannah Dietsch 10, Brooke Anderson 7. Digs: Kaitlyn Olson 12. Blocks: Shantel Verbout 5, Madison Bakken 2. (B team won 2-1, C team lost 1-2, 8th grade lost 0-2, 7th grade won their game.) As mentioned on page 2, as of print date (Monday, October 19th), the Charger's volleyball team is in 4th place in the west sub-section. If they stay in 4th place, they will host a home playoff game in Goodridge on Tuesday, October 27th, at 7pm. Watch for more information!

Changing the culture of communities

By Jody Horntvedt, Leadership and Civic Engagement Regional Extension Educator Over the past several weeks I've been asking questions to people in my social and professional networks. Those questions have been focused on the civic culture of their family and their community. We've had some great conversations and what I've learned has been quite interesting. Here is an example of some of those questions. In the family in which you grew up, how often did you invite family or friends over for a meal? Today, how often do you invite people over to your home? In the family in which you grew up, how likely was it for you to "drop by" for a visit to the neighbors? Today, how often do you visit the neighbors? Did your family get involved in the community (i.e. church, community issues, etc.)? In what ways are you currently involved in your community? In asking these questions, I haven't been as interested in the specifics of the answers as in the changes that were noted between how it was "then" compared to "now". For myself, I find that there hasn't been much change. For me, "THEN" there were always people stopping by our home to visit, for a cup of coffee or for a meal; NOW people stop by for those same reasons." Not surprisingly, however, I've discovered that this is not always the situation with others...things have changed. What's my interest in asking these questions? In my teaching I encourage people to think about the importance of social capital (sometimes referred

to as the networks and connections between people) and how strong social capital benefits communities. This term, social capital, was popularized by Robert Putnam in his book, Bowling Alone, where he shared some interesting facts: Inviting friends over to the house is down by 45% over the last 25 years. Involvement in community life, such as public meetings, is down by 35% over the last 25 years. Club and civic organization participation has been cut by more than half over the last 25 years. Since the 1960's, church attendance is down by roughly one third. Are these changes are having an impact on the civic culture of our communities? If the culture (the patterns of values, interpretations, and behaviors of a group of people) in our communities is shifting toward less involvement and not knowing or interacting with our neighbors, then one can assume that those changes are having a less than positive impact. Look around. Can you see examples of a changing culture in your community? If indeed you see that the civic culture of your community is shifting (or has already shifted) toward less involvement, consider ways that you might turn around those trends. Look for ways you can be involved in changing the culture of your community. Get to know your neighbors. Volunteer to help. Set an example. Be the change you'd like to see – your community will benefit! Jody Horntvedt is a Leadership and Civic Engagement Extension Educator with University of Minnesota Extension.

For a hearty soup recipe, check out 'Simply Delicious' on page 3. The Grygla Eagle is happy to publish your recipes, also, if you'd like to share some! Please email eagle@gmail.com.

