



 Today Sunny H 80 L 60	 Thurs Partly Cloudy H 86 L 68	 Fri Scatt Tstorms H 84 L 63	 Sat Mostly Sunny H 85 L 63	 Sun Sunny H 87 L 67
--	--	--	---	--

A look at next week ... Sue's Beauty Shop has been operating in Grygla for 50 years!

Goodridge teen goes into sudden cardiac arrest and is saved by the efforts of his local first responders



Donny Johnsrud is pictured with his parents, Brad and Rozlynn, along with his siblings, Jordynnn and Jennings. *Photo courtesy of Rozlynn Johnsrud*

Donny Johnsrud is a very active, healthy 16-year-old from Goodridge. He is the son of Brad and Rozlynn Johnsrud. June 15th, 2022, will be a day that Donny, along with his parents, family, Goodridge First Responders and many others will never forget. Donny was working at Prairie Planting Plus, which is owned and operated by Tim Hruby, who is also a Goodridge Fireman. Suddenly, Donny collapsed and went into sudden cardiac arrest. Tim Hruby, along with Brandon Bakken, went into immediate response with Tim administering CPR to keep Donny's blood flowing and oxygen moving. Soon to the scene were the Goodridge First Responders who took over with CPR and a shock from AED.

Donny's journey is shared below from that day, along with the days that followed. The Johnsrud family was very thorough with providing Caring Bridge updates to many family members, friends, and community members that they reached through these updates. They are shared below in the order the updates were provided. But first, Dr. Kevin Ballard (Sanford Medical, TRF) provided the following comment to commend the actions of the Goodridge First Responders. He explained, "I was the ER provider in Thief River Falls on June 15th. The immediate actions and expert treatment by these individuals were the reason for the positive outcome. I was told this by the Fargo ER providers and the Intensive Care providers. Job well done to you all."

The Goodridge Area Fire & Rescue department has sponsored this colored edition in honor of Donny Johnsrud.

As of July 11th, 2022, \$18,030 has been raised of the \$10,000 goal. You can make a donation if you wish by visiting <https://gofund.me/ad01d3f5>

You can also visit the Caring Bridge site to view the updates and photos shared about Donny, though the entries are also shared below.

<https://www.caringbridge.org/visit/donnyjohnsrud>

June 16, 2022: written by Jena Johnsrud

I created this story for my nephew Donny and to help his mother and father (my sister and brother-in-law). We are raising funds for Donny's fam-

ily to help pay for medical bills/expenses. Funds will be sent direct to their account.

This is his story from Roz (his mother).

We are completely overwhelmed with emotions; fear, sadness but mostly grateful. As many of you have heard, Donny collapsed and went into sudden cardiac arrest yesterday at work. Tim Hruby and Brandon Bakken went into immediate response to help Donny and basically saved his life. First responders arrived very fast as well, and included Joe Hruby, Tanner Wellman and many more. Prior to first responders arriving, Tim gave CPR and kept Donny blood flowing/oxygen moving. Once the Goodridge First Responders arrived, they took over with CPR and a shock from AED.

TRF ambulance brought him to ER in TRF; Brad was with the ambulance, and I met them from work.

Donny started going downhill quick in the ER in TRF, so they intubated him and life flight was there within minutes. We arrived in Fargo yesterday afternoon (6/15), just hours after the incident. The breathing tube was taken out late last night (6/15) and as of today (6/16), he is more alert and knows who he is, who we are, how old he is and although tired, is the Donny we know and love.

He was airlifted to Mayo Clinic this afternoon (6/16) as it's just not normal for a healthy, strong 16-year-old boy to go into cardiac arrest with all tests coming back normal, with the exception that his heart stopped and his heart is stressed from it. No structural issues, rhythm is normal since he got here. He arrived at Mayo this afternoon (6/16) with more testing planned.

After his arrival, he was seen by 3 cardiologists. They are working to figure out why this happened. All three recommended internal defibrillator be placed as this was "an aborted sudden death" as they call it. He will likely have a defibrillator the rest of his life. So if/when it happens again, it will shock him. The biggest change for him right now is there will be no contact sports, at least at the competitive level. He was also seen by neurology, he has no recollection of the event, or much of the day at all. He had

some trouble spelling words backwards and understanding analogies, but they don't expect much at this point anyways. Still assessing...

We are so thankful he is with us and seeming more like himself. When the first thing he asked for was his hat, I knew I had my Donny back! I cannot begin to thank Tim Hruby, Brandon Bakken, Joe Hruby, Tanner Wellman and all the GOODRIDGE FIRE AND RESCUE/First Responders and Sanford Thief River Falls Medical Center enough. All the doctors here have said repeatedly how they are so impressed with the response and the outcome. We appreciate all the prayers and messages.

I may not be great at responding to the messages and texts but please keep them coming, they mean so much to him and all of us. And one final note, the second thing Donny asked is for me to call Tim Hruby to tell him he wouldn't be at work today.

June 17, 2022: written by Jena Johnsrud

Today Donny will be undergoing many tests - Cardiac MRI, EEG of Brain and Stress

Test after. And Genetic testing too. We will keep you posted on his results. Keep the prayers coming, they mean so much!

THANK YOU, THANK YOU YOU, THANK YOU

Written by Roz and Brad, June 17, 2022

I finally got a chance to talk to Tim a bit ago to get the entire story. The neurologists wanted to know every detail of when he went down to when he got to hospital, and we only knew bits and pieces so we put him on speaker phone and they spoke to him. All three neurologists just shook their heads and raised eyebrows in disbelief of all of this and the incredible response. Tim, Brandon, Tanner, Joey, Carol, all the GOODRIDGE FIRE AND RESCUE members and the deputies blocking traffic you saved his life. The top doctors in the nation have all said it. I don't know how to ever thank you enough. I just don't. You all have a piece of my heart.

Cardiology Report

Written by Jena Johnsrud, June 17, 2022

Cardiology was just here to see Donny. All tests heart wise are normal. They are planning for Surgery on Monday. Electrophysiology will be placing the ICD (an internal cardiac defibrillator) which is essentially a built in AED so in the rare chance this happens again, it will shock the lethal rhythm before he goes into cardiac arrest. They stressed over and over his heart is healthy, this was a sudden cardiac death that was aborted and that most people don't get one chance, let alone two.

So, the ICD will be implanted under the muscle in his chest and wires from the ICD threaded thru a vein to areas in heart to detect lethal arrhythmias and shock if needed. He will wear this for the rest of his life. Depending on how often he is shocked (hopefully never) will be the deciding factor in how often batteries and/or the device need to be replaced. Electrophysiologist will go over more with us later on procedure and restrictions after etc., but cardiology made it clear no contact sports ever. He is sad about football for sure, he teared up again. But we are so thankful he loves hunting, fishing and riding snowmobile which they said are fine with caution.

Out for a walk this morning - surgery planned for Tuesday

Written by Roz and Brad, June 18, 2022

Neurologists were just in to see Donny again. They come 2-3 times a day. Today the

neurologists were all 3 very impressed with his improved cognition. Yesterday, he didn't know where he was, why he was here, and would ask over and over despite being told repeatedly. He also swore Jennings was here visiting yesterday and he hasn't seen Jennings since Tuesday. His cognition this morning is so much better, and the Drs reassured us the EEG was normal meaning no signs of seizure disorder or slowing of brain activity secondary to the cardiac arrest.

Initially when we got here, they kept asking us what Donny's baseline was with regards to how much he talks, uses expressions, etc, as his quietness was worrisome to them along with his memory issues. Today, he did 3-word recall (even after 10 minutes of hearing the three words) and math with no hesitation and didn't miss a beat with any other questions. He knew he is at Mayo Clinic in Rochester whereas yesterday it was a hotel or Altru Grand Forks, and we haven't been to either. It's hard to put into words how much of a relief it is that the most important parts of Donny are still intact...his personality, his old soul. One doctor said it best, he may not say a lot, but what he does say, he means.

Cardiology was in to see him again too. Plan is for Tuesday for ICD to go in. They (several cardiologists and electrophysiologists) keep reviewing all tests and nothing is showing up that could be a cause for this. His heart is strong. They reviewed his telemetry strips from when he slept last night, and his heart rate drops to mid to low 40's which they assured us is because he is young, healthy, and very physically fit.

Again, thank you all for praying for Donny! Also, prayers for a successful surgery Tuesday. There really aren't enough words to express our gratitude.

Brugada Syndrome?

Written by Rozlynn Johnsrud, June 19, 2022

Possibly an answer but not one with a different plan. Yesterday afternoon they started bringing up Brugada Syndrome as his cardiac strips from shortly after the event show some signs/similarities.

Per Mayo Clinic site "Brugada (brew-GAH-dah) syndrome is a rare but potentially life-threatening heart rhythm condition (arrhythmia) that is sometimes inherited. People with Brugada Syndrome have an increased risk of irregular heart rhythms beginning in the lower chambers of the heart (ventricles) and sudden cardiac death."

We all three had genetic testing a couple days ago as "Brugada Syndrome is caused mainly by mutations in the SCN5A gene which encodes the α -subunit of the voltage-gated Nav1.5, the cardiac sodium channel responsible for regulating rapid sodium current -INa-. It induces a disturbed functioning of sodium channel subunits or proteins that regulate them." Way over my head.

Kinda cute/funny story with his EKG's (because we have to try and keep the mood light.) First time we saw cardiology, three young/very smart looking men in white jackets were standing outside our sliding glass doors that were halfway open. The one in the middle grabs the cardiac strip hanging on door to read Donny's heart rhythm, one starts pointing and counting on the strip saying it is normal and the another says, "Yeah, but why does it look so weird?" I was thinking, "Not sure, buddy, but I trust you will figure it out." His down to earth response to the strip was actually comfort-

ing to me.

So of course we read and read (credible sites and literature) and Brugada Syndrome can be problematic at any age (especially in males) but typically men 40-55 experience severe cardiac conditions and/or sudden death, usually at rest, often when just standing or sitting (Donny's case) and other times when asleep. There is some family cardiac history in males on both sides of our families. Genetic testing will be back in 7-8 days at this point. If it confirms this syndrome, plan remains the same for Donny. Possibly further intervention for who is the carrier (Brad or me), if that is the case and getting our other two kids tested/assessed.

Tomorrow we will get to meet Dr. Cannon for the first time. He is a pediatric cardiologist and electrophysiologist who we are told literally writes the books/protocols on how to respond to cardiac events in pediatric patients.

Again, thank you all for the messages, prayers, and ongoing support.

Prairie Planting Plus

Written by Rozlynn Johnsrud, June 19, 2022

Tim Hruby and his wife, Alissa, are two of our closest friends. We started talking last summer about Donny maybe working for Tim this summer helping custom seed perennial rye grass as he absolutely loves farming. About a month ago, after a wet spring Donny was finally able to start working for Tim, along with Alissa's cousin Brandon Bakken (who is also one of Donny's favorite teachers in school), brother-in-law Joey, and father-in-law Rodney. He absolutely loves this job.

When I think about Donny working with Tim, I whole heartedly believe in fate. There is no way possible he would have made it had Tim and Brandon not seen him go down and taken immediate action like they did. And this particular day they were 2.5 miles from the Goodridge First Responders, who are not only equipped with a LUCAS and AED that were both utilized, they also blocked traffic and coordinated along with Tim and a deputy about getting the Fargo life flight en route before Donny was even seen in an ER.

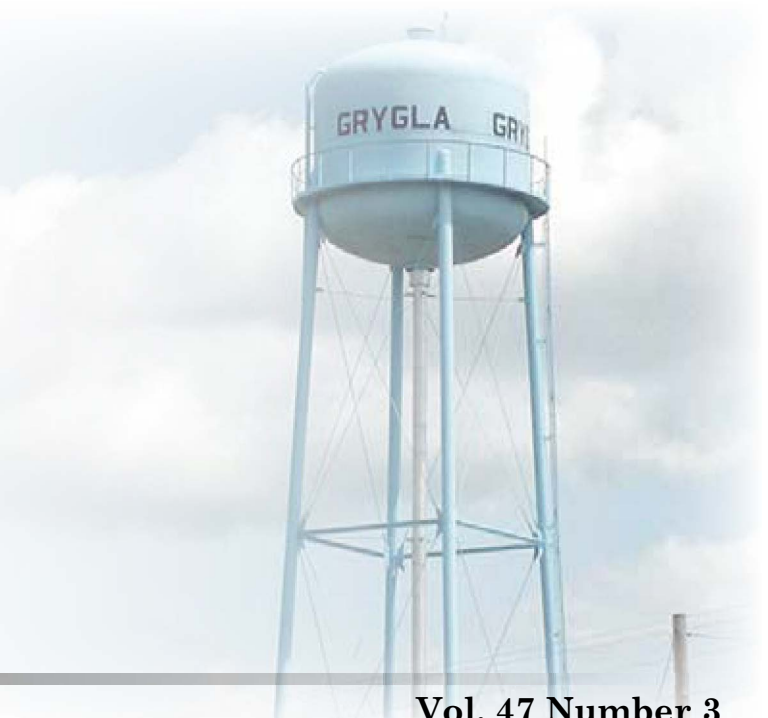
A few days earlier, they were planting in the middle of nowhere near the Canadian border. Had he been at home, not working that day, he would have likely been in the house alone catching up on his snaps and PS4 farm simulator game with Brad outside working at the time it happened, and me working in TRF.

He was meant to be where he was at, at that exact moment. Tim sent a package for him today, equipped with Prairie Planting Plus hats, a plot book and a note saying he can still work when in the hospital... knowing which section to report to in the morning is essential in this line of work. Biggest smile I have seen on him all week!

We are so grateful, and we love you all.

Cute story: Neurology was in here doing cognition testing. The one neurologist asked Donny if he remembered anything from the day this all happened. He said, "Going to the bar." Literally crickets in the room and when she finally responded, she said, "Wait, how old are you?" We had to quick chime in and explain in a town of 100, it's not unusual to have pizza for lunch at the local bar (Goodridge Muni), which is exactly what Tim, Brandon, Donny and Rodney did earlier that day!

Donny Johnsrud...
Continued on back



After life-saving efforts were administered by Goodridge Fire & Rescue on June 15th, Donny was transported to TRF, but was quickly going downhill. He was then airlifted to Fargo that same day. June 16th, he was again airlifted, bound for the Mayo Clinic. *Photo courtesy of Rozlynn Johnsrud*

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Vicar Marilyn Grafstrom
Recorded services are available on-demand on the church website and will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm. gracelutherangrygla.weebly.com
Wednesday, July 13
11am Bible Study, 6pm Grace Choir, 8pm Grace Council
Sunday, July 17
Grace: 9am Worship
OS: 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Pastor Kristin Dahlen Ostercamp
Sunday services are posted online on the Parish YouTube channel. They are rebroadcast on the GVTV Channel 36 on Wednesdays at 9am and 6:30pm.
Sunday, July 17
Ekelund: 8am Worship
Faith: 9:30am Worship
Bethany: 11am Worship

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Bryan Kujava
Sundays:
St. Clement's: 10:15am Worship.
St. Ann's: N/A

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday, July 17
8am Worship

UNITED LUTHERAN PARISH
Gatzke
Pastor Tim Lundeen
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Saturday, July 9
Mt. Olive Worship 9am
Sunday, July 17
St. Petri: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship



Notice to Residents of Marshall County Townships Holding November Election of Officers
The period for filing Affidavits of Candidacy for township office begins August 2 and ends August 16, 2022 at 5:00 pm for the Township election November 8, 2022. Check with your township clerk for offices open for election and any unexpired terms. File with your clerk at a reasonable time. Filing fee is \$2.00.
Dated: July 8, 2022
Marshall County Assessor of Townships
Jill K. Hall, Secretary Treasurer

Help wanted - Dispatcher/Jailer/911 Operator
The Marshall County Sheriff's Office is accepting applications for 1 full time Dispatcher/ Jailer/ 911 Operator Position. Must have a high school diploma or equivalent. Experience is preferred but not necessary. This position includes working rotating shifts, weekends & holidays. Must have good people skills, self motivated, computer skills, get along well with the public and co-workers and be able to handle high stress situations. Starting pay is \$20.72/hr. (2022). There is a \$3.00 per hour shift differential at night. Marshall County also has a benefit package. Application deadline is July 12, 2022. Applications may be picked up at the Marshall County Sheriff's Office, 208 E. Colvin Ave. Ste #1, Warren, MN 56762 or print out an application off the Marshall County website at www.co.marshall.mn.us
"Marshall County is an equal opportunity employer"

Footcare clinics
North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:
Middle River Royal Manor Apts.: Tuesday, July 19, 2022, at 9:00 a.m. Contact: LAH/BNP at 218-222-4466
Newfolden Community Center: Thursday, July 7, 2022, at 9:00 a.m. Contact: Darcy Hestekind at 218-874-2256
Argyle LAH/BNP in the mall: Tuesday, July 12, 2022, at 9:00 a.m. Contact: Penny Korynta at 218-437-8431
Oslo Community Center: Tuesday, July 26, 2022, at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154
Grygla Community Center: Thursday, July 28, 2022,

at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154
Please call to cancel if you are feeling ill.
Please call the person listed above to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel.
Please arrive 15 minutes prior to your scheduled appointment time.
The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.
The North Valley Public Health staff will do free blood pressure checks upon request.

U.S.P.S. No. 002330
Grygla Eagle
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg- EDITOR
Phone 294-6220
—SUBSCRIPTION RATES—
\$30 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$40 per year outside of the area
PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.
The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gouville, MN 56444. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

JOHNSON
Funeral Services, Inc.
Funeral Pre-planning Monuments
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
www.johnsonfuneralservice.com
G617FC

Summer League Schedule

July 12
6:15 BG Purple vs. Red, SG Green vs. Blue, Refs Orange & Gray
7pm BG Orange vs. Gray, SG Green vs. Red, Refs Purple & Blue
7:45pm BG Purple vs. Orange, SG Blue vs. Gray, Refs Green & Red
July 19
6:15 BG Red vs. Blue, SG Gray vs. Purple, Refs Green & Orange
7pm BG Green vs. Orange, SG Blue vs. Purple, Refs Red & Gray
7:45pm BG Green vs. Gray, SG Red vs. Orange, Refs Purple & Blue

Sportsman's Club meeting
The Fourtown/Grygla Sportsman's Club will be meeting on Tuesday, July 19th at 7pm. The meeting will be held at Fourtown.

Jasper's Theater trip

The Grygla Senior Citizens Club is taking a trip to Jasper's Theater in Park Rapids on July 28th. Please let Thelma know by Friday, July 8th, if you will be attending. The group will meet at the Grain Bin Café the morning of the 28th, leaving at 9am on a bus. Senior members will ride the bus at no cost, otherwise it will be \$5/person for non-members. The cost to attend the Jasper Theater is \$24.70 a person. Please call Thelma Thomas with any other questions. Hope you can join in for a day of fun!

Schedule of EVENTS
MARSHALL COUNTY FAIR
Warren, MN
July 20- July 24, 2022
218-745-4445
WWW.MARSHALLCOUNTYFAIR.ORG
FREE GATE
FREE SHUTTLE
FREE PARKING
Carnival Hours
WED: 6-10:00 P.M.
THURS: 4-10:00 P.M.
FRI & SAT: NOON-CLOSE
SUN: 1-4 P.M.
\$25 Presale Daily
\$60 Mega (Pre Sale Only)
Onsite Daily \$30
Thurs., Fri., & Sat. 2:00-10:00 p.m.
Sunday 1:00-4:00 p.m.
Located at KC Bingo Hall
Sponsored by Knights of Columbus
Fireworks Friday, July 22 10 P.M.
Commercial Exhibit Hours
WED: 6-10 P.M.
THURS: 12-10 P.M.
FRI & SAT: 12-10 P.M.
SUN: 1-4 P.M.
MORE!
Baby Animal Barn
Open Class Horse Show
Open Class Livestock
Open Class Exhibits
Food Vendors
4-H Exhibits & Events
Extension Education Center
WEDNESDAY, JULY 20
4-H PERFORMING ARTS JUDGING 9:00 A.M. - FREE STAGE
4-H FASHION REVUE JUDGING 10:00 A.M. - FREE STAGE
PARADE 6:00 P.M. - DOWNTOWN WARREN
60'S CHICKS 8:00-10:00 P.M. - FREE STAGE
GRANDSTAND EVENTS
VETERAN'S PROGRAM 7:30 P.M.
THURSDAY, JULY 21
DALE PRICE 4:00-5:00 P.M. - FREE STAGE
4 WHEEL DRIVE BAND 5:00-7:00 P.M. - FREE STAGE
GRANDSTAND EVENTS
BACK BEHIND THE BARN BOYS 6:00 P.M.
JO DEE MESSINA 8:00 P.M. \$40
FRIDAY, JULY 22
ISLAND TIME STEEL DRUMS 12:00-4:00 P.M. - FAIR OFFICE
SENIOR CITIZEN PROGRAM 1:00-3:00 P.M. - FREE STAGE
ESCAPE ROOM 3:00-9:00 P.M. - CENTENNIAL BUILDING
FARM FAMILY 3:00 P.M. - FREE STAGE
CENTURY FARM 3:30 P.M. - FREE STAGE
4-H NIGHT AWARDS 4:00 P.M. - FREE STAGE
WAD HALL OF FAME 5:00-5:30 P.M. - FREE STAGE
DRAFT HORSE SHOW 5:00 P.M. - RUSTY GATE ARENA
SPIRIT BAND 6:00-8:00 P.M. - FREE STAGE
JENSEN SISTERS 8:00-10:00 P.M. - FREE STAGE
GRANDSTAND EVENTS
THE FAMOUS ARMADILLOS 7:00-10:00 P.M. \$20.
SATURDAY, JULY 23
ATV YOUTH TRAINING 9:00 A.M. - FREE STAGE
BEEF COOK OFF 9:00 A.M. - BEER GARDEN
KIDS GAME IN THE PARK 11:00 A.M. - HOLIDAY PARK
ESCAPE ROOM 12:00-9:00 P.M. - CENTENNIAL BUILDING
TALENT SHOW PRACTICE 12:00-1:00 P.M. - FREE STAGE
FACE PAINTING 1:00 P.M.-4:00 P.M. - EXT. ED BUILDING
PEDAL PULL 1:00 P.M.- BEHIND BINGO BUILDING
JOSH WHITLOW 1:00-3:30 P.M. - FREE STAGE
THE SIMPLE GUYS 2:00-5:00 P.M. STROLLING GROUNDS
BEEF COOKOFF JUDGING 3:30 P.M. BEER GARDEN
TALENT SHOW 3:30-5:30 P.M. - FREE STAGE
RANCH RODEO WJO'S 5:00 P.M. - RUSTY GATE ARENA
ROBBY VEE 6:00-10:00 P.M. - FREE STAGE
GRANDSTAND EVENTS
REDNECK RACING BAJA STYLE 6:00 P.M. \$10- KIDS (12 & UNDER) \$15-ADULTS
SUNDAY, JULY 24
12:00 P.M. 4-H LIVE AUCTION
12:00-6:00 P.M. - FREE STAGE
CATHY ERICKSON & MARY JO ERIK FINNEY AND THE PICKERS
GRANDSTAND EVENTS
CHURCH SERVICE 9:30 A.M. - FREE
REDNECK RACING BAJA STYLE 1:00 P.M. \$10- YOUTH (12 & UNDER) \$15-ADULTS
GRANDSTAND EVENTS
THE FAMOUS ARMADILLOS 7:00-10:00 P.M. \$20.
THE BEST MEMORIES ARE MADE AT THE MARSHALL COUNTY FAIR
With the exception of service animals or animals approved as part of an exhibition PETS ARE NOT ALLOWED, on the fairgrounds



Goodridge Woodrow Schoolhouse looks great after a fresh coat of white paint and a new tin roof! Goodridge Area Historical Society President Margie Coan spearheaded the project which makes the schoolhouse look like new again! Photo courtesy of GAHS

GAHS plans events for upcoming Freedom Fest

Goodridge Historical Society gets in on the celebration held in conjunction with the Freedom Festival on July 30th. The Goodridge Historical Society is made up of 8 buildings located around town. The Country Museum, Depot, Telephone Building, Woodrow Schoolhouse, Settler's Building, Brown House, Log Barn and Log House all have interesting and original stories to them. Most also house countless pieces of history that help tell the story of Goodridge, MN. The Historical Society Buildings will be open that afternoon from 1-3pm. The GAHS celebration also includes hosting the Parade at 11am, which is sponsored by the City of Goodridge. (Line-up begins at 10am by the football field.) Contact Margie Coan to register (218-378-4385). GAHS is also inviting anyone to the basketball, volleyball and/or horseshoe courts for anyone wanting to play. There will also be a Car/Tractor/Snowmobile Show by the Depot. Contact Jon or Mary Wilson to register (218-681-5738). Other activities include traveling bingo and games to be held in the park. GAHS would also like to congratulate the Goodridge Public School on 100 years of graduating classes! The school will also be open from 2-4pm that afternoon for the graduating classes of 1962 and 1982.

Lions to provide free vision screenings for children



Submitted by Karen Hogen
Lions KidSight MD5M will be at the Roseau County Fair on Wednesday, July 20 through Friday, July 22. Our hours will be 1PM through 4PM. We will be located in a

fish house by the soybean pit. Watch for banners. No appointments needed. There is no cost for this service. Lions from Roseau and Pennington Counties will be doing the screenings. KidSight MD5M is a nationwide program that screens children, especially 6 months to 6 years for possible eyesight difficulties. 80% of learning is visual. If your child is having trouble seeing, then they also are probably having trouble learning. Eye screenings typically are not done until the child is school age, however the

earlier an eyesight difficulty is found, the earlier it can be corrected. KidSight can screen children in daycares, preschool programs or charter or private schools. KidSight is able to screen for the following factors: far sighted, near sighted, lazy eye, astigmatism, eye lid droop, unequal pupil size, anisometropia and gaze asymmetry. We look forward to seeing you at the Roseau County Fair. Come check us out to learn more about KidSight.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor
Fresh Summer Salad
Avocado salad with tomatoes, fresh mozzarella, and basil pesto. SIMPLY DELICIOUS. The recipe uses fresh ingredients and delivers a lot of flavor.
Ingredients
Avocado Salad Ingredients:
½ pound red cherry tomatoes, halved
½ pound yellow cherry tomatoes, halved
2 avocados, diced
1 cucumber, sliced
1/3 cup red onion, diced
8 ounces small fresh mozzarella cheese balls
Salad Dressing:
¼ cup basil pesto
1 tablespoon lemon juice
salt and pepper to taste
Instructions
In a large bowl, combine halved red and yellow cherry tomatoes, diced avocado, sliced cucumber, diced red onion, and small fresh mozzarella cheese balls.
Add basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper, if desired. Use more basil pesto, if desired.



Wednesday, July 13, 2022

In two locations
ASB
AMERICAN STATE BANK
www.asbgrygla.com
201 Vance Ave. S. Erskine, MN 56535
TOLL FREE (800) 434-7721
FAX (218) 687-2328
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 294-6239



Grygla, Marshall County, Minnesota Thursday, June 17, 1999 - Vol. 26, Number 38

After a school break of fifty-five years Teresa Mutnansky graduates from HS

by Holly Nordvick

Mrs. Teresa Mutnansky, of Goodridge, celebrated a milestone in her life May 21. At the age of sixty-nine she graduated from high school.

Mrs. Mutnansky finished the eighth grade in 1944, a time when not many students went on to high school.

"It was just normal to stay home and help with the work on the farm," she said. "High school wasn't important back then."

Local schools provided students with an education up to the eighth grade. At that time the student took the state boards and received a certificate for passing. In order to complete more schooling a student from this area had to move away from home, much like a student today might do for college.

Mrs. Mutnansky has kept busy in the fifty-five years since receiving her certificate. Among other things, she raised ten children and now has twenty-one grandchildren with number twenty-two on the way.

Then approximately 6 years ago she read an article about a volunteer program to tutor kids who needed extra help after school in Thief River. Since then she has spent time doing this at Challenger, Discovery Place and the Pathfinder Children's Center off and on whenever she can.

But Mrs. Mutnansky didn't stop there. She decided to finish her own education by getting her GED through Northland Community and Technical College.

The first reason for this decision was the encouragement she received from her children. "If they hadn't pushed me, I wouldn't have done it," she said.

The second reason was her volunteer time with kids in Thief River. She said she realized the kids knew more about some things than she did.

"I've always wanted to learn more. I like to learn," she said.

The Adult Basic Education Program helped her do that by allowing her to finish high school at her own pace. She would take a textbook home and learn the material. Then she would go back to the college and take a test when she was ready.

Then came the final hurdle to being a high school graduate. A two hour timed test with a question and answer section and a written essay.

The day of the test turned out to be a busy one. Mrs. Mutnansky had a lot on her mind and would have gladly gone home without taking the test if she could have, but she didn't. Despite fears that she would not pass the test she did that too.

"I passed," she said. "Thank goodness I passed."

The graduation ceremony was held at Northland College on Friday, May 21. All of her children attended. Her daughter, Jodi Mutnansky, who now lives in New York, New York, surprised her by singing at the ceremony. The next day the family held a reception at her house near Goodridge.

"The kids really did that up good," she said. "There wasn't anything they didn't do."

Some of the things they did do included buying her a class ring, an autograph book and specially made yearbooks. The yearbooks consisted of two photo albums and included pictures and memorabilia from Mrs. Mutnansky's life.

Each section of the yearbook was presented in the same way regular yearbooks are presented. One page has the title of homecoming. The pictures are of Mrs. Mutnansky and her late husband, Paul, on their wedding day. Another page is titled prom (their 40th wedding Anniversary) and Future Farmers of America (activities on the farm.)

But Mrs. Mutnansky isn't ready to stop learning yet. Next, she plans to take some computer classes at Northland College.

"I don't even know how to turn one on. They say it's easy but anything is easy once you learn how," she said.

Mrs. Mutnansky's advice for those who are thinking of dropping out or who haven't finished high school is to do whatever it takes to graduate.

"It's just not that hard," she said.

Turning back the Grygla Eagle pages to the summer of '99



Grygla High School Class of 1979 at their recent reunion. Back - Richard Nordby, Denise (Mugaas) Thomas, Denise Olson, Suzie (Sistad) Olson, Terry Ruud, Mike Englund, Butch Brawley, Gene Anderson, Diane (Lusignan) Sunby, Scott Anderson, and Curt Zimdars. Middle - Deanna (Olson) Sorvig, Bruce Jelle, Jodi (Lian) Olson, Jane (Jesme) Bessler, Darlene (Moe) Roen, Tom Roen, Paul Nordby, Gary Sletten, and Brent Klamar. Front - Tim Anderson, Trent Stanley, Paul Lillevold, Pam (Smeby) Mostrom, Deb (Warne) Cox, Helena (Foss) Wright, Tim Sandland, and Steven Anderson.

H. Nordvick joins Grygla Eagle for summer internship program

Here's some good news direct from the office of the Grygla Eagle.

Holly Nordvick, a journalism student at Berrien Springs, Michigan, will be spending part of her summer working for the Grygla Eagle as a reporter, typist, photographer, and general assistant.

Holly, daughter of Darcy and Darold of Grygla, is a senior at Andrew's University with a double major in journalism and English. Her experience at the Grygla Eagle this summer will fulfill her internship requirements.

Holly is a 1995 graduate of Grygla High School, who, until the past year, was working toward a teaching certificate at Andrew's University. Changing her major was a decision she arrived at gradually, after realizing her deep interest in journalism.

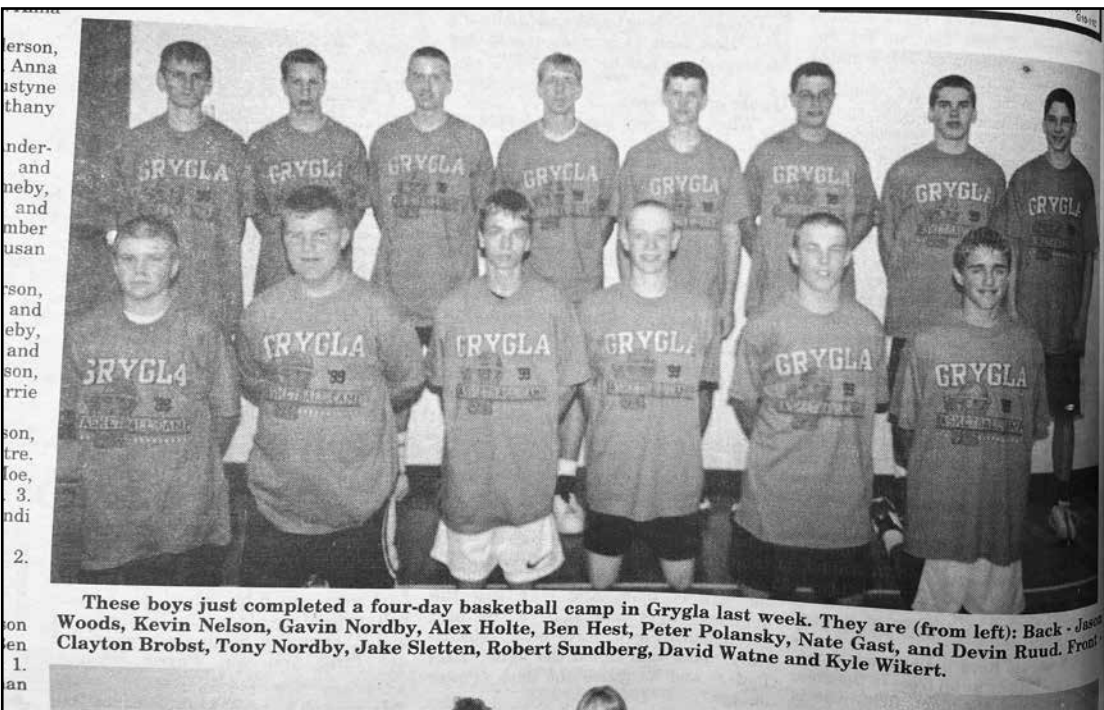
"I've always liked to write," Holly said. "I'd like to get a job working for a newspaper, and someday I'd like to write a book."

Working for the school newspaper in college, Holly had a "beat" which included the physics, biology and architecture departments.

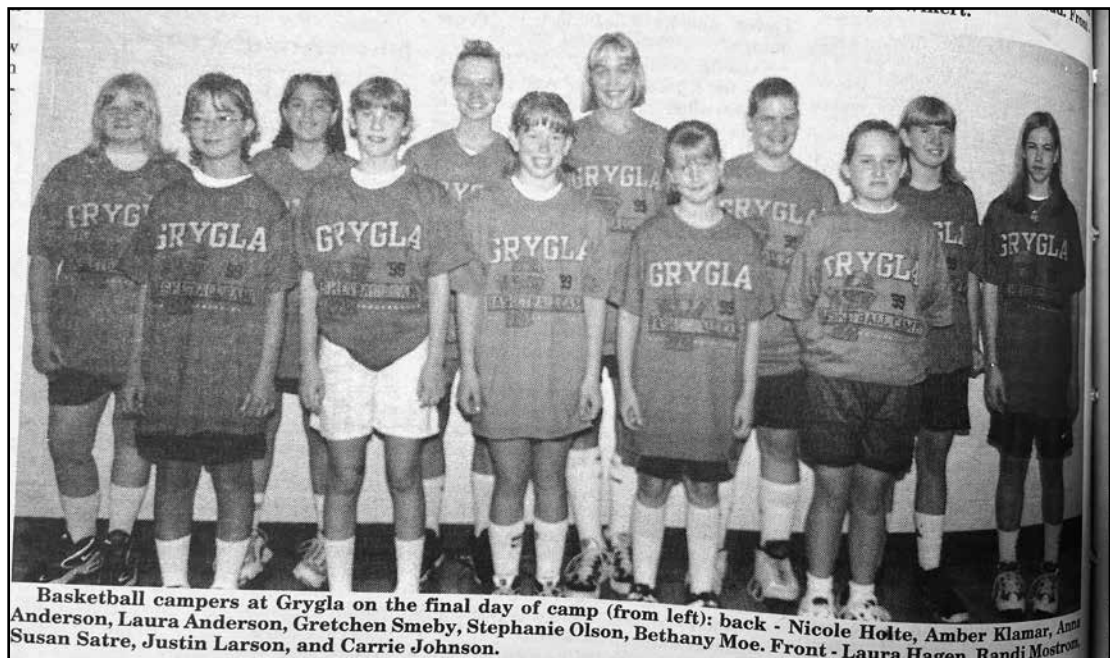
Here in Grygla, Holly's beat will be - well, wherever we can find something happening during the quiet summer months.

If you have a good lead, a hot tip, or a story that is just waiting to be told, why not give the Eagle a call and help make Holly's summer an interesting one.

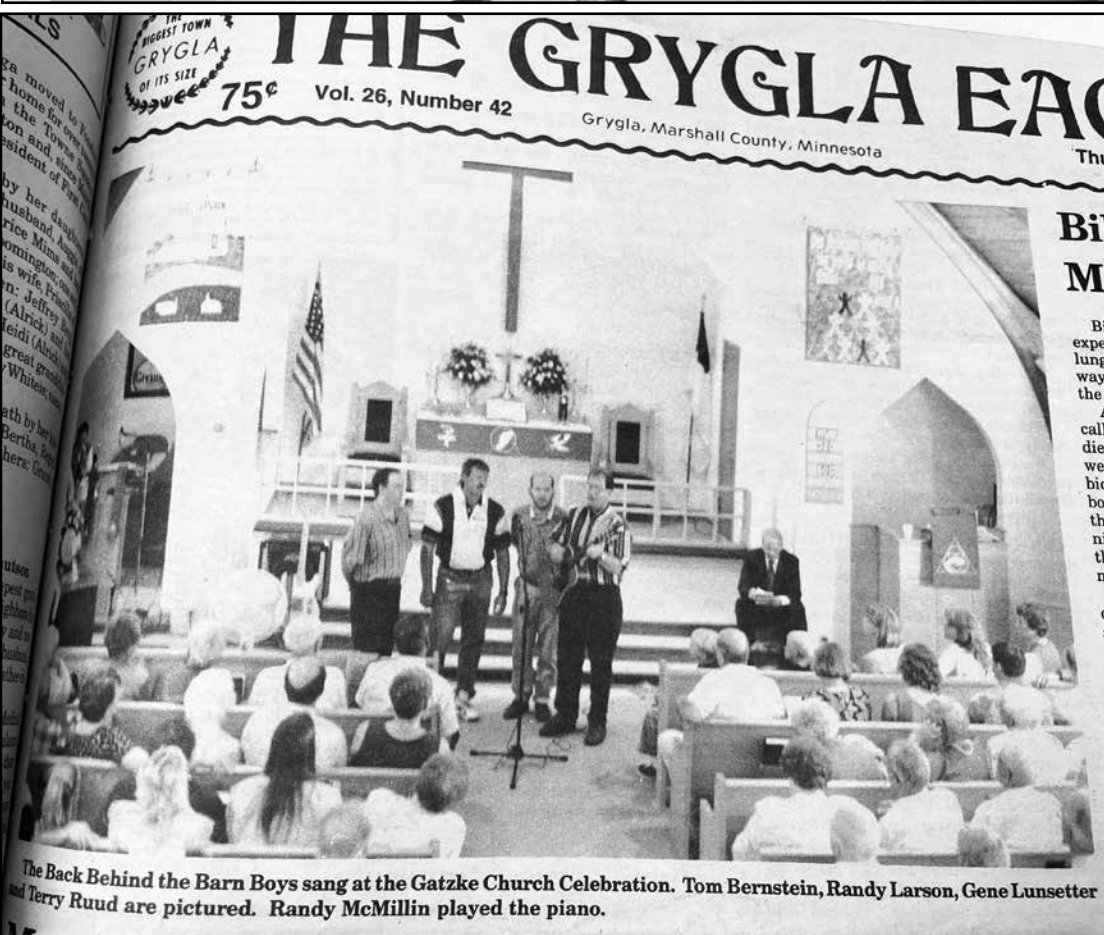
Holly Nordvick, an intern in the field of journalism, is shown at the computer desk in the Grygla Eagle office.



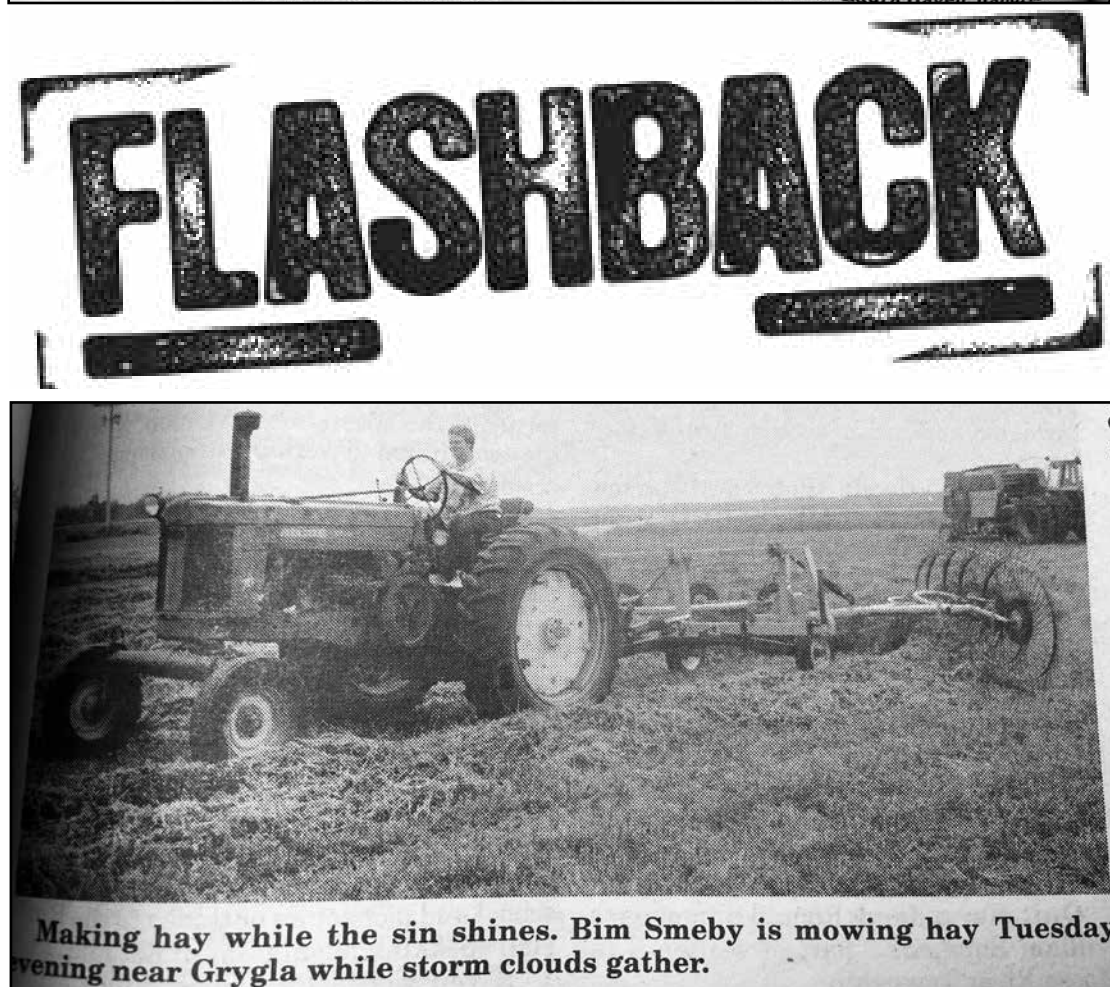
These boys just completed a four-day basketball camp in Grygla last week. They are (from left): Back - Jason Woods, Kevin Nelson, Gavin Nordby, Alex Holte, Ben Hest, Peter Polansky, Nate Gast, and Devin Ruud. Front - Clayton Brobst, Tony Nordby, Jake Sletten, Robert Sundberg, David Watne and Kyle Wikert.



Basketball campers at Grygla on the final day of camp (from left): back - Nicole Holte, Amber Klamar, and Susan Satre, Justin Larson, and Carrie Johnson.



The Back Behind the Barn Boys sang at the Gatzke Church Celebration. Tom Bernstein, Randy Larson, Gene Lunsetter and Terry Ruud are pictured. Randy McMillin played the piano.



Making hay while the sun shines. Bim Smeby is mowing hay Tuesday evening near Grygla while storm clouds gather.



The Goodridge Fire & Rescue Department welcomed and escorted Donny, along with his family, back home on June 24th! The Goodridge Fire & Rescue Department is led by Chief Mike Lovly; he and his crew have sponsored this colored edition of the Grygla Eagle in honor of Donny. *Photos courtesy of Rozlynn Johnsrud*

Donny Johnsrud... Continued from front

Big decision he made almost instantly
Written by Rozlynn Johnsrud, June 20, 2022

Dr. Cannon, cardiac surgeon and electrophysiologist leading Donny's internal cardiac defibrillator (ICD) surgery met with us for the first time this morning along with his team. They of course explained the internal defibrillator and its purpose but also took time to get to know Donny.

They asked him if he plays sports and if so, what his favorite one is and what positions he likes to play to which he said football and defensive end; Dr. Cannon said, "Of course you do."

They asked what kinds of things he likes to do for fun outside of sports in the summer and winter; he said ride snowmobile and tube behind the boat. After hearing how active he is, Dr. Cannon gave him the option of having the defibrillator located in the chest up by the shoulder (where usually placed) or having it placed in his abdomen behind his "six pack." He said with chest/shoulder, no football and very high risk for hurting the device with snowmobiling or riding behind boat on tube; these would both have to be done very cautiously or not at all. With it behind six pack, he would be able to play football, ride snowmobile and tube with no concerns, but bigger surgery and longer recovery as they would have to open the sternum as the leads are placed differently than shoulder ICD (not thru a vein) which also makes the abdomen one much more stable in the young and active. Swift/repeated movements of arms can wear out the vein the leads are placed in with the chest/shoulder ICD.

Dr. Cannon added he recently put an ICD in the abdomen of a 16 year old bull rider from Texas who said riding was his life passion; he is back riding.

Dr. Cannon recommended we leave the decision up to Donny but said if Donny couldn't decide he could choose for him which we 100% supported. Dr. Cannon gave him a couple hours to decide and came back to hear his decision which he made within just a couple of minutes of Dr. Cannon leaving the room.

Donny chose the abdomen. Sure, he is excited football is an option if he is fully recovered by then, but more so that he can look forward to riding the new snowmobile he worked at the Hanson Robotic barn last year to pay for himself. Winters riding with the Coans, Grovens, Manderuds, Thor and Cooper is something he looks forward to doing for years to come as is flying off a tube behind a boat with his brother, Nick, Thor and little J. These things he will do years and years beyond high school sports.

When Dr. Cannon came back for Donny's decision he said he too would have chosen the abdomen for Donny as he can tell how active he is and how much he loves the outdoors by his physique and the fact that of the hundreds of PlayStation games he has to choose from here at Mayo, he chooses farming simulator.

Surgery is tomorrow afternoon. He will be here likely until end of week with chest tubes in place for a few days and wound vac in place to heal incision to chest. Full recovery is 8-10 weeks.

We appreciate the continued prayers and support!

Surgery behind him
Written by Roz and Brad, June 22, 2022

Donny's surgery went very well yesterday. The ICD is implanted and working. They tested it while his chest was open by putting his heart into a lethal rhythm and it successfully shocked him back into normal sinus rhythm. Because he chose to have the ICD placed in his abdomen with the leads placed directly on heart (more stable/able to be more active) versus the device in shoulder/chest area and leads threaded thru a vein, they had to open his sternum, meaning more invasive surgery, longer recovery and much more pain post op.

Donny was brought into the operating room at 1:39pm and brought back to his room on the cardiovascular ICU at approximately 6:30pm where he continues to be this morning. The pain was pretty unbearable the first 2-3 hours on the ICU as it takes a while to get ahead of it after coming out of anesthesia.

I can't imagine the pain of having your chest bone broke open as well as cutting into muscle. IV fentanyl and Oxy-Codone we're not touching, so they started him on Dilaudid PCA, along with oral OxyCodone and IV Toradol. He seemed to sleep well after about midnight. He has a nurse 24/7 right now and the goal is to get the chest tube out by tomorrow as they can cause a good deal of pain just being in place but are necessary to prevent infection.

They are doing chest X-rays every 2-4 hours as his left lung looked to have a small pneumothorax. This morning when he sat up the wound vac started pulling out a lot of fluid which was great to see. If that wouldn't have been the case they were going to place another chest tube today. Dr. Cannon the electrophysiologist is very pleased with Donny's surgery. While they had him open yesterday, they challenged his heart a few different ways to see if he has certain disorders that could have caused this; nothing was concluded. Dr. Cannon assured us he is healthy, as is his heart.

As far as the possibility of this being Brugada Syndrome as they previously mentioned, genetic testing is gold standard for confirming or ruling that diagnosis out; all three of our results are about 4-5 days away at this point. Doesn't change anything for Donny if confirmed but may mean testing for our other two kids and possibly intervention for Brad or I, depending on who is carrier. Interesting story on Donny's surgery...she, Dr. Stephens, a tiny, female cardiothoracic surgeon, who opened Donny's chest bone, likes to make a drawing on her patients' dressings after she finishes wiring the bone closed and bandaging them up. Donny of course being his quiet/modest self wasn't giving her much for ideas when she asked what he would like her to draw. She noticed during her visits with him the last few days that he wears Ariat brand clothing and had several hats around room. Check out his bandage in picture.

Praise the lord for a successful surgery. We are beyond thankful things went well for Donny and his pain is well managed. He is, as my dad says, "a super, super driller." Thank you for the continued prayers, love and support.

Hopefully coming home today
Written by Jena Johnsrud, June 24, 2022

Attention family, friends, neighbors and our community! Donny is hopefully coming home today! We thought what better way to welcome him home than with a SURPRISE caravan of people waving and showing him their support with welcome home signs! If you're wanting to come out and help us welcome him home, watch for updates from me and a few others today! If he is released, it probably won't be until after noon, so that would put them at arriving home about 8-9pm today. The Goodridge Area Fire Dept and First Responders are also going to welcome him home by escorting him from the Gully Road on!

Thank you again everyone for your love and prayers for our Donny boy! Final checks and tests happening this morning!

Northbound
Written by Rozlynn Johnsrud, June 24, 2022

Sorry didn't post yesterday. The last two days have been busy with not only continued pain control, assessments and testing, but additional therapy and education to prepare us for discharge.

Donny has had an echocardiogram (ultrasound of heart) at least 4 times since this all happened and this morning after his last one, we were again told the structure of his heart and blood flow/output looks fantastic. He has had countless electrocardiograms in the last week, I would say upwards of 20, along with nonstop telemetry.

This morning they did notice a slight ST elevation (which as a nurse I do not like hearing anytime even if slight), but they reassured me it's from the strain of opening his sternum and again very, very slight. They said it happens to over half of patients who undergo the surgery he did.

He will be on daily Lasix and 4 times a day ibuprofen for a week to prevent pericarditis. He also still has a small left pneumothorax which they reassured us his body will take care of naturally. Follow up with Dr. Stephens (cardiovascular surgeon) at the Mayo in a week regarding the sternotomy, and with Dr. Cannon (electrophysiologist from Mayo), who put defibrillator in a pocket of muscle in abdomen and connected leads to his heart at Sanford Fargo in a month. Dr. Cannon does outreach to Fargo once a month which is going to work out so nice!

We walked out of the Mayo at 12:42pm today and what a great feeling that was. So much has happened in the last week, it's hard to even comprehend it all. The road ahead is long for sure, and I don't mean just the drive.

This is a major life event for anyone, but we have been told especially a teenager. The surgeons spoke with us about post cardiac arrest grief which seems odd in someone so fortunate to be alive. But it's real, and we are prepared to be the best support/examples of health and wellness as we can be as optimal physical health and mental health encourage one another. Donny is also blessed with an amazing (and quite expansive) group of friends, extended family members, boss/work family, coaches and teachers/administration at the Goodridge school who we know all will be wonderful in supporting him in the next phase of this journey. Oh, and who could forget the sweetest girlfriend and family ever!

At some point, I am going to try and make a list of every single person who has reached out via phone call, text, messenger, snap and/or helped around our home while we were away, helping with the kids, the dogs, the GoFund Me, Venmo (the list goes on and on) to thank you. For now, please



Many family members, friends, neighbors and community members joined the caravan of folks waving and welcoming Donny home! Pictured above is his "Goodridge School" family made up of teachers, school board members, and administration, along with their children.

know that we are so thankful to be headed north and we love you all!

First week home
Written by Rozlynn Johnsrud, July 3, 2022

It's been so great to be back home and the last-minute welcome put together by the Goodridge School and Goodridge First Responders was just awesome! We feel blessed in so many ways.

Donny spent the first few days at home enjoying short visits with friends and family and sleeping a lot as he is pretty exhausted; cardiac arrest, CPR, defibrillation and open-heart surgery in a matter of a week no doubt takes a toll on the body.

On top of resting, he had 4 follow up visits this week; 2 in TRF (one with his pediatrician and one with pediatric cardiologist from Fargo) one with Mayo, and one therapy visit. His pleural effusion is pretty much gone but now he has a small pericardial effusion (fluid around heart) which he will be on water pills for a couple more weeks for.

He is feeling a little more energized each day, but he still needs a lot of rest which is kind of the challenge right now. He wants to push himself to do more and more as he feels better but he needs to give his body time to heal. He has been warned about the dangers of the sternum not healing properly or becoming infected and it's absolutely frightening to hear what that could look like. So, I follow him around pretty much everywhere reminding him not to push, pull or lift unless he has his arms close to his torso, which he absolutely loves (sarcasm).

Also, no submersing body in water, even bath water for six weeks so we don't mind the icky weather over the 4th so much.

Still awaiting final results of genetic testing. His troponins (heart lab) were still slightly elevated last week but down since surgery which means his heart is still stressed but improving. EKG still shows normal sinus rhythm with non-specific ST elevation. He will be having a Zio patch (cardiac monitor) put on next week for a few weeks as they still believe he has a cardiac channelopathy disorder (electrical problem). Doesn't necessarily change the treatment, possibly the addition of medication depending on what it is or staying away from certain things, but he still needs the defibrillator lifelong to prevent cardiac arrest again.

The comment from his cardiologist at Mayo keeps repeating in our heads "you don't get another chance to die" and that he is of the 1% who get to live after cardiac arrest.

Tuesday he is two weeks out from open heart surgery, and he can start driving again which he is looking forward to.....me not so much. But I suppose it's time to get him back to some normalcy and not let fear stand in the way of a long, healthy, active life which he has definitely earned!

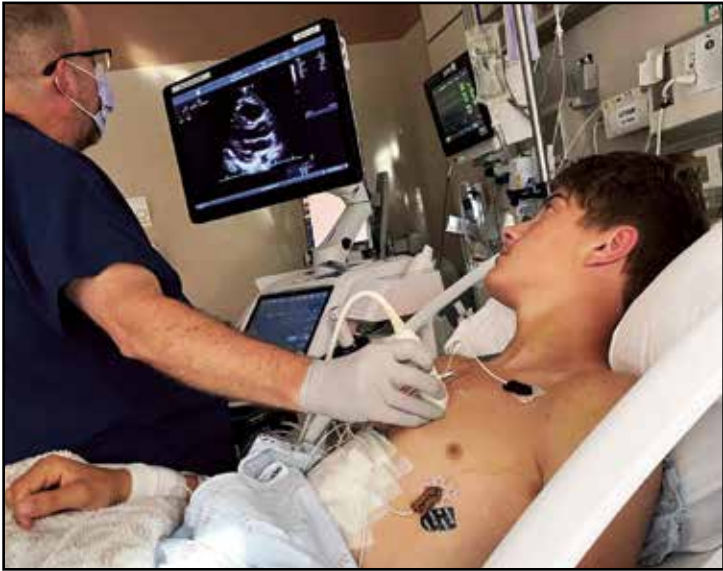
Appreciate your continued prayers and support!



You can see Donny's chest tube bandage with Dr. Stephens artwork. You can find the story behind her reason for doing art on YouTube. (Search Dr. Stephens Mayo Clinic.) It's also shared briefly in the article.



Above: Donny Johnsrud during his EEG test which checked for seizure activity or loss of activity/brain damage.



Pictured above is Donny with Tim Hruby, who was one of the many heroes who helped save Donny's life on June 15th. Tim is the owner and operator of Prairie Planting Plus, where Donny was working at the time he went into cardiac arrest. Tim is also a fireman with the Goodridge Fire Department. The Johnsrud family is forever grateful that he was with Donny that day. *Photos courtesy of Rozlynn Johnsrud*