



Today	Thurs	Fri	Sat	Sun
Scatt Tstorms H 74 L 54	Scatt Tstorms H 72 L 53	Scatt Showers H 75 L 54	Scatt Showers H 75 L 54	Mostly Cloudy H 78 L 54



A look at next week... Otto Hagen celebrates his 99th birthday with family and friends!



Stephanie Schenkey, and her mom, Susie Olson, (pictured in the center) have had their lives affected by cancer. Read their personal stories below as they prepare to reflect on their journey at this year's Relay for Life in Warren, June 3rd.

Relay for Life holds special meaning for local mother and daughter duo

The Marshall County Relay for Life will be next Friday, June 3rd, at the Marshall County Fairgrounds in Warren. During a Relay event, people lost to cancer are remembered; people who have fought or are fighting cancer are honored; survivors celebrate.

This is the 4th year Grygla has had a Relay team. Chix from the Stix have made great efforts over the last few years in the fight against cancer. Last year, they were the top fundraising team in all of Marshall County, raising over \$11,000! Money raised benefits the American Cancer Society.

This year, Chix from the Stix members have raised over \$6,000 thus far and have a goal of \$12,000. They will be representing Grygla and participating in the Relay for Life next Friday, June 3rd. The event begins at 4:30pm with a survivor registration. From 5-6:30pm, there will be a community supper. The opening ceremony begins at 7pm. There will be a silent auction going on from 6pm-midnight. At approximately 9pm, will be the luminary lighting ceremony. The Chix from the Stix invite you to visit their team campsite that evening.

Relay for Life holds a special meaning for many people, including local mother and daughter, Susie Olson and Stephanie Schenkey. Both women have been affected personally by cancer and share their story with you below.

Stephanie Schenkey, formerly of Grygla, daughter of Rick and Susie Olson

I am Stephanie Schenkey. I can be described in many ways: wife, mother, daughter, sister, cousin, friend and now cancer survivor. I am married to Jake; we have two girls, Jordyn and Rylie, and live in Middle River. This is how my cancer journey begins.

I delivered my second child on October 17th, 2014. When my baby was 2.5 months old, I found a suspicious lump. I immediately went to the doctor and was put on an antibiotic for a week and was told to come back if it didn't go away; they thought it was just a swollen gland. One week later, the lump wasn't gone, so I went back to the doctor. I was told that I needed to have surgery to remove the lump and had to have blood work drawn.

The blood work came back and showed that I had an elevated human chorionic gonadotropin level or HCG; this typically means you're preg-

nant. The doctor's thoughts were 'congratulations you're pregnant!' Two days later, my doctor and I believed I had a miscarriage. Surgery was then scheduled to remove the lump on January 27th, 2015. I had the lumpectomy surgery but had unexpected complications where I ended up bleeding very badly. They had to take me back into surgery to stop the bleeding. The lump was sent away to Pathology in Fargo. On February 2nd, 2015, I was called into Dr. Bass' office for what I thought was just a follow up after my surgery; instead he told me that I had Choriocarcinoma cancer. I remember it like it was yesterday...those words: you have cancer. I heard cancer and nothing else of what he was saying. At that point my world changed completely. I had thoughts of how am I going to have chemo, take care of my girls, with one being a newborn? How am I going to keep life as normal as possible? Then, at that moment, I decided that this diagnosis wasn't going to consume me and I would do the best I could to beat this. I remember from the moment I found out, that was my attitude. I didn't want it to take everything from me.

I was diagnosed with Choriocarcinoma on February 2nd, 2015; I was 28 years old. Dr. Bass informed me that it's one of the fastest growing cancers but also one of the most treatable, especially if caught early. He explained that the lump site was so vascular from the cancer and that was why I bled so much after surgery. Also, that I never actually was pregnant, the cancer just presented itself as if I was.

Choriocarcinoma is an extremely rare form of cancer that is related to pregnancy that grows from the cells of the placenta. It is a highly malignant tumor that arises from trophoblastic cells within the uterus. It tends to be very invasive, metastasizes early and widely through venous and lymphatic systems. My cancer presented after a full term pregnancy, which this type only occurs in 15% of Choriocarcinomas. A baby may or may not develop with this type of cancer. It is a very uncommon cancer that occurs only 1 in every 40,000 pregnancies. One of the main signs to watch for is an elevated HCG level that continues to go up after the pregnancy has ended. Choriocarcinoma can reoccur anywhere from a few months to few years; that is why it is so important to do follow up appointments.

After my diagnosis, I was sent for CT scans, lab, and an

appointment at Roger Maris with an oncologist. My oncologist explained as much as he could about my diagnosis, but also said he was consulting other oncologists regarding treatment because this was such a rare cancer. He wasn't sure of the best form of treatment; this made me very anxious. The oncologist scheduled me to have an MRI the next day to make sure it hadn't spread to my brain. Waiting for my results was a difficult time. Luckily, all the scans came back that the cancer was contained to one site. Thankfully, all of my scans and appointments moved along very quickly. Usually before women even know they have Choriocarcinoma it has spread. The most common sites for the cancer to spread to are the liver, lungs and brain. The way my Choriocarcinoma presented itself was very rare. I was able to catch it earlier than most before it spread to other places; this was a blessing.

I started my cancer treatments in February 2015. I was given a high dose of Methotrexate. The amount of chemotherapy, as well as number of courses of chemotherapy, depends on your HCG blood levels. I had lab drawn every few days when I started my chemo. My HCG stayed below 250 because it was caught so early. Some people have amounts of HCG as high as 200,000 plus. A normal, non-pregnant level is anything between 0-5. Chemotherapy is continued until there is no signs of HCG hormone in your blood. When the number is where it should be this means there are no more tumor cells left in your body.

I was told that I could have some side effects from the chemotherapy, including hair loss, nausea, vomiting and fatigue. I experienced fatigue, slight nausea, and hair thinning from the chemo. I had chemo once a week. I remember after I would have my chemo I would come home, and for 2-3 hours, I would run around the house and clean, wash clothes, play with the kids, and straighten up. I knew after my 3 hours were up, my energy level would decrease quickly. It took a few days to start feeling better from the chemo, but by that time, I was due for my next round.

My lab work was monitored very closely. I didn't want my lab work to come back abnormal because then my chemo would have to be put on hold. I was also concerned that my newborn's health would be compromised due to my cancer. After my diagnosis, my infant

was checked by her doctor. She was thriving and he felt confident she would be fine. Today, she is a healthy, happy one and a half year old that keeps us on our toes.

Being a nurse, made me more aware of the medical terminology about my diagnosis and treatment, which made me fearful of what was to come. I think that heavy, anxious feeling in my chest lasted for months. One thing that helped me was writing in a journal. During the course of my treatments it was helpful to look back to track my past appointments and lab findings. Keeping a journal also allowed me to write down my feelings as I went through my cancer journey. I also read a daily devotional and we prayed together a lot.

I was sent to the U of M to a Gynecological Oncologist on March 20th, 2015. He told me because my HCG level was back down to 1, I was able to stop my Chemotherapy treatments. I was told I would have monthly lab and doctor appointments for one year. April 2016 marked my last monthly appointment. I will now be going every 3 months. It is going to be very different for me not to be going every month because that had become my new normal. Each time labs were sent away, the waiting was never fun. Hearing results the next day from the phone nurse allowed us to cheer together each time my HCG level was less than 0.1. I felt like I could breathe again after hearing that good news.

I've learned from other cancer survivors that it does get better over time and that I will worry a little less with each passing day. I can say that since a year has now passed, it has gotten easier. It will always be a part of my past, but I realize how important it is to be proactive about my health in the future. I will continue follow-up appointments for at least three years following my cancer diagnosis. Many people have asked me since my diagnosis if I am able to have more children. While I could go on to have more children, it would be high risk and there is no guarantee that my cancer won't come back. At this point in my life, I just want to be here for my family and remain as healthy as possible.

When you hear the word cancer your world changes. It reminds you how precious our time on earth is. I have lost family members to this awful

Relay for Life...

Continued on page 5

Read for the WIN

The summer reading program will be starting June 1st at the Grygla Library, which is open from 2-6pm. Each child will receive a sports themed bookmark and will be reading for the WIN! As each line gets crossed out, kids can bring their bookmark back to the library for a weekly prize. After completing each bookmark, their name will go into the grand prize drawing, which will be two mega passes to the Pennington County Fair. Each child will also receive a t-shirt for participating in the summer reading program.

This year, weekly activities have been added to the program. As mentioned, the library is open every Wednesday from 2-6pm; activities for the kids will be held at 3pm

on the following dates: June 8 (Guest Story Reader), June 15 (Craft & Story Walk), June 22 (Guest Story Reader), June 29 (Craft), July 6 (Guest Story Reader). Please stop in and visit Kari Sundberg, the new Grygla Librarian, on June 1st to get started with the summer reading program!

The library is located in the Community Center and offers a variety of services to its patrons. With new materials coming in monthly, you can check out a variety of books, including fiction, non-fiction, christian-fiction, large print, young adult, junior and easy-readers. The library also has audio books and DVD's available for checkout, along with computers, an iPad and WIFI service available for your convenience.

School's out for summer

The last day of school in Grygla and Goodridge is this Thursday, May 26th! The Grygla Eagle wishes you all a

sunny, smiley and safe summer! Grygla School dismisses at 10:45am; Goodridge School dismisses at 12:30pm.



Grygla Commencement was held Saturday, May 21st. Pictured above is Kelly Dougherty with her mom, Kristine, during the flower presentation. Pictured below are Shantel Verbout and Nikki Waletzki celebrating their graduation! Check out all the Grygla/Goodridge grad pictures in this issue of the Eagle!



Goodridge Commencement was held Sunday, May 22nd. Pictured above, during the processional, are Caleb Olson, Marisa Newton and Benji Wilebski.

CHURCH CALENDARS

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

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor Craig Bowyer
Sunday:
United: 9am Worship
Our Savior's: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Interim Pastor Phil Johnson
Sunday:
Bethany: 8:30am Worship
Ekelund: 9:45am Worship
Faith: 11am Worship

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 11:45am Worship
St. Ann's: 10am Worship.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship

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 Merseeth
Wednesday:
5-7pm Wed. School/Confirmation
Saturday:
Mt. Olive 9am Worship
Sunday:
St. Petri: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship

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

Community Calendar

Don't forget to contact the Grygla Eagle with your events for the Community Calendar!
218.294.6220
grygla.eagle@gmail.com

Wed | May 25
Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 10am-2pm; Grygla Library open 2-6pm

Thurs | May 26
Grygla School Awards Program 8:30am; School dismisses at 10:45am; Grygla Eagle office closed; Grygla Garden Club Meeting at the Park 7pm

Fri | May 27
Senior Meals at Grain Bin Café 11am

Sat | May 28

Sun | May 29

Mon | May 30
Memorial Day; Senior Meals at Grain Bin Café 11am

Community Ed Summer Music Lessons

Want to keep in instrument shape? Want to try a new instrument? Want some guitar lessons? If you are interested, please fill out a sign-up sheet (available at the Grygla School) and return to Gene Lunsetter by June 3rd.

There will be 6 lessons; each running 30 minutes in length. The dates will be Mondays June 20th & 27th, July 11th, 18th, 25th and August 1st.

The cost is only \$10 per student; adults are welcome, too!

Funds available through USDA Rural Development

USDA Rural Development currently has funds available for very-low and low-income residents of rural Minnesota that are interested in purchasing a home or for current homeowners in need of essential repairs.

Interested in purchasing a home? Rural Development's single-family housing Section 502 program offers subsidized loans with affordable monthly payments in rural areas. Home loans may be used to purchase a new home, existing home or build a new home. To qualify, applicants must meet Rural Development's income limits, have adequate and dependable income, have an acceptable credit history, be unable to obtain sufficient credit from other sources, and show repayment ability.

Is your home in need of repairs? Rural Development's

Funds available... Continued on page 6

Recipes, old and new, needed for the Grygla Centennial Cookbook

The Grygla area church women's groups are working together to create a custom cookbook featuring old proven recipes, along with new recipes, for the Grygla Centennial Celebration, which will be held in August 2017. These cookbooks will be professionally published and are sure to be a treasured keepsake for all. Money raised will be donated to the Grygla Centennial Committee.

Please submit 5-7 of your favorite recipes, or those of your ancestors, to be represented in this cookbook. Many recipes from all residents will ensure that this cookbook is a success. For your convenience, you have the option of entering your recipes online or completing a 'Recipe Collection Sheet'.

The group is anticipating a great demand for this cookbook and want to be certain to order enough. To reserve your copy please email Laurie Polansky

at laurie.polansky@asbgrygla.com, or send a request to her at PO Box 78, Grygla, MN 56727. You can also call 218-294-6111.

The expected cost of the cookbooks will be \$20-\$25 per book depending on the quantity ordered and how many recipes are published.

Recipes need to be collected by October 15th, 2016 so publishing deadlines can be met.

To submit recipes online, go to:

- www.typensave.com and click "login"
- Enter the user name: Grygla
- Enter the password: granola657 and click 'submit'
- Enter your name and click 'continue'
- Review 'Recipe Writing Tips'

- Click 'Add Recipes' to begin adding your recipes

To submit recipes by hardcopy, please see contact information above.

House For Sale in Grygla



32x56 with a 30x32 attached garage. **\$92,000.**

If interested call **218-294-6370** or **218-242-7058**

Producers reminded to report their crop acres

The Marshall County Farm Service Agency (FSA) wants to remind area producers that annual acreage reports are required to be filed with FSA in order to be eligible to receive payments for the Agricultural Risk Coverage (ARC) & Price Loss Coverage (PLC) programs, CRP, LDP's, commodity loans, NAP, Livestock Forage Disaster Program (LFP), etc.

An acreage report must be filed with FSA for all of the cropland on the applicable farm in order to be eligible for FSA programs requiring an acreage report.

For 2016, the deadline to timely file an acreage report with FSA, for most crops and CRP, is July 15, 2016.

Due to budget constraints the FSA County Office is no longer able to mail out maps to producers for acreage reporting. Acreage reporting maps are printed and ready for producers to pick up at the office.

If you haven't signed up for the 2016 ARC/PLC programs please call the FSA County Office to make an appointment as soon as possible so you can get signed up for 2016 and pick up your maps. If you are not ready to sign-up yet, producers should at least contact the County Office to stop by and pick up your maps.

If farm operators have made changes to the land they operate, they are asked to inform the County Office of these changes prior to picking up their maps.

To better serve producers, the County Office conducts acreage reporting by appointments so producers can be served in a timely matter and the staff can have all of the producer's records available when a producer comes in for their appointment. The County Office does take walk-ins for acreage reporting, but producers with appointments will be assisted first.

Once producers have completed planting, they should complete their maps and then call the County Office to schedule their appointment. A letter attached to the map explains how to complete the map and what information is needed on the map. This information includes the crop, variety, planting date, intended use, shares, etc.

Producers with crop insurance are encouraged to report their acres to FSA first since the planted acres reported to FSA and crop insurance need to be reconciled. FSA will then

provide producers with a copy of their acreage report and maps so they can provide this information to their crop insurance agent.

Producers are reminded that if they have prevented planted acres, they need to report those acres to FSA within 15 days after the RMA final planting date for the applicable crop. Producers should check with their crop insurance agent to find out how to file a prevented planting report for crop insurance purposes.

For Marshall County the RMA Final Planting Dates are as follows:

- May 25 – Corn for grain
- May 31 – Corn for silage and Sugar Beets
- June 5 – Wheat, Barley, Oats, and Canola
- June 10 – Soybeans, Corn, Sunflowers and Dry Edible beans

Prevented planting claims filed beyond the 15 calendar days will require that the producer pay a fee for the FSA County Office to perform a field visit to verify the eligible disaster condition which prevented the crop from being planted. If at the time of the field visit the eligible disaster condition cannot be verified, then the prevented planting claim would be disapproved.

Producers are reminded that all idle cropland acreage on a farm enrolled in either ARC or PLC requires that an approved cover crop be established in addition to controlling noxious weeds on both idle and planted cropland acreage. Another new requirement is that any noncropland on a farm enrolled in ARC or PLC must also have noxious weeds controlled. These are new requirements contained in the 2014 Farm Bill. Producers should contact their FSA County Office for a list of seeding dates and approved covers.

Just a reminder that November 15, 2015, was the deadline to report forage crops (hay & pasture) and fall-seeded crops for 2016 to FSA. If you did not file a report for these crops by the November 15 deadline you will need to pay the late-filing fee for each farm number that was reported late.

Producers with questions about acreage reporting, idle cropland and/or noncropland cover requirements should contact their local FSA County Office or the Marshall County FSA Office @ (218) 745-4251 ext. 2.



Kaylani Kiesow graduated from North Dakota State University on May 14th with a double major in Social Work/Human Development and Family Science. She will be working with the Headstart program in management, based in Oklee, MN. Kaylani is the daughter of Ron and Coleen Kiesow of Goodridge.

In observance of
MEMORIAL DAY
The Grygla Eagle
will be **CLOSED**
Monday,
May 30, 2016.

Thank You
A big thank you to everyone who took the time to stop in or send me cards to honor my graduation from BSU.
Words cannot express how much your well wishes and generosity means to me.
Sadie Storm Olson GSC

NOTICE OF MINNIE TOWNSHIP BOARD MEETING
Minnie Township Board will meet at the Minnie Town Hall, 65964 Fournoun Road NW on June 3rd, 2016. Meeting will start at 7:00 PM.
MINNIE TOWNSHIP
RAY HENDRICKSON, CLERK GSC

Legal Notice

STATE OF MINNESOTA
COUNTY OF MARSHALL
JUDICIAL DISTRICT
DISTRICT COURT
PROBATE DIVISION
Court File No. 45-PR-16-150
Estate of Arlene J. Brateng, Decedent

NOTICE AND ORDER FOR HEARING ON PETITION FOR DESCENT OF PROPERTY

A Petition for Determination of Descent has been filed with this Court. The Petition represents that the Decedent died more than three years ago, leaving property in Minnesota and requests the probate of Decedent's last Will dated ____, if any, and the descent of such property be determined and assigned by this Court to the persons entitled to the property.

Any objections to the Petition must be filed with the Court prior to or raised at the hearing. If proper, and no objections are filed or raised, the Petition may be granted.

IT IS ORDERED and Notice is further given, that the Petition will be heard on June 7, 2016, at 1:00 pm, by this Court at 208 East Colvin Avenue, Warren, Minnesota.

1. Notice shall be given to all interested persons (Minn. Stat. 524.1-401) and persons who have filed a demand for notice pursuant to Minn. Stat. 524.3-204.

2. Notice shall be given by publishing this Notice and Order as provided by law and by: ☐ Mailing a copy of this Notice and Order at least 14 days prior to the hearing date.

Dated: May 3, 2016

BY THE COURT

Wanda Pietruszewski
Court Administrator
(COURT SEAL)

Dated: May 3, 2016

Attorney for Petitioner:
Brian K. Rokke
Rokke, Aandal & Associates
423 North Main Street,
P. O. Box 159
Warren, MN 56762
Warren License No.: 92976
Telephone: 218-745-4321
FAX: 218-745-4320 G8-9C

grygla.govoffice2.com

City of Grygla

Minutes/Agendas online

JOHNSON FUNERAL SERVICE, INC.

Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177



Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

U.S.P.S. No. 002330

Grygla Eagle

Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Karl Sundberg, EDITOR

Phone 294-6220

—SUBSCRIPTION RATES—

\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$30 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, Goodrick, MN 56644. Periodical postage paid at Grygla, MN 56727.

POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.



Student Council members presented a check to Grygla Centennial Committee members. Money was raised through 'Penny Wars' and students raised an impressive amount! \$1,197.16 was donated and will be put towards the 2017 Grygla Centennial. Pictured, L-R: Erin Monson, Shonda Jelle, Gavin Nordby, Lindsay Oslund, Maddy Bakken and Alison Satre.

S	T	E	A	M		A	D	S		S	E	R	A	
O	U	T	D	O		L	E	I		C	H	A	O	S
B	R	A	I	D		O	W	N		H	A	R	S	H
	F	L	E	E	C	E		C	R	A	W	L	E	Y
		U	R	L		S	E	A	L					
B	A	T		N	O	O	K		Y	E	L	L	O	W
A	G	E	D		N	O	I	R		T	E	A	C	H
N	O	N	E		K	H	L	O	E		E	T	U	I
K	R	O	N	A		S	L	A	G		K	E	L	T
S	A	R	T	R	E		E	D	G	Y		D	I	E
			M	A	I	D		O	I	L				
T	A	Y	L	O	R	S		O	N	E	A	L	S	
I	D	L	E	R		L	S	D		L	Y	O	N	S
P	O	E	S	Y		E	K	E		D	I	C	O	T
I	S	M	S		T	I	S		S	N	O	W	Y	

Answers from last week's StatePoint Crossword Puzzle



Memorial Day

We celebrate this important holiday each year the last Monday in May. It's a day to give thanks, to pay tribute, and to remember those servicemen and women who made the ultimate sacrifice and gave their lives to protect our country.

"And I'm proud to be an American
where at least I know I'm free.
And I won't forget the men who died,
who gave that right to me."
—Lee Greenwood



In two locations



PO Box 78
Grygla, MN 56727-0078

(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239

AMERICAN STATE BANK

www.asbgrygla.com

201 Vance Ave. S.
Erskine, MN 56535

(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328



Grygla High School Commencement

Saturday, May 21st, 2016



The Class of 2016 performed a vocal selection of Tim McGraw's "Humble and Kind".



The senior class presented flowers to their family members. Above, Erin Monson gives her parents, Brad and Kris, a hug. Also pictured is Austin Brateng with his brother, Jordan.



Flower Presentation: Jordan Hagen with his mom, Heather, along with Brittanie Jones and her mom, Toni.



Maddy Bakken addresses the crowd at the Grygla High School graduation ceremony last Saturday, May 21st.



Nikki Waletzki and Erin Monson during the Processional.



Jordan Hagen proudly shows off his diploma!



Ashley Lawrence and Matt Aune.



Ashley Lawrence receives her diploma.



Shantel Verbout receives her diploma from her dad, Jimmy, who serves on the Grygla School Board.



Ty Jelle and Erin Monson display their diplomas.



Dustin Nelson and McKayla Vad.



Nikki Waletzki and Willie Holthusen.



Goodridge High School Commencement

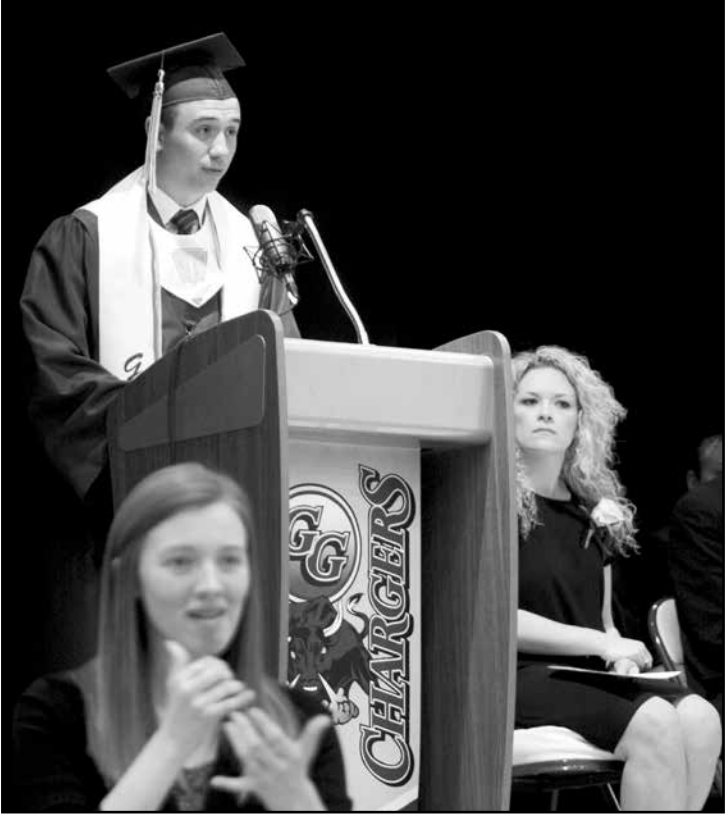
Sunday, May 22nd, 2016



Goodridge Class of 2016: Heather Glenn, Daylyn Kainz, Mariah Coan, Marisa Newton, Benji Wilebski (laying). Back row: Brandon Kostrzewski, Jordey Marquis, Marcus Alderete and Caleb Olson.



Honor Guards were, L-R: Kristin Farris, Jeremy Wiskow, Alec Kiesow and Ashlyn Henrickson.



Left: Benji Wilebski, Valedictorian, gets emotional during his Graduation Address. Right: Mariah Coan, Salutatorian, also gave a touching Graduation Address. Mariah received local scholarships, along with money from Bemidji State University, that totals over \$20,000. She plans to pursue her degree to become a Music Teacher.



Marisa Newton, with her dad, Luther, during the Flower Presentation.



Musical selections were performed by the Class of 2016, who sang “Bumpy Road”, and Kansas and Kendra Jensen, who sang “Forever Young” by Bob Dylan.



Mariah Coan gets a hug from her parents, Robert and Deanna.



Left: Marisa Newton with her Goodridge High School diploma. Right: Heather Glenn receives her diploma from Superintendent Galen Clow.



Marcus Alderete is pictured with his family last Sunday, May 22nd.





Carter Johnsrud, of Goodridge, (front row, far right) in a rehearsal scene from “Fiddler on the Roof.”

Johnsrud performs in Hometown Talent Show 2: Broadway Bound

Thief River Falls Area Community Theater’s 21st summer season opens on Tuesday evening, May 24th, when Hometown Talent Show 2: Broadway Bound! begins its three-night run.

Written and directed by Jane Anderson, with a cast of over 35, this show is designed to entertain absolutely everyone. Performances are Tuesday through Thursday, May 24-26, at 7pm each evening at the Northland Community and Technical College Theater in Thief River Falls.

Hometown Talent Show premiered in May 2015 and sold out all three performances. With that kind of success, the

Thief River Falls Area Theater board determined to produce a second year. It’s a fun, fast-paced show that includes as many talented individuals as are interested and available to rehearse and perform. It’s a great community vehicle to get performers with vast experience, as well as others who are new on to the stage.

Among the performers is Carter Johnsrud, of Goodridge. She is the young daughter of Cliff and Jena Johnsrud.

For more information on the Thief River Falls Area Community Theater, check them out at www.trfact.org or find them on Facebook.

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

Dulcinea

\duhl-Sin-ee-uh, duhl-suh-NEE-uh\

Noun

A ladylove; sweetheart.



Grygla Elementary 4-6 graders held their Track & Field Day last week. Pictured above is 4th grader, Callie Loken. Pictured below is 6th grader, Clayton Suchoski in the long jump.



Relay for Life

- Schenkey/Olson stories continued from front page

disease and I know how scary it was to watch someone go through it. At the time of my diagnosis, I had a 4 year old daughter and a newborn. My 4 year old struggled with my diagnosis. She had to watch her mommy drive away many times a week for chemo, lab, scans and doctor’s appointments. I will never forget her saying, “Mommy, I don’t want you to have cancer anymore.” My baby will never remember what we went through, but I resent the fact that while having cancer, I missed out on precious moments and cuddles I will never get back. She grew into 3 month clothing, then 6 month clothing, and I barely remember any of it. One of the most important things to me was to try and keep our life as normal as possible, however because my immune system was compromised, we didn’t attend a lot of family gatherings or events due to possible exposure to illnesses. We also changed things in our household to fit my healthcare needs and we were super careful about germs.

I am so thankful for all the wonderful help I received along the way. The doctors, nurses, and other healthcare providers were amazing and helped me feel safe. I have a husband that was there for me every step of the way. My mother was my caregiver and helped me in more ways than I can ever thank her for. I had many family members offer help and some people I didn’t even know sent me such wonderful things. I also got texts and Facebook messages of encouragement and support often. I was very fortunate that my boss and co-worker at the time were so supportive and caring. They never made me feel guilty when I was trying to juggle appointments with my work schedule.

My advice to anyone who is wondering how to help a cancer patient is to just be there. Be there with an ear to listen, love, compassion, and offer your help to them. Sometimes in this life we need to lean on others for help. I am very independent and a very hands on mom, and even though I am all of that, I realized I needed help from others to get through that difficult time.

We will never know when my cancer came. I had complications through prior pregnancies but also had two normal pregnancies. The outcome of all of this is that people need to be proactive and know your body when something isn’t right. If I would have waited the cancer could have spread to other parts of my body. This is a cancer that many people are unaware of. It is so rare and nobody thinks that after having a baby or miscarriage you would have to worry about cancer. I read an article about Jen Arnold from the show Little People; she was diagnosed with this form of cancer after a miscarriage. I felt connected

to her a little bit. I never in a million years thought I would have to worry about it, just like her.

After my diagnosis, I went online and was able to connect through email with a doctor in Boston who was a great help to me. I also read many blogs after and during my diagnosis. Women in these blogs feel very alone because it is so rare. I hope my story will make others aware of this rare cancer and be aware that it could happen to you. Interestingly, during this journey we found out males can have elevated HCG levels which diagnosis them with a form of testicular cancer.

I have learned a lot through all of this. My hope is that my story will educate others. Life is a beautiful, wonderful, crazy and scary ride, but when I look at my children and family, I realize why I was put on this earth. I will continue to fight and be as brave as I can because when you are faced with cancer what other choice do we have? NONE...WE FIGHT!!!!

In closing, I would like to share a poem that I have hanging in my home by Bonnie Mohr. It is called ‘Living Life’.

“Life is not a race, but indeed a journey. Be honest. Work hard. Be choosy. Say “thank you”, “I love you” and “great job” to someone each day. Go to church, take time for prayer. The Lord giveth and the Lord taketh. Let your handshake mean more than pen and paper. Love your life and what you have been given, it is not accidental. Search for your purpose and do it as best you can. Dreaming does matter. It allows you to become that of which you aspire to be. Laugh often. Appreciate the little things in life and enjoy them. Some of the best things really are free. Do not worry, less wrinkles are more becoming. Forgive, it frees the soul. Take time for yourself, plan for longevity. Recognize the special people you have been blessed to know. Live for today, enjoy the moment.”

Susie Olson, Grygla, mother to Stephanie Schenkey

I am Susie Olson from Grygla and I have been a caregiver to several cancer patients. My first experience with being a caregiver began March 1, 1999, when my dad was diagnosed with stage 4 pancreatic and liver cancer. I, along with my two sisters and mom, became dad’s caregivers. We all worked full time so we worked out a schedule and took turns caring for his daily needs and going for doctor appointments and treatments. We started a notebook & wherever dad went the notebook went. This was helpful because we could easily track and be reminded of what was said at appointments. I remember sitting quietly holding dad’s hand when he slept,

filling meds, cooking healthy meals, and drinking Ensure with him just so he wouldn’t feel alone when trying to keep his strength up. Life as a caregiver became very hectic and even though I continued on with work, cared for my own family, and attended various events, it was difficult not to be with dad whenever I could be. Cancer changed the way I interacted with my dad, I let go of the minor things, because my time with dad was limited. On dad’s last trip to the doctor he was sitting in the backseat and I could see him in the rear-view mirror. He said, “I wish I could go to the doctor, just get a pill, go home, and go to the hay field.” All I could reply was, “Me too, Dad.”

My dad was a generous, kind and loving person. He was always so strong and always took such good care of us. It was difficult for him to accept that we were now his caregivers and just let us take care of him, but he did it with such dignity. It has been good to forget the bad times from his journey with cancer and rejoice in the good. Dad passed away July 5, 1999.

In early March 2000, my sister was diagnosed with stage 4 lung cancer. I was in disbelief, how could this be... we had just lost our dad. I remember hearing the words from my sister and keeping it together until our phone conversation was done. I then laid down on the floor and cried...my sister...my friend...Oh dear God.

Again we began the journey; my sister, Connie, Bonnie’s husband, our mom and myself took turns with care and appointments. Bonnie’s regiment required lung surgery, harsh chemo, daily trips to Fargo for radiation, scans, blood work and more scans. She also required another surgery because the cancer had spread to her brain. During a very difficult time in Bonnie’s cancer journey, she looked at me numbly and asked, “How can I go through more?” I took her hand and told her we would carry her if we had to. As a caregiver, you do the best you can to help and make the patient feel as comfortable as possible. My sister was a very courageous person. I will always remember how she loved life and how hard she fought to win her battle with cancer. I also remember my mom crying saying, “My baby, my baby, my baby...” because no matter how old your children are, they are your babies. On October 21st, 2001, my sister passed away. I am so thankful that I got to be part of her care. I carry her strength with me every day. I believe cancer involves your whole family and your friends. It chews you up, spits you out, and you have to live with a new normal.

I never really understood my mother’s pain of having a child with cancer until Feb 2, 2015, when our Stephanie was diagnosed with Choriocarcino-

ma, a very rare cancer. I was repeating my mother’s words, “My baby, my baby, my baby...”

I felt the world had dropped out from beneath me. I was so afraid of what was to come, my prior experiences with cancer placed many worries in my head. I knew, no matter what, I had to be there for Stephanie and her family. Stephanie was a 28 year old mother of a 4 year old and an infant. This time my caregiving role spread not only to Stephanie the patient, but to her children. I knew that for Stephanie to be able to go through this very difficult time, she would need to know her children were safe, healthy and well taken care of. So, even though I wanted to be at every appointment, it was important to alleviate Stephanie’s stress by taking care of her children in their home; this allowed her and her husband to go to the appointments. I would be there when they got home and I would give Stephanie the best possible care I could.

Each day I spent in their home I put on my game face - 6am, 4:30am, 5am. Whatever time and when they needed me, I entered their home with a positive attitude, hugs and smiles and I sent Steph and Jake off with my love and blessings. As a mom, my heart broke for Steph, but as a caregiver you need to be strong. People don’t realize the changes families go through dealing with cancer and the treatments. Households change, care plans change, constant appointments while watching the decline in health of your loved one. There were times when my 4 year old granddaughter would wonder and wait for her mommy to return home. I played many games of distraction making up new distractions as we went along. I said many times to Stephanie, “I wish it was me instead of you with cancer.” But we had to face reality. We prayed a lot and our faith carried us. I was there for Steph to lean on and through this experience. I cherish all of the heart to heart talks Stephanie and I had. We have always been close, but this has made our bond even stronger.

I am in awe of my daughter; she faced her cancer diagnosis with such bravery! I was very lucky to have help with taking care of Steph, my wonderful son-in-law (who actually didn’t mind having me around), my two granddaughters, who brought so much joy to their mom, my husband and our family for love and support, friends, neighbors, co-workers and my work place was very supportive. They allowed me to take the time I needed with my daughter. I also have a wonderful sister, who cared for me when I felt lost and tired; she listened to my worries, my fears and spent time waiting with me.

During the caregiving time with Steph, my sister-in-law and mother in-law were both diagnosed with cancer. Even though I couldn’t be with them, I did the best I could to support them with phone calls, visits and love.

Caregiving is keeping a bag packed by the door, showing a smile, giving a back rub, sharing a quiet chat and so much more. Cancer changes the way you recall the past and how you look at the future. We are so thankful that Stephanie is doing so well. We move forward with hope that she never faces this challenge again and celebrate each milestone.



Lewis Jones placed 1st in the 50-yard dash last week at the Grygla Elementary Track and Field Day. Kaylor Torgerson came in 2nd, with Avery Moe placed 3rd! Close finish!



For the girl’s division, Ahna Stanley and Emily Carlson finished neck and neck, but Emily took home the 1st place ribbon! The two girls are completing 5th grade this week!



Tatum Carrlson, a Grygla 4th grader, competes in the Softball throw at last week’s Track and Field Day for the 4-6 graders.

Christian Loken, Nolan Anderson and Lewis Jones look on.

The K-3 graders will hold their Track and Field Day this week.

Funds available... Continued from page 2

single-family housing Section 504 program assists local homeowner's complete essential repairs and removes health or safety hazards from their home. To qualify, applicants must own and occupy the home; applicants must meet Rural Development's income limits.

For loan eligibility, applicants must also have an acceptable credit history, show repayment ability, be unable to afford a conventional loan and live in a community with a population of 20,000 or less. The maximum loan is \$20,000, repayable over 20 years with a 1% interest rate.

Grants are limited to elderly homeowners over the age of 62, and grant funds can only be used to remove health or safety hazards or remodel dwellings to make them accessible to household members with disabilities. The maximum grant is \$7,500.

For more information, contact the local Rural Development office in Thief River Falls at (218) 681-2843, ext. 4. More information is also available at www.rurdev.usda.gov/mn.

More than \$483,000 of Garden Valley Capital Credits paid in May

Over 15,700 checks, totaling more than \$483,000, were issued on May 19 to Garden Valley Telephone Company members who had service with the cooperative in 2000 and/or 2015, including over \$27,000 for members with Grygla, Gatzke and Goodridge addresses. Advantages of a Co-operative More than \$12.6-million of capital credits have been authorized by the Board of Directors for payment to Garden Valley members over the last ten years. Article VII of the cooperative's By-Laws provides that capital credited to members may be retired and paid if the financial condition of the cooperative will not be impaired. 111th Annual Meeting Garden Valley's 111th annual membership meeting will be held in the auditorium of the Win-E-Mac Public School near Erskine on Tuesday, June 7, beginning at 10:30am. Registration starts at 8:30am with 'The WoodPicks' entertaining during registration.

Marshall County Fair activities for Senior Citizens Clubs

Summer is upon us, and before we blink an eye it will be fair time! The Marshall County Fair is July 20-24, 2016. It's time to get ready! Senior Day at the fair is Friday, July 22, with events as follows:

The Senior Citizens Music and Program will be at 1:30pm at the Vonasek Stage. The program will feature Music by Carol Donarski Michalek and Todd Ethier. The talented siblings love entertaining, visiting with people and having fun.

Senior Citizens Award – Every club is encouraged to have a male and female candidate for the outstanding Senior Citizens Award. County winners will automatically be entered in the Minnesota State Fair competition. Each club is asked to provide at least one \$5.00 door prize for the Senior Day Program at the County Fair.

NEW this year-- VENDOR FAIR for Senior Citizens Clubs. Each club will have the opportunity to sell homemade crafts, food and other items. This activity will be free of charge for the clubs. Tables will be set up in the open class exhibit building on Senior Day, from 12-6pm. If you would like to participate in this event, please contact Karen Michalski at 218-437-6313.

Please consider entering the 'Marshall County Fair Open Class Department Senior Citizen Clubs Exhibits', which include: 1. Poster, Marshall County Related Theme 2. Quilts 3. Display/exhibit may showcase club member's hobbies, crafts, precious heirlooms, or heritage items. The 4-H Food Stand and other vendors will have specials for seniors on Senior Day.



Ross Sutter and Stina Fagertun put on a Scandinavian program at the Grygla Community Center recently! Stina is a storyteller from the fjords of Arctic Norway. Ross sings Scandinavian and American traditional songs. They entertained a crowd of about 25 on Wednesday, May 4th. The program was brought to Grygla by the Legacy Program through the Northwest Regional Library.



Pictured above is the GG Chargers Track Team, which is coached by Jason Grandstrand and Brady Olson. The Senior High team attended a track meet in Warroad last Thursday and came home with a few proud finishes! Tyler Stinar finished 2nd in the 100-meter dash; Caleb Olson finished 3rd in the 100-meter dash and 2nd in the 200-meter dash; the 4x200 relay boys finished 2nd with that team being made up of Robert Brummit, Dylan Walker, Tyler Stinar and Caleb Olson; the 4x800 relay boys finished 3rd with that team being made up of Antony Yip, Felix Jensen, Jon Hayes and Michael Jelen.

The Sub-District track meet was held Monday, May 23rd, at UMC in Crookston. As of print date, no stats available. If any Chargers members qualify for sections, that meet will be held in Warren on June 4th.

Grygla Elementary Spring Concert



The Grygla Elementary School spring program was held Friday, May 13th, under the direction of Gene Lunsetter. Above are the 4-5 graders; below are the K-3 graders.



Having solos in the spring music program were, L-R, Kinsley Oslund, Ahna Stanley & Kia Klein, and Brody Saurdiff.

EXTENSION NEWS

By: James Stordahl

Reducing Ash Content in Forages

Dan Undersander, Wisconsin Extension Forage Specialist, recently posted an article about reducing ash content in hay crops. He points out that the typical ash content, primarily minerals in a hay crop, runs about 8% in alfalfa and 6% for grass. Higher levels of ash indicate contamination from soil.

A summary of haylage samples from the University of Wisconsin Forage Lab averaged 12.3%. Dry hay samples averaged 10.3% (from 8.8% to 17.6%). At 18%, this would mean that animals would be consuming almost 1 pound of dirt with each 10 pounds of hay or haylage!

Dr. Undersander suggests looking at the following opportunities for minimizing excess ash content in forages.

1. Raise the cutter bar of a disc mower. You will be giving up a little bit of yield, but gaining quality. Research suggests you can cut as short as 1.5 inches for alfalfa to maximize yield. Many grasses will regrow better with a 3 to 4 inch cutting height.
2. Use flat knives on the disc mower. Knives are angled or curve to create some lift for picking up down hay. Ash is more of an issue with dry soil. Think about your situation.
3. Avoid harvesting lodged forage. That can be tough to do because we can't control the weather. There might be opportunities to select varieties that stand better and still provide suitable quality. Some people lean toward cutting early with a good weather opportunity to avoid getting delayed by weather having more lodging.
4. Watch ground speed, especially on rough fields, to reduce header bounce that shaves the ground.

5. Keep the windrow off the ground, which can be a challenge. Cutting a little taller might help. Laying a wide swath on dense stubble might help. Some people prefer to cut to the same swath width they chop for haylage, hoping that raking won't be necessary for chopping. Some people don't like to lay hay in a swath so wide that they have to drive on it when soil conditions are wetter because they find that they pick up more dirt in the hay if they need to drive on it in raking it together again.
 6. Keep rake tines from touching the ground. This has to do with height adjustments and ground speed. You can think about baler and chopper pickup teeth the same way. You might figure out whether leaving a few spears of hay in the field is a suitable trade-off for better quality.
 7. Use a windrow merger or inverter rather than raking. Your own experience counts.
 8. Store bales off the ground. Consider storing dry hay bales on concrete in a shed with a plastic sheet under the hay to prevent it from picking up moisture from the concrete.
 9. Put piles and bags on a concrete or asphalt surface to minimize soil picked up during feeding. If not on a hard surface do what you can to reduce muddy conditions
 10. If combining 3 swaths, move two swaths on top of a third in the middle rather than moving all three swaths.
- Good observations skills and common sense in the field are keys to looking for ways to operate equipment to make the best of forage quality.
- Dan's full article can be found at <http://fyi.uwex.edu/forage>. For more information contact me at stordahl@umn.edu or 800-450-2465.

SIMPLY DELICIOUS

The Best Chocolate Chip Cookie Bars



1 c butter
1 c brown sugar
¾ c white sugar
2 tsp vanilla
2 eggs
3 cups flour
¾ tsp salt
¾ tsp baking soda
1 c chocolate chips

Instructions: Cream butter, sugars and vanilla together. Add in eggs. Stir in flour, salt and baking soda until combined. Gently fold in chocolate chips. Spread in greased 9x13 pan. Bake at 350 degrees for 20 minutes, or until lightly golden brown on top.

DO IT YOURSELF

How to improve your garden soil with 3 easy kitchen ingredients

A compost heap is a great way to recycle kitchen waste and improve your garden soil for free. However, not everyone has the space needed, and depending on where you live, you may want to deter any unwanted furry visitors. So here are a few tips on how you can improve your garden soil without a compost heap using just three easy kitchen scraps you'd normally throw away.

EGG SHELLS

Rinse out any egg shells you have and allow them to dry for a few days in a bowl. When they are dry they crush very easily. This will help them to break down quickly when added to the soil. Crushed eggshells improve drainage, and the addition of the calcium is excellent for promoting plant growth and preventing blossom end rot in tomatoes and squash plants. They are also a good deterrent for slugs and snails. Scatter a generous barrier around any young seedlings that you want to protect.

COFFEE GROUNDS

Coffee grounds can also be added directly to the soil. They act as a general fertilizer, adding organic matter, improving drainage and water retention, along with soil aeration. As they break down, they will continue to add nitrogen, which is great for plant growth. Coffee grounds also work very well as a mulch around plants. This keeps earthworms very happy, too!

BANANA SKINS

Adding banana skins is another excellent way to improve your garden soil. They can be added directly to the ground as long as they are cut up into very small pieces. The pieces will break down faster and allow all the micro-organisms in the soil lots of surface area to work their magic. This will create plenty of organic matter resulting in a light, well-drained soil, which is full of earthworms. Once the banana skins have broken down, they will add a powerful cocktail of nutrients - calcium, magnesium, sulphur, phosphates, potassium and sodium, all of which help plants grow well and develop their fruit.



These cuties were spotted outside of their den, along Settler Road in rural Grygla; the fourth baby fox had already been scared away by the time the camera was out!

Did you know: Two or more fox are called foxes (even though it sounds odd)! A baby fox is called a cub. Female foxes are called Vixens, while the males are called Dogs. They have a life span of 2-5 years, but some have lived up to 14 years! A fox does not live in a pack; it lives and hunts alone. Most cubs leave their mother by 6-12 months of age.