



				
Today	Thurs	Fri	Sat	Sun
Showers	Partly Cloudy	Scatt. Tstorms	Partly Cloudy	Mostly Sunny
H 55 L 44	H 69 L 50	H 77 L 55	H 75 L 53	H 77 L 53

Wednesday, June 1, 2016

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Vol. 42 Number 48

A look at next week... Chix from the Stix participate in Marshall County Relay for Life.

An unexpected and rare diagnosis

Written by Kari Sundberg, Eagle Editor

When she found a lump in her groin area, Amy had no idea that the next two years of her life would be so trying. What started out as something so small, has turned into many bigger health discoveries and trying moments for Amy Sorvig, of Grygla.

With an upcoming benefit, and many people around the community asking Amy about her rare medical diagnosis, she decided to sit down and share her story.

"If I can help anyone in any way...that's what I want to do," she says.

Let's start from the beginning.

Two years ago

With no immediate family history of cancer, Amy found a lump in her groin area. She wasn't sure what it was and waited a couple of weeks to see if it went away. Her husband, Ryan, pushed her to go into the Doctor's office to have it checked; this was about two years ago.

Dr. #1 put her on antibiotics to treat it as an infected lymph node, but also ordered an ultrasound. Three days later, Amy received a call with abnormal results and was asked to go back in. With other swollen nodules in the area of the main lump, the doctor suggested keeping Amy on antibiotics for a month while monitoring it, and they'd go from there. "I could see it in his face that he wasn't sure what it was or wasn't sure if he should move forward with it. I decided to get a second opinion," Amy recalls.

Getting another opinion in Thief River Falls, Amy visited with Dr. #2, who right away wanted to biopsy the lump with a surgeon to make sure it wasn't cancer. He sent her to Dr. #3 in Crookston. (Amy stressed the importance of getting second, even third, opinions and said she has had many doctors throughout this journey.) Instead of a small biopsy, Dr. #3 ended up removing three lymph nodes during that "same day" surgery. "I'll never forget that day," said Amy. The doctor said, "Well folks, I don't want to sugar coat this. It doesn't look good." He called her three days later and said the preliminary results appear to be Lymphoma, which is a cancer of the lymph nodes. Fast forward the clock two weeks, and Dr. #3 called Amy again. The results had changed. He said, "We're not too sure it's Lymphoma. We're not really sure what it is exactly, but whatever it was...we think we got it out."

Amy was left feeling confused and wondering what she should do.

"I just had to believe what they were saying, I guess. All of my blood work and follow-up tests showed normal results so the doctors were left as stumped as we were," she says.

"I didn't get any closure, though. I kept wondering if I had cancer or not and kept worrying and always checking myself for lumps," she says. The doctors didn't refer Amy on to any other doctors at that point. They felt confident there wasn't a need for worry and they had removed whatever it was.

A year later

A year of worrying and all of a sudden Amy noticed her eyes starting to swell. "Major swelling," she says. Along with that, burning, itching and pain kept her up at night. Back to Dr. #1 she went. Right away, that doctor ruled out Amy's thyroid. He felt very confident the issues with her eyes were caused by an allergy. "Quit wearing makeup and change shampoos," he said. Amy was put on eye drops and sent on her way. "If they aren't better in a week, come back," he suggested.

Amy's eyes never got better and she was recommended to an eye doctor.

In the meantime, she was in the process of pursuing Lasik eye surgery, which was a personal choice, and her eye doctor wasn't too concerned about the swelling of Amy's eyes and suggested it could just be dry eye. They went ahead with the Lasik surgery, which went great. After routine checkups, the eye doctor changed his opinion, though, and thought

Another biopsy was done, this time farther back behind the eye, and the results proved to, indeed, be Erdheim-Chester Disease. That was basically all Amy was told at that point. She was sent back home to heal for a couple of weeks. Once they returned to the Mayo, they'd learn more about the disease and how they'd move forward. "That's one thing about the

woman started the discussion group because her husband had died from the disease and she wanted a place for others to share their diagnosis, concerns, worries and stories.

"I used to be such a closed off person," Amy said. "But I have been investigating this disease and digging into it so much the last couple of months. My support group has taught me how to open up. They have been so influential in my life and have provided me with a lot of knowledge on the disease. These people have changed my life," she pointed out.

Since the disease is so rare and treatment plans are basically an experiment, she is learning through her support group that it's hard to get insurance companies to pay for necessary treatments and medications. The disease seems to respond well to cancer treatments, though, and newly released information has actually reclassified Erdheim-Chester Disease as a cancer, a histiocytic neoplasm, which is a slow-growing blood cancer that may originate in the bone marrow or a precursor cell.

Because Erdheim-Chester Disease isn't even in the medical books (it's recently been written about in medical journals and is starting to be looked at more) Amy's doctor said it's probably the most undiagnosed or misdiagnosed disease. If someone has it in the eyes, they're probably given a Grave's Disease diagnosis; if it's in the liver or brain, they're probably told it's something else. The disease is associated with high mortality rates, but with proper treatment, and a small area affected, the disease is treatable. Amy says she feels very lucky to only have it in her eyes as other members of her support group aren't so fortunate.

"I look online and I see a 5-year life expectancy. But as I have learned, people have also lived decades with this. So when my mind goes there, I quickly shut it off. I am choosing to stay positive, plus my doctor has reassured me that I am in good hands," she said.

Most of what has been written in recent medical journals about Erdheim-Chester was written by Amy's doctor, a hematologist, in the last three years.

"The Mayo Clinic told me I will probably end up in all sorts of medical journals; not my name, of course, but my eyes!" she laughed.

Right now, Amy is putting all of her trust in her doctor. She has various appointments set up for Wednesday, June 1st, the day this article comes out.

"From what I've read, this disease can also affect the long bones in your legs. For a while now, I've been having issues with my ankle. Is it related to the Erdheim-Chester? Am I just being paranoid? I don't know," she says. "I'll find out more once I go back, I guess."

Amy says she will share the outcome of her appointments with community members and sit down for a follow-up article with the Grygla Eagle.

At this point, they haven't been able to share much because they haven't been told much. But now hopefully, after her June 1st appointment, she can get necessary information and share it. "If I can help anyone in anyway...that's what I want to do," she says.

Amy and Ryan have one daughter, Ava, who is 9 years old. Because both Amy and Ryan have had to take so much time off of work to deal with Amy's medical issues the last couple of years, things have gotten really hard for their family, financially. Amy is employed by Digi-Key and Ryan

Rare diagnosis... Continued on back



A recent photo of Amy, Ryan, and their daughter, Ava. A benefit for the Sorvigs will be held Sunday, June 12th, from 12-4pm.

the swelling could be related to the thyroid. Amy went back to Dr. #1. Her thyroid was tested again and everything came back normal. She was then set up with an allergist in Fargo. All of those tests came back normal. That particular doctor thought Amy should see a dermatologist about her eyes, in case it was a skin related issue. "I didn't pursue that," Amy said. "I knew it had nothing to do with my skin, and at this time, my eyes were swelling worse and worse and full of pressure." She went ahead and made an eye appointment with a doctor in Grand Forks, whose practice she knew was closely related to the Mayo Clinic.

At this time it was the winter of 2015. Amy said that doctor ran tests nobody has ever ran before. "He was immediately concerned about the way my eyes were protruding and ordered an MRI, which showed significant swelling of the tissue around my eyes," she said. Once again, blood work was done on Amy's thyroid, but it all came back negative. A biopsy was done on the muscle around the eye. The results showed inflammation, but no diagnosis was able to be made. This particular doctor felt confident in treating Amy for Grave's Disease, which is a thyroid disorder. "I kept saying all my thyroid tests have been normal...how could this be?" Amy questioned. But the doctor basically told her it had to be that....that was all there was left.

Amy didn't feel comfortable with this diagnosis. Having diabetes, and undergoing treatment for Grave's Disease, she would've had to take medications that weren't good for her, along with taking radiation. "I wanted to trust this doctor, but I just felt uneasy about it all. I didn't want to settle for that diagnosis, especially when all my thyroid tests came back normal," says Amy. "I wanted another opinion and requested to be seen at the Mayo Clinic," she added.

Winter of 2015-16

Right after Christmas, the Sorvigs went down to the Mayo Clinic. Upon immediate examination, the doctor said, "I would bet money on it that you have Erdheim-Chester Disease." Amy had never heard of that before, but was told it was treatable and they'd get into it more at a later time. First, this doctor wanted to run more tests and do another biopsy.

Mayo," Amy commented. "They don't give you a whole lot of information until you get there." The doctor did say once Amy came back, they'd do a PET scan to make sure the disease wasn't affecting any other areas of her body.

Amy wasn't told much about Erdheim-Chester Disease, except that it was a very rare disease that affects blood cells and tissue and presents itself like a blood disorder or an autoimmune disease. She was told there were only 200 cases world-wide and not to research the disease too much online as the information is outdated and inaccurate; new information and treatment plans had been written and they'd discuss it at their next meeting.

"We'll tell you everything you need to know when you get here," they said. Which would be February of 2016.

February/March 2016

Amy went back to the Mayo and had her PET Scan to make sure the Erdheim-Chester Disease wasn't showing up anywhere else in her body, except her eyes. Oddly enough, the doctors then found thyroid cancer.

"How could that be?" Amy thought. "Especially when all of my previous thyroid tests came back negative..."

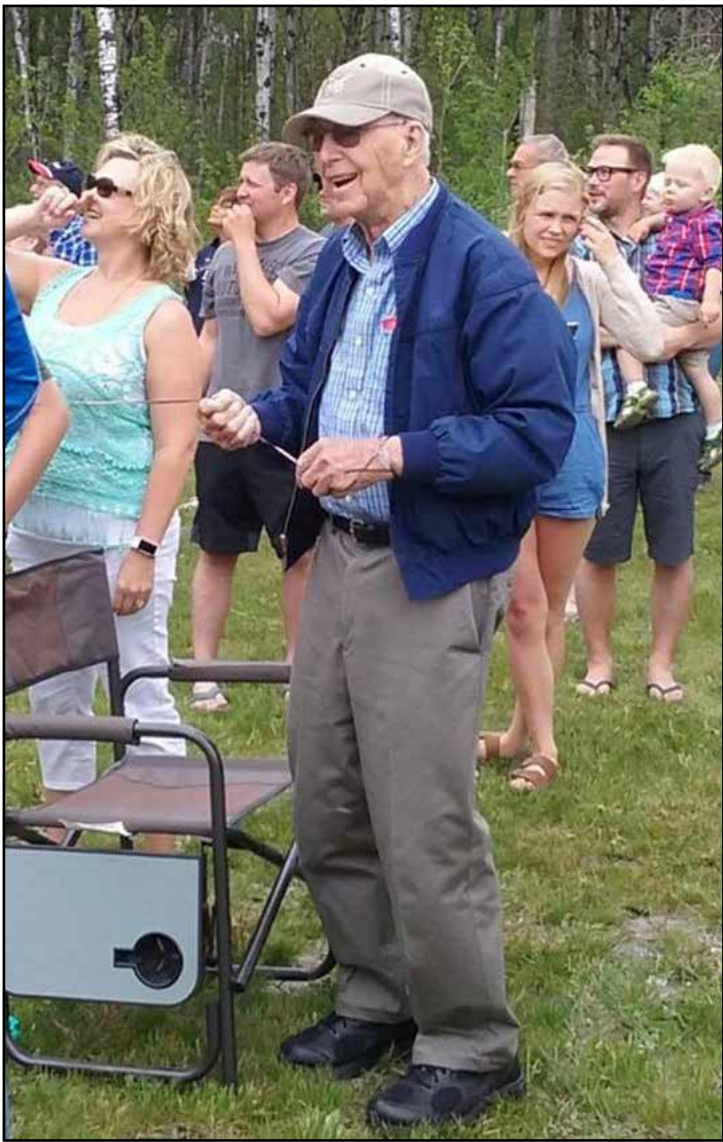
Amy was told thyroid cancer is not related to Erdheim-Chester Disease in any way, but says she can't help thinking it's all connected somehow.

The doctors put the Erdheim-Chester diagnosis on the back burner and told the Sorvigs they'd have to do this in steps. The #1 priority was taking care of the thyroid cancer, which was caught at an early stage 1. Amy's thyroid, along with all of the cancer, was removed and she was given radioactive iodine treatment. They set her up with various appointments scheduled for June 1st, 2016.

Current day

At Amy's June 1st appointment, her doctors will follow-up with the thyroid surgery to make sure all's well. They will then start tackling the Erdheim-Chester Disease. Amy is anxious for this appointment, as she really hasn't been told much about the disease itself. "I have no idea what they are even going to do or where we are at," she shrugged.

The last couple of months, Amy has joined an online support group for people diagnosed with the rare condition. A



Otto Hagen celebrated his 99th birthday with family and friends on May 22nd! To represent his age, 99 balloons were released into the skies above Grygla!



YARD OF THE WEEK

'Yard of the Week' is back for the summer! The first yard featured for the season belongs to Jason and Allison Kanegas, 26045 290th Ave NE, rural Goodridge.



In their quaint garden area sits an old porch amongst raised garden beds. The porch came off of Jimmy and Robbin Breiland's home, of rural Thief River Falls. "It was built in the 1930's with wood coming from the resettlement days," says Allison. "I was told it was a sunroom that Selma Breiland did a lot of reading in," she offered. (See page 3 for more pictures and info!)

Fall Festival Logo Contest

The Grygla Fall Festival Logo Contest is now open! You have until June 21st to submit your design. The contest is open to all ages and if chosen, your design will be featured as the 2016 Grygla Fall Festival logo featured on the buttons and mugs. A cash prize is also awarded. Logos can be dropped

off with Kari Sundberg at the Grygla Eagle Office or mailed to PO Box 181, Grygla, MN 56727.

The next Grygla Fall Festival Committee meeting will be meeting Thursday, June 23rd at 6pm at Yo-Hawns. Grygla Fall Festival is being planned for August 26-28, 2016.

CHURCH CALENDARS

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

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor Craig Bowyer
Sunday:
United: 9am Worship, 10am SS
Our Savior's: 11am Worship

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

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday:
St. Clement's: 11:45am 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 Merseth
Wednesday:
5-7pm Wed. School/Confirmation
Saturday:
Mt. Olive 9am Worship
Nazareth spring cleaning @ church 9am (potluck)
Sunday:
St. Petri: 8am Worship
Nazareth: 9am brunch w/ 9:45am Worship
Oak Park: 11am Worship

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

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! Grygla Eagle !
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grygla.eagle@gmail.com

Community Calendar
Wed | June 1
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm (Summer Reading Program begins); Grygla Eagle office open 2-6pm; Grygla Centennial Committee Meeting at Community Center 7pm
Thurs | June 2
Chargers youth baseball kick-off party at the Grygla Park 6pm
Fri | June 3
Senior Meals at Grain Bin Café 11am; Mark Brobst Benefit at Grygla Community Center 3-8pm
Sat | June 4
Sun | June 5
Open Sand Volleyball in Grygla 6-8pm
Mon | June 6
Chargers youth baseball practice in Grygla 10am; Senior Meals at Grain Bin Café 11am
Tues | June 7
Chargers youth baseball practice in Grygla 10am

Thank You
My thanks to the good job the Grygla Fire Department did at the fire at my farm, also forestry and DNR Department and many others that were there and helped.
Arlene Clausen

Accepting Bids
The Marshall County Sheriff's Department is accepting bids on the following vehicles:
1) 2006 Kia Spectra
2) 1998 Dodge Ram Pickup
They will be available for viewing by the Marshall County Law Enforcement Center.
Bids will be accepted by the Marshall County Auditor at 208 East Colvin Avenue, Suite 11, Warren, Minnesota until 4:30 pm on June 15, 2016. Please label the bid as to which vehicle you are bidding on. For further information please contact Marshall County Sheriff's Department at 218-745-5411.

MARK BROBST BENEFIT
Earlier this year the Brobst family lost their shop due to a fire. Shortly after that loss, Mark went to the doctor with some health concerns and was diagnosed with Stage III Lung Cancer. To receive the necessary treatment, Mark has been traveling to Grand Forks five days a week.
PLEASE HELP US SUPPORT THE BROBST FAMILY.
There will be free will donation meal and silent auction.
JUNE 3RD, 2016
3:00 - 8:00 PM
GRYGLA COMMUNITY CENTER
127 NORTH MAIN AVE • GRYGLA, MN 56727
For more information contact:
Jim Hest, 218-294-6701 or 218-688-2559
Scott McGregor, 701-885-1862 or Ben Albert, 701-361-1114

“My Grandma Ruth” wins essay contest

The Marshall County Council on Aging recently held an essay contest for grade 6 students across the county in honor of Older Americans Month. Students were asked to write an essay in school about any older person who is special to them; someone they look up to and/or enjoy visiting with.
Essays were judged at the local school district level. Winning entries will be judged by the Council on Aging reps at their June meeting. County-level prize winners will be awarded at the Marshall County Fair.
Winning 1st place out of the Grygla Sixth Grade class was Riley Saurdiff, daughter of Carson and Missy, who chose to write her Older American essay on her grandma, Ruth Anderson. Her winning essay is included below.
“My Grandma Ruth”
By Riley Saurdiff
I admire my Grandma Ruth Anderson. I love her because she cares for me, loves me, and she goes out of her way to help us with things. She helps me and my brother with our homework.
Things me and my grandma do together are play baseball, basketball, cards, and other fun games. In baseball when she was running the bases, I said “run” and she said “I am running”. It was pretty funny! In basketball I try to tell her how to play lightning but she always forgets. She is pretty good at cards though. She beats me most of the time.
I admire my grandma because she works very hard. Also because she makes food for us, cares for us, she also has my sister for daycare on Mondays and Fridays. She also takes care of another baby names Scarlett. Sometimes I think she might work to hard.
My grandma is special to me because she helps me with things like my homework. I can help my grandma by making food, helping in the garden, and cleaning up toys from my brother and sister. They are not very good at cleaning up toys.
I love my grandma because she cares for me and loves me. These are the reasons I love her. She is very special to me!



Ruth Anderson is pictured with her grandchildren, Brody, Josie and Riley Saurdiff. Riley recently won 1st place in an essay contest about her grandma.

Stepping Stone and Bench Orders
will be due August 1st, 2016 for this years delivery of August 15th.
Mail to: Veterans Memorial PO Box 45 Grygla, MN 56727
Thank you for your support!
For order forms, call 294-6433 294-6441 294-6053 378-4274 459-3436
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Chargers youth baseball to begin

The Chargers youth baseball program will begin for the season with a kick-off party this Thursday night at 6pm at the Grygla Park. Kids and parents are invited to eat and play baseball! You are asked to bring your own chips and beverage to go along with the supper provided. The June baseball schedule is included below for your reference.
June 6: 10am practice in Grygla
June 7: 10am practice in Grygla
June 8: 10am practice in Goodridge
June 9: 10am practice in Goodridge
June 13: Game at Stephen 9am (bus leaves Goodridge at 7am and Grygla at 7:30am)
June 15: Game vs. Karlstad in Grygla at 9am
June 17: Game at Newfolden 9am (bus leaves Grygla at 7:30am and Goodridge at 8am)
June 20: Game vs. Hallock in Grygla at 9am
June 22: Game vs. Argyle in Goodridge at 9am
June 24: Game vs. Warren in Goodridge at 9am
June 27: Game at Middle River 9am (bus leaves Goodridge at 7:30am and Grygla at 8am)
June 29: Game at Greenbush 9am (bus leaves Goodridge at 7:30am and Grygla at 8am)



Last Sunday, May 29th, a dedication of the sign for St. Olaf cemetery was held. The sign is dedicated in memory of Raymond Moe, who passed away in 1968, and Sheldon Nomeland, who passed away in 1998; the sign is in honor of Barb and Bernie Picolet and was purchased by their family. Children of Raymond Moe, Sheldon Nomeland and Barb & Bernie Picolet are pictured above with their families.
St. Olaf cemetery turned 100 years old in 2015, and is the burial ground of Grace Lutheran Church, in Grygla. Grace Lutheran was formed by the merger of three area churches; St. Olaf, Valle and Northwoods. The merger took place on August 18, 1959. The building site was that of the former St. Olaf Church. The Valle Church was moved from east Grygla and added to the building. The main part of the church was built at this time; it was completed in 1960. In 1994, the older church buildings were removed and a new kitchen, dining area, entries and class rooms were built.

Local Work meeting scheduled for Marshall County

The Marshall County Soil and Water Conservation District (SWCD) in cooperation with the Natural Resources Conservation Service (NRCS) will convene a local work group (LWG) meeting to provide guidance and discuss local resource conservation concerns and NRCS programs in Marshall County. The local work group includes representatives from cooperating federal, state and local agencies, conservation organizations, and the public to provide localized information on natural resource priorities in the Marshall County SWCD.
“I would encourage participation from local farmers, forestland owners and other land users to attend this meeting because the local work group values the knowledge that our local land users can bring to the table,” said Matt Waterworth, and District Conservationist. “NRCS has always been a locally led conservation agency working in cooperation with SWCDs to provide services to local land users on a voluntary basis. The local work groups are the foundation of the Focused Conservation Approach. The local work

Local work meeting... Continued on page 3

Congratulations to the American State Bank Scholarship Recipients!
Benji Wilebski Goodridge High School
Marisa Newton Goodridge High School
Erin Monson Grygla High School
Kelly Dougherty Grygla High School
Wishing you good luck and success all through your life!
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► EXTENSION NEWS

By: James Stordahl

Trees without Leaves

Forest tent caterpillars are out in full force in many areas of northwest Minnesota. Forest tent caterpillars are quite common, but this year, we are experiencing an outbreak of another pest as well, the eastern tent caterpillar, a close relative to the FTC.

Both species occur throughout most of the United States and Canada wherever hardwood trees are found. It periodically infests oak, aspen and many other tree species over large areas of northern Minnesota. The caterpillars are commonly -- but mistakenly -- called 'armyworms'. Groups of these caterpillars can defoliate trees, potentially injuring them, but most often not.

The eastern tent caterpillar is a bit different in that they construct silken, funnel-shaped webbing which provide shelter they use at night and during rainy weather. The tent will be small at first but will increase in size and can eventually become quite conspicuous. During the day they crawl out of these tents and feed on tree leaves. Although they are found on a variety of hardwood trees, eastern tent caterpillars are particularly fond of fruit trees, including apple, chokecherry, crabapple, plum, and cherry.

The caterpillar larvae of both species emerge from egg masses in early to mid-May, about the same time aspen leaves begin to open. Caterpillars feed actively on aspen and other broadleaf trees for five to six weeks. Despite its name, the forest tent caterpillar does not make a true silken tent. However, the larvae do spin an inconspicuous silken mat where caterpillars congregate on the trunk and branches.

Right now, the older larvae have become restless and move around trees and other vegetation to find food. Significant damage to nearby plants can occur at this time. In a couple of weeks, full-grown caterpillars wander from where they have been feeding to search for protected places to spin silky cocoons (to pupate). Full-grown caterpillars are about two inches long, mostly blue and black, with a row of white, footprint shaped markings on their backs, and many hairs along the edge of the body.

Adult moths emerge from cocoons about two weeks later in mid-July. These tan moths are nocturnal and are attracted to lights at night. Adults live for about five days. During this time they deposit 100 to 350 eggs in gray cylindrical masses surrounding small twigs. The eggs overwinter and larvae hatch from them during the next spring. There is only one generation per year.

In Minnesota, the number of forest tent caterpillar's changes in relatively predictable cycles. At the beginning of this cycle, forest tent caterpillars can be difficult to find. Over a period of about ten (8-13) years, their populations start to increase until they reach tremendously large numbers. These outbreaks usually last for about three to four years in Minnesota.

Natural controls, including cold or damp spring or early summer weather, starvation, and viral disease, can cause populations to crash quickly to very low numbers. Populations are also significantly reduced by wasps and flies that parasitize eggs, larvae, and pupae. The most conspicuous of these parasitic insects is a large gray fly, *Sarcophaga aldrichi*, which is often a nuisance to humans. This fly, native to Minnesota also increases numbers in response to forest tent caterpillar outbreaks.

Forest tent caterpillars can defoliate a large number of

broadleaf trees and plants. In Minnesota, quaking aspens are most frequently attacked. Other highly preferred tree species in Minnesota include balsam poplar, basswood, oak, ash, birch, alder, and fruit trees. When trees are defoliated, forest tent caterpillars may also damage other nearby plants. Damage has been found on vegetables, fruit trees and other small fruits, and nursery crops. This caterpillar rarely feeds on red maple and conifers, such as pine and spruce.

Trees that are fed upon by forest tent caterpillars are rarely killed by these insects because following complete defoliation, deciduous trees are able to produce another set of leaves during the same season. The main impact of forest tent caterpillar feeding on deciduous trees is a reduction in the rate of growth. Vigorously growing trees can tolerate up to two or even three consecutive years of heavy defoliation without suffering serious damage or mortality. If a prolonged defoliation cycle occurs, (four or more years), moderate to heavily defoliated trees may experience a reduction in growth, suffer branch dieback and could eventually be killed. A stressed tree can be injured or even killed in a much shorter time period than an unstressed tree.

In the home landscape, simple physical procedures (mechanical control) by the homeowner can be carried out to help manage the forest tent caterpillar. One management procedure is to remove and destroy overwintering egg masses from branches of small trees before eggs start to hatch in the spring. Also, caterpillars and cocoons can be brushed off houses, picnic tables, or decks with a stiff broom or brush or knocked down with a spray of water. Be careful not to crush too many caterpillars; they can smear and leave marks on some paints.

A great non-chemical method to deal with eastern tent caterpillars is to wait until they have retreated back to their webbing at the end of the day or on a rainy day and then pull out the webbing, along with the caterpillars. Then bury or bag them to properly dispose of them.

Another management tool available to the homeowner involves chemical treatment with insecticides. Insecticides should be sprayed when caterpillars are small and easy to manage. Larger larvae are more difficult to kill and can continue to heavily defoliate trees before some insecticides take effect. An effective larval insecticide is *Bacillus thuringiensis* var. *kurstaki* (also referred to as Bt), a microbial insecticide approved for organic production. Bt offers effective control and conserves beneficial insects. Other insecticides available to homeowners that conserve beneficial insects are insecticidal soap, spinosad (Conserve), and azadirachtin (Azatin).

More toxic insecticides are available to homeowners but tend to be more dangerous to handle and have the disadvantage of killing non-target beneficial insects which may lead to further problems later.

The most practical solution is patience with possible mechanical removal of tents and cocoons around your home. One common exception may be the newly planted yard tree that is heavily infested. Older yard trees will regrow new leaves once the caterpillars pupate in the next few weeks, but young, newly planted trees may need more protection.

For more information on forages, contact me at 800-450-2465, or at stordahl@umn.edu. Source: Jeff Hahn, UM Entomologist.



Local work meeting... Continued from page 2

group can define conservation needs and help localize efforts to address specific resource concerns," Waterworth added.

The Marshall County SWCD local work group will meet at the USDA Service Center, Warren, MN, 10-11am, June 7th. For more information, contact Waterworth

► SIMPLY DELICIOUS



Chicken Caesar Pasta Salad

This recipe is a mashup of sorts – think pasta salad meets green salad and you've got the idea. It sounds strange, but it works! Crisp lettuce, spiral pasta, ripe cherry tomatoes, Parmesan cheese, and toasty croutons, all coated in creamy Caesar dressing. You can make things incredibly simple by taking advantage of store-bought rotisserie chicken, bottled Caesar dressing, and packaged croutons. Or, go the extra mile and do those parts all from scratch.

Serves 6-8

Ingredients

3/4 pound boneless, skinless chicken breast
2 teaspoons garlic pepper
1 lemon
1 pound fusilli or rotini pasta, cooked according to package directions and immediately rinsed with cold water

2 cups chopped romaine lettuce
1½ cups halved cherry or grape tomatoes
1/2 cup chopped green onions
1/3 cup chopped fresh basil
1/3 cup Caesar salad dressing (store bought or homemade)
½ cup grated Parmesan cheese
½ teaspoon ground black pepper
1½ cups croutons (store bought or homemade)
Heat 1 tablespoon of olive oil in a non-stick skillet over medium heat. Cook chicken for about 3 or 4 minutes per side, seasoning with garlic pepper as it cooks. When chicken is cooked through and no longer pink in center, remove from heat and transfer to a cutting board. Chop chicken into small bite-size pieces, squeeze the juice from half a lemon over the top and toss to combine. Allow to cool while assembling the salad.

In a large mixing bowl combine cooked and cooled pasta, romaine, tomatoes, green onion, and basil. Add Caesar salad dressing and toss to combine. Add cooked, chopped chicken (which should be slightly cool by now), ground black pepper, and the croutons. Toss again, sprinkle with shaved Parmesan and serve.

(If you're making it ahead, assemble it as directed but add the romaine lettuce, dressing, and croutons just before serving for the best result.)

► YARD OF THE WEEK



(Continued from front page)

Near every great garden should sit a perfect resting place, right? Well the Kangas' have that covered. This table was made using an old stock tank and scrap wood; add a couple of old chairs, a vase of flowers, and bring on the lemonade! If this garden area looks this great now, imagine what it'll be like in full bloom! You'll just have to drive by and check it out.

If you think someone has a yard worth seeing, you can nominate them by getting in touch with the Grygla Eagle Newspaper at 218-294-6220 or email grygla.eagle@gmail.com

Yards have to have a Grygla/Gatzke/Goodridge address and although no prizes are awarded, bragging rights are yours for an entire week!

Please keep in mind that the list fills up with names fast, and although many people have picture-worthy yards, not all will be able to be featured.



The first 'Yard of the Week' featured for the season belongs to Jason and Allison Kangas, 26045 290th Ave NE, rural Goodridge.

Fun and exciting for all

The Marshall County Historical Society would like to welcome you to the 2016 season. The museum officially opens Memorial Day, May 30, 2016, and will be open through Labor Day weekend in September. Hours are from 10am-5pm, Monday thru Friday. (Weekends and special events are open by appointment.)

As we start 2016, we acknowledge all of the kind and generous support we receive from the public each year. The donations of your family treasures, your time, effort, and monetary contributions are greatly appreciated.

This promises to be another exciting year, with many activities happening. Starting with our Memorial Day opening, here are just a few of the events

being planned:

June 16: Dedication of Flag Pole, 5:45pm; Appreciation Picnic with Hat Show, 6pm

July 20-24: Marshall County Fair

July 23: Fair Pancake Breakfast, 7:30-10am

August: Kids Day (date TBA)

August 28: Grinding Day at Old Mill State Park, 11am-4pm

Are you, or someone you know of, working on compiling a family history? The Marshall County Historical Society holds a wealth of valuable family history material. We often field questions about how to conduct a family research. We are here to help you discover your family.

Fun for all...

Continued on page 4

Grygla/Gatzke School Board Minutes

The Grygla/Gatzke School Board approved their April 21st minutes at their May 19th meeting. Those minutes are being included for your reference below.

The board met on Thursday, April 21st, 2016, at 7pm. Chairperson of the board Nicolette Leach called the meeting to order at 7:01pm with Gary Polansky, Shaunna Olson, Karina Tinnes, Charisa Limesand, Jim Verbout, Principal Lunsetter and Superintendent Clow present.

After the Pledge of Allegiance, the agenda was approved as printed, along with the Minutes of the previous school board meeting, payment of the bills check #34190 through check #34286 and wire payments.

Finance Report:

General Fund	\$123,828.31
MSDLAF	\$1,441,912.41
Food Service	6,261.49
Checking	54,146.36
Comm. Service	1,759.52
Scholarship	0.00
Scholarship Trust	0.00
Total	\$131,849.32
Total	\$1,496,058.77

Student Report: Given by Ashley Moe and Jared Haack. Track practice has started. Travis Smith chaperoned students on the student council state summit trip over the weekend of 4/8-4/10/16. The robotics teams are in Kentucky right now, and the world competition starts today. Evening with the Arts was on 4/7/16; drama presented Mixed-up Fairy Tales and Seeking Asylum and wood shop projects and art projects were on display. Prom will be on 4/30/16, with a theme of Tropical Getaway; Wibbles Photography and Dynasty DJ will be there. On 4/27/16, there is Envirothon and the Lions will be hosting the senior supper. The senior trip was 4/15-4/17/16. The high school band and choir concert will be on 4/26/16. Yearbooks are now on sale. The clay target league is starting out well; students go to the range in TRF on Sundays and Tuesdays.

Teacher Report: Given by Abby Sundberg, Kerry Walton, and Alex McDonald. Third grade will present puppet shows prior to the music program on 5/13/16, and show their animal dioramas in the hall. Fourth grade will show their ancient civilization projects next week. The sixth grade class trip will be 5/9-5/11/16. Students have been taking the MCA tests. Third and fourth graders will be visiting pen pals at the TRF Care Center on 4/26/16. Kindergarten and fifth grade students will be going to the circus on 4/29/16. School patrol students are seeing a movie in TRF on 4/22/16; the 2016-17 captains of school patrol, Chelsie Nelson, Molly Cullen, and Tatum Carrlson, will be fifth graders—way to go! Track practice began this month, with 35 participants from Grygla and Goodridge; the first varsity meet is tomorrow, 4/22/16. Robotics students helped with the cleanup after the smelt fry on 4/16/16. Alex McDonald, departing social studies teacher, expressed thanks for a nice experience here.

Principal Report: Given by Principal Lunsetter. The athletic update: track practice and meets have started. The district is looking for a quote on a 59-passenger bus and three to four quotes on a suburban—because the suburban is reaching the end of its allowable use by a school district. Administration

is looking into the possibility of going from five bus routes to four in the 16-17 school year. If that is the case, the district could potentially sell one bus to Goodridge, and the money could go towards the purchase of a new suburban. The daily schedule for 16-17 is almost finished; we're finalizing the lunch schedules. There is a new program for state testing this year, and it seems to be going well. Three people have been interviewed for the social studies teacher position with one more interview on Skype tomorrow. Prom is this Saturday, 4/30/16. Rose Hanson from the VFW Auxiliary spoke to the elementary students about poppy posters. Shonda Jelle and Lindsay Oslund will present farm safety to elementary students on 5/10/16.

Superintendent Report:

Given by Superintendent Clow. The bus report includes new tires and brakes on the white van. The possibility of selling a bus to Goodridge was discussed. Policy updates are available to view in the district office.

The board accepted the hire of Shaunna Olson as student/personnel administrative assistant, salary and benefits per negotiated contract. They also accepted the resignation of Alex McDonald, social studies teacher, girls basketball JV coach, and assistant yearbook advisor. Thank you, Alex, for your time this past year.

The board accepted the resignation of Ron Waling as bus driver. Other items approved: the legal description of Quit Claim Deed to Eckvoll Township; the legal description of Right of Way Easement to Daniel L. Haack and Terry L. Haack, the legal description of Quit Claim Deed to Daniel L. Haack and Terry L. Haack; legal documents on file in the school district office.

The school board accepted the bid of \$535.66 from Ron Kiesow for a lathe. They also accepted the following donations:

- \$250.00 from Fourtown/Grygla Sportsmans Club for trap shooting team
- \$50.00 from Fourtown/Grygla Sportsmans Club, in memory of Keith Lorentzen, for trap shooting team
- \$500.00 from Grygla/Gatzke Jaycees for robotics team
- \$50.00 from Ron Waling for the metal shop
- \$200.00 from Ida Stanley for robotics team
- \$1,500.00 from Grygla/Gatzke Jaycees for 15-16 scholarships
- \$250.00 from Gary & Laurie Polansky for 15-16 scholarships
- \$250.00 from Todd & Debra Stanley Farms for 15-16 scholarships
- \$500.00 from American State Bank for 15-16 scholarships
- \$1,000.00 from Farmers Union for 15-16 scholarships
- \$200.00 from VFW Post 3858 Ladies Auxiliary for 15-16 scholarships
- \$300.00 from Rain-care Company for 15-16 scholarships

The 2015-17 essential contract as negotiated was approved.

Trustee Reports: The new director at the NWRIC is Kyle Erickson; she will start the position in August, 2016.

Meeting adjourned at 8:50pm. Next mtg. time/date: 5-19-16, 8pm.

Word of the Week

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

Metanoia

Noun

\met-uh-NOI-uh\

A profound, usually spiritual, transformation; conversion.

► WHAT A JOKE

1. What always runs, but never walks, often murmurs, never talks, has a bed, but never sleeps, has a mouth, but never eats?

2. Two men are in a desert. They're both wearing backpacks. One of the men is dead. The man who is alive, has his pack open. The dead man's pack is closed. What is in their packs?

3. What asks but never answers?

4. What has rivers with no water, forests, but no trees, and cities with no buildings?

5. I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?

6. The manufacturer doesn't need it, the buyer doesn't want it, and the user doesn't know that they're using it. What is it?

7. You leave home, make three left turns, and return home where you find two men wearing masks. Who are they?

8. If you are running a race, and you pass the person in 2nd place, what place are you in?

9. You can easily touch me, but not as easily see me. You can throw me out, but not away. What am I?

10. You bury me when I'm alive and dig me up when I die. What am I?

Answers

1. A river 2. A parachute 3. An owl 4. A map 5. The letter 'E' 6. A casket 7. A catcher and an umpire 8. 2nd place 9. Your back 10. A plant



Amy Sorvig shares a photo of what her eye looked like after one of her biopsy surgeries. She has been struggling with swollen and painful eyes for over a year now, but hopes to get some clearer answers at her June 1st appointment at the Mayo Clinic.

Rare diagnosis...
Continued from front

is employed by Arctic Cat; he is also a volunteer fireman with the Grygla Fire & Rescue Department.

Of their situation, Amy tries to remain positive. "At this point, money is money - things are things. I'm realizing what's important and what's not anymore. My health is important. And my family is important," she tears up.

A benefit is being planned for the Sorvigs and is scheduled for Sunday, June 12th. It will be at the Grygla Community Center from 12-4pm with the Grygla Fire & Rescue Department serving a free-will offering pork-loin meal. There will also be a silent auction, bake sale and raffle. A bank account for Amy Sorvig's benefit has been set up at the American State Bank of Grygla.

Amy is hopeful that she'll be back home from the Mayo Clinic and says she will be at the benefit. Stay tuned for a follow-up story on Amy's June 1st appointment at the Mayo.

Fun for all...
Continued from page 3

ily history.

Would you like to make your next event a historic occasion? You and your guests may explore Marshall County's heritage at a very special event. Fundraising galas, press events, weddings, birthdays, non-profit events, fashion shows, meetings, corporate and private events, and more! Settlers Square is the perfect setting for private gatherings.

We would like the opportunity to welcome you to Settlers Square. We strive to make the collections accessible to all guests and the museum experience fun and exciting for all. For more information about the Marshall County Historical Society and the Settlers Square Museum, please contact us at 218-745-4803.

GHS Students improve in strength and speed

The Grygla High School students did their final One-Rep Max on May 18-19th. The kids used bench press, squats, and deadlifts to determine their numbers in One-Rep Max. They did a previous One-Rep Max on March 11th, to get a baseline for where they would go. The average increase of the kids doing the morning weight program was 165 pounds. The kids get their names on the wall in the weight room with their numbers, and were also recognized last week at the awards program for their work. Performers and the weight club they joined include:

- Nolan Anderson (500lb)
- Abby Kiesow (500lb)
- Levi Kiesow (600lb)
- Hudson McMillin (600lb)
- Peyton Verbout (700lb)
- Arman Duyar (700lb)
- Jaden Kiesow (800lb)
- Lucian Tinnes (1100lb)

Weight room advisor, Drew Kjono, says, "I am very proud of these kids, who have shown great dedication and have improved in strength and speed. They have worked hard to improve on things that will make them better for their future sports and activities."



Drama Club Director, Jessie Nordby, presented Olivia Tykward with the 'Thespian of the Year' award.

DRAMA CLUB

Grygla School Awards Day

On the last day of school, May 26th, an awards program was held in Grygla. Students, teachers and staff received recognition for their service and dedication, along with involvement in school activities and clubs. A few of the awards are included for your viewing pleasure!



The Grygla School gave out certificates of appreciation to a few of their employees. (L-R) Chris Jelen received a certificate for 15 years of Service, Owen Hagen for 40 years of service, and Evelyn Waling for 5 years of service. Ron Waling and Hazel Thomas were recognized for their recent retirement from the Grygla School.

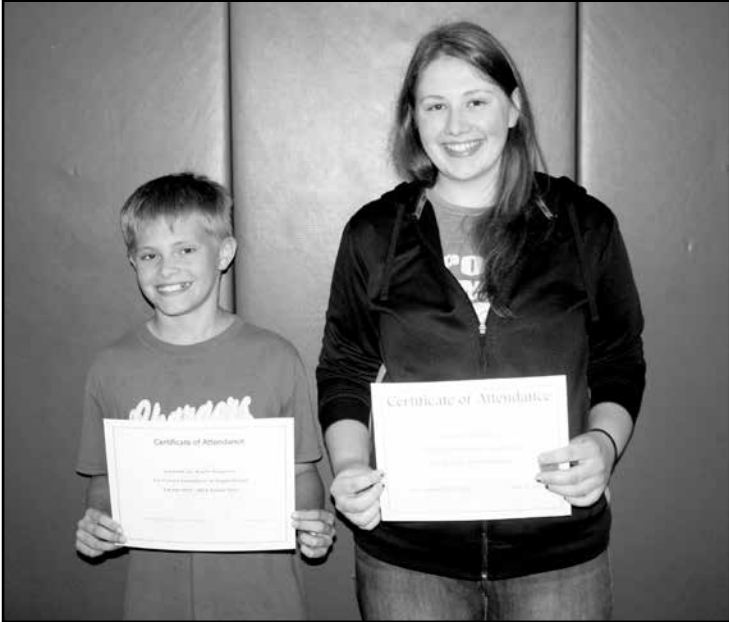


Maddy Bakken received the outstanding 'Math' award given out by Mr. Jesse Westbrook.

PERFECT ATTENDANCE



These 4-6 graders were awarded and recognized for the duty and service to the Grygla School Patrol program.



Kaylor Torgerson and Abby Kiesow received PERFECT ATTENDANCE at the Grygla School for the 2015-16 school year!



National Honor Society Awards, bottom row, L-R: Brooke Limesand, Carlye Kiesow, McKayla Vad, Alison Satre, Alaina Monson. Back: Ashley Moe, Maddy Bakken, Dustin Nelson, Shantel Verbout and Erin Monson.



Principal Jamie Lunsetter awarded Kearny Leitch with the 'Principal's Award' for the 2015-16 school year.

PRINCIPAL'S AWARD



Alaina Monson was presented with the MN Mile award; Carlye Kiesow was given the HOBY award. Both awards are given out by the administration and faculty of the Grygla High School in recognition of outstanding achievement and leadership.



Student Council members were awarded for their dedication and leadership in activities at the Grygla High School. Front row: Alison Satre, Carlye Kiesow, Ashley Moe, Hailey Vad, Elise Monson. Middle: McKayla Vad, Courtney Vad, Jared Haack, Gabe Arveson. Back: Dustin Nelson, Maddy Bakken, Erin Monson, Chey Irlbeck, Bailey Watne, Gracie Lunsetter.



German Club - Bottom row, L-R: Taylor Berberich, Alaina Monson, Trystan Jelle, McKayla Vad. Back: Ryce Skime, Jordan Herseth, Hailey Vad, Clayton Irlbeck, Carlye Kiesow and Antony Yip.



Mr. Brady Olson handed out the Physical Education Awards to Alaina Monson and Trystan Jelle, while Mr. Gene Lunsetter gave the Music award to Shantel Verbout.

