



				
Today	Thurs	Fri	Sat	Sun
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H 76 L 55	H 77 L 58	H 77 L 58	H 80 L 61	H 85 L 63

Wednesday, July 27, 2016

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Vol. 43 Number 4

A look at next week... Intern Carlye reports on up-and-coming local musical duo, The Jensen Sisters, out of Goodridge, MN!

2017 Grygla Centennial Celebration

Greetings past or present Grygla area residents, members of the Grygla School Alumni and businesses that support our community. In case you are unaware, the Grygla Centennial celebration is currently being planned for August 25-27, 2017 to commemorate the city of Grygla turning 100! The first round of centennial letters went out in the mail on July 1st. Perhaps you've seen the information below already, but for those of you who haven't, bits and pieces of the letter are being published for your convenience.

A committee was started last year that has been busy making plans for a fun-filled weekend. Sub-committees have also been formed and include entertainment, fund-raising, reunion, history and beautification. Included for your reference, and, again, in case you didn't receive a packet in the mail, is a brief summary from each committee so that you know what's being planned for the big event.

Entertainment: The Entertainment Committee has many fun events planned for the Centennial. Of course they are in the very preliminary stages of their planning, but are looking forward to a fun-filled weekend for the whole family. Some events that they are currently working on include a parade, street dances, old time music, classic car show, demolition derby, inflatable games for the kids, 5k run/walk, volleyball & horseshoe tournaments, petting zoo, Ecumenical church service, dedication of the Veteran's Memorial, as well as shuttle services, food vendors and a big tent on the street.

Fundraising: The Fundraising Committee has been busy this last year and they're off to a great start! Fundraisers have included an all-city basketball challenge, gun raffle, chili feed, Bingo and Christmas cash raffle. Upcoming events include a centennial gun & quilt raffle, fall gun raffle, calendar cash raffle, volleyball & softball tournaments, a pig roast and a community rummage sale where items can be donated and sold to raise money. The committee is also working on obtaining grant money. A big thanks to the community; they have been great supporters of the fundraisers thus far and it's truly appreciated. If any individuals, businesses or organizations wish to support the Centennial, donations are always welcome and appreciated. Donations can be mailed to: Grygla Centennial, PO Box 222, Grygla, MN 56727. Thank you for your consideration and here's to a successful 2016!

Reunion: The Reunion Committee has been very busy com-

piling addresses and class lists from the Grygla High School. Tentative plans for that weekend will include an All-School Reunion program and school tour. Classes are also welcome to enter a float into the parade that weekend! More information to come as the committee is in the early stages of planning this exciting event. If you have Facebook, consider liking the 'Grygla All-School Reunion' page, as well as the "Grygla Centennial 2017" page.

History: A new Grygla History book is being worked on by members of the History Committee. Family histories, photos, historical elements and informative articles about our town are currently being compiled. Joy Nordby, who worked on the history book for Grygla's 75th anniversary, says, "So far, we have gone through a wealth of material and loads of interesting facts and photos!" The History book (as well as a Centennial Cookbook) will be available on a pre-order basis with order information being included in this article.

Beautification: The Beautification Committee has started the task of doing exactly what its name suggests. Actually, the committee is made up of members of the newly formed Grygla Garden Club! By the time the Centennial celebration comes around, you will notice many new flower beds and shrubs planted in and around the city; members also hope to purchase beautiful hanging baskets for our city light poles.

2016 Grygla Merchants

Because the Grygla Centennial will also be celebrating the present, here is a list of the 2016 Grygla Merchants: American State Bank, American State Agency, Sue's Beauty Shop, Grygla Trailer Court, Northwest Grain, Grygla Eagle Newspaper, Farmer's Union Oil Company, Lion's Club of Grygla, Grygla/Gatzke Jaycee's Club, Fourtown-Grygla Sportsman's Club, Machinewell Inc., Grygla Seed LLC, VFW Post #3858, Monson Electric Services Inc., Motel 89, Garden Valley Telephone, Diamond's Bar & Grill, Yo-Hawn's Bar & Grill, Grain Bin Café, Grygla Coop Store, Thief River Falls Radio, Saurdiff Trucking, Satre Farms and Stanley Farms.

Lifetime Faux Wood Convertible Bench

The Centennial Committee is offering the opportunity to buy a bench for the weekend of August 25-27, 2017. The ordering and assembly of the benches will be conducted by the Grygla Fire & Rescue Department. Benches will be set up around the city of Grygla during the Centennial. Your bench can be taken home after the event or you're more than welcome to donate it to the city.



The Convertible Bench functions as a bench with a back or a bench with a table. Beautiful simulated wood will not fade, warp or rot from weather exposure like real wood and it required no special maintenance to look as good as new for many years. Bench seat and tabletop are designed with slats that allow for quick drainage of rain and snow. A one-hand latch mechanism easily converts the back of the bench to a handy table with easy access to bench in just seconds. Convertible benches are very sturdy and stable. Buy one convertible bench to create a handy space saving table, or buy two convertible benches and put them together to form a full-size picnic table. Each will include a Commemorative Engraved Centennial Sponsor Nameplate on the backrest of the bench.

The cost of the bench is \$225.00. A Commemorative Engraved Centennial Sponsor Nameplate will be included on the backrest. The engraving can include one of the following options: Individual, Business, In Memory, Anonymous or Other.

Order forms were included in the packets that went out in the mail, but if you are interested in a bench, please send your request to: Grygla Fire & Rescue, Attn: Grygla Centennial, PO Box 136, Grygla, MN 56727. Make checks payable to Grygla Centennial for \$225/each.

Please include your name, address, city, state, zip, email, quantity, imprint for the name plate on the bench and specify if it's individual, business, in memory or other. Also, please include if you would be picking up your bench after or leaving it in Grygla after the celebration.

Recipes, old & new, needed for 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

August 25-27, 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: gragnola657 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 hard-copy, please see contact information above.

Hand-made ceramics by local potter Betsy Saurdiff

Pottery will be available in a mug or cup (with or without handle) and will have Grygla Centennial logo stamped into the clay. Pottery is dishwasher and microwave safe. Preorders are encouraged; there is an EARLY BIRD SPECIAL: \$13 or \$15 (for name stamped on

backside, up to 8 letters). Early Bird prices end on Labor Day 2016. After September 5th, 2016, prices will be \$15 or \$17 w/name stamped.

Orders can be made directly from the Betts Pottery website: betbspottery.wordpress.com

There you will see color choices, sample photos and payment methods.

Buy in person a year early - available at the 2016 Grygla Fall Fest!

Grygla Centennial History Book

Pre-Order Information - A hardcover book is being made that your family will cherish for years to come. It contains fun facts about the town, businesses, school and surrounding areas, as well as many family histories and interesting photos.

Grygla Centennial History Books are on a pre-order basis costing \$45.00 each. Please send your history book pre-order request to: Grygla Centennial, PO Box 222, Grygla, MN 56727. Your history book will be available for pick-up at the 2017 Grygla Centennial. If books are not picked up at the Centennial, please make arrangements to have your book picked up or mailed to you. (Shipping will be at each owner's

cost.) Make checks payable to: GRYGLA

CENTENNIAL \$45.00/each *If ordering a book and a bench, and/or donations, you may combine the cost in the check made payable to Grygla Centennial.

Please remember to include name, quantity, amount enclosed and if you'll be picking up the book at the Grygla Centennial or making arrangements with a committee member to mail it to you after the celebration. (If so, please email a committee member at grygla.centennial@gmail.com)

2017 Grygla Centennial Donations

The Grygla Centennial is made possible by your generous support. Donations are still being accepted and can be made out and mailed to: Grygla Centennial, PO Box 222, Grygla, MN 56727.

Once again, the committee says if you are ordering a book and a bench, and/or donations, you may combine the amount in the check made payable to Grygla Centennial.

Your continued support is appreciated to make it a successful 100 year celebration of Grygla! Watch for more updates in the near future!



Pictures of the bench and pottery available to order for the 2017 Grygla Centennial. Please see article for more information.



Grygla Centennial hosts sand vb this Sunday afternoon

This Sunday, July 31st, there is a Grygla Centennial Sand Volleyball Tournament Fundraiser happening. (Another one is upcoming on September 25th with pre-registration required.)

The tournaments will begin at 12pm with registration beginning at 11am, closing at 11:30am. The pre-registration fee is \$50. Please contact Jodi Schulz or Tonia Haack at 218-294-6101 or on the Grygla Centennial Facebook Page.

If you have not pre-registered, the fee will be \$60. A minimum of 4 players per team, maximum 8. A minimum of 5 teams is needed to host the tournament. Players must be 15 years of age or older. Cash prizes will be determined based on the number of teams participating!



What is this you ask? We now have a QR Code! You will need a QR Reader App for your phone. It's easy! Just do a Google Search for QR Reader. It's free! Click Download, open App and scan the code. This will bring you to tricocanary.com.

YARD OF THE WEEK - send nominations to us at grygla.eagle@gmail.com

Between the beautiful Dropmore Scarlet Honeysuckle that's climbing a trellis out front, and the lush perennials bordering every inch of their home, Jon & Karina Tinnes have earned themselves the honor of being named 'Yard of the Week!' Along the main drag in Grygla, the curb in front of the Tinnes' house is all torn up due to the new sidewalks being put in, but with the hearty, green and colorful landscapes around their home, there's still a lot of curb appeal happening there! Congratulations Jon & Karina; bragging rights are yours for the week.



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 TBA
Wednesday night services will be held at United at 7pm and Our Savior's at 7:30pm for the month of July.

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Interim Pastor Phil Johnson
Sunday:
10:30am Parish Worship Services at Ekelund; potluck and joint council meeting to follow.

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:
8am 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 Merseith
Saturday:
Mt. Olive 9am Worship
Sunday:
St. Petri: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship

For Sale on Bids

The Grygla School District has the following for sale on bids: 2004 Suburban, 139,000 miles. Good condition. For information and bidding, contact Jamie Lunsetter, Principal, Grygla School, phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Deadline for bids: 8-10-16, 3 PM. The district reserves the right to accept/reject any/all bids. G18-19C

ADMINISTRATIVE/HUMAN RESOURCES ASSISTANT

Northwest Community Action, Inc. is seeking a candidate to fill the Administrative/Human Resources Assistant position. Duties and responsibility includes providing administrative support to ensure efficient operation of the office. Position will support managers and employees through a variety of tasks related to organization and communication. The Administrative/Human Resources Assistant will also assist in processing all energy assistance applications under the Energy Assistance Program.

Interested candidates please send resume and cover letter by August 5th to:

Northwest Community Action, Inc.
Attn: Randy Nordin
PO Box 67
Badger, MN 56714
Fax: 218-528-3259
Email: ranordin@nwcaa.org

Northwest Community Action, Inc. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin or disability. G18C

Social Worker/Counselor

Northwest Community Action, Inc. is seeking a highly motivated candidate to fill our Social Worker/Counselor position. The successful candidate will provide community based services in our service area. This will include case management duties such as; assisting individuals and families in assessing their needs, utilizing available resources, and setting goals of improving self-sufficiency. Candidates who have obtained a Bachelor's Degree and an LSW License are preferred. Applicant must have excellent written and verbal communication, along with customer service skills. This is a full time position with great benefits and a compassionate/flexible work environment. The position will be open until filled.

Interested candidates please send resume and cover letter to:

Northwest Community Action, Inc.
Attn: Randy Nordin
PO Box 67
Badger, MN 56714
Fax: 218-528-3259
Email: ranordin@nwcaa.org

Northwest Community Action, Inc. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin or disability. G18-20C

Summer League Standings

Week 5 Standings

	W	L
Red	8	2
Gray	7	3
Purple	7	3
Green (T1)	5	4
Blue (T1)	3	6
Orange	0	10

Results
Purple 66
Brandon Bakken 25
Dayle Larson 25
Orange 37
Ben Groven 19
Ashley Moe 12

Green 54
Brady Olson 18
Jordan Hagen 11
Gray 41
Andrew Holte 18

Purple 60
Michael Lawrence 21
Dayle Larson 16
Brandon Bakken 10
Devin Drangstveit 10
Blue 57
Austin Brateng 25
Ty Jelle 22

Red 72
Blaine Kriel 22
Kaleb Sjulestad 16
Tyler Stinar 12
Blue 46
Austin Brateng 17
Ty Jelle 16

Green 70
Brady Olson 23
Hunter McMillin 17
Orange 44
Ben Groven 16
Ashley Moe 12

Red 56
Tyler Stinar 16
Blaine Kriel 11
Gray 49
Andrew Holte 19

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

FOR GOD AND COUNTRY

VENDORS WANTED

for GRYGLA FALL FESTIVAL FLEA/

on
Sat., August 27th
from 9am-4pm

Contact Thelma Thomas at 294-6386 or 218-452-1674.
The cost is \$10 for a 10x10 spot or \$20 for double the size. Vendors bring their own tables and merchandise. G17-18C

Community Calendar

Wed | July 27
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | July 28
Grygla Eagle office open 3-6pm

Fri | July 29
Senior Meals at Grain Bin Café 11am

Sat | July 30

Sun | July 31
Grygla Centennial Sand Volleyball Tournament 12pm

Mon | Aug 1
Senior Meals at Grain Bin Café 11am

Tues | Aug 2
Grygla Eagle office open 3-6pm; Grande Corner Softball 6:30pm

Remember to call or email us with your community events for the calendar!
218-294-6220
grygla.eagle@gmail.com

Letter to the Editor

As primary season looms, I wish to take this time to let fellow voters know about an excellent candidate for Minnesota state senate: Mark Johnson.

Mark grew up at Mentor, and his wife Skyler is from Erskine. They now reside in East Grand Forks, choosing to move back to our area to raise their family here.

As a family man and small business owner, Mark understands what it means to live within a budget. He will strive to lower taxes to ensure that you are allowed to keep more of your hard earned money. Additionally, he will work to reduce and reform government regulation to cut red tape and lower costs on our small businesses and area families.

Mark is an avid outdoorsman and shares our values. He is solidly prolife and is strongly committed to protecting our 2nd Amendment rights. He will also work to protect our churches and religious institutions from ill-conceived government mandates.

One of Mark's chief concerns is bringing back local control. He wants to have more of our decisions made by our local school boards, city councils and county leaders instead of St. Paul officials. We know best how to run our communities.

Mark and his family are from this area. They are committed to this area. They understand life in this area because Mark and his family have lived here for generations. I encourage people to cast their primary votes for Mark Johnson. Thank you.

Ron Lorensen, Karlstad, MN

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\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
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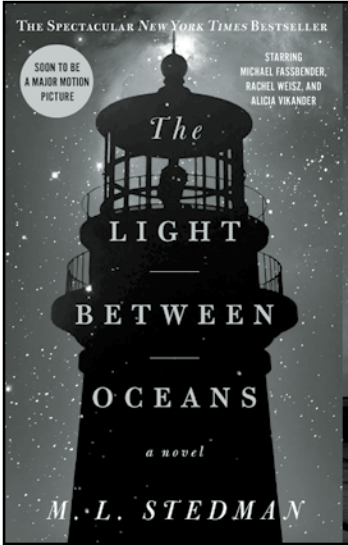
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The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727.

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

GRYGLA LIBRARY LINK

Written by: Kari Sundberg



Is anyone missing Karen's weekly library column as much as I am? Being an avid reader, I looked forward to Karen's newspaper columns of what was happening in the little Grygla Library. When Karen moved, and the library job became vacant, I knew I had to apply; reading is one of my favorite hobbies and the library is only open 4 hours a week, afterall! It was a no-brainer for me.

Needless to say, it's been a fun couple of months. Would you believe that we have 30-40 people coming in every Wednesday to check out books? How awesome is that for our little space? Seeing all the patrons come in and visiting with them about different books has been a blast; the saying is so true that NO TWO PEOPLE EVER READ THE SAME BOOK!

Because of that, a couple months ago, I thought I'd reach out to the community looking for some volunteers. I had a few takers that were up for my challenge; I suggested a popular book club read called "The Light Between the Oceans" by M.L. Stedman, which is soon to come out on film. I asked each volunteer to read the book and write a review for you, our Grygla Eagle readers. So many people come up to me and ask me about certain books, which I love, but sometimes it's fun to hear what our friends and neighbors think about them, too! I can't wait to do something similar in the near future.

Anyway, I told the group there was no right or wrong way to do this; just read the book and write any kind of review you'd like – good or bad. Maybe these reviews will generate some interest in this particular book – maybe not?!

Regardless, I'd like to thank Travis Smith, Jamie Aune, Shonda Jelle and Diane Lunsetter for volunteering to be my first takers. Below are their reviews of the book. Travis decided to write a summary, while the others opted to share their own personal thoughts, without giving away any of the plot.

We'll be doing this again, so make sure to keep an eye out for Grygla Library guest reviews in the future! Who knows, maybe you'll be one of my reviewers?!

Remember, the library is open every Wednesday from 2-6pm. Stop in and grab a book book – I have lots of great suggestions. Below is one of them.

The Light Between the Oceans

Travis Smith – guest reviewer

"When it comes to their kids, parents are all just instinct and hope. And fear."

Janus Rock isn't a place for everyone. A square mile island 100 miles off the coast of Australia, its main duty is to provide a spot for the lighthouse to steer ships away from danger. For the lighthouse keepers, it is a solitary, quiet life to live. For Tom Sherbourne, it was a welcome life.

Tom Sherbourne, who had just survived a hellacious war that saw many of his comrades and brothers killed, it was a needed escape from the chaos of war. Duty, order, solitude, a purpose, all of the things he yearned for and plays to his military habits. It took a special person to live out on Janus Rock, and Tom found that in the beautiful Isabel Graysmark.

While life on the island for Tom and Isabel was almost everything they had hoped for, it lacked one thing that Isabel so desperately wanted, a child. Three crosses, a sad reminder for the three miscarriages Isabel had, was all she could cling to her hopes of a child. Then, as though God himself was answering her prayers, a boat washed up to the Janus shore. Not only a boat, but a man, who was dead on arrival, and a baby.

Surly this baby was an answer to their prayers. Tom, however, knew that he had a duty to report this new found resident to Janus Rock. Trapped between the vows he has taken as a keeper, his adherence to the rules, and the love of his wife, Tom has to make some tough decisions. Decisions that will affect people beyond anything they could imagine.

Jamie Aune – guest reviewer

I recently read the book "The Light Between Oceans" by M.L. Stedman. I have a few different opinions on how I feel about this book. My feelings about it changed throughout the whole book. I loved it, liked it, hated it, and disliked it. That probably doesn't make any sense, but here is why I felt that way.

I thought the story line itself was wonderful. The eeriness of living on an island lighthouse, with human contact from the outside only every 3 months really helped you empathize with the characters and understand why they made the decisions they made. However, I feel like it kept dragging on and on with some of the same things throughout the book. I kept waiting for it to really wow me, but it didn't. I was mostly frustrated and wanted to quit reading, but I kept thinking that there might be a part in the book that would change my mind, especially since I had heard from others just how good this book was.

But, sadly that didn't happen. The story had really good potential, too. I just wish the author would have given "more" to the story, and would have elaborated on the ending. It would have been great to know more about what happened to each character without it going from the "incident" to 30 years later. Some might like how it ended, but I hated it. I don't regret reading this story, but I wouldn't say that it's a "page turner" either.

Shonda Jelle – guest reviewer

This book was AMAZING! It made you feel like you were right there with the characters in the book experiencing everything that they dealt with in life. There is not much that I could really write about the book without ruining the story and telling everything that happens in it. The best way to describe the book without ruining it for someone looking for a good read would be you will experience a roller coaster of emotions. The writer did an excellent job because you feel every emotion from the characters love for one another, to anger, sadness, happiness, betrayal, anger, and every emotion in between.

This is a must read book; pop into the Grygla library and check out your copy. Once you start reading this book, you will not want to put it down.

Diane Lunsetter – guest reviewer

This story kept me going. The humanism in all people really hits home in this book. Do we take what we want, even though there may be a great price to pay? Do we make the decision to do what is right, right away, even though it causes hurt at the time? The past almost always comes back to haunt. At first it was the war, and we know that war leaves lasting scars.

Continued loss has a way of beating a person and living lies, especially of that magnitude, can only bring heartache and it did. I couldn't feel any happiness in this ending. Some might find some comfort here, but I felt it was just too late for the characters in this story.

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Gonvick 487 5225
Clearbrook 776-3665
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Oklee 796-5181

Grygla Fall Festival Parade

to be held
Saturday, Aug. 27th
at 1pm

If interested in registering a float, please contact
Jude Haack (294-6325) or
Terry Haack (294-6295)

grygla.govoffice2.com
City of Grygla



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Erskine, MN 56535

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FAX (218) 687-2328





The Youth Chargers Baseball season has wrapped up. It was a hot Wednesday in Grygla last week when this Small Fries team beat Warren for the Championship 11-0! Look at those happy faces after coming out on top!
The Midgets team were a 9-seed and lost to Warren in the first round of their tournaments; the Peewees were also a 9-seed and lost to Newfolden in their first round.
The youth baseball team is coached by Jason Grandstrand and Jesse Westbrook.



EXTENSION NEWS

Dinner Salads, Health & Nutrition Program, SNAP Education

You can make a meal out of a salad. Start with veggies – lettuce, tomatoes, carrots and more veggies. Toss in some meat, eggs or cheese for protein and you have a complete meal.

Choose a dark green lettuce such as romaine or leaf lettuce. The dark green color of lettuce means more nutrition! If your family is not used to eating darker green lettuce, start slowly. Mix iceberg lettuce with romaine lettuce or leaf lettuce.

Toss in some colorful fruits and vegetables.

- Add shredded carrots, broccoli, spinach, bell peppers or tomatoes for vitamin A.
- Toss in tomatoes, bell peppers, shredded cabbage, strawberries, kiwi fruit or pineapple for vitamin C.
- Add spinach, broccoli or mandarin oranges for folic acid. Add protein to your salad.
- Top with chopped deli ham, turkey, smoked turkey or roast beef.
- Or top with cooked chicken strips.
- Try chopped hard cooked eggs.
- Sprinkle with shredded cheese – try cheddar, mozzarella or parmesan cheese.
- Add sunflower seeds or beans such as kidney, pinto or black.

Top with a low fat salad

dressing. Also, watch sodium intake – look for brands that contain less than 150 mg of sodium in a 2 tablespoon serving.

Basic Vinaigrette 1/4 cup oil, 1/4 cup vinegar, 1/8 tsp pepper, 1/8 tsp salt, Optional: 1/2 tsp sugar or honey

Mix all ingredients in a clean screw-top jar. Cover and shake well. Store in the refrigerator and use within two weeks. Shake before serving. Use about 1 Tablespoon of dressing for 1 cup of lettuce salad. Variations: Add any herbs or spices such as garlic powder, onion powder, basil, thyme, oregano or dry mustard. Four servings.

Serving size: 2 Tablespoons; cal 125; carbs 1g; sod 0mg; fat 14g

Source: University of Maine Extension

Source: Adapted from University of Minnesota Extension: Food Bytes- July 2016, All information written, reviewed and/or edited by Mary Caskey, Associate Program Director, Health and Nutrition Programs, SNAP-Ed; For more health and nutrition information visit our website: <http://www.extension.umn.edu/family/health-and-nutrition/>. Reproduced by Megan Janssen, SNAP-Ed Educator, U of M Extension Regional Center, Crookston—218-281-8688; jans0221@umn.edu

Marshall County grant money available

The application deadline for Arts Legacy and Arts Projects Grants from the Northwest Minnesota Arts Council is August 1, 2016. \$130,000.00 is available for various arts organizations, communities, and school districts. Applications are being accepted in our seven county service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

The Arts Legacy Grants is a main category for funding artistic activity within the seven county service region. Funding for the grants comes from the Minnesota State Legislature through the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment. A maximum of \$10,000.00 can be requested. Applicants are required to provide for at least 10% cash match and in cases of repeat sponsorship, a 25% cash match.

Arts Projects Grants are supported by general allocation funds from the Minnesota State legislature, for locally produced projects and events as well as sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000.00 with an either 10% cash match or a 25% match for repeat sponsorship.

Also available on a first come-first served basis are Artist Residency Grants for our School Districts. The maximum is \$2100.00 to sponsor a traditional weeklong residency. An extra \$400.00 may be requested for visual art residencies for supplies. Schools are strongly urged to use a COMPAS artist.

Arts Projects funded through these very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

To see if your arts organization or school district qualifies for one of these grants visit the grants link at: www.northwestminnesotaarts.org/grants FMI call 218-745-9111 or email maran@nwrdc.org

Lion’s Annual Picnic in the Park



The Grygla Lion’s Club held their annual picnic in the park last Wednesday, July 20th. Steaks hit the grill and club members gathered for their monthly meeting led by new club president, Richard Mosher.

Mosher, who currently serves as Mayor of Grygla, conducted his first meeting since officially taking over as the Lion’s President on July 1st; he previously served as Vice President. Mosher took the position that was previously held by Jim Hest.

Lion officers include Lisa Swanson, Vice President; Mildred Klamar, Secretary; Leann Wikert, Treasurer; Wayne Warne, Recording Secretary; Nadine Wold, Gambling Manager; Bryan Grove, CEO.

Presidential duties include leading and overseeing the club and all of its decisions; leading monthly meetings, along with zone/district meetings.

Mosher says he is looking forward to tackling a few projects as the new president. He is feeling hopeful about getting the community center up to par, along with being actively involved in the planning of the 2017 Grygla Centennial.

The local club takes part in many community activities. Each year, the smelt fry is the biggest fundraising project they organize and host! Money raised goes towards the Grygla Community Center, Grygla School scholarships and numerous school activities and clubs, including local 4-H clubs.

Club fundraisers also benefit the city and some of its improvements. The Grygla Lion’s Club also provides funding to the LCIF, which benefits a variety international projects that include sight, hearing, diabetes and leader dog organizations.

In addition to benefiting our community in the ways mentioned above, Lion’s members also volunteer to clean 2 miles of Adopt-A-Highway around the 6-mile corner.

The club is always looking for new members and invites you to consider joining.



Brad Monson and Vince Hagen, both members of the Grygla Lion’s Club, man the grill at last week’s club picnic in the park!

CARLYE’S COUNTRY CUISINE

Submitted by Carlye Kie-sow, Eagle Intern

So, recently I purchased a cookbook called “The Complete Irish Pub Cookbook.” In it there is a lot of older styles of recipes. It happened to include a bread recipe for oat and potato bread so I thought I would give it a try. I am so glad I did. It was really easy to make, I thought. Plus it tasted amazing! I will admit I did not read the recipe and ingredients list before starting and I didn’t have one of the ingredients it called for. I just skipped over the dry Skim milk and the bread still tasted great. So if you’re like me and don’t have that on hand, don’t worry, it will taste just fine without it. Though sometimes deviation from a recipe can’t work out quite this well. I thought for a bread this was quite easy and quick. It will be sure to go quick at your home. I think it only lasted two days at my house!

Ingredients

- Vegetable Oil
- 2 Starchy potatoes
- 3 2/3 Cup white bread flour
- 1 ½ teaspoon salt

3 Tablespoons lightly salted butter, diced

1 ½ teaspoons active dry yeast

1 ½ Tablespoons firmly packed dark brown sugar

3 Tablespoons rolled oats

2 Tablespoons dry skim milk

1 cup lukewarm water

Topping:

- 1 Tablespoon water
- 1 Tablespoon rolled oats

Directions

- Oil a 9 inch loaf pan, put peeled potatoes and water in a saucepan and bring to a boil. Cook for 20-25 minutes, until tender. Drain then mash until smooth. Set aside to cool.
- Sift the flour and salt into a warm bowl, rub in the butter with your fingertips. Stir in the yeast, sugar, oats, and dry milk. Mix in the mashed potatoes, then add the water and mix to a soft dough.
- Turn out the dough on a lightly floured surface and knead for 5-10 minutes or until smooth and elastic. Put the dough in an oiled bowl, cover with plastic wrap and let rise in a warm place for 1 hour or until doubled in size.

- Invert the dough onto a lightly floured surface and knead lightly. Shape into a loaf and transfer to the prepared pan. Cover and let rise in a warm place for 30 minutes. Meanwhile, preheat the oven to 425 degrees.
- Brush the surface of the loaf with the water and carefully sprinkle over the oats. Bake in the preheated oven for 25-30 minutes or until it sounds hollow when tapped on the bottom. Transfer to a wire rack and let cool slightly. Serve warm.



DO IT YOURSELF

Submitted by Carlye Kie-sow, Eagle Intern

Recently there has been a lot of craze about these things called bath bombs. You throw them in the water and they bubble, fizz, and smell good! Plus, some of the effects they have on you can really be helpful! But with all that you also get the hefty price of them. So why not make it yourself? And to do that, you will need the supplies and some instructions for that. So here they are.

Supplies needed

- 1 Cup Baking Soda
- ½ Citric Acid
- ½ Epsom Salts
- 1 teaspoon water
- 2 teaspoons essential oil
- 3 teaspoons Olive oil
- Food coloring (color of choice)
- Bowl
- Whisk
- Jar

Bath Bomb Mold Instructions

Place all the dry ingredients in a bowl and evenly whisk them all. In a separate container mix all the liquid ingredients, this is the step with essential oils, so this part is left a little up to you on what fragrance you would like. Some common ones used are Lavender for relaxation, Chamomile

for calming, and Grapefruit for refreshing.

Next mix the liquids with the dry ingredients one spoonful at a time. When all mixed together you put the mixture in a bath bomb mold and pack tightly then let dry. A tip is to work quickly so your bath bomb mixture doesn’t dry out. After just throw it in a warm bath and enjoy!



WHAT A JOKE

A man got hit hard in the head with a can of 7up. He’s alright though, it was a soft drink.

A young girl asks her father, “Dad, did you know girls are smarter than boys?” He replies, “No, I didn’t know that.” She then retorts, “Well there you go.”

Why did the physics teacher break up with the biology teacher? There was no chemistry.

Ole came home out of breath and puffing. He explained, “I ran behind the bus and saved 75 cents.” “Hmmmph,” snorted Lena. “Vhy didn’t you run behind a taxi and save \$2.50?”

Ole went to Sears to buy some carpenter tools and decided to charge them. The credit clerk took down his name and address and then asked, “Are you a regular customer?” “Yah, I guess you could say I am,” said Ole. “I take a glass of prune juice every morning.”

Local 4-H kids stay active at the Roseau County Fair

Written by: Carlye Kiesow, Eagle Intern
Walter Jones has been in 4-H for four years as a member of the Grygla Go-Getters Club. He has gotten grand champion before but didn't meet the age requirements. Walter will be going into seventh grade this year meaning it will be his first time he is eligible to go to the state fair. This year, at the Roseau County Fair, held last week, he received a grand champion in showmanship for his steer. He will be attending the state fair for his livestock. He has always shown cattle at the fair and done quite well for himself. Everyone knows which cows are his from the tell-tale sign that hangs above them reading "Walter Jones Herefords". (The Jones need to stay close or on the fairgrounds to tend to the animals.) Walter also gave a presentation at the fair on mastitis, a disease in cows. On the last day, all the market beef is sold. Brobst family farm, from Grygla, purchased Walter's steer. His favorite part of the

whole 4-H experience is defiantly showing his cattle, he says. Walter is the son of David and Lori Jones.
Also a Grygla Go-Getter, Mike Brobst has been in 4-H for 13 years. In all of that time he has shown a variety of projects at the Roseau County Fair including steers, heifers, horses, sheep, cookies and has even shown a quilting project. Mike has received a trip to the state fair six times through the 4-H program. He thoroughly enjoys taking part in all of the fair time action. Mike has even sat on the Leader's Council for Roseau County as their secretary/treasurer. He has also been President of the Grygla Go-Getter's 4-H Club for three years. Before being nominated for presidency, he was vice president for one year and also secretary/treasurer for one year. This year was the final year Mike will be able to show for the Grygla Go-Getters as he will not meet the age requirements any longer.

His last thing he chose to show was a steer. Also receiving an invite to the state fair, this will be Mike's last time going there as a 4-Her. Mike is the son of Mark and Colette Brobst.
Lakylie Brobst is 9 years old and has participated in 4-H for four years. She is not quite old enough to attend any state fair trips this year, but that doesn't stop her from showing and doing her best on her presentation. Lakylie recently was awarded a Reserve Champion ribbon for her Showmanship in livestock. To receive that ribbon, Lakylie has to answer questions about her steer asked by the judges and has to lead it around to show how well she can control them. This is Lakylie's first year showing a steer. The past three years she has shown a calf each year. Lakylie is the daughter of Clint and Matia Brobst.
This is Riley Saurdiffs first year as 4-Her and first time entering projects into the Roseau

County Fair. She entered quite a few projects and received blue ribbons on all of them. She received an invite to the state fair on her baby quilt that she made herself. Entering a general project is a lot of talking one on one with the judge and explaining the process in which things are done. Riley is the daughter of Carson and Missy Saurdiff.
The Grygla Go-Getters 4-H Club is always looking for new members to be a part of their little group. They volunteer for many things including ditch cleaning, flower planting, and other various things around. Fair time is a busy time for 4-Hers between working the food stand and dairy bar, plus people showing animals have to tend to them for a majority of the day. These kids really put in a lot of work and the ribbons they receive really prove it.



Walter Jones received a grand champion on his livestock, granting him a trip to the MN State Fair. Walter had his steer purchased by the Brobst family farm; the steer's weight was 1260.



Mike Brobst and his award winning steer will also be heading done to the MN State Fair. He was the reserve champion in Senior Beef Showmanship, a beef interview winner and was recognized for his 13 year animal science participation in 4-H. Mike will represent Grygla Go-Getter's 4-H Club and Roseau County 4-H at the state fair. The Grygla merchants purchased his steer that weighed in at 1290.



Carlye Kiesow, a Grygla Go-Getter, knitted a blanket that won her grand champion in the needle arts category. She will be going to the MN State Fair with general encampment on Sept 30-August 1.

4-H rocks!



Brody Saurdiff, son of Carson and Missy, entered his Moose Diorama into the Roseau Fair, earning himself a blue ribbon!



Riley Saurdiff received a blue ribbon and an invite to the state fair on the baby quilt she made and entered into the Roseau County Fair. She also received a blue ribbon for a photograph. This was Riley's first year as a member of the Grygla Go-Getter's 4-H club.



Lakylie Brobst won 3rd overall in her heavy weight class and got grand reserve championship in beginner showmanship at the Roseau County Fair last week!



Justin Thompson, Cheyenne Irlbeck, Clayton Irlbeck and Carlye Kiesow all worked the 4-H food stand at the Roseau Fair last week. The kids are all members of the Grygla Go-Getters 4H Club.

August is National Cataract Awareness Month

Written by Karin Haugrud
According to the American Academy of Ophthalmology, cataracts are the leading cause of visual loss in Americans 65 and older. Nearly half of adults by age 80 will develop cataracts, or clouding of the lens. This month, learn how to recognize the symptoms, find treatment, and educate others on this common, but treatable, eye condition.
A cataract is the clouding of the natural lens of the eye,

the same part of the eye responsible for focusing light and enabling you to see sharp and clear images. The causes for developing cataracts include eye injury, previous eye surgery, a high salt intake, long-term unprotected sun exposure, and family history of cataracts.
What causes cataracts? The lens lies behind the iris and the pupil. It works much like a camera lens. It focuses light onto the retina at the back of the eye, where an image is re-

corded. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away. The lens is made of mostly water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.
As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, the cataract may grow larger and cloud more of the lens, making it harder to

see.
In a normal eye, light passes through the transparent lens to the retina. Once it reaches the retina, light is changed into nerve signals that are sent to the brain. The lens must be clear for the retina to receive a sharp image. If the lens is cloudy from a cataract, the image you see will be blurred.
Some cataract Symptoms include blurry vision, colors that appear faded, glare, difficulty seeing well at night and double

vision. If you have any of these symptoms, check with your eye care professional.
When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, strong bifocals, magnification, appropriate lighting or other visual aids.
Think about surgery when your cataracts have progressed enough to seriously impair your vision and affect your daily life. Many people consider

poor vision an inevitable fact of aging, but cataract surgery is a simple, relatively painless procedure to regain vision.
Cataract surgery is successful in restoring vision. In fact, it is the most frequently performed surgery in the United States, with more than 3 million Americans undergoing cataract surgery each year. During surgery, the surgeon will remove your clouded lens and in most cases replace it with a clear, plastic intraocular lens.