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Wednesday, August 17, 2016

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Vol. 43 Number 7

A look at next week... Eagle Creek THEN and NOW! The local favorite gears up to hit the stage Saturday night of Fall Fest!

A unique injury leads to a full recovery and a TV commercial

Written by Carlye Kiesow, Eagle Intern
On September 6th, 2009, Justin Kiesow was shooting his bow in the backyard at a handmade target as he had done so many times in the past. He was using all aluminum arrows that day. As he notched and pulled back another arrow, taking aim at the target, he then released. That is when the arrow in the bow snapped in the center and the shaft part of the arrow went into Justin's left forearm. Because his mom is a nurse, she wanted to see the wound that was already wrapped with a towel. When Justin opened it, blood spurted straight up and he fainted. Justin was then rushed to the Altru Clinic in Roseau; his mom didn't know you could get to Roseau in 23 minutes! He was seen in the ER and the doctor there called Altru for advice as this was a very unique wound.

The following day Justin and parents, Ron & Coleen, went to Altru in Grand Forks. It was Labor Day, but they met with the orthopedic doctor on call and he basically rebandaged the wound and said to make an appointment in a week.

At the next appointment, the ortho doctor really wasn't sure how to proceed; they had never seen an injury of this kind, but he told them about a new neurosurgeon that had just relocated to Altru from Mayo Clinic. That is how they came to meet Dr. Brad Meland, and upon seeing Justin's wound and doing some nerve tests, he walked out of the room cursing under his breath. When he returned, he said, "I'm sorry, but I just feel so bad for your kid. With one injury you have damaged both the nerves in your forearm going to your hand." This was a Monday and he said no one should have told you to wait, you need surgery and he cleared his Thursday morning surgery schedule.

On Thursday morning, Justin had 6

hours of microscopic neurosurgery. Surgery went well according to Dr. Meland but at that point Justin could not straighten his fingers. Recheck appointments were made and attended, Dr. Meland was happy with the progress. Justin had very little strength in his left hand and his fingers were curled. Dr. Meland could not make any promises that his hand would not be permanently disabled and that was hard news for everyone to hear.

Dr. Meland was wonderful and took a personal interest in Justin's recovery, he had reconnected the nerves as much as he could during surgery but nerve growth and regeneration just takes time. Dr. Meland said Justin had his youth to his advantage but said it could take up to 2 years for the nerves to grow together and full function of his hand to return. All sports had to be given up for his freshmen year as he recovered. The wound healed and his two long surgery scars healed but he still was not able to fully extend his fingers.

Many prayers were said for a full healing and full function of his hand. Special prayers were said by his Grandpa and Grandma Kiesow at a Cathedral in La-Crosse, Wisconsin.

A one year checkup continued to show nerve regeneration and better function and mobility of his fingers. At his two year checkup, Dr. Meland couldn't believe the progress that had been made, Justin had full function and extension of all his fingers and improved strength and ability to make a fist, it seemed healed. Dr. Meland said, "Either I am one great doctor or this is a miracle." My parents told him it was both! Fast forward to June of 2015.

Justin received a call from Altru inquiring if he would be willing to do a promotional video for the Altru Orthopedic department and his mom got invited to join

him to give a parental perspective on the whole experience. They arrived at Altru Rehab and were treated to a full buffet and then did the interview together. It was edited and posted on Altru's website. They especially wanted Justin's story since it was so unique and none of the doctors had dealt with an injury of that nature.

When Justin and Coleen were done with the video, they stopped at Dr. Meland's office and asked if they could just see him for a minute. When Dr. Meland came out, he had a big smile on his face. Even after 5 years he remembered Justin and said, "Hello young man, you are looking good." He had him extend his fingers and make a fist and squeeze his hand. He was so happy with the results.

This spring Altru called again and was wondering if Justin would be willing to be in a TV commercial for Altru Orthopedics. They wanted to show him shooting his bow and that he was able to do that again after surgery. The shoot was set up for his last day of finals of his junior year at NDSU and so after finals he drove to Grand Forks. The director was from Los Angeles. He didn't like any of Justin's shirts so they went to Target and bought a shirt the director liked, we all laughed about that!

The shoot was about 2 hours for about 10 seconds of airtime, but as a surprise they paid him \$1000 to be a part of the commercial. It has been running mostly on channel 8 (ABC). He received a DVD of it prior to it being on TV so we got to preview and it turned out great! But the greatest part was the complete healing of his arm and hand and the excellent care he received from Dr. Meland.

When asked what he had learned from this whole experience, Justin said, "Don't ever buy cheap aluminum arrows!"

YARD OF THE WEEK



Congratulations to Duane and Mary Jo Olson, 11956 450th Ave, Wannaska, for being selected as 'Yard of the Week'! With numerous beds around the yard, Mary Jo says she just likes to make her garden spaces fun; she also enjoys adding patriotic items into her mix of annual and perennial flowers!

Keith Lorentzen, who passed away earlier this year, was a great friend of the Olson family. He used to till Duane and Mary Jo's garden for them. Mary Jo says, "I could barely think of planting this year as I was so sad that Keith always tilled for us. So I decided to plant a row of Zinnias in honor of him. Flowers feed our soul," she added.

Indeed they do; and what a great way to keep their friend's memory alive. It's evident there are a lot of personal touches around the Olson's yard that make them deserving of the 'Yard of the Week' title.

17th Annual Saddle Up for St. Jude

A Saddle Up for St Jude event is being planned for September 17th at Bemis Hill Campground near Wannaska, MN. The event will raise funds for St. Jude Children's Research Hospital, the premier center for the research and treatment of childhood cancer and other deadly diseases.

This volunteer based horseback trail/wagon ride will begin with registration starting at 8am and the ride beginning at 10am. The trail ride will be approximately 10 miles. Riders are asked to collect donations from sponsors based on every mile ridden or a flat donation. Sponsorship forms are still available. Following the ride, riders will be treated to a lunch at the lodge provided by area businesses

A silent auction is also being planned from 3-7pm with all the proceeds going to St. Jude. Mark Wojo will be providing entertainment starting at 5pm.

A catered supper will start at 5:30pm. The Groovy Grub from Hallock will be serving a delicious supper: On the menu is burger baskets with bacon coleslaw and dessert. Cost of supper \$10.00 per meal. Everyone is invited to attend this event. Participants are encouraged to bring their family and

friends and spend the day in beautiful Beltrami State Forest.

Free primitive camping is available at Bemis Hill Campground for the weekend. For more information contact Darlene at 452-1922 or Mary at 242-3548 or Kathy at 469-1414.

Last year, riders and wagoners raised over \$18,000. Through programs like Saddle Up for St. Jude, the idea of St. Jude founder Danny Thomas to raise funds for the hospital through community-based events is able to continue.

St. Jude Children's Research Hospital is international recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. Founded by late entertainer Danny Thomas and based in Memphis, Tennessee, St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatment not covered by insurance, and families without insurance are never asked to pay. St. Jude is financially supported by AL-SAC, its fundraising organizations, through events such as Saddle Up for St. Jude.

For more information, please visit www.stjude.org

Cash Calendar winners

The Grygla Centennial Committee is holding a Cash Calendar drawing for the months of August, September and October of 2016; all 400 calendars have already been sold.

The winners will be posted on the Facebook Centennial Page weekly, as to who won for those days, and will also be announced in the Grygla Eagle.

The dates/amounts/winners thus far:

August 5th \$100: Roger Smith, Grygla
August 9th \$50: Mary Bross, Isanti
August 13th \$50: Lorna Olson, TRF
August 15th \$50: Terri Konchen, Scottsdale, AZ
August 18th \$75: Sarah Narum, Champlin
August 22nd \$50:
August 25th \$200:
August 26th \$225:
August 27th \$150:
August 31st \$50:



Years ago, Justin Kiesow suffered a unique injury to his forearm, which led to a full recovery and starring in a TV commercial for Altru Orthopedics.

Marshall County Park Board passes tobacco-free policy

On Wednesday, June 1st, the Marshall County Park Board met for their monthly board meeting. Helen Anderson and Frances Tougas, with Tobacco Free Communities (TFC), were in attendance to share information with the board. TFC is a grant funded by the Minnesota Department of Health with goals of decreasing youth tobacco use and exposure to second hand smoke. One strategy area TFC staff in

our region are working on is tobacco-free outdoor spaces. Frances and Helen shared information about TFC and their reasons for supporting tobacco-free outdoor areas where kids frequently play. Even in an outdoor setting, tobacco smoke can be harmful to children's health, especially for little ones who already have health conditions such as asthma. At Florian, the two areas

where most kids are present is the playground and beach area. These were the two areas proposed to the park board to make tobacco-free. TFC staff offered assistance with drafting a policy and the park would be eligible for free signs if a policy was passed. Sample policies from surrounding communities were shared with the board as well.

The Marshall County Park

Board unanimously voted to pass a tobacco-free policy, including e-cigarettes, for the playground, beach area and all enclosed shelters. TFC staff helped to develop the policy, which was approved by the board, and will take effect once the signs are up. For more information about TFC, please contact Frances Tougas, PHN at North Valley Public Health, 218-745-5154.



Chelsie Nelson, Molly Cullen and Tatum Carrlson are the 2016-17 Grygla School Patrol Captains. The three fifth graders attended Legionville Camp, north of Brainerd, at the School Safety Patrol Training Center on July 31st-August 5th. The Grygla Legion Auxiliary sponsored the campers.

CHURCH CALENDARS

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

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

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hanness
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.

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

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

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Legal Notice

NOTICE OF HEARING
Pursuant to Minnesota Statutes, Chapter 103D.911, notice is hereby given that the Board of Managers of the Red Lake Watershed District will hold a public hearing on the proposed 2017 General Fund Budget at 9:30 a.m., August 25, 2016, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2017 proposed budget:
PROPOSED 2017 BUDGET
Manager's fees & salaries..... \$20,000.00
Board of managers' expense..... 20,000.00
Staff salaries..... 420,000.00
Payroll taxes..... 29,400.00
Employee benefits..... 98,700.00
Travel and meetings..... 5,000.00
Audit..... 9,000.00
Legal..... 15,000.00
Office supplies..... 15,000.00
Office equipment..... 18,000.00
Appraisers and Viewers..... 2,000.00
Professional services..... 20,000.00
Dues and subscriptions..... 10,000.00
Insurance and bonds..... 25,000.00
Repairs and maintenance- building..... 15,000.00
Utilities..... 9,000.00
Advertising & publications..... 3,500.00
Telephone..... 10,000.00
Vehicle expense & maintenance..... 14,000.00
Engineering supplies..... 3,000.00
Engineering Equipment..... 40,000.00
TOTAL..... \$801,600.00
LESS ESTIMATED OVERHEAD..... (630,000.00)
LESS: MISCELLANEOUS..... (7,000.00)
REVENUE..... (7,000.00)
PROPOSED 2017 GENERAL FUND BUDGET..... \$164,600.00
PROPOSED 2017 GENERAL FUND TAX LEVY..... \$ 0.00
CAPITAL PROJECTS FUND
An ad valorem tax of .0003627 times the taxable market value for 2016, collectible for 2017, will be levied on all taxable property within the Red Lake Watershed District. One-half of the levy will remain in the District for projects listed below; the other one-half of the levy will be sent to the Red River Watershed Management Board for projects within the Red River Basin.
Permitting system Benchmarks
Flood Control studies/projects Stream gauging
Water quality studies/projects Rivers
Watershed hydrologic analysis Lakes
Bank stabilization

Card of Thanks
The family of Norman Stenvick would like to thank Pastor Johnson for his message, Johnson Funeral Services, Mariah Coan and Dale Rogers for the special music, along with David Lee for serving lunch. Thank you to the Grygla American Legion & VFW Post, Minnesota Army National Guard/Honor Guard. Thank you to everyone for memorials, flowers, food and other donations brought over to the house. A special thank you to Sheriff Ray Kuznia, Deputy Olson, the ambulance drivers and the doctors & nurses at the ER. Also a big thank you to our friends and neighbors for all their help and support.
Lorraine Stenvick, Lynn & Jan, Scott & Gwen, Brad, Randy & Dawn, Arlen & family
G21C

Lion's Blood Drive



The Grygla Lion's Club hosted another successful blood drive last Wednesday, August 10th, with many volunteers showing up to donate. Holly Rychlock, pictured above, was one of many who is giving the gift of life through United Blood Services.



Harold Klamar, Doris Cleven and Lyle Hanson celebrated their August birthdays last week at the Grain Bin Café in Grygla. Monthly senior birthday parties are held at the café the second Wednesday of every month at 2:30pm.

Marching band practice

There is going to be marching band practice for the Grygla Fall Festival parade at 7pm on Wednesday, August 24th, along with one hour prior to the parade on Saturday the 27th.

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Community Calendar
Wed | Aug 17
Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 2-6pm; Grygla Library open 2-6pm
Thurs | Aug 18
Boat cruise on Lake Itasca (bus leaves Grain Bin Café at 9am); 4-6 grade basketball practice in Goodridge 6-7:30pm; Grygla School Board meeting 8pm
Fri | Aug 19
Senior Meals at Grain Bin Café 11am
Sat | Aug 20
Grygla/Gatzke Food Shelf 8-10:30am
Sun | Aug 21
Mon | Aug 22
Senior Meals at Grain Bin Café 11am
Tues | Aug 23
Grande Corner Softball 6:30pm

Legal Notice
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The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.
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Have you read a good book lately? Think someone else might enjoy it, too? You're invited to write a book review to be published under the library column in the newspaper! Send reviews to Kari at grygla.eagle@gmail.com.

A BIG THANK YOU
To all who support ROSEAU COUNTY 4-H!
Your support of 4-H Makes it Possible for Youth to Make a Difference!
Thank you to ALL who support ROSEAU COUNTY 4-H and the 4-H YOUTH throughout the year and at the 4-H Blue Ribbon Market Livestock Auction Sale, Fashion Revue, Food Stand, Dairy Bar, and other 4-H Judging Events.
Thank You to all of the 2016 4-H Livestock Award Sponsors: Citizens State Bank, Greenbush Vet Clinic, Northern Resources, Grygla Farmers Union Oil Co, Burkel Grain Service, American State Bank of Grygla, Greenbush Ace Hardware, E & L Electric, Central Boiler, AgCountry Farm Credit Services, Farmers Union Insurance/Roseau Realty Co Inc, North Central Feed Products, Dean Skoien Club Lambs, Geroy's Building Center, American Breeders Services (Dan Anderson), Gust-Tomasek Farms, American Dairy Association of Roseau/Kittson County, & Accelerated Genetics
Thank You to all the 2016 4-H Horse Show Award Sponsors: Wojo's Horse Training, Blazek Family, Comstock Family, Novak Family, Johnson Family, Marquis Brothers Reg. Bel & Qtr Horse Farm, Premier Bank, Bergsnev Family, CHS-Warren, SW Angle News & Views, Kevin & Michelle Bruce, AJ's Wine Creation, Robertson Family, Howell Horseshoeing, Subway, AgCountry Farm Credit Services, Olson Family, Farmers Co-Op Greenbush, & Vatnsdal Stables
Thank You to all:
4-H Leaders, parents, and volunteers for making 4-H at the Roseau County Fair another great success! You are much appreciated!!!
Thank You to all who support the 4-H Blue Ribbon Market Livestock Auction:
To Shane Isane and Keith Kilen for auctioneering at the Sale, to Citizen State Bank for clerking, to the volunteer photographer, ring men, lunch committee and servers, and to all the parents and volunteers who helped with set up and clean up. Thank you to the Auction Sale supporters.
Thank You
To the Roseau County Fair Board, to all the volunteers, parents, judges, youth leaders and supporters for making each of the 4-H judging events possible with your generosity of time and money.
And Thank You
To the Roseau County Board for supporting 4-H Youth Development in our County!
AGAIN, THANK YOU
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► CARLYE’S COUNTRY CUISINE

Submitted by Carlye Kiew, Eagle Intern

Pull Apart Garlic Bread

This recipe is definitely more of a side dish and can be paired with a variety of other main dishes. I would probably pair it with a pasta dish, but you can do whatever you like. These have a very good flavor and will be gone quickly. When making them I did make a couple minor changes to the recipe. I didn't use a stand mixer with a dough hook. I just used a bowl and a whisk (spoon when needed). I didn't add the kosher salt to the top of bread when it was done baking, instead I added Parmesan cheese. The cheese melted a little and tasted amazing!

Ingredients

- 1 cup warm water
- 2 tablespoons granulated sugar
- 2 teaspoons active dry yeast
- 2 tablespoons unsalted butter, softened
- 1 cup milk

- 2 ½ teaspoons salt
- 5 ½ - 6 ½ cups flour
- For the topping:
- 8 tablespoons butter, melted
- ¼ cup fresh parsley or 4 teaspoons dried parsley
- 2 tablespoons fresh oregano or 1 teaspoons dried oregano
- 4 cloves garlic, minced
- 2 teaspoons kosher salt

Instructions

Add warm water to the bowl of a stand mixer fitted with a dough hook. Sprinkle water with sugar and yeast. Stir and let stand for 5-10 minutes or until foamy. Mix in butter, milk, salt, and 3 cups flour. Stir in additional flour gradually. Add enough flour until the dough is smooth. Knead for 7-10 minutes. Dough should stick to the bottom of the bowl but clears sides. It will be soft and slightly sticky. Divide dough into two equal portions.

In a small bowl combine the butter, parsley, oregano, and minced garlic. Cut dough into 1

inch pieces and dip into butter mixture. Layer into 2 greased 8 x 4 loaf pans. Cover and let rise until doubled, around an hour. Meanwhile preheat the oven to 350 degrees.

Bake at 350 degrees for 30 minutes or until golden brown. Sprinkle with kosher salt and serve.



► DO IT YOURSELF

Submitted by Carlye Kiew, Eagle Intern

Mason Jar Oil Lamp

These are a cool looking rustic candle-like project. It doesn't take long to do and can be personalized. You could try adding food coloring to the water for a cool effect. These are super easy to do and can smell amazing. You can add drops of the essential oil on top of the vegetable oil of choice and it will make for a sweet smelling DIY.

Materials needed:

Large floating wicks (long cotton wicks can be used, but will not work as well)

Vegetable oil - one tablespoon of oil can last roughly 2 hours. Oils that will work include, but are not limited to olive oil, sunflower oil and canola oil.

Mason jar, along with some

decorative pieces to put in the jar such as flowers, pinecones, pebbles, etc.

Herbs, spices, or essential oils to make for a lovely fragrance (optional)

Instructions:

First, gather your jar and fill with your decorative pieces

of choice. Then cover these with water and pour oil over the water until a layer of oil about ¼ inch thick forms. Finally, put the floating wick into the oil, making sure the wick is short enough to only touch the oil, and light. To put out the flame simply put the lid on the jar.



► WHAT A JOKE

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, “And what starting salary are you looking for?” The engineer replies, “In the region of \$125,000 a year, depending on the benefits package.” The interviewer inquires, “Well, what would

you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?” The engineer sits up straight and says, “Wow! Are you kidding?” The interviewer replies, “Yeah, but you started it.”

Q: What computer sings the best?

A: A Dell.

The energizer bunny was arrested on a charge of battery.

Q: What's Forrest Gump's password?

A: 1forrest1

Q: What did the spider do on the computer?

A: Made a website!

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

Me-too-ism \MEE-TOO-iz-uh m\ Noun

1. The adopting of policies, methods, products, etc., similar or identical to those of a peer, rival, or competitor.
2. the practice of making a product, offering a service, etc., that attempts to duplicate one that is established.

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For the outdoor enthusiasts....



Itasca State Park hosts 10th annual North Country Hiking Fest

Hundreds of hikers are expected to take the 10th anniversary of the North Country Hiking Fest in stride with a day packed full of family friendly and healthy activities focusing on the North Country National Scenic Trail and hiking at Itasca State Park on Saturday, Aug. 27.

Those up for a challenge can hike the entire 10.6-mile length of the North Country National Scenic Trail in Itasca State Park while those short on time or not wanting to hike the full distance can make a hiking staff and then try it out on an easier two-mile loop to Preacher's Grove along the Brower Trail and bike trail.

“The North Country National Scenic Trail and Itasca State Park are two great destinations for hikers,” said Erika Rivers, director of Minnesota state parks and trails. “We hope this special event – which brings the two together - helps new people discover them.”

North Country National Scenic Trail, administered by the National Park Service, spans seven states and passes through 12 national forests and dozens of state parks including Maplewood and Itasca. Created by Congress in 1980, it will be 4,600 miles when complete. More than 500 miles of the trail's 850 miles have been constructed in Minnesota, with some of the construction made possible with funding from the Parks and Trails Fund, created after voters approved the Clean Water, Land and Legacy Amendment in November 2008. The Parks and Trails Fund receives 14.25 percent of the three-eighths percent sales tax revenue that may only be spent to support parks and

trails of regional or statewide significance.

“We're grateful to the elected officials, the local public land partners—especially the Minnesota Department of Natural Resources and Itasca State Park—and the many dedicated volunteers who have made the North Country Trail possible,” said Bruce Matthews, executive director of the nonprofit North Country Trail Association. “Their ongoing support of the trail is improving Minnesota's quality of life while also making significant contributions to the regional tourism economy. This event celebrates all these things coming together and the great hiking that results.”

The Aug. 27 Hiking Fest is the eighth in a series of 12 hiking events taking place in 2016 as part of an ongoing celebration of 125 years of Minnesota state parks and trails and 100 years of the National Park Service.

The schedule for the day: 10:30 a.m.: Official welcome and send-off with remarks by Erika Rivers.

11 a.m.-5 p.m.: Itasca State Park/North Country Trail 10.6-mile Hiking Challenge (start at Anchor Matson Road Trailhead or meet at the Jacob V. Brower Visitor Center before 10:30 a.m. to carpool to the trailhead; conclude at Highway 71 crossing.)

2-3:15 p.m.: Hiking 101: Tips, Tricks and Make Your Own Hiking Staff.

3:15-4:45 p.m.: Hike to Preacher's Grove.

5-6:30 p.m.: Catered cookout (fee).

6:30-7:30 p.m.: Evening program at the Jacob V. Brower Visitor Center, with speakers including Connie Cox, lead

naturalist at Itasca State Park, who will provide a brief history of the park and highlight some of its special features; and Cam Sholly, the National Park Service's midwest regional director, who will talk about the NPS Centennial and citizens' roles in shaping the next 100 years.

This event is sponsored by both Itasca State Park and the Itasca Moraine and Laurentian Lakes Chapters of the North Country Trail Association.

A vehicle permit is required to enter Minnesota state parks (\$5 for a one-day permit or \$25 for a year-round permit). Those who don't already have a Minnesota state parks vehicle permit can purchase one online (www.mndnr.gov/state_parks/permit.html) or at the park office.

South entrance to Itasca State Park is 23 miles north of Park Rapids on U.S. Highway 71. From Bemidji, the east entrance is 30 miles south on U.S. Hwy 71 and 1/10 mile north on state Hwy. 200. The north entrance is 21 miles south of Bagley on state Hwy. 92/state Hwy. 200.

For more information about the North Country National Scenic Trail in and east of Itasca State Park, visit <http://northcountrytrail.org/itm/>.

For more information about the North Country National Scenic Trail in and west of Itasca State Park, visit <http://northcountrytrail.org/lle/>.

For more information about the North Country Hiking Fest or Itasca State Park, call 218-699-7251, or visit www.mndnr.gov/itasca.

School Dist. #447 Back-to-School Information

— GRYGLA-GATZKE PUBLIC SCHOOL 2016–2017 CALENDAR —

Approved 3-17-16

AUGUST: Student–0 Days; Teacher–3.5 Days
Aug. 29-31: Teacher In-Service
Tuesday, Aug. 30: Teacher In-Service 8:00 a.m.-8:00 p.m.
Open House 4:00-8:00
7th Grade Orientation 6:00 p.m.
9th Grade Orientation 7:00 p.m.
Aug. 31: CPI 8:30

SEPTEMBER: Student–19 Days; Teacher–20 Days
Sept. 1: Teacher In-Service
Monday, Sept. 5: Labor Day
Tuesday, Sept. 6: First Day of Classes

OCTOBER: Student–19 Days; Teacher–19 Days
Wednesday, Oct. 5: Mid-Term
Thursday, Friday, Oct. 20-21: MEA Fall Conference-NO

SCHOOL

NOVEMBER: Student–18 Days; Teacher–20 Days
Friday, Nov. 4: End of 1st Quarter
Monday, Nov. 7: Teacher In-Service-NO SCHOOL
Thursday, Nov. 10: PT Conference 4:00-8:00
Friday, Nov. 11: NO SCHOOL
Tuesday, Nov. 15: PT Conference 4:00-8:00
Thursday-Friday, Nov. 24-25: Thanksgiving-NO SCHOOL

DECEMBER: Student–17 Days; Teacher-17 Days
Wednesday, Dec. 7: Mid-Term
Dec. 26-31: NO SCHOOL

JANUARY: Student–20 Days; Teacher–21 Days
Sunday, Jan. 1: New Years-NO SCHOOL
Monday, Jan. 2: NO SCHOOL

Tuesday, Jan. 3: School Resumes
Monday, Jan. 16: MLK Day-In-Service, NO SCHOOL
Friday, Jan. 13: End of 2nd Quarter

FEBRUARY: Student–19 Days; Teacher–19 Days
Monday, Feb. 20: President's Day-NO SCHOOL
Wednesday, Feb. 15: Mid-Term

MARCH: Student–22 Days; Teacher–23 Days
Thursday, Mar. 16: End of 3rd Quarter
Friday, Mar. 17: NO SCHOOL
Thursday, Mar. 23: PT Conference 4:00-8:00
Tuesday, Mar. 28: PT Conference 4:00-8:00

APRIL: Student–18 Days; Teacher–18 Days
Wednesday, Apr. 19: Mid-Term
Friday, Apr. 14: No School
Monday, Apr. 17: No School (Storm Day #1)

MAY: Student–18 Days; Teacher–19.5 Days
Friday, May 19th: NO SCHOOL-Teacher In-Service (Storm Day #2)

Sunday, May, 21: Graduation 2:00 p.m.
Monday, May 22: Evening In-Service 4:00-8:00
Thursday, May 25: Teacher and Student Last Day
Friday, May 26: Teacher Storm Day Make-up (For May 19th)
Monday, May 29: Memorial Day

Student Days: 170 • Teacher Days: 180

Quarter Totals:
Quarter 1: 42 student days; 46.5 teacher days
Quarter 2: 40 student days; 42 teacher days
Quarter 3: 43 student days; 44 teacher days
Quarter 4: 45 student days; 47.5 teacher days

Notice Regarding Lactose Reduced Milk

This is a reminder to families that Grygla School will make lactose-reduced milk available to any student upon receipt of a written request from any parent or guardian of a student who is lactose intolerant.

USDA is an equal opportunity provider and employer.



Free and Reduced Lunches

Our school funding increases as more families apply and are approved for either free or reduced lunches. This is a win-win situation for both our school district and for families who qualify. It saves you money and increases district revenue.

If you think you might qualify for free or reduced lunches, please apply for these benefits. If you have any questions, please call Galen Clow at 218-294-6155.

SPORTS, BOOK AND BAND DEPOSITS

We would like to remind parents of the Sports, Book and Band deposits that are required. We would appreciate it if parents would stop by the office before school starts or send checks with their students on Tuesday, September 6, 2016 if they have not done so. The Book and Sports deposits are \$40.00 each and are only for students in grades 7 - 12. Band deposits are \$40.00 for band students using school owned instruments. This is a one time deposit that will be refunded when the child graduates.



PARTICIPATION FEES----Yearly

1. Student Passes for Grades K-12 will be \$30.00 (optional). Individual event passes for students will be \$3.00 per event. Students who have paid a sports fee will be admitted free to activities. Students in band will be admitted free to activities that they are performing at. Parents are encouraged to purchase student passes for their children who are not involved in sports or band.

2. Participation fees for students in grades 7-12 will be as follows:
a) Volleyball, Girls & Boys Basketball & Track - \$50.00
b) Football - \$60.00

No family will be charged more than \$200.00 for participation fees. (This is above and beyond the \$40.00 equipment deposit.)

3. Band Rental - \$40.00/year for students renting band instruments from the school.



G21C

GENERAL INFORMATION

Telephone calls to the school for students should be made only when most necessary. Students will not be called to the telephone except in an emergency. A phone is available for student use in the main entrance doorway. A pay phone is also available in the gym lobby.

Our school day will consist of 7 periods per day and a 35 minute home room at the end of the day. School begins at 8:30 am and ends at 3:32 pm. A student must be present for 4 periods during the day to get credit for a ½ day, and present in all 7 periods for a full day.

An informational packet was mailed to your home August 8th. If you did not receive a packet please call the school to request one. This mailing contains: Lunch Information, Yearly Meal Plan & Menu, Bus Routes (if applicable), Kindergarten Information (if applicable) Asbestos Notification, General Pesticide Notice, Quality Air Release, Internet Use Agreement, Data Privacy, and other school info. That may apply. Students in grades K-12 will receive an assignment book with a student handbook printed in it the 1st day of school. Please take the time to read this and familiarize yourself with it. Please note that there is a 2016-2017 calendar in the Student Handbook for your convenience. This will help you to plan dr./dental appt., trips/vacation planning, etc.

The handbook will be reviewed the first day of school.

In order to keep our gym floors in good condition students are encouraged to have a pair of tennis shoes to use when PE classes and recesses are held in the gyms.

IMMUNIZATION NOTICE

Immunizations must be up to date for a child to enter school. If your child needs immunizations you should have received notice earlier this summer. Please return the forms with immunization dates before school begins.



– USE OF MEDICATION –

In the Grygla Public School District #447, we follow the recommendations of the MN Dept. of Education and school policy “**Use of Medication**” regarding administering medication.

The school policy reads as follows:

Students and their parents or guardians will maintain the responsibility for administering necessary medications to students. In cases where a student may need adult supervision for taking medications, permission forms for school personnel to administer medications will be available in the office. These forms must be signed by the parent or guardian and returned to the office prior to medications being given out by school personnel. **Permissions form must be submitted each year!** Forms will be included in family packets.

2016-'17 School Year

Grygla School District #447

**TUESDAY,
SEPTEMBER
6TH**

2016-2017 School Year Kick Off

TUESDAY, AUGUST 30TH



From 4:00 pm to 8:00 pm the teachers will be in their classrooms for an informal "Meet the Teacher". Parents and students are encouraged to come and meet their teacher and find out what to expect in their classroom. Teachers will have classroom rules, schedules and other information available for you to review. The office will be open. Avoid the first day of school waiting lines and stop in to drop off forms and pay lunch bills.



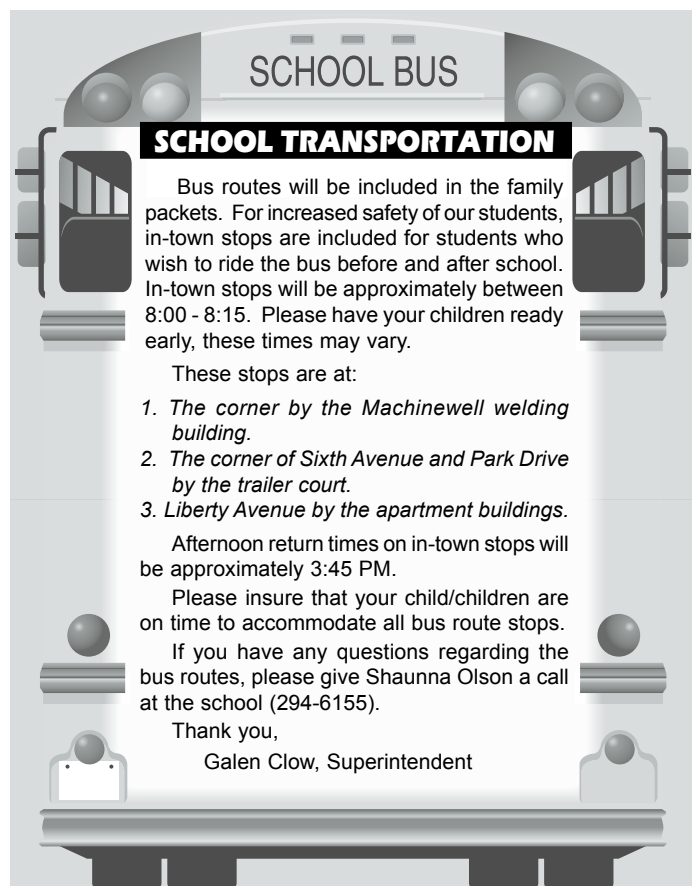
7th grade students and Parents will have an orientation meeting at 6:00 pm in the Library. We will be covering what to expect in High school and introducing high school teachers.



9th grade students and Parents will have an orientation meeting at 7:00 pm in the Library. The major focus of this meeting will be on student schedules and the importance of planning your classes for the future.



The school store will be open from 4:00 – 8:00 pm.



General Pesticide Notice for Parents or Guardians

Dear Parent or Guardian:

A Minnesota state law went into effect in year 2000 that requires schools to inform parents and guardians if they apply certain pesticides on school property.

Specifically, this law requires schools that apply these pesticides to maintain an estimated schedule of pesticide applications and to make the schedule available to parents and guardians for review or copying at each school office.

State law also requires that you be told that the long-term health effects on children from the application of such pesticides or the class of chemicals to which they belong may not be fully understood.

If you would like to be notified prior to pesticide applications made on days other than those specified in the estimated schedule please contact Superintendent Galen Clow at Grygla Public School.



2016 - 2017 Goodridge-Grygla High School Sports



— GIRLS BASKETBALL —

Date	Opponent	Site
Nov. 19	Jamboree	Grygla
Nov. 29	SAC	Grygla
Dec. 1	RLF	RLF
Dec. 9	KCC	Lancaster
Dec. 12,13,15	NCTC Tourn.	Northland, TRF
Dec. 19	LOW (DH)	Baudette
Jan. 2	Laporte	Goodridge
Jan. 3	RLCC	RLCC
Jan. 6	WAO (DH)	Warren
Jan. 10	NF	NF
Jan. 12	BGMR	Greenbush
Jan. 13	KCC	Goodridge
Jan. 17	Warroad (DH)	Grygla
Jan. 20	Fisher-Climax	Fisher
Jan. 24	Roseau	Roseau
Jan. 26	WAO	Goodridge
Jan. 27	RLF (Snowfest)	Goodridge
Jan. 28	C Tournament	Fosston
Jan. 30	BGMR	Grygla
Feb. 2	Sacred Heart (PN)	Goodridge
Feb. 6	LOW	Grygla
Feb. 7	RLCC	RLCC
Feb. 10	Warroad (DH)	Warroad
Feb. 13	SAC (DH)	Argyle/Stephen

Feb. 17	RLCC	Goodridge
Feb. 20	NF	Grygla
Feb. 21	Fertile-Beltrami	Fertile

— BOYS BASKETBALL —

Dec. 5,6,8	NCTC	NCTC
Dec. 9	RLC (JH)	Goodridge
Dec. 13	C-G (7th & 8th) (4:30, 5:30)	Clearbrook
Dec. 16	NF	NF
Dec. 19	LOW (DH)	Baudette
Dec. 22	Roseau (PN)	Grygla
Jan. 3	KCC	Grygla
Jan. 5	TRF/NF (7th & 8th)	Thief River
Jan. 6	WAO (DH)	Warren
Jan. 13	Roseau	Roseau
Jan. 16	BGMR	Goodridge
Jan. 17	Warroad (DH)*	Grygla
Jan. 19	C-G	C-G
Jan. 23	WEM	Eskine
Jan. 24	LOW	Grygla
Jan. 31	C-G	Goodridge
Feb. 3	KCC	Lancaster/Hallock
Feb. 7	Sacred Heart	Goodridge
Feb. 10	Warroad (DH)	Warroad
Feb. 11 or 18	Super Saturday	NCTC

Feb. 13	SAC (DH)	Argyle
Feb. 17	Sacred Heart	EGF
Feb. 23	RLC	Plummer
Feb. 27	BGMR	Greenbush
??	Fosston	Goodridge

*Game times for 1/17/17 vs. Warroad (DH)
GBB JV @ 4:30, GBB V @ 6:00, BBB V @ 7:45,
7/8 GBB @ 4:30, 7/8 BBB @ 5:30, JV BBB @ 6:30.

— FOOTBALL —

Aug. 27	Jamboree (V)	Argyle TBD
Sept. 1	Cass Lake (V)	Cass Lake 7:00
Sept. 6	Jamboree (JH)	Newfalden 7:00
Sept. 9	WEM (V)	Goodridge 7:00
Sept. 16	Ada-Borup (V)	Ada 7:00
Sept. 19	KCC (JH/JV)	7:00
Sept. 23	C-G (V) (HC)	Grygla 7:00
Sept. 26	C-G (JH/JV)	C-G 7:00
Sept. 30	WAO (V)	Warren 7:00
Oct. 3	WAO (JH/JV)	Goodridge 7:00
Oct. 7	SAC (V)	Argyle 3:30
Oct. 10	SAC (JH/JV)	Grygla 7:00
Oct. 13	NF (V) (PN)	Goodridge 7:00
Oct. 17	NF (JH/JV)	Newfalden 7:00
Oct. 18	KCC (V)	Grygla 7:00

— VOLLEYBALL —

Aug. 25	Scrimmage	Grygla
Aug. 29	WAO	WAO
Sept. 1	RLF	RLF
Sept. 6	Warroad	Warroad
Sept. 10	C Tournament	Hallock
Sept. 10	Tournament	Ada
Sept. 12	RLCC	Goodridge
Sept. 13	C-G	C-G
Sept. 15	Roseau	Grygla
Sept. 17	JH Tournament	Roseau
Sept. 17	JV Tournament	Lancaster
Sept. 19	RLCC (7th & 8th)	Oklee
Sept. 22	Warroad (HC)	Goodridge
Sept. 26	RLCC (7th & 8th)	Goodridge
Sept. 27	Sacred Heart	Goodridge
Sept. 29	BGMR	Greenbush
Oct. 4	LOW (PN)	Grygla
Oct. 10	BGMR	Grygla
Oct. 13	NF	Goodridge
Oct. 14	KCC	Grygla
Oct. 15	Frostbite Tournament	SAC
Oct. 17	SAC	Stephen
Oct. 22	JH Tournament	Warroad

2016 – 2017 STAFF

ADMINISTRATION

Galen Clow	Superintendent of Schools
Jamie Lunsetter	Principal K-12

BOARD OF EDUCATION

Nicolette Leach	Chairperson
Gary Polansky	Vice Chairman
Karina Tinnies	Clerk
Charisa Limesand	Treasurer
Jeremy Rychlock	Director
Jim Verbout	Director

HIGH SCHOOL FACULTY

Drew Kjono	Jr. & Sr. High English
Beth Kucera	Technology/Computer/Business Education
Isaac Kvasager	Technology/Science/Biology/Chemistry
Jason Grandstrand	Social Studies
Gene Lunsetter	Vocal/Instrumental/Music
Audrya Nelson	Librarian
Gabe Rath	Construction/Ind. Technology/Machine Shop & Metals
Betsy Saurdiff	Art & Foreign Language
JesseWestbrock	Math
Brady Olson	Phy. Ed./Health
Robin Johnson	Special Ed./Title I

ELEMENTARY STAFF

Travis Smith	Kindergarten
Jean Schulz	First Grade
Greg Monson	Second Grade
Kerry Carlson	Third Grade
Abby Sundberg	Fourth Grade
Mike Gast	Fifth Grade
Renae Westbrock	Sixth Grade
Gene Lunsetter	Elementary Music
Tausha Severts	Special Ed./Title I

OFFICE STAFF

Amy Holte	Bookkeeper/Supt. Secretary
Shaunna Olson	Student Services/Principal Secretary

SCHOOL LUNCH STAFF: Jean Foss, Darlyne Roen

CUSTODIAL STAFF: Owen Hagen, Chris Jelen, Wayne Thomas

PARAPROFESSIONALS: Audrya Nelson, Marcie Moe, Diane Lunsetter, Brooke Olson, Courtney Boutain

BUS DRIVERS: Bruce Kiesow, Colette Brobst, Regina Amos, Mike Mickelson

BUS ASSISTANT: Evelyn Wailing

2016-2017 SCHOOL YEAR NOTIFICATION

As a result of recent federal legislation (Asbestos Hazard Emergency Response Act - AHERA), each primary and secondary school in the nation is required to complete a stringent inspection for asbestos and to develop a plan of management for all asbestos-containing building materials. The Grygla Public School has a goal to be in full compliance with this law and is following the spirit, as well as, the letter of the law. As a matter of policy, the district shall continue to maintain a safe and healthful environment for our community's youth and employees.

In keeping with this legislation, all buildings (including portables and support buildings) owned or leased by the Grygla Public School were inspected by EPA accredited inspectors and samples were analyzed by an independent laboratory. Based on the inspection, the school prepared and the state approved a comprehensive management plan for handling the asbestos located within its buildings safely and responsibly.

Furthermore, the Grygla Public School has completed their 3-Year Re-inspection required by AHERA. Our district buildings, where asbestos-containing materials were found, are under repair, removal and Operations and Maintenance.

This past year Grygla Public School conducted the following with respect to its asbestos containing building materials:

**Implemented our Operations and Maintenance Program*

Federal law requires a periodic walk-through (called "surveillance") every six months of each area containing asbestos. In addition, the law requires all buildings to be re-inspected three years after a management plan is in effect. MacNeil Environmental, Inc will accomplish this under contract.

Short-term workers (outside contractors - i.e., telephone repair workers, electricians and exterminators) must be provided information regarding the location of asbestos in which they may come into contact. All short-term

workers shall contact the lead maintenance person before commencing work to be given this information.

The Grygla Public School has a list of the location(s), type(s) of asbestos containing materials found in that school building and a description and time-table for their proper management. A copy of the Asbestos Management Plan is available for review in the school office. Copies are available at 25 cents per page. Questions related to the plan should be directed to MacNeil Environmental, Inc., Burnsville, Minnesota, at 800/232-5209 or by contacting the Grygla Public School.



Where:
Grygla School

When: Tuesday, August 30th
6:00 to 8:00 pm

Come Join the Fun!

NOTICE TO NEW RESIDENTS AND PARENTS IN GRYGLA SCHOOL DISTRICT

Parents or guardians of school age children who have recently moved into the school district are requested to notify the school of the move. Please contact the school AS SOON AS POSSIBLE to register new students so teacher and bus assignments may be made, and to ensure that an adequate number of textbooks and supplies will be on hand. For current residents who have moved within the district, please contact the school with your new address, so that school information may be mailed to the correct address, and your children will be assigned to the correct bus route.

Contact Grygla School Office with registration information:

PO Box 18 • 114 N Fladeland Ave
Grygla, MN 56727 • 218-294-6155

BUS PICKUP NOTICE

The buses will not come into driveways and yards that are not in good condition and free of snow. Buses will only stop at the designated bus stops in town. In town bus stops are a courtesy and not required. If the children are not waiting at the bus stop the driver will not stop.