



 Today Sunny H 75 L 52	 Thurs Partly Cloudy H 77 L 57	 Fri Partly Cloudy H 79 L 62	 Sat Mostly Cloudy H 79 L 58	 Sun Showers H 73 L 54
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Wednesday, August 31, 2016

NOW ONLINE www.tricocanary.com

Vol. 43 Number 9

A look at next week... Kacey (Miller) Stromlund, formerly of Goodridge, takes the lead indoors AND outdoors! Stay tuned...

Youth Firearm Safety course & club picnic moved to Sept. 10th

The Youth Firearm Safety course will now be held Saturday, September 10th, instead of the 17th as originally planned. The event will still be at Grande Corner. The all-day range course begins at 8:30am where students will walk through different scenarios with firearm safety instructors. Before attending the range course, students must complete the online portion of the course, which does take some time, according to instructors. To get a started with the program, students can visit www.huntercourse.com; choose your state, enter your DOB and it's self-explanatory from there.

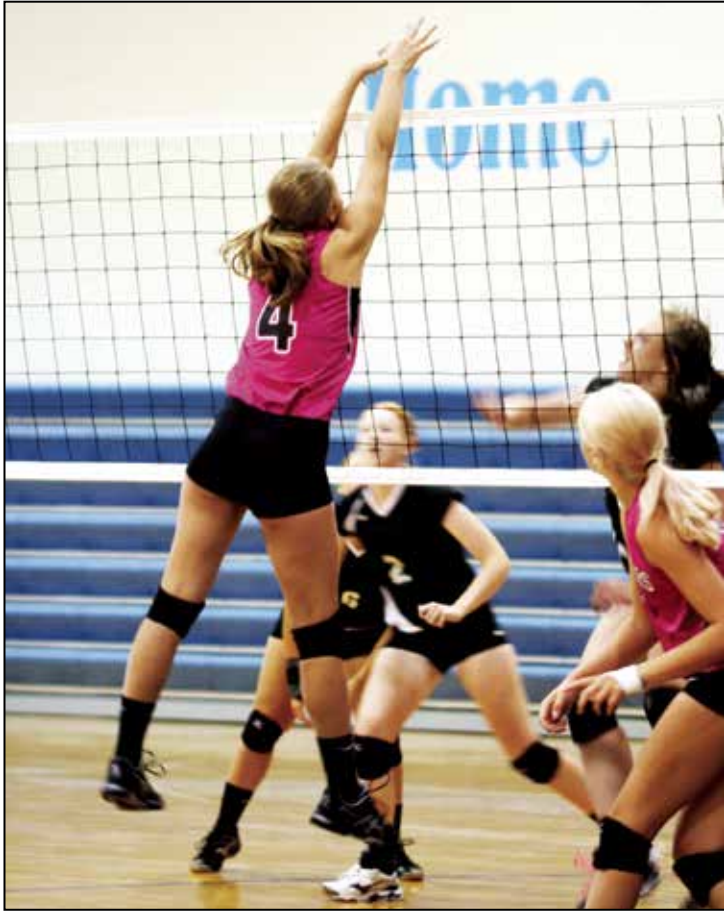
Volunteer instructor and Fourtown/Grygla Sportsman's Club member, Donald Haack, says in order to attend and participate in this event, students must be age 12 by this firearm season; firearm safety certificates are not valid until age 12. Students are asked to bring their online course completion certificate with them the day of the range course at Grande Corner. The Fourtown/Grygla Sportsman's Club will also be holding their annual picnic at Grande that day, as well. For any questions, please call Donald Haack at 218-294-6325.

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 – Ed Gulden, Warren
August 25th \$200 – Wayne Hanson, Grygla
August 26th \$225 – Kaylani Kiesow, Goodridge
August 27th \$150 – Ruth Braaten, Badger
August 31st \$50 – Carol Lee, St. Cloud
September 3rd \$75 – Scott Torgerson, Grygla



Chargers kick off the 2016 Fall Sports season with jamborees! A volleyball jamboree was held in Grygla last Thursday, August 25th. The event was for the JV and V teams; Grygla/Goodridge JV team is now coached by Tori Davidson, while the new varsity head coach is Brooke Olson. Pictured above is Grygla Junior, Alaina Monson, up for the block against the RLCC Mustangs. Chargers Football QB #3 Hudson McMillin in the jamboree against Stephen/Argyle Storm last Saturday, August 27th. The Varsity football team heads to Cass Lake for their first game of the season this Thursday, September 1st.



THE GRYGLA EAGLE WILL BE DELIVERED ONE DAY LATE NEXT WEEK DUE TO THE LABOR DAY HOLIDAY.

Grygla Fall Festival 2016 - another one for the books

It wasn't the most ideal weather for the Grygla Fall Festival, but everyone seemed to make the most of the weekend, despite the rain that cancelled some of the anticipated events. Friday night's festivities included a Splash n' Dash 5k Fun Run, hosted by the GHS Student Council. Proceeds for the fun run benefited the 2017 Grygla Centennial. Winning the race was Justin Kiesow (male) and Sarah Kiesow (female). 52 people registered for the 5k and crossed the finish line as members of the Grygla Fire Department hosed them down with water! There was also a bean bag toss tournament on Main Avenue that evening; 35 teams of 2 registered and participated in the event. Fall Fest

attendees were treated to a variety of music Friday evening as a Talent Show took place at the school while Slamabama played later on the street. Saturday started out very rainy, which ended up cancelling a couple of bigger events; the tractor pull and horse shoe tournament had to be called off as the rain kept coming down. The kiddie games were moved into the Grygla School, which a few people still ventured out in the rain to let the youngsters have some fun. Speaking of fun, members of the Mixed Softball Tournament sure had some as their games were all still ON! How brave are they, huh?! Saturday's parade had a good turnout even though

it had to be pushed back to 3pm. Many floats entered the parade with the winning entries going to: Red Hats, Grygla School Marching Band, 2017 Grygla Centennial float and LYO. Honorable mentions were Digikey, Kickin' Up Kountry and Motel 89. Great music was provided all afternoon on Main Avenue, but 3 blocks south of Yo-Hawn's the mud was flying! The demolition derby, along with a power wheels demo went off without a hitch. We'll have the winner's pictures and names in next week's paper. Folks ended Saturday night by dancing to Eagle Creek on Main Avenue! Sunday's weather was beautiful and the

event schedule went exactly as planned. From 7am-noon, the Lion's Club held their breakfast buffet, along with a fly-in breakfast that drew some area pilots into town. The Community Bible Church led a joint community worship at the Veteran's Gazebo in town, while Sand Volleyball and Men's Softball was happening a few blocks west. Sunday's horse shoe tournament also took place; winner's pictures and names to be in next week's paper. Enjoy all of the Fall Fest photos in this week's paper and we'll see you on the streets again next year as Fall Fest will be held in conjunction with the 2017 Grygla Centennial.



Gavin Nordby drove the 2017 Grygla Centennial Float in Saturday's parade as the head of the Centennial Committee. The float was also named one of the parade winners!

Ron Waling in the horse shoe tourney on Sunday. Ron and TJ Waling placed 1st in the event.



Above: Julie Sarby, with American State Bank, at Saturday's parade. Below: Brent Klamar, Gatzke, attending the Fly-In Breakfast Sunday morning.

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 at at 7pm at Our Savior's, no services at United Lutheran
Sunday: 9am Worship at United Lutheran, no services at OS

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 Hannesson
Sunday:
St. Clement's: 11:45am Worship
St. Ann's: 10am Worship.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship, 9am Bethesda Women

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.

grygla.govoffice2.com
City of Grygla
Minutes/Agendas online

The Grygla Eagle will be
CLOSED
Monday, Sept. 5
in observance of
LABOR DAY

NOTICE OF MINNIE TOWNSHIP BOARD MEETING
Minnie Township Board will meet at the Minnie Town Hall 65964 Fourtown Road NW on September 9th, 2016. Meeting will start at 7:00 PM.
MINNIE TOWNSHIP RAY HENDRICKSON, CLERK

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Historical Society winds down for year

As the year winds down, the Marshall County Historical Society wants to take the opportunity to thank those who showed their support. Every day the society helps to bring history closer for people right here in our community. Your visits and donations have made this a very successful year. The museum had more than 1200 visitors this season. We hosted the annual Community Appreciation Picnic, the Kids Day program, and was involved

Historical Society... Continued on page 3

MARSHALL COUNTY RESIDENTS
2016 Household Hazardous Waste, Appliance, Television and Fluorescent Lamp Collection
Marshall County will collect at a charge of **\$5.00 per item**: Unusable Freezers, Clothes Washers and Dryers, Dishwashers, Air Conditioners, Furnaces, Microwaves, Dehumidifiers, Stoves, Water Heaters, Refrigerators, TV's and Computer Monitors. Fluorescent Lamps are also accepted at a charge: 4' bulbs are **\$0.50**, all other bulbs are **\$0.75**. Oil and Latex Paint, Solvents, Acids, Caustics, Adhesives, Home and Garden Pesticides will be collected **at no cost**. Following is a list of the locations, dates and times at which you can bring in materials for disposal. **Materials are to be delivered during the hours stated for each drop-off site.** If you cannot come to the drop-off site on these days, we also take the materials listed above at the Marshall County Demolition Landfill every Wednesday from 8:00 a.m. – 4:30 p.m. May through October.
September 12, 2016
Grygla - Marshall County Garage
9:30 a.m. to 10:30 a.m.
Middle River - Community Center
Noon to 1:00 p.m.
September 13, 2016
Newfolden - City Parking Lot - Behind Fire Hall
8:30 a.m. to 9:30 a.m.
Stephen - Community Center
10:30 a.m. to 11:30 a.m.
Argyle - Marshall County Garage
Noon to 1:00 p.m.
September 15, 2016
Oslo - by Fire Hall
9:30 a.m. to 10:00 a.m.
Alvarado - Marshall County Garage
10:30 a.m. to 11:00 a.m.
Warren - Marshall County Shop (Highway Dept.)
11:30 a.m. to 12:30 p.m.
**For More Information Contact
Josh Johnston or Scott Jorgenson
Marshall County Environmental Services
218-745-4217**

HOUSING SPECIALIST
Applications are now being accepted for a Housing Specialist. The successful applicant will possess a solid knowledge of housing construction through education and/or experience. Must be willing to train towards an energy auditor certification, be willing to work closely with contractors on housing and commercial rehab projects, and possess the ability to use technology. Position will be responsible for performing energy audits, prepare bid specifications, and assist in awarding contracts. Must possess a valid driver's license and be willing to travel throughout our four county service area. This is a full time position with a competitive benefit package and a friendly work environment.
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

FAMILY SERVICES/COUNSELOR
Northwest Community Action, Inc. is seeking a highly motivated candidate to fill our Family Services/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. Must possess excellent written and verbal communication, along with customer service skills. This is a full time position with competitive 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.

Low Interest Business Loans Available in Marshall County
Marshall County's Rural Business Enterprise Program is accepting applications from small businesses located in Marshall County for low interest loan funding. Loan requests up to \$50,000 will be considered. A 2% interest rate available. Eligible loan uses include:
• Acquisition and development of land, easements and rights-of-way
• Purchasing of machinery or equipment
• Purchase of an existing building, building construction, rehabilitation, or tenant improvements
• Construction of access streets, roads, parking areas, utilities, and pollution control and abatement activities
• Loans for start-up operating costs and working capital
The application deadline is September 30, 2016. Applications received after the deadline will be considered in future awards if available.
To request an application mail your request to NW MN HRA, Attn: Lee, PO Box 128, Mentor, MN 56736, or email: lee@nwmnhra.org. You can also call 218-637-2431 for more information.
Marshall County Warren, MN 56762
Marshall County is an Equal Opportunity Provider and Employer

Community Calendar
Wed | Aug 31
Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 2-6pm; Grygla Library open 2-6pm
Thurs | Sept 1
Varsity FB at Cass Lake 7pm; Chargers VB at RLF (C team at 5pm, JV at 6pm, V at 7pm)
Fri | Sept 2
Senior Meals at Grain Bin Café 11am
Sat | Sept 3
Sun | Sept 4
Mon | Sept 5
Labor Day; Senior Meals at Grain Bin Café 11am
Tues | Sept 6
1st day of school; JH FB Jamboree at Newfolden; VB at Warroad

Council approves July mins.

The Grygla City Council held their August meeting last week and approved July's minutes. Official Minutes are taken by Grygla City Clerk and recapped by the Grygla Eagle. They are included below for your reference. For a full version of the minutes, including receipts & disbursements, please visit <http://www.grygla.govoffice2.com/>
The July 11th meeting was called to order at 7pm by Mayor Mosher with the following council members present: Gavin Nordby, Lindsay Oslund, Robert Thompson and Dave Dunrud. Absent: None. Also present: Kristi Hanson from NWRL and Rose Aune, City Clerk.
Previous months minutes, along with receipts, disbursements and payment of the monthly bills were all approved. Other items included: WATER TOWER, GAS DETECTOR FOR ARENA, COMMUNITY CENTER, SOUTH ADDITION
There is nothing to report at this time.
SAFE ROUTES TO SCHOOL GRANT
The sidewalk project was started on July 5th. Matt Uppgren was at the meeting to discuss the progress. The project should be done by the end of July. The light poles will be done in August.
PLAYGROUND EQUIPMENT
Oslund is working on an REA grant.
CAMPSITE ADDITIONAL HOOKUPS
There is nothing new to report at this time.
AIRPORT ELECTRICAL HOOKUPS
There is nothing new to report at this time.
RADAR SPEED LIMIT SIGNS
Rose is to check with Shannon, Warren city clerk, to see where they purchased their radar signs.
FF ELECTRIC POLE
There is nothing new to report at this time.
REVOLVING LOANS
The city agreed to refund \$75 of the \$150 processing fee so Hartz loan could pay \$5000 off with a CC.
NUISANCE ORDINANCE
Motion made and approved to make the 2nd approval to the Nuisance Ordinance updates. 2015 FINANCIAL REPORT
2015 Financial report approved.
NWRL BUDGET REPORT
Kristi Hanson from NWRL went over the 2016 Grygla Link Library budget, which is available on the City of Grygla website.
BOARD OF APPEALS CERTIFICATION
We need 2 council members to get certified for Board of Appeals. They now have the training online and they have until Feb 2017 to get this done.
FACEBOOK CITY PAGE
Rose has set up a City of Grygla Facebook page. Street & sidewalk updates have been posted on there.
WORK CONTRACTS
Approval for Rose and Rocky to be given a \$.25/hr raise.
EXTRA MEETINGS
Thompson, Mosher, Nordby, Dunrud and Oslund attended special meeting for the Hartz revolving loan and 2015 financial report. Thompson & Mosher at pre-construction meeting.
SCHEDULE POLICY MEETING
Policy meeting is scheduled for July 25th at 6:15 to go over the Utility Billing Policy.

Olson-Miller to exchange vows
Sadie Olson & Robbie Miller will exchange their wedding vows this Saturday, September 3rd, at 4:30pm at Grace Lutheran Church in Grygla.
A reception and dance will follow at the Lion's Hall in Goodridge. All are welcome!

Scholarships available through Sheriff's office

Sheriff Phil Hodapp of Beltrami County announced the commencement of the Law Enforcement Scholarship Program for 2016. Sheriff Hodapp proudly announced that the MSA Board of Directors has established a scholarship fund for the awarding of up to 15-\$600 scholarships for this year. These scholarships are due to the coordinated efforts of the 87 Sheriffs of the State of Minnesota.
The Members of MSA gives special recognition to the financial needs of students attending the peace officer skills course, or one of the two or four year law enforcement degree colleges. "The Board of Directors feel peace officers in our democratic society have complex duties to perform" said Sheriff Hodapp. MSA recognizes the importance of pre-entry training for people considering law enforcement as their career choice. MSA recognizes some students need outside help in meeting the costs of such training, even though they excel academically.
The Scholarship Commit-

tee, in making its selection of awards, intends on achieving representation from all geographical areas of the state. Scholarship awards will be announced by December 30th of the same year. Application forms and a statement of procedures are available at the Beltrami county sheriff's office. Scholarships are only available to students currently enrolled in one of the following three categories:
1. Mandated POST Skills Program
2. In their second year of a two year law enforcement program.
3. In their third or fourth year of a four year college criminal justice program.
In order to qualify, students must have completed at least one year of the two year program or two years of a four year program. Students meeting these criteria are invited to obtain a scholarship application form from their local sheriff's office or online at www.mnsheiffs.org.

Grygla Fall Festival Parade
August 27, 2016

In two locations
FDIC
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
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AMERICAN STATE BANK
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Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328

The Miss North Star Scholarship Pageant is currently seeking contestants to compete in the 2016 Miss North Star Pageant. The Miss North Star 2016 pageant will be held Sunday, September 25th, in Middle River. Miss North Star would represent northwest Minnesota throughout her year-long reign as well as represent our “neck of the woods” in the 2017 Miss Minnesota Pageant. If you're interested in competing,

this... promote your platform (a cause or organization you believe strongly in), attend a variety of community events, perform your talent at various community functions, attend other area pageants as visiting royalty, participate in community parades and festivals, and prepare for and represent northwest Minnesota in the Miss Minnesota Pageant in June of 2017. Oh, and earn scholarship dollars towards

If interested in participating in this year's pageant check out Miss North Star on Facebook or contact one of the following committee members via email for more information: Marlene Peterson at mmpeterson@wiktel.com, or KayDell Super at super33@wiktel.com.



Left to right: Mercedes Coan and Cheyenne Irlbeck at the Junior Varsity Jamboree in Grygla against Warroad. Far right: Maci Bakken in the Varsity Jamboree against RLCC last week in Grygla.



GG Chargers Football Jamboree in Argyle against SA Storm last Saturday, August 27th.



Gary Kiesow in the Fall Fest parade.



Krystle Ruud's daycare in the Fall Fest parade.



Little ones watching the Power Wheels Demo at the Grygla Fall Festival last weekend!

CROSSWORD

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ALTITUDE

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Theme: Children's Mov-

1. Savvy
6. Churchill's "so few"
9. Wolf in Mexico
13. Type of closet
14. "____ to Joy"
15. Giverny Impressionist
16. Select by a vote
17. Craggy peak
18. Eight voices
19. *Snow White's posse
21. *Kevin, Stuart or Bob
23. **Mr. ____body & Sherman"
24. Fodder holder
25. Dawber of "Mork & Mindy"
28. Maastricht Treaty (1992)
- currency
30. Goldfinger's henchman
35. They're hidden up a sleeve?
37. TV's ____ at Night
39. **____ Got a Friend in Me"
- from "Toy Story"
40. Lymph ____
41. *E.T., e.g.
43. Arctical jaeger
44. Dismal
46. Muffin Man's Drury ____
47. Unagi, pl.
48. Not digital
50. Word-of-mouth story
52. Actor's domain
53. Back talk
55. "____ populi," or "voice of the people"
57. *Mr. Miyagi's forte
60. **____ Life of Pets"
63. Type of renewable energy
64. Parental involvement org.
66. Have dinner at home
68. Type of sweatshirt
69. H+, e.g.
70. Spiral-horned antelope
71. Augments
72. *Jack Sparrow's "yes"
73. Ruhr's industrial center

DOWN

1. Steinfeld
2. *Where the ____ Things Are"
3. All over again
4. Summary
5. Dinner's main attraction
6. Decomposes
7. Big fuss
8. Manhattan Project physicist
9. Locus, pl.
10. On top of
11. "____ there, done that"
12. Mel ____, Giant Hall-of-Famer
15. Accompanied solo song
20. The animals of a region
22. International Labor Organization
24. Parties
25. *Kung Fu-practicing animated mammal
26. Squirrel's stash
27. Mythological princess of Colchis
29. Small stream
31. 2 aspirin, e.g.
32. Football move, pl.
33. Immature ovum
34. *Beauty's true love
36. Finned mammal
38. Bingo-like game
42. Impulse transmitter
45. Prayer beads
49. Gangster's pistol
51. Between Paleocene and Oligocene
54. Old photo color
56. Röntgen beams
57. Crazy one
58. Medicinal succulent
59. Unit of angular measure, pl.
60. Like spirit in sane body
61. Estimated arrivals
62. Bathroom flooring
63. Female pronoun
65. *Buzz or Woody
67. A Bobbsey twin

In a small town there is a large water tower in the middle town. From this tower there are several dozen pipes that go out to all the residents in the town, as well as large pipes that go to the fire department, city all, the factories and other businesses in town. As long as the water tower is continually refilled with water, everyone gets the water they need.

One day, the town leaders decided that they were paying too much money to keep the tower full of water. So they discontinued the refilling service. It wasn't long before everyone in town felt the effects of the decision to discontinue the refilling service. The residents had no water to cook and bathe with, the factories and businesses had no drinking water, and the fire department had no water for their trucks. When the tower was empty, everyone suffered.

In your life, you are the tower, only instead of water, it is energy. There are energy tubes that go from you to your spouse or partner, from you to your kids, from you to your work or business, from you to your neighbors, and to several other people. Those people can only get the energy they need if you keep your tower full. If you are negligent in recharging your battery, your battery gets lower and lower. Eventually, your battery will get so low it will cut down on what it can give out. This is often called burnt out. Many people feel

burnt out, and they still don't recharge their battery, they just mentally abuse themselves that they "should" be able to do more; which of course is the same as taking a baseball bat to your car for running out of gas.

I cannot stress this too strong. The absolute BEST thing you can do for your partner, kids, business, friends, other family members— everyone in your life... is to make sure you are fully recharged, fully realized, fully filled with joy, and fully connected to your passion.

Over the years, I have given on this assignment to many people, especially moms. Almost every time, they say to me..."I cannot get everything done that I need to now, and you want to give me more? But then they find that they can get much more done of a fully battery than they can with a battery that has a 5% charge in it."

They also tell me that their family will never put up with them taking time for themselves. Yet I have had so many kids approach me after a few weeks and say, "we don't know what you are doing with moms, but keep it up, she is so much more enjoyable to be with!"

Give your family the gift of a happy, healthy, fully recharged YOU!

Taken from the Facebook page of Brad Simkins, MA, LMHC, Counselor and Family Therapist, Author, Radio Host

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It's the best at Grygla Fall Fest!



The Sistads weren't too excited to see the Eagle camera in front of them at the Lion's breakfast Sunday morning!



Holthusens provide assistance at the Demo.



The Harris crew won the campsite decorating contest - their entire site was light up, looking festive for Fall Fest!



Why are Nick and Lisa Smeby enjoying an ice cold beer? Because they DESERVED it, that's why! The married couple had just finished running the Splash n' Dash 5k a few minutes before! The two completed the 3.1 mile race in an impressive 30 minutes!



Ethan Schulz tossing bean bags.



Left: Donald Haack represents the Fourtown/Grygla Sportsman's Club by selling 50/50 raffle tickets! The winner of the #354 was Dwight Ruud!

Right: Krystle Neuschwander enjoys jumping in the puddles Saturday afternoon!



Bailey Watne in the Talent Show.



Due to Saturday's rain, the Kiddie Games had to be moved to the Grygla School, but a decent crowd still showed up to participate!



Ryan Sorvig goes for a ringer in Sunday's Horse Shoe Tournament. He was partners with his wife, Amy.

Wednesday, August 31, 2016

EXTENSION NEWS

Tomatoes, Health & Nutrition Program, SNAP Education

Tomatoes are a versatile food and a good source of vitamin C, vitamin A, and lycopene. Vitamin C supports a healthy immune system and speeds wound healing. Vitamin A is important for eye health. Antioxidants are found in many fruits and vegetables and are known to protect our cells from damage. Lycopene is one of the key antioxidants found in tomatoes which helps to protect us against heart disease and several types of cancers. Lycopene is believed to lower "bad" cholesterol levels and help protect against macular degeneration which is the main cause of blindness in older adults. When tomato products, such as tomato sauce, are heated, lycopene becomes easier for the body to absorb. Lycopene content does depend on the variety of the tomato; however, research suggests lycopene increases as the tomato ripens on the vine.

When Selecting Fresh Tomatoes Choose:

- Bright shiny skins
- Firm flesh
- Free of bruises, cracks, or blemishes
- Even red coloring

Fresh Tomato Salsa

Fresh salsa is a refreshing, cool addition to salads, baked fish, eggs and tacos

1 cup tomatoes (finely chopped or 1/2 can, about 8 ounces, low-sodium diced tomatoes)

1/2 cup apple (peeled and finely chopped)

- 1/4 cup onion (finely chopped)
- 2 tablespoons lime or lemon juice
- 1 teaspoon garlic (finely chopped)
- 1/2 tsp vegetable oil
- 1/4 teaspoon salt
- 1/8 tablespoon fresh parsley or cilantro (chopped, optional)
- 1 tablespoon cayenne pepper or jalapeño chilies (chopped, optional)

In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well. Cover bowl and refrigerate for 15 minutes. Serve cold.

6 Servings: calories 19, carbs 4g; sodium 100mg; fat 0g , protein 1g

Source: What's Cooking? USDA Mixing Bowl

Source: Adapted from University of Minnesota Extension: Food Bytes- August 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



The Goodridge High School Class of 2006 held their 10-year reunion in Goodridge a couple weekends ago. Pictured L-R: Aaron Sigerud, Mary Kuske, Jessica (Forsberg) Vigen, Ashley (Kenner) Fornshell, Brittany Hawk, Britanne (Marquis) Edevold, Clara Rustan, Sarah Rindahl and Josh Tharaldson. Not able to attend: Ross Rindahl, Michael Isaak, Amy Ball, Marie (Dahlen) Thorlacius.

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

We sure had fun the first time around so let's do it again! A new book has been chosen and the Grygla Library is looking for 3-4 more guest readers from the Grygla area!

I already have a few signed up, but am looking for 3-4 more people to read "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce.

You will be given 3-4 weeks to read the novel and then you will need to submit a guest review of the book. There is no right or wrong way to do this; just write your honest thoughts (good or bad) about the book. Your guest review will be shared in the Grygla Eagle, along with the Grygla Library Facebook page.

The first time we did this was a success; over 10 people came in to request a copy of the book our guests reviewed. Who doesn't love a good book suggestion, right? Well, we've got another one that's sure to be a hit – or will it? That's for YOU to decide.

Please contact Kari Sundberg (on Facebook or at 218-689-6901) if you are looking for a great read and also willing to be a part of this interesting activity. We can get you your copy of this novel through the Grygla Library.

"The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce

Meet Harold Fry, recently retired. He lives in a small English village with his wife, Maureen, who seems irritated by almost everything he does. Little differentiates one day from the next. Then one morn-

ing a letter arrives, addressed to Harold in a shaky scrawl, from a woman he hasn't heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. But before Harold mails off a quick reply, a chance encounter convinces him that he absolutely must deliver his message to Queenie in person. In his yachting shoes and light coat, Harold Fry embarks on an urgent quest. Determined to walk six hundred miles to the hospice, Harold believes that as long as he walks, Queenie will live. A novel of charm, humor, and profound insight into the thoughts and feelings we all bury deep within our hearts, The Unlikely Pilgrimage of Harold Fry introduces Rachel Joyce as a wise—and utterly irresistible—storyteller.

Editorial Reviews

"Remarkable. . . . I can't think of a better recommendation for summer reading. And take your time, just as Harold does."—USA Today, four out of four stars review

"A story of present-day courage. . . . about how easily a mouse, domesticated man can get lost and how joyously he can be refund."—Janet Maslin, New York Times

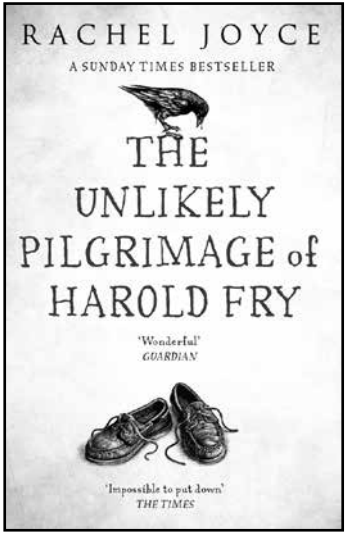
"The Unlikely Pilgrimage of Harold Fry takes the most ordinary and unassuming of men and turns him into a hero for us all. To go on this journey with Harold will not only break your heart, it might just also heal it."—Tiffany Baker, author

(And if you REALLY LOVE this book – there is a parallel

story to Harold's saga. Author Rachel Joyce brings Queenie's voice into sharp focus by recently writing "The Love Song of Miss Queenie Hennessy."

Summary: What Harold didn't know was that his decision to walk had caused Queenie both alarm and fear. How could she wait? What would she say? Forced to confront the past, she realizes she must write again.

Setting pen to paper, Queenie makes a journey of her own, a journey that is even bigger than Harold's; one word after another, she promises to confess long-buried truths—about her modest childhood, her studies at Oxford, the heartbreak that brought her to Kingsbridge and to loving Harold, her friendship with his son, the solace she has found in a garden by the sea. And, finally, the devastating secret she has kept from Harold for all these years.)



Historical Society... Continued from page 2

with Grinding Days at the Old Mill. We helped nine individuals with their family research, and provided space for meetings and family gatherings.

Even though the museum will not have regular hours, we will be holding special events throughout the winter. By partnering with the Adult Education Program, the Marshall County Historical Society is happy to provide you with interactive activities for kids of all ages; Pumpkin Painting, Lefse Making, An Old Fashion Christmas, Researching your Family History, Old Time Music, and much more. A complete schedule will be posted soon.

Your year-round support, participation, and generosity are much needed and much appreciated, and will have a tremendous impact in both our museum and the special events we host.

From engaging educational programming and exhibitions, to the care and conservation of the Museum's permanent collection, your generosity enables the Marshall County Historical Society to connect with visitors and the community in new and compelling ways. Your support nurtures the museum's growth as a center of creativity and innovation.

The museum will be open limited hours through the winter, but you are always invited to experience firsthand all that your support helps accomplish.



The Grygla Rescue Squad responded to an accident last Friday evening, August 26th, at 8:10pm. The crew was called out to a four-wheeling accident approximately 8 miles east of Grygla that involved a victim from Becker, MN. He was transferred by the Grygla Rescue squad to the TRF ambulance, where the life flight helicopter met them by the Goodridge Corner. The victim sustained non-life threatening injuries and has already been released from the hospital.

SIMPLY DELICIOUS

What should I do with all these tomatoes?!

If you're asking yourself that question right about now, look no further. Check out this delicious recipe to help go through some of those tomatoes you've been growing!

Garden Fresh Bruschetta

While we usually think of bruschetta as the tomato portion of this recipe, the word bruschetta actually refers to preparation of the bread (cut, olive oil and garlic'd). It isn't always topped with tomatoes, it can be made with other ingredients too (like mushrooms or cheeses), but this tomato concoction is the best.

If you've never made tomato bruschetta, it's delicious and fresh and really easy to make. The quality of this recipe completely depends on the quality of the tomatoes. Get the ripest, juiciest you can find. Some people add balsamic vinegar to their bruschetta however red wine vinegar is traditional and

it doesn't overpower the tomatoes.

Ingredients

20-24oz fresh tomatoes (4-5 roma tomatoes or 3-4 regular tomatoes) diced small

1 clove garlic, minced

1/4 cup fresh basil chopped fine

2 tablespoons olive oil

1 tablespoon red wine vinegar

1/2 teaspoon each salt & pepper (or to taste)

For Serving

1 baguette

olive oil & fresh garlic for toasting

Instructions

Dice tomatoes about 1/4" and lightly drain. Mix all ingredients and let stand at room temp for at least 1 hour. Slice the baguette, brush with olive oil and toast or grill until lightly browned. Rub each toasted slice baguette with a clove of raw garlic. Top with tomato mixture. A great side-dish for an Italian-themed supper!

WHAT A JOKE

Why did the tomato blush? Because he saw the salad dressing.

I dropped a bottle of ketchup on my foot. It caused immense pain to ma toes.

What did the late tomato say to the early tomato? I'll ketchup.

Knowledge is knowing a tomato is a fruit. Wisdom is not

putting it in a fruit salad. Philosophy is wondering if that means ketchup is actually a smoothie.

You say tomato, I say tomato. Doesn't make much sense when you read it.

What did the macaroni say to the tomato? Don't get saucy with me.

DO IT YOURSELF

Take an old blanket rack and turn it into a farmhouse style kitchen produce stand! How unique and ideal!?



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

Kith \kitch\

Noun

1. Acquaintances, friends, neighbors, or the like; persons living in the same general locality and forming a more or less cohesive group.

2. Kindred.



Northwest Regional Library had a float in the Grygla Fall Fest parade last weekend!



Community Bible Church recently held their Vacation Bible School. Pictured left is Samantha Nordby. On the right is Lydia Yager, helper, and Rylin Stanley.



Kim Clevon, helper at the Community Bible Church VBS, sprays LaKylie Brobst and Olivia Yager during an outdoor activity! The week long bible school was held



Andrew Holte in Sunday's Men's Softball Tournament. READY....SET....OHHHHHH!

The Grygla High School Marching Band is pictured below; they were one of the winners in the parade entry contest!

FALL FEST 2016
This colored edition has been sponsored by American State Bank of Grygla!



Jenny Jacobson & Ashley Schulz in the Sand VB tournament!



DJ Bernstein performed in Friday night's Talent Show at the Grygla Fall Festival.



The Mickelson family performed "Keep on the Sunny Side" with Angie's dad, Dale Rogers, accompanying them!



Rocky Wikert and Levi Kiesow in the Bean Bag Toss Tournament Friday evening of Fall Fest. There were 35 teams of 2 participating. 1st place of \$150 went to Mike and Brad (no last names provided). 2nd place of \$100 went to Brock Olson and Ethan Schulz. 3rd place of \$50 went to Mark Severts and Brady Olson.



Myron Olufson at the Talent Show.



Winners of Saturday's Co-Ed Softbal Tourney!



The Jensen Sisters, Kansas and Kendra, performed on Main Avenue Saturday afternoon at the Grygla Fall Festival!



One of the winners in the parade - the Red Hats!



Denise Ostby, of Grygla, represents Digikey in the Fall Fest Parade!



Whitney Neuschwander and Tyler Hagl in the Splash n' Dash 5k!