



Today
Partly Cloudy
H 62 L 42

Thurs
Sunny
H 67 L 47

Fri
Mostly Sunny
H 69 L 49

Sat
Partly Cloudy
H 70 L 50

Sun
Sunny
H 69 L 53

A look at next week... With declining membership, is the Grygla VFW & American Legion closing its posts? Find out in next week's issue.

Thompson serves locals on trip to Costa Rica and Nicaragua

Megan Thompson, a Grygla High School alumna, and daughter of Bob and Lori Thompson, recently served locals on a medical service trip to Costa Rica and Nicaragua. Thompson visited the two countries in Central America August 1-13 and shares her broadening experience below.

Can you let our readers know where you're attending school? I'm currently a junior at The College of St. Scholastica in Duluth. I'm pursuing a 4-year BSN degree in nursing.

Was your recent trip to Costa Rica and Nicaragua something through school or did you pursue this opportunity outside of school? The trip was coordinated through an organization called VIDA, but they opened this specific trip just for St. Scholastica students. There were 33 of us who went on the trip; most of us being junior/senior nursing students, along with pre-med, pre-physician assistant, and pre-physical therapy students. It was completely a volunteer trip, but the school covered about half of our cost.

Talk a little bit about what you knew going into this big trip? What were you expecting? To be honest, I really didn't know a lot going into it! I knew that we would be seeing patients and we would be helping to diagnose those patients and educate them on different aspects on health, but that seemed like such a broad thing, so I went into it with a lot of questions!

So you visited Costa Rica and then Nicaragua. Can you share the dates and places you were at each? We had a very detailed itinerary for the duration of our trip, which was 12 nights. August 1st we flew into San Jose, Costa Rica, and stayed there for one night. August 2-4 we went to Los Chiles, Costa Rica, and August 5th we stayed in La Fortuna, Costa Rica.

Then came the 8 hour bus ride where we traveled to Masaya, Nicaragua, and stayed with host families for two nights, August 6-8. The next two nights, August 9-11, we stayed in Granada, Nicaragua, which is the oldest city in Central America. Our last night there, August 12th, we stayed in Managua, Nicaragua.

What kind of accommodations did your group have while in Central America? Our accommodations varied

based on where we were staying. For the most part, the program tried to have us stay in nicer hotels and we were usually in a bigger city, and then our trip assignments would take place outside of the city. Although the hotels we stayed at were decent and nice, it was obviously very hot; we often did not have air conditioning and relied on open windows. Because the hotels rely on airflow through open windows and doors, we learned to get comfortable with bugs very quickly! Bug spray quickly become our best friend!

We also spent 3 days with host families in Nicaragua. This was one of the highlights of the trip and it was fun getting to know my host parents, who actually referred to us as their kids. Although this was a highlight, it also served to be very challenging because they did not know much English and I did not know much Spanish. This was difficult, but we had fun with hand gestures and finding other ways to communicate to get over the language barrier.

Talk about your trip assignments a little bit - give our readers some insight as to what that involved. In Costa Rica, we spent a lot of time focusing on health promotion; one day we went to a community and did assessments of the person's general health, eating habits, hygiene habits, and provided education on different medications they were taking and other preventative health aspects. We also visited a local elementary school and taught the kids about oral hygiene.

In Nicaragua, we set up clinics for 3 days in a small community outside Masaya. We also did something similar in a small community outside of Granada. In these settings we met with patients and took vitals, did assessments, asked about why they came in, etc. After our visits, we created a summary that we would present to a doctor and were able to give our opinion on what we thought was wrong. Then the doctor diagnosed the patient and prescribed medication. Once the doctor would leave, we were to meet with our patients again and explain when to take the medication, how to take it and why.

How would you describe that experience? It was a good blend of volunteering, education and culture!

Any stand out moments from those specific trip assignments? Yes! We saw 97 patients in one day! Our group total over 4 clinic days was 562 patients.

We were divided into eleven groups with 3 students and 1 interpreter. Patients would check in and our interpreter would bring them to us to be interviewed and assessed. After we had the proper information, we would wait for 1 of 5 doctors to come. During clinic, the most common things we saw were common colds, parasites and urinary tract infections. At one point, I got to find a fetus' heartbeat, which was really cool. The days were very structured; we worked at the clinic sites from 8am-4pm.

On this vacation of a lifetime, did you get any downtime to experience the culture? Yes, we had free time to experience a variety of things. We spent one day at the hot springs in La Fortuna, which was a beautiful place and the water was so clear and warm. Each of the different pools ranged in temps. One night we went to an active volcano in Masaya, Nicaragua. We took a bus to the top where we were able to look into the volcano and see the glowing lava.

Another night we had Salsa dance lessons and visited the markets where we could look for souvenirs and negotiate prices with the vendors. We also went zip lining in Nicaragua, which was a great experience; I was daring enough to go upside down a couple of times, too! Our group also went to Apoyo Lagoon, which used to be an active volcano, but is now just full of water. We had some beautiful days for swimming!

Describe the setting for our readers! It was very hot and humid every day. (In fact, one of the guys in our group passed out during one of the clinics because he hadn't been drinking enough water and was severely dehydrated.) It was beautiful there, though, with lots of different kinds of plants and fruit trees. In one of the communities, there was a police officer who started cutting down coconuts for us to eat and one of the families that we talked to gave us fresh mangos as a gift. It was very hilly, and no matter what city we were in, you could always see a volcano in the distance.

Did you feel safe at all times while there? I felt safe for the most part. We were in-

structed not to walk around by ourselves in the cities, but that is common wherever you go. Our coordinators were very good about keeping us in a group. A few people did get sick during the trip from not being careful enough with the food or water, but I was not one of them. The doctors were always staying with us in the hotels and they were very good about making sure we were taken care of.

Highlight and lowlight if you had to pick? The highlight was being involved in the culture. It was amazing and eye opening. Although we did touristy things throughout the trip, we were also able to emerge ourselves into the culture by spending time with our host families, talking to our patients, and exploring the cities we were in.

The lowlight: I was so nervous about getting sick. On the first day we were told that we should not drink the tap water (even when brushing our teeth we had to use bottled water) and to never order raw vegetables at restaurants because they would have been rinsed in tap water, as well. Also, there was the fear of mosquitoes that carry diseases such as Zika, Dengue Fever and Chikungunya; I applied bug spray about five times a day. I did not get sick, but others did from the food and three students actually got Zika from the trip. It was interesting because, although Zika is stressed in the media here, the people in these countries were much more concerned about Dengue and Chikungunya.

What was your biggest take away from this entire experience - the thing you'll never forget? The people. Nicaragua is the poorest country in Central America and the second poorest in the Western Hemisphere, only behind Haiti. But the people are some of the friendliest and most happy people that I have ever met; they were so inviting and they find joy in everything they do.

Are you working anywhere medical-related right now? I work 10 hours a week in the admissions department at school. During breaks from school, I also work at the Care Center in Thief River Falls as a CNA. I'll be starting clinicals this November with my first rotation being in an Orthopedics unit and I'm currently looking ahead for summer internships!



The Grygla Lion's Club recently donated \$500 to the Marshall County Sheriff's Department for the purchase of a K-9 officer they will be getting. Representing each organization is left, Bryan Grove, Lion's Club CEO, and right, Jon Tinnes, Marshall County Chief Deputy Sheriff.



TO EVERYTHING THERE IS A SEASON Joe Jagol gets in on the FALL HARVEST. This picture was taken September 21st, south of Goodridge, as Joe was helping out the Coan brothers. (Photo taken by Roxann Coan)

Wanted: Vintage Clothing

The Grygla Red Hat Society is looking for any and all vintage clothing that you might have. The group is busy planning for a vintage style show that will be held at the 2017 Grygla Centennial. If you have any vintage clothing that could be borrowed for this event, it would be much appreciated. Categories will include wedding and formal wear, sport's wear (including old vintage baseball uniforms or letterman jackets), everyday wear (including children's clothing), and military uniforms.

They are looking to showcase styles from the last 100 years, including modern-day fashion, which is what they need the least of. Clothing from the early

1900's, 20's, 30's is what members are hoping to receive more of.

If your pieces aren't in good enough shape to be worn, the group is also looking for certain pieces to be put on display. The Red Hats are also asking for volunteer models to participate in this unique fashion show. All ages and sizes are welcome.

Please contact Donna Lian at 218-294-6042 or email donna8@gvtel.com; Marie Konickson at 218-294-6789; Eunice Schulz at 218-294-6393; Carol Engelstad at 218-459-3312 or email clengelstad@gmail.com

Items can be dropped off with one of the names mentioned above or also at the Grygla Eagle office.



This is one of the clinical sites Megan spent time at outside of Masaya, Nicaragua. The group photographed includes student volunteers, interpreters and doctors. (More pictures on page 2.)



While working in Costa Rica, a local police officer cut down fresh coconuts for the group to enjoy! (Megan is pictured second to the left.)

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 8pm Grace Council
Sunday:
Grace: 9am Worship w/ 10:15am SS
OS: 10:30am Worship w/ 9:30am SS

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

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

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

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship, 10:30am Bethesda Women to meet

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Wednesday:
Wednesday School/Confirmation 5-7pm
Saturday:
Mt. Olive: 9am Worship w/ 10:15am SS
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Oak Park: 9:45am Worship w/ 8:30am SS
Nazareth: 11am Worship w/ 9:45am SS

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

Eagle Office Hours for school year
Tuesdays: 2:30-3:30pm
Wednesdays: 9am-6pm

THIEF RIVER FALLS RADIO
KTRF AM 1230
KKAQ AM 1460
KEDQ FM 94.3

CHARGERS FOOTBALL/VOLLEYBALL FALL 2016 on TRF RADIO SPORTS

Thursday, September 29th
BGMR at GG ... Volleyball
Friday, September 30th
GG at WAO ... Football on KTRF

KKDK/

KTRF

Our Savior's FANCY WORK SALE
Quilts, Embroidered Items, Baked Goods, and MORE.
~ Lunch following the sale ~
Everyone welcome!

Sat., October 8th
7:00pm

Our Savior's Lutheran Church, RURAL GRYGLA

Verbout named MCAC Hitter of the Week

Last week, we ran a story about Northland Pioneer Volleyball player, Shantel Verbout, being named MCAC All-Around Player of the Week; this week's she has earned another title as the MCAC Hitter of the Week! Shantel had 29

kills (3.6) as Northland (7-5, 2-2 North) won a pair of division matches. Verbout had an outstanding attack % of .700 with only one error in 40 attempts. She added 10 blocks (1.25) and 24 digs (2.4). Shantel is a 5'10" freshman from Grygla.

Foot Care Clinic to be held

North Valley Public Health will be holding a foot care clinic on Friday, October 14th, at 9am at Grace Lutheran Church in Grygla. Anyone is welcome

to attend. Staff will soak feet and trim nails. The fee is \$20 per person. Bring insurance information as some health plans may cover this.

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School Lunch Menus

Grygla School
Wednesday, September 28: BBQ on a Bun, Baked Potatoes, Broccoli, Peaches
Thursday, September 29: Shrimp Poppers, Mashed Potatoes, Green Beans, Fresh Fruit
Friday, September 30: Hot Ham & Cheese on a Bun, Lettuce, Salad, Carrots, Mandarin Oranges
Monday, October 3: Chicken Nuggets, Mashed Potatoes & Bread
Tuesday, October 4: Lasagna & Garlic Toast

Goodridge School
Wednesday, September 28: Burritos w/ Lettuce & Cheese, Green Beans, Applesauce, Bread
Thursday, September 29: Chicken Nuggets w/ Assorted Sauces, California Blend Veggies, Fruit Salad, Bread
Friday, September 30: Polish Sausage on a Bun, French Fries, Broccoli, Carrots & Celery w/ Dip, Oranges
Monday, October 3: Chicken Patty on a Bun w/ Lettuce & Mayo, Green Beans w/ Cheese, Peaches & Pears
Tuesday, October 4: Chili w/ Cheese & Crackers, Carrots, Celery & Broccoli w/ Dip, Apples & Oranges, Breadstick

Scarf Tying Tips

The Marshall County Extension Home Study Groups invite everyone to join them for the October lesson on "Scarf Tying Techniques" at 9:30am on Monday, October 3rd, in Holt at the church. Scarves have become a popular accessory that can add a unique look to your outfit. You are asked to bring along a scarf to try out some of the ideas.

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

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

Please submit 5-7 of your favorite recipes, or those of your ancestors, to be represented in this cookbook. Many recipes from all residents will ensure that this cookbook is a success. For your convenience, you have the option of entering your recipes online or completing a 'Recipe Collection Sheet'. The group is anticipating a great demand for this cookbook and want to be certain to order enough. To reserve your copy please email Laurie Polansky

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.

LIBRARY

Written by Kari Sundberg, Grygla Librarian

This week's column will be short and sweet. Everyone loves a good book recommendation, right? We had a couple people recently check out a novel by Cynthia Ruchti titled "They Almost Always Come Home." It's a great read, so they said. The copy we have at the Grygla Library is in large print, which a lot of people prefer, but we can order it in regular print or audio, too.

Don't these chilly nights leave you longing for a good book and a hot cup of cocoa? Well, stop in and visit me then. We're open every Wednesday from 2-6pm. I'm 100% sure I'll find you a good read from our shelves, but remember, we can always order you that book on your wish list, too! We borrow books from other libraries all the time and they arrive usually within a week or two.

Until then, can I interest you in this particular story? Here is the summary!

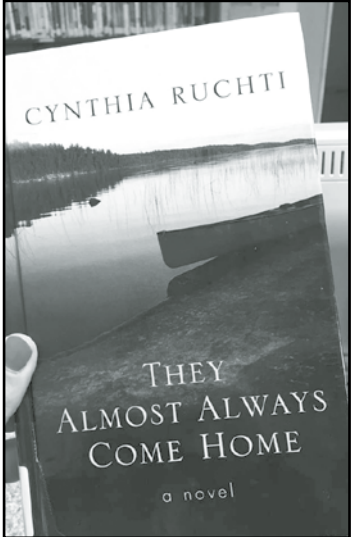
"They Almost Always Come Home" by Cynthia Ruchti

Greg and Libby's marriage began its slow decline three years ago with the death of their twelve year old daughter, Lacy. Unable to heal from Lacy's death, they eventually grew apart - Greg no longer knowing how to reach Libby and Libby no longer wanting to be reached.

When Greg didn't return from a solo canoeing trip in the Canadian wilderness, the authorities' assumption was he had decided to leave their marriage. Needing to know for sure he'd abandoned her, Libby, Frank (Greg's Father), and Jen (her best friend) decided to retrace Greg's path through the wilderness in hope of discovering if he'd left her or if he's dead. As they began their trip, Libby's not sure which she'd prefer. Would she rather him have left her or died? Honestly she's having a hard time caring, especially since, she was planning to leave him.

They Almost Always Come Home is not so much of a story as a journey. It's a trip through the past and the present searching for hope in the future. This journey of hope is in the midst of grief combined with fragmented relationships and unfailing friendship.

This is not a book to be read and set aside, but rather absorbed and contemplated or perhaps discussed among friends or in a group setting. It is a deep, rich book that comes highly recommended by its readers.



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

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

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

To submit recipes online, go to:

- www.typensave.com and click "login"
- Enter the user name: Grygla
- Enter the password: granola657 and click 'submit'
- Enter your name and click 'continue'
- Review 'Recipe Writing Tips'
- Click 'Add Recipes' to begin adding your recipes

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

Community Calendar

Wed | Sept 28
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Sept 29
Volleyball game vs. BGMR in Grygla

Fri | Sept 30
Football game in Warren at 7pm

Sat | Oct 1
7/8 grade volleyball tourney in Warroad at 10:15am (this was originally scheduled for October 22nd)

Sun | Oct 2

Mon | Oct 3
Senior Meals at Grain Bin Café 11am; Junior High football game vs. WAO in Goodridge

Tues | Oct 4
Grygla Eagle office open 2:30-3:30pm; Volleyball game vs. LOW (PARENT'S NIGHT) in Grygla

REMINDER:
If there are any events you'd like to get on the Community Calendar, please call or email the Eagle at 218-294-6220 or grygla.eagle@gmail.com

Annual Lutefisk Supper

Grygla Community Center

Saturday, October 15, 2016
4:00 - 7:30 p.m.

Menu:
Lutefisk • Lefsa
Meatballs
Real Mashed Potatoes
Carrots • Cranberries
Dessert

PRICES:
Adults: **\$15**
Ages 5-12: **\$6**
Ages 0-4: **Free**

Sponsored by: Grace Lutheran Church Women



While on a medical service trip, Megan Thompson was able to enjoy some free time. Here she is pictured zip lining over the luscious green jungles of Nicaragua. (See front page for full story.)



Megan, top left, and two fellow student volunteers, stayed with a host family for a couple of nights while on their trip, saying she will never forget the people she met there.

A Note from Principal Lunsetter’s Desk

“It’s fine to celebrate success but it is more important to heed the lessons of failure.” ~Bill Gates

Very rarely do we find success without first failing. Even when we do get there flawlessly, the end result is not as gratifying. There is something about facing a challenge, getting knocked down a couple of times and bouncing back up, learning from our mistakes and finding success in the end. When we are able to do this, we learn lessons that help us become better people and helps us demonstrate the desire to never give up to those around us. Don’t ever fear failure; embrace it, face the challenge and eventually you can overcome anything.

SIMPLY DELICIOUS

Sausage, Potato and Spinach Soup

Written and made by Kari Sundberg, Eagle Editor

Hopefully by the time this paper reaches you my cold has passed and I’m on the upswing, but at the moment, I’ve been hit with a nasty bug that’s got me feelin’ cold, tired, stuffy and in the mood for HOME-MADE SOUP.

I found this recipe on Pinterest and it sounded a lot like the Olive Garden’s Zuppa Toscana soup. Have you had that? It’s amazing, comforting and, hands down, delicious. Turns out this recipe is almost identical to that recipe, with the addition of a few spices, which I prefer for flavor anyway, so forget about the Olive Garden’s version and just follow this one. (Plus, the Olive Garden uses kale instead of spinach, but I suppose you could substitute that if your taste buds prefer it.)

This cozy soup is perfect for a chilly fall evening and it’s pretty easy to make, too; it was on the supper table in just 45 minutes. The recipe calls for Italian sausage, but I used a pound of ground breakfast sausage instead, which, is that the same thing? I have no idea actually, but it’s probably seasoned similar, if you ask me.

Anyway, this recipe serves 6 and didn’t take long at all to prepare and cook. It didn’t leave much for leftovers, which were ALMOST BETTER the next day so you might want to double the recipe like I plan to do next time.

- Ingredients:
- 1 tbsp olive oil
 - 1 pound ground Italian sausage (I used ground breakfast sausage)
 - 3 cloves garlic, minced

- 1 small onion, diced
- ½ teaspoon dried oregano
- ½ tsp dried basil
- ½ tsp crushed red pepper flakes
- Salt & pepper to taste
- 5 cups chicken broth
- 1 bay leaf
- 4 medium-sized red potatoes, diced (I left them peeled)
- 3 cups spinach
- ¼ cup heavy cream

Directions:

Heat olive oil in a large pot over medium heat. Add your ground sausage and cook until browned; drain excess fat. Stir in your garlic, onion, oregano, basil and red pepper flakes. Cook, stirring frequently, for about 3 minutes. Season with salt and pepper to taste. Next, stir in the chicken broth and bay leaf, bringing to a boil. Add your potatoes and cook until tender, about 15 minutes. Stir in spinach until it begins to wilt, about 1-2 minutes. Last, stir in your heavy cream until heated through, about 1 minute. Your soup is ready to be served!

What would have made this recipe go even quicker would be to use the Simply Potatoes “Diced Potatoes with Onion” that are ready to go and save you the chopping time, but the store was out. I did, however, buy minced garlic instead of the cloves, to save some time there.

....and maybe it’s just because I’m sick and not feeling good, but as delicious as this soup was, it would have tasted WAY better in front of the fire place on a blanket vs. sitting at the table in my hard, cold chair, but whatever....that’s neither here nor there, right?

Let’s cook again next week – same time, same place.

Tigers at Agassiz Refuge

Agassiz National Wildlife Refuge provides a haven for many wildlife species. As many as 300 species of birds use the refuge; half of which nest on the refuge. Forty-nine species of mammals, 12 species of amphibians, and 9 species of reptiles also call Agassiz home. While the birds and mammals often steal the lime-light, the amphibians and reptiles often go unnoticed.

Amphibians are cold-blooded animals with moist, cool skin. They lay shell-less eggs in the water, or on moist land near the water. The word “amphibian” means “double life”. They have gills and live in the water during their immature (tadpole) stage, but develop lungs as they morph into adults to prepare for their next phase of life on land. One of the 12 species of amphibians found

on Agassiz Refuge is the **tiger salamander**.

Agassiz provides ample habitat for these wetland dependent critters. Besides needing wetlands for their tadpole stage, adult tiger salamanders depend on wetlands for their primary food source. They will feed on almost anything smaller than themselves that crawls, such as insects, spiders and worms. Once on land, the tiger salamanders need to stay moist, so they will be found in leaf litter or under rotten logs. Salamanders will often come out into the open when the humidity is very high, such as at night, or after a heavy rainfall. These slow moving creatures can often be spotted crossing roads in the spring as they move to small wetlands for breeding, and in the fall as they migrate from the water in



search of a spot on land to hibernate for the winter months. So next time you’re out for a drive, enjoying the colorful fall

landscape, be on the look-out for some of these slippery-skinned creatures.

EXTENSION NEWS

Saving Money on Halloween (not so scary!)

Written by Jennifer Garbow, University of Minnesota Extension

Greetings! Our leaves are beginning to turn brilliant colors in Northwest Minnesota, a crisp breeze is in the air and that can mean only one thing- Halloween is right around the corner. The National Retail Federation estimates that consumers will spend 7.4 billion dollars on Halloween this year. The average American spends \$77.00 on decorations, costumes, and candy. But don’t be dismayed, you can spend significantly less than average if you follow a few of the “7 Ways to Save Money on Halloween.” from the U.S. News and World Report on Money.”

- 1.) Buy from a warehouse club. Buying your candy from a warehouse club can help you save money, you can buy in bulk and you can reduce the number of times you may need to do a “candy run” to the store.
- 2.) Shop online party stores for Halloween decorations. Oftentimes online party stores offer discounts on bulk buys and have coupons and online only offers for the budget conscience shopper.
- 3.) Buy art, craft, and costume supplies at the dollar store. Round up your basic supplies to make your own Halloween decorations and costumes at your local dollar store. You may need additional specialty items for that super cool dragon costume your son has to have, but you can cut your costs buy starting at the dollar store.

4.) Search for free activities in the community. Your budget may not allow for an at home Halloween party, but you can search for free events at community centers, schools, museums, churches, and other local venues. Look at the events page in the newspaper, or find information on Facebook.

5.) Hold off on the pumpkin roundup until close to Halloween. By waiting until a few days before the 31st, many stores will offer deep discounts on pumpkins. And remember, you can use uncarved pumpkins for Thanksgiving decorations.

6.) Make your own Halloween costumes. You can go online and find tutorials, get inspired by Pinterest boards, and search for basic costumes ideas. Be strategic, buy and make items you can use for next year’s Halloween events.

7.) Shop at surplus stores. Surplus stores typically carry overstock, slightly damaged, or irregular merchandise; these stores can be a treasure trove for bargain hunters and can give you some really fun ideas for costumes.

Halloween is a good opportunity for families to spend time together, meet new neighbors, decorate with spooky things, dress up in fun costumes, and enjoy the beautiful fall weather. So don’t get stressed out about the little things! Shop around for the best deals, be creative and then relax and have fun!

For more information please contact Jennifer Garbow, Family Resiliency, at jgarbow@umn.edu or 218-209-7170.

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

Afflatus	\uh-FLEY-tuh s\
Noun	

1. Inspiration; an impelling mental force acting from within.
2. Divine communication of knowledge.

Rep. Dan Fabian earned Guardian of Small Business award

The National Federation of Independent Business Minnesota (NFIB), which has 11,000 members statewide, announced this week that Representative Dan Fabian (R-Roseau) was awarded the NFIB Guardian of Small Business Award.

NFIB gives out the award at both the federal and state level to recognize legislators who have been supportive of issues critical to small businesses in Minnesota during the 2015-2016 legislative sessions.

“It’s an honor to be recognized as a Guardian of Small Business by the National Federation of Independent Business,” said Rep. Fabian. “A healthy economy for Northwest Minnesota starts with a thriving small business community, and I will continue to champion policies that help our small businesses hire and grow instead of hamper them with unnecessary, burdensome mandates from state government.”



Due to the low number of GG 7th graders, the 6th graders have been invited to play on the 7th grade volleyball team this year. Above: Jennah Henrickson goes up for the serve against Warroad last week in Goodridge, while Sadie Anderson looks on.



Goodridge 6th grader, Caitlyn Jacobson serves the ball against the Warroad Warriors at last Thursday’s Homecoming volleyball game in Goodridge.



The 2016 Goodridge Homecoming King and Queen are Blaine Kriel (Ryan & Twila Kriel, Jenny Anderson) and Ashlyn Henrickson (Paul & Kristy Henrickson).



The 2016 Grygla Homecoming King and Queen are Tanner Anderson (Chad Anderson & Wendy Ostby) and Kaitlyn Olson (Greg & Shaunna Olson).

DO IT YOURSELF

Vanilla Pumpkin Spice Sugar Scrub

This ran a couple of years ago, but it’s worth running again. This all-natural DIY vanilla pumpkin spice sugar scrub can actually be made in about 5 minutes, which means it’s also a fantastic last-minute gift idea.

Homemade sugar scrubs are the most natural way to soften, exfoliate and freshen up the skin. Sugar is a natural sweetener that may get a bad rap in sweets, but it’s an excellent ingredient in skincare. Its fine texture gently exfoliates the skin without leaving harmful residue that can clog the pores. It has moisturizing properties that prevent the skin from drying, too.

When choosing a sugar scrub, consider the key ingredient: brown sugar is softer than granulated sugar, so can generally be used on the face

and sensitive skin. Raw sugar is more naturally coarse, so is usually reserved for the body.

The following sugar scrub is intended for the body. For an 8-oz container, simply mix together 1 cup of granulated sugar, ¼ cup of coconut oil, 2 tsp of pumpkin pie spice and 2 tsp of vanilla extract. That’s it! It’s super easy to make and the smell is incredible, too.



WHAT A JOKE

On the first day of the deer hunting season, a hunter fell out of a deer stand and broke both his legs. “Why couldn’t this happen on my last day of hunting?!” the hunter cried to the doctor. “It did,” the doctor replied.

How do you catch a unique deer? Unique up on it! How do you catch a tame deer? Tame way – unique up on it.

A duck, a skunk and a deer went out for dinner at a restaurant one night. When it came time to pay, the skunk didn’t

have a scent, the deer didn’t have a buck, so they put the meal on the duck’s bill.

If a man says something in the woods and there are no women there to hear it, is he still wrong?

Ole and Sven are quietly sitting in a boat fishing when suddenly Sven says, “I tnk I’m gonna divorce my wife – she ain’t spoke to me in over 2 months.” Ole sips his beer and says “Better tink dad one over, Sven. Vomen like dat are hard to find.”



The Goodridge High School Homecoming Coronation was held last week on Monday, September 19th. Front row, L-R: Lilly Ann Smith (1st grade), Keanna Arndt (Junior Attendant), Brooke Anderson (Senior Candidate), Kaylee Amundson (Sophomore Attendant), Freddie Sorenson (1st grade). Back row, L-R: Dylan Manderud (Junior Attendant), Dylan Walker (Senior Candidate), Queen Ashlyn Henrickson (Senior), King Blaine Kriel (Senior) Tyler Stinar (Senior Candidate), Justin Anderson (Sophomore Attendant).



The Grygla High School Homecoming Coronation was held last week on Monday, September 19th. Front row, L-R: Trystan Jelle (Junior Attendant), Haedynn Boutain (1st grade), Ashley Moe (Senior Candidate), Alison Satre (Senior Candidate), Evan Grindahl (1st grade), Abby Kiesow (Sophomore Attendant). Back row, L-R: Cooper Blazek (Junior Attendant), Ryce Skime (Senior Candidate) Queen Kaitlyn Olson (Senior), King Tanner Anderson (Senior), Michael Jelen (Senior Candidate), Anthony Loken (Junior Attendant).



Grygla Merchants held their annual Tailgate supper before the Homecoming football game last Friday night! Hot-dogs and brats were served to a hungry and happy crowd! Pictured is Sherry Woods and Jodi Schulz.



Dylan Walker, Jesse Wiseth and Tyler Stinar in the coin toss against the Bears last Friday night.



TOUCHDOWN, CHARGERS!



At halftime of the Homecoming game in Grygla last week, recognition for the '89, '91, '10 and '12 football teams was given at halftime. 1989 Blue Devil team members present for their halftime recognition included, L-R: Dale Manderud, Paul Vigen, Mike Gast, Vern Johnson, Steve Noble, Jeremy Rychlock and Duane Kiono. In front is Justin Lunsetter and Mitch Bernstein.



Bears defeat the Chargers on home field

"We totally shot ourselves in the foot with the penalties and turnovers," commented Chargers Football Head Coach John Wilebski. He speaks of the Homecoming football game that was held in Grygla last Friday night where the Chargers hosted the Clearbrook/Gonvick Bears. GG lost to CG 8-43.

Stats provided by Wilebski:
Rushing: Jaden Kiesow

19/118 yds; Dylan Manderud 7/22 yds; Tyler Stinar 2/6 yds
Passing: Manderud 2-11 38 yds; Stinar 1 for 27 yds; Walker 1-11 yds

Defensively: Jaden Kiesow 12 tackles; Brandon Stanley 6 tackles; Tyler Stinar 7 tackles, 1 fumble recovery

The football team travels to Warren this Friday night where kickoff begins at 7pm.

Volleyball Homecoming win

The Chargers Volleyball team held their Homecoming game in Goodridge last Thursday, September 22nd. The team hosted Warroad and beat them in 3 matches (25-13, 25-18, 25-19)!

Ace Assists: Hannah Dietsch 23, Kaity Olson 2

Kills: Ashlyn Henrickson 10, Karlee Johnson 8, Brooke Anderson 6, Alaina Monson 4, Trystan Jelle 2, Hannah Dietsch 2, Alison Satre 2, Libby Johnson 1, Kaity Olson 1

Aces: Karlee Johnson 6, Hannah Dietsch 4, Brooke Anderson 3, Ashlyn Henrickson 1, Trystan Jelle 1

Digs: Kaitlyn Olson 18, Hannah Dietsch 5, Ashlyn Henrickson 2

Blocks: Ashlyn Henrickson 1, Brooke Anderson 1

Coaches Comments: Our

Homecoming game was a success! We had a lot of people with stats, which shows how well our team is playing together as one! Very proud of them! Mercedes Coan and Libby Johnson are great team players – when I need them to step up they are both ready!

The upcoming schedule for the Chargers this week includes 7/8 grade volleyball vs. RLCC in Plummer on Monday the 26th; Volleyball vs. East Grand Forks Sacred Heart in Goodridge on Tuesday and another home game on Thursday the 29th in Grygla vs. BGMR. 7/8 grade volleyball has a tournament in Warroad this Saturday with their first game beginning at 10:15am; this was a tourney originally scheduled for October 22nd.



Chargers Senior Volleyball player Hannah Dietsch played a great game last week against the Warriors. She totaled 23 Ace Assists and 4 Aces, 5 Digs and 2 Kills to help out with the 3-0 win!