



				
Today	Thurs	Fri	Sat	Sun
Mostly Sunny H 44 L 33	Mostly Cloudy H 44 L 32	Scatt Showers H 51 L 38	Mostly Sunny H 50 L 35	Mostly Sunny H 48 L 34

Wednesday, October 19, 2016

NOW ONLINE www.tricocanary.com

Vol. 43 Number 16

A look at next week... The youth deer hunt takes place October 20-23; watch for all the deer photos!

“I just wanted to help save someone’s life”

Written by Kari Sundberg, Eagle Editor

Six years ago, Ethan Schulz did a quick, simple procedure that has just recently helped change the outcome of someone's life....potentially and hopefully saving that person's life.

Schulz, of Grygla, joined the “Be the Match” Bone Marrow Registry about six years ago when he wanted to help a friend in need of a bone marrow transplant. When Lars Sundberg was sick with cancer a few years ago, many people, including Ethan, submitted samples to see if they could be a match for bone marrow. The procedure is a simple cheek swab from the inside of the mouth. Each donator was told they would be placed on the registry and if they were ever a match for someone in need of a bone marrow transplant, they would be contacted.

Ethan received a call from “Be the Match” in June of 2016. An American male, who was battling an acute form of Leukemia, was in need of bone marrow and Ethan was his match.

“We did an hour phone interview that day. We went over all of my medical history and they told me a little bit about the recipient and what would happen if I chose to donate,” says Ethan. “It was never a question for me. If I could help save someone's life, I wanted to,” he adds.

Just two months later, Ethan was on a plane bound for the University of Minnesota Medical Center. He underwent numerous lab tests and an EKG to make sure he was healthy enough to donate. The hospital flew Ethan from Grand Forks to the cities, covering the cost of the flight, hotel and meals. While at the hospital, doctors and nurses went down a detailed list of the process with Ethan; they covered everything he could expect over the next couple of months, along with the procedure itself. They couldn't give

a lot of information out about the recipient in need; just age, gender and what form of cancer he had. They also told him he lived in the United States and was in desperate need of a bone marrow transplant.

During that whole time on Ethan's end, the recipient was getting ready on his end by getting radiation and chemo to get him ready for his transplant.

It was Monday, October 10th, when Ethan was back at the U getting prepped for the life-saving procedure. He had his mom and dad, Doug & Jodi, in tow, along with his friend, Nora. The night before he was cut off from food and water and had to use a special soap around his lower back where the doctors would go in for the bone marrow. He walks us through the morning of the event: “I had to be at the hospital at 5:30am. I got all checked in and prepped – had to do some simple lab work and meet with the surgery team. I got to know them a little and then waited in bed for about an hour. I was put completely out and was hooked up to a breathing tube, laying on my stomach for the procedure. They made two little incisions on each side of the pelvis area by my lower back. Two surgeons went in with needles and took the bone marrow out, which it looks like a thick blood; jelly-like,” he says.

The two surgeons took out 4 liters of Ethan's bone marrow that morning, which he was told his body would make up within a week or so; our bodies are constantly making it. Right after surgery, Ethan had trouble standing and getting up on his own, but he only spent about 4 hours in the hospital recovering. He was given IV fluids and they waited for his blood levels to rise back up before he was allowed to leave.

The first few days following the procedure, Ethan says he was just sore and slept a lot. “I compare the pain to falling on the ice and hitting your tailbone; just a constant soreness,”



Ethan Schulz, of Grygla, and his team of doctors on Monday, October 10th.

he says. Ethan was given a prescription for a strong Tylenol and was told rest would be the best form of medication. He will be off of work for a couple more weeks.

As for the recipient, well, Ethan wasn't the only one undergoing a procedure that Monday. Right after they took Ethan's bone marrow, they flew it to the recipient's location and it went right into his body that day. “That was very cool to hear,” Ethan smiled. The recipient had spent a week in an isolated room and then got the bone marrow transplant on the 10th. He will spend the next 6 months waiting it out and hopefully recovering. “Over the course of the next six months, my bone marrow will be attacking his cells, creating new healthy cells and healthy blood cells and plate-

lets once it reaches the organs. From what I understand, it will change everything similar to mine, which is healthy.”

For the next year, Ethan will be off the registry and not allowed to donate in case the recipient is in need of more bone marrow. Ethan said they didn't tell him a success rate, but bone marrow transplants have and do save lives. After the one year mark passes, if the recipient is healthy and there is a mutual agreement, Ethan has the opportunity to meet his bone marrow match. “I'm not really sure how to describe all of this. I just knew that if I ever got a call, I'd be willing to do this and help save someone's life,” he says. When asked if he'd be interested in meeting the recipient, Ethan simply said, “I think I would really like that.”

Pictured right:

Charger's Volleyball held their “Pink Out” night last Friday in Grygla in support of all those in the fight against cancer. They might have lost their match to KCC, but they still came out on top raising \$1,616.00 that was donated and split between Mark Brobst and Celeste Hoffman (pictured in the middle with the team). The team's tshirt sales brought in \$911 while the silent auction held that evening raised \$705. Varsity Volleyball Head Coach Brooke Olson says, “The atmosphere last Friday night was awesome with everyone who came to support and who wore pink!”



Get out and explore the Agassiz National Wildlife Refuge



The Grygla Eagle spent a couple hours exploring the Refuge last Tuesday; check out this beautiful leaf-covered hiking trail. A variety of trails are open for your use. This particular route was a quiet, scenic 1/2 mile loop. More pics on FB page.

After all it's right in our back yard! Last week, October 9-15 was observed as National Wildlife Refuge Week. The Grygla Eagle grabbed its camera, coffee and warm clothes and headed to the refuge to do some exploring. Unfortunately, nothing was out to play except a bunch of ducks!

However, the best viewing dates for Moose Rut is now (September 15-October 31). From Grygla, the Refuge Headquarters is approximately 17.5 miles away. The office/visitor center hours are Monday-Friday 7:30am-4pm. While at the office, you can check out a key for the observation/fire tower, which is located just west of the headquarters. As you continue west on County Road 7, the Parker Observation Deck is approximately 3-4 miles away.

Permitted on the Refuge
Bikes (non-motorized and motorized) on Lost Bay Habitat Drive; hiking – on designat-

ed hiking trails only; pets on leash; photography; hunting in designated areas in accordance with state regulations; wildlife observation

Not Permitted

ATV's, snowmobiles and all watercraft, alcohol, berry and mushroom picking, camping, capfires, vehicles off roads, woodcutting without a permit

Wildlife viewing tips: *Stop, Look and Listen*

Nature is alive with sights and sounds! Explore the Refuge and enjoy the many opportunities to observe our natural world. Viewing opportunities are best in the early morning or late afternoon. Use your vehicle as a blind. While on a trail, walk slowly and quietly. Look for clues, such as tracks, droppings or feathers. Close your eyes and listen. Use binoculars, spotting scopes and camera lenses to get “up close.”

Agassiz National Wildlife Refuge was established in 1937

as the Mud Lake Migratory Waterfowl Refuge to protect a portion of this fertile region. Renamed in 1961, the Refuge now protects 61,500 acres of wetland, shrubland, forest and grassland. Agassiz offers excellent wildlife observation, photography, hunting and hiking opportunities.

As you tour the Refuge, see if you can spot some of the more spectacular species. Look for the playful river otter along the banks of waterways. Listen for the cry of one of the thousands of nesting pairs of Franklin's gulls. While at the Parker Pool observation deck, locate the bald eagles' large nest. Scan your surroundings for a glimpse of an elusive gray wolf or a majestic moose. As many as 287 species of birds use the refuge; half which nest on the refuge. 49 species of mammals, 12 species of amphibians and 9 species of reptiles also call Agassiz home!

The Grygla Eagle asked you to send in kind words and a photo of your boss in honor of Monday, Oct. 17, being National Boss's Day. Below are the submissions received. Thanks to those who took a moment out of their day to show their appreciation!

National Boss's Day

We would like to recognize Jody Miller from Northern Ag this Boss's Day. We want to take this time to say thanks for all that you do for us and our clients. Your passion for agriculture and providing great customer service does not go unnoticed. Northern Ag is a family based business allowing the needs of work and family to be met. We are all very proud to be part of the Northern Ag family.

- Jen, Roxann, Lindsay and

Bruce



The staff at American State Bank in Grygla would like to recognize our boss, Bryan Grove, for his leadership skills on National Boss's Day. Bryan has been with ASB for 25 years. He is friendly and personable with customers and staff and has a genuine interest in their lives, careers and family activities. He finds a common interest with anyone who comes through the door. Bryan is a good listener and has always had an open-door policy with his staff. He is fair and honest and encourages employees to reach their full potential and always shows gratitude for a job well done. Even though Bryan doesn't live in Grygla, he is very active in our community and supportive of projects go-

ing on in Grygla. He has been a member of the Grygla Lions Club, Fourtown-Grygla Sportsman Club and the Grygla Merchants for many years. We'd like to thank Bryan for his efforts and for making it pretty easy to go to work every day!

- American State Bank staff



Boss's Day recognition goes out to Lynn Anderson at American State Agency! Being a great boss is not easy but Lynn has willfully accomplished this task. He possesses patience, friendliness & confidence, and directs it to the employees and customers daily. During the work week, Lynn is one of the first to show up and the last to leave. He leads by example and has been a great mentor to not only to the agency, but to the bank as well. This year he has reached a great accomplishment that not many can say they have; he celebrated his 40 years of commitment to the agency. If he is not at work, you can usually find Lynn actively involved with the Grygla Merchants, Lions Club, Grace Lutheran Church, Fourtown

Sportsman's Club and hats off to his dedication to the Grygla Fire & Rescue! Lynn's efforts and humble qualities is what makes him well deserving of this recognition and much more!

- Tera Nordby



GHS gains exchange student from Italy

Marzia Deodato is a 17 year old youth exchange student from Ancona, Italy. She is staying with Deb and Harry Farris while she completes her senior year at the Goodridge High School, even earning her diploma with the class of 2017!

Speaking Italian, English, French and Spanish, Marzia is a well-traveled young lady. “I'm an outgoing person. I like making new friends and going on new adventures,” she says. Marzia's adventures have included trips to France, Britain, Spain, Greece, America, and the Netherlands. Marzia and her family had previously visited the United States on a trip in 2012 to New York and Connecticut, with a stop at Niagara Falls.

Back home, she has one

brother who is 22; he works in a tourist village in Morocco. She remembers being 5-6 years old and hearing her brother and his friends talk about the youth exchange programs. “We have always loved to travel. When I was little I thought this opportunity would be fantastic,” she said. Ancona is bordered by the Adriatic Sea so when at home, Marzia spends a lot of time with her friends at the beach. They have winter there, but no snow, saying she is looking forward to the winter months in Goodridge.

School in Ancona runs from September to June, but students attend classes Monday through Saturday. When Mar-

Marzia Deodato...

Continued on page 2



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm Confirmation, 8pm Interfaith Bible Study
Sunday:
Grace: 9am Worship w/ no SS
OS: 10:30am Worship w/ 9:30am SS.

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor TBA
Wednesday:
Our Savior's Council Meeting 7pm
Sunday:
OS: 9am Worship w/ 10:15am SS
UL: 11am Worship w/ no SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Interim Pastor Phil Johnson
Wednesday:
No Confirmation
Sunday:
Faith: 8:30am Worship w/ no SS
Ekelund: 9:45am Worship w/ no SS
Bethany: 11am Worship w/ no SS

THE CATHOLIC COMMUNITIES OF St. Clement's – Grygla; St. Ann's – Goodridge

Fr. Adam Hamness
Sunday:
St. Clement's: 10:15am Worship
St. Ann's: 12pm Worship.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship
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/ 10am SS
Kids Harvest Festival 3pm

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

Marzia Deodato...

Continued from front
zia earns her diploma here, she'll still have to complete one more year of school in Italy. When looking towards her future, she is interested in attending college in the United States and looking for a career in International Relations – something involving languages she hopes. For the time being, you will find Marzia at the Charger's sporting events, even on the court! She joined the volleyball team and plans to play basketball, too. For the last 9 years, she has been attending drama classes back home so she plans to join the Drama Club at GHS and also participate in Close-Up, which takes a trip to Washington D.C. Marzia also loves to cook, making home-made Italian pizza with her host family!

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Annual Supper
The annual Swiss Steak supper will be held at United Lutheran Church of Gatzke from 3:30-7pm this Sunday. The menu includes swiss steak, potatoes, corn, coleslaw, milk, coffee, desserts and lefse. The cost is adults: \$10, children K-6: \$6, preschool: free.

School Lunch Menus

Grygla School
Wednesday, October 19: Tator Tot Hotdish and Bread
Thursday, October 20: No School
Friday, October 21: No School
Monday, October 24: Submarine Sandwiches with Chips
Tuesday, October 25: Chicken Fingers, Rice and Bread

Goodridge School
Wednesday, October 19: Hamburger Macaroni Casserole, Green Beans, Tossed Salad, Peaches and Bread
Thursday, October 20: No School
Friday, October 21: No School
Monday, October 24: Tacos w/ Lettuce & Cheese, Green Beans, Apple Sauce
Tuesday, October 25: Chili w/ Cheese & Crackers, Broccoli, Carrots & Celery w/ Dip, Oranges, Breadsticks

Grygla Fire station sets open house

The Grygla Fire Station will be holding an Open House on Wednesday, October 26th from 5:30-7:30pm. The firemen will be grilling brats with all the fixings. They'll also be giving tours and doing demonstrations with equipment; make sure to stop in!

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.

Open House
60th Wedding Anniversary for
Ralph & Grace Rundell
Saturday, October 22
2:00 - 4:00 p.m.
Yo-Hawns Grygla, MN
Couple requests no gifts please

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian
"The journey of a lifetime starts with turning a page." Reading really does give us a place to go when we have to stay where we are, doesn't it? Have you ever thought about it like that? Anyway, what's new at the library?! I just attended a meeting last week at the headquarters office in Thief River Falls. All of us librarians get together once a month to discuss updates from each branch, new updates/changes to the computer/check-out system, program ideas, etc. By "us librarians" I mean librarians from the 9 NWRL's in Grygla, Karlstad, Hallock, Roseau, Warroad, Thief River Falls, Warren, Greenbush and Red Lake Falls.

It's so fun to hear about what they're doing at these big, beautiful libraries in the communities around us, but I can't help feeling a little jealous, only because our site in Grygla is so small in comparison. These libraries are located in areas a bit bigger than Grygla so obviously that means they have a bigger library with more patrons coming in. With that also comes more great programs they can offer, whether that be entertainment, educational/hobby courses, activities, book clubs, holiday-themed gatherings, etc. With more room, more staff and more patrons, it's an easier task for some of these other libraries, but that doesn't mean we can't try here in Grygla, right? We came up with some great ideas that I think people might enjoy in Grygla. Looking towards the future, we want the library to be a place you love to visit – and not just for the books!

Our director is currently working on getting a bag pipe entertainment program lined up that will come around to a few of the local libraries and perform. Now THAT would be fun to hear! Stay tuned for more info on that because Grygla is sure to be included as one of the stops. We also discussed the idea of holding a holiday open house with goodies and Christmas-themed displays with feel-good books that are perfect for the season, along with activities for kids and adults. Some of the other libraries were talking about things they do and I was listening with intent. My goodness – the ideas some of these librarians come up with are terrific. One thing I loved is the idea of a Lego station for kids. For each book a child checks out they get a Lego piece. They go to the Lego table and add their piece to the creation. The kids get excited to see it get bigger and turn into a neat structure; they can't wait to come in, check out their books, get Lego pieces and add to it! That would be a hit for the kids in Grygla, I think.

In the near future, we'll also be adding a few more shelves, which means we can add a few more books, too. We'll be getting a lot more children's books included in that so make sure to bring your kids in. The young ones just love the library experience. It's so fun to watch them come in and play on the iPad,

lounge in the bean bag with a fun book, pick out new books that they're excited to bring home! They also love it when their librarian gives them a little "something" out of the prize box. The whole experience just makes them feel good and important so don't forget to swing in some Wednesdays on your way by; we're open from 2-6pm and would love to see you.

Speaking of new books coming in, our most popular books that fly off the shelves are our Large Print books. To all the LP readers out there, this Wednesday we will have ALL NEW Large Print books on the shelves for you! I took every single book off the shelf and sent it to Roseau. In return, Roseau sent me a bunch of theirs so we'll have a whole new collection for you to choose from. We'll be doing a lot of that in the next month or two with our books, including fiction, non-fiction, Christian-fiction, young adult, children, audio-books and DVD's. You've spoken and we've listened! We're excited to bring you new material to check out.

On that note, has anyone checked out a good books lately? If so, you're always welcome to share your reviews with me! I'm in between books right now, but have a couple on my night stand that I'm excited to dive into. My husband has been enjoying the C.J. Box "Joe Pickett" series; he's already on book 4 of 20-something. The fictional series follows a game warden around on mysterious and thrilling outdoor adventures. It wouldn't be a series that I'd pick, personally, but it's perfect for him and possibly the man in YOUR life!

For the teenagers in your life, or to the teenagers reading this, in November I will be starting up a Young Adult Book Club for youth ages 13-18 and I'm really excited for it! We'll give it a go and start by picking a great YA book and all read it on our own time (3-4 weeks). I'd really like to pick a book that has also been made into a movie or will be a movie released soon. I've got a few high school students helping me choose the first book so that's kind of fun. Anyway, when we're done reading the book on our own time, we'll get together and meet twice; once to discuss the book (with treats of course!) and the next time to watch the movie and eat pizza. A lot of pizza. So keep that in mind and let your teenagers know! If any of you English/Literature teachers are reading this, maybe you're interested in joining this by letting your students know about the upcoming book club. If they choose to participate, read and discuss with the group, maybe it could be worth extra credit or points in your class?! Feel free to email me at grygla.eagle@gmail.com for more information.

Well, thanks for sticking with me 'til the end. I just wanted to give you a few updates and let you know that as long as you keep coming in, I'll keep working hard to make sure the library is one of your favorite places to stop by. See you soon.

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Chapter 14
NOTICE OF GENERAL ELECTION
INDEPENDENT SCHOOL DISTRICT NO. 447
GRYGLA
STATE OF MINNESOTA
NOTICE IS HEREBY GIVEN, that the general election has been called and will be held in and for Independent School District No. 447, County of Marshall, State of Minnesota, on Tuesday, the 8th day of November, 2016, for the purpose of electing 3(three) school board members for four year terms. The ballot shall provide as follows:

Instructions to Voters:
To vote, completely fill in the oval(s) next to your choice(s) like this: 
School Board Member
Vote for Up to Three
☐ Jeremy Rychlock
☐ Karina Tinnes
☐ Andrew Oslund
☐ Stacy Englund
☐ write-in, if any
☐ write-in, if any
☐ write-in, if any

The election is conducted by mail ballot, the only exception being in Benville Township. Voters residing in Benville Township may vote at the Benville Township Hall. The polls for said election at Benville Town Hall will open at 10 o'clock a.m. and will close at 8:00 o'clock p.m. on the date of said election. A voter must be registered to vote to be eligible to vote in this election. An unregistered individual may register to vote at the county court house, or if from Benville Township an unregistered individual may register at the Benville Township Hall.
Dated: 10/17/16
BY ORDER OF THE SCHOOL BOARD
/s/ Karina Tinnes
School District Clerk

Community Calendar

Wed | Oct 19
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Flu Shot Clinic at Grygla Community Center 1-3pm; Grygla Library open 2-6pm

Thurs | Oct 20
No School MEA; Youth Deer Hunt; Grygla School Board meeting 8pm

Fri | Oct 21
No School MEA; Youth Deer Hunt; Senior Meals at Grain Bin Café 11am

Sat | Oct 22
Youth Deer Hunt; Grygla/Gatzke Food Shelf open 8-10:30am

Sun | Oct 23
Youth Deer Hunt; United Lutheran Men's Fall Supper 3:30-7pm

Mon | Oct 24
Senior Meals at Grain Bin Café 11am

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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.

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

The Grygla area church women's groups have collected over 700 recipes so far and hope to get up to 900. The deadline on recipes and cookbook orders has been extended to Jan. 15th, 2017. These cookbooks will be professionally published and are sure to be a treasured keepsake for all. Money raised will be donated to the Grygla Centennial Committee. Please submit 5-7 of your favorite recipes, or those of your ancestors, to be represented in this cookbook. Many recipes from all residents will ensure that this cookbook is a success. For your convenience, you have the option of entering your recipes online or completing a 'Recipe Collection Sheet'. The group is anticipating a great demand for this cookbook and want to be certain to order enough. To reserve your copy please email Laurie Polansky at laurie.polansky@asbgrygla.

All winners will be sent a check by the Grygla Centennial Committee. The winners for this week are:
October 16 for \$25: Steve Holte, Grygla
October 19 for \$150: Jeff Lawrence, Grygla
October 22 for \$75: Zach Benedicto, Fargo

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: granolag657 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.

PUMPKIN Decorating CONTEST
Cash Prizes!
We will award cash prizes for:
Most Original, Most Traditional, and Judge's Favorite.
How to Enter
The contest is open to all ages and your pumpkin can be carved, painted or decorated.
Bring your pumpkin to American State Bank starting
Wednesday, October 26th. Judging will be on Friday, October 28th.
Contest Details
All pumpkins will be on display at the bank. You can pick up your prizes and pumpkins on Monday, October 31st.
Sponsored by:
American State Bank of Grygla
In two locations
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Results from last week's StatePoint crossword puzzle.



In recognition of Fire Prevention Week, Smokey Bear and Jeremy Neste, with the DNR, visited the Grygla Kindergarten room last week. They informed the youngsters about the dangers of forest fires and campfires.



Volunteers with the Grygla Fire Department visited the Grygla School ECFE night last Wednesday in recognition of National Fire Prevention Week. Kids got a chance to see the fire truck and visit with the firemen. Pictured here is Travis Dougherty giving the kids a close-up look at the fire gear.



Cooper Aune, son of Chris & Jamie, along with Summer Ruud, daughter of Devin & Krystle, got to sit in the fire truck at the school last week!



State Representatives encourage Governor to speak out against activists

Anti-pipeline environmental activists have illegally tampered with two Enbridge Energy lines in Northern Minnesota, attempting to turn off valves to stop oil flow. State Representatives Dan Fabian (R-Roseau), Deb Kiel (R-Crookston) and Steve Green (R-Fosston), encouraged Governor

Mark Dayton and Democrat leaders to speak out against these irresponsible protests and released the following joint statement: "Extreme environmental activists have illegally tampered with pipelines in Northern Minnesota, risking public safety and

an environmental incident. These kind of actions are deplorable and dangerous. We call on Governor Mark Dayton and Democrat leaders to condemn this illegal and reckless attempt to disrupt oil pipelines that needlessly endangered local citizens, Enbridge employees and first responders."

A Note from Principal Lunsetter's Desk

*"Hope, the best comfort of our imperfect condition."
~Edward Gibbon*

Hope is a good thing. It keeps us looking in the right direction, and allows us to seek out what is good in our lives. However, hope is not enough. The definition of hope says that it is "a feeling of expectation and desire for something to happen". It's a feeling, and feelings come and go; they waver. Beyond hope, lies faith. Faith is complete trust; unwavering. No matter what is going on around us, we can always have our faith, if we choose to. Hope is to Faith what good is to great. When we all have Faith, and work in the same direction, we can achieve remarkable things.

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

Bon Mot

Noun

\BON MOH\

A witty remark or comment; clever saying; witticism

◼ SIMPLY DELICIOUS

Creamy, Cheesy Enchiladas
Written and made by Kari Sundberg, Eagle Editor

You really can't go wrong with enchiladas. In fact, it seems silly to even share an enchilada recipe because don't we just all dump whatever we want inside the shell, pour on the sauce of our choice and bake? Yes. Yes we do. BUT... some are better than others and these fall into that category. Only because of the white sour cream sauce poured on top. Let that sink in for a second. WHITE SOUR CREAM SAUCE.

Are you with me? These were creamy, cheesy and full of comfort. Yes, I said it. Comfort. We all love comfort food and this one's at the top of my list. Instead of adding Spanish rice, I opted for cheesy rice. Instead of a zesty red sauce, I opted for the creamy sour cream sauce. The only "zip" I really had was from the green chilis, but I am A-OK with that; the cream and

cheese made up for it.

Ingredients
8 flour tortilla shells, burrito style
2 pounds hamburger
2 packets taco seasoning
1 box Rice-A-Roni "Creamy Four Cheese"
1 tbsp corn starch
1.5 cups chicken broth
1.5 cups sour cream
2 cups Mexican-blend shredded cheese – divided
1 can black beans
1 4-oz can diced green chilis

I made one box of Rice-A-Roni "Creamy Four Cheese" according to package directions, while browning 2 pounds of hamburger. I usually use the "Spanish" flavored Rice-A-Roni, but this particular evening I was feeling very much in the mood for creamy and cheesy and this fit the bill.

Next up, I added two packets of (Taco Bell brand) taco seasoning to the hamburger and preheated the oven to 400 degrees. This is the time to make your white sour cream sauce.

In a medium saucepan, whisk the corn starch and broth until smooth. Bring to a boil and cook for about 2 minutes. Remove from heat and let stand for a minute or two. Stir in the sour cream and 1 cup of Mexican-blend shredded cheese.

Moving along – prepare your enchiladas. This is where it's up to YOU what you want to put in. As for me, I filled each one with my taco meat, cheesy rice, black beans and diced green chilis. I rolled and laid them in the pan. Poured the white sour cream sauce over the top and sprinkled the remaining cup of shredded cheese on top. I baked for about 20 minutes.

Tip: spray your cake pan first so the tortilla shells don't stick. 5 fit in my pan, so I had to put the other 3 in a smaller dish.

Once they are dished up on your plate, adorn with the toppings of your choice...lettuce, tomatoes, onions, green olives, OH MY.

By the way, this recipe column doesn't always have to be me cooking and sharing; I will totally share the kitchen with you. Feel free to email me photos/instructions of a dish you had success with and want to share – I'd love that! My email is grygla.eagle@gmail.com



Pictured below: It was a great turnout at the ECFE night with the firemen! Volunteers Richard Davenport, Andy Oslund, Mark Severts and Travis Dougherty came and spoke to the young kids and their families.

Chargers Volleyball

Chargers VB 10/10 at BGM

BGMR won in 5 games (25-22, 26-28, 25-13, 14-25, 9-15)
Ace Assists: Hannah Dietsch 36

Kills: Karlee Johnson 19, Ashlyn Henrickson 14, Brooke Anderson 10, Trystan Jelle 3, Alaina Monson 2, Maci Bakken 1

Aces: Brooke Anderson 3, Maci Bakken 2, Hannah Dietsch 1, Trystan Jelle 1

Digs: Kaitlyn Olson 22, Hannah Dietsch 6, Karlee Johnson 7, Ashlyn Henrickson 4

Blocks: Brooke Anderson 1, Karlee Johnson 1, Trystan Jelle 1

Coaches Comments: The Chargers played amazing tonight! The girls really stepped up their game and played so well as a team. I'm very proud of them.

Chargers VB 10/13 in Goodridge vs. NF

Chargers won in 3 games (25-15, 25-21, 25-18)

Ace Assists: Hannah Dietsch 20

Kills: Karlee Johnson 11, Ashlyn Henrickson 8, Brooke Anderson 4, Trystan Jelle 3, Hannah Dietsch 1

Aces: Trystan Jelle 3 Maci Bakken 2, Alison Satre 2, Ashlyn Henrickson 1

Digs: Kaity Olson 11

Blocks: Maci Bakken 4, Brooke Anderson 1

Coaches Comments: It was a great WIN for the Chargers! The girls played great as a team, and individually they racked up the stats! It is great to see the girls having fun and smiling out on the court, I'm very proud of them!

Chargers VB 10/14 in Grygla vs. KCC

KCC won in 3 games (14-25, 11-25, 24-26)

Ace Assists: Hannah Dietsch 19

Kills: Ashlyn Henrickson 10, Karlee Johnson 5, Trystan Jelle 5, Brooke Anderson 3, Maci Bakken 2

Aces: Brooke Anderson 2, Karlee Johnson 1, Maci Bakken 1

Digs: Kaitlyn Olson 19, Hannah Dietsch 8, Ashlyn Henrickson 4, Karlee Johnson 3

Coaches Comments: The Chargers didn't get a win but I was happy with how they played! It has been a long week of tough games, and the girls did just fine! It was our 'Pink Out' night and the girls did amazing at selling tshirts and getting together silent auction items. The atmosphere was awesome with everyone who came to support and who wore pink! Selling tshirts we raised 911.00, and the silent auction raised 705.00 so Mark Brobst and Celeste Hoffman each got 808.00!!



Ashlyn Henrickson with the solo block against KCC!



Coach Olson gives her team a peptalk last week.

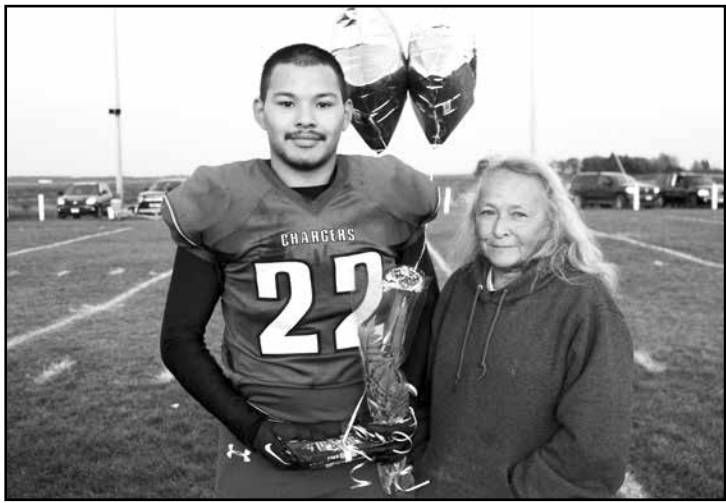


L-R: Tausha Severts, Audrya Nelson and Carole Aune were among the Chix from the Stix members who served the Baked Potato Bar at the 'Pink Out' last Friday night; money raised from their delicious supper will benefit the Marshall County Relay for Life/American Cancer Society.



Goodridge Senior Brooke Anderson with the kill.

Wednesday, October 19, 2016



Goodridge Senior Robert Brummit with his grandma, Judy Jourdain



Goodridge Senior Jesse Wiseth with his parents, Tony & Carol Wiseth



Goodridge Senior Blaine Kriel with his parents, Jenny Anderson & Ryan Kriel



Goodridge Senior Football Manager Kristin Farris with her parents, Harry & Deb Farris



#7 Dylan Manderud blocking for Stinar.



Pictured Above is #10 Tyronne Alten, Grygla Junior

Parent's Night

Varsity stats from Thursday, October 13th vs. Freeze
The Chargers hosted the Freeze on the field in Goodridge last Thursday evening for Parent's Night. The high-scoring game ended in the Charger's favor with a final score of 62-42! Tyler Stinar had 5 touchdowns with Jaden Kiesow coming in right behind him at 3 touchdowns! Head Coach John Wilebski provided stats below. On this week's schedule for the football team is a game in Grygla Tuesday evening, October 18th, against KCC; kickoff is at 7pm.
GG: 22,6,12,22=62

NF: 6,12,12,12=42
Tyler Stinar 27/309 yards rushing with 5 touchdowns; Jaden Kiesow 15/126 yards with 3 touchdowns; Dylan Manderud 8/29yards
Passing 4-6=122yards passing - Stinar 65 yards receiving; Wiseth 57 yards receiving
Defense - Jaden Kiesow 13 tackles 2int's; Robert Brummit 12 tackles 1int; Lucian Tinnes 11 tackles; Brandon Stanley 7 tackles
Wilebski says of the game, "Our interior line played great! Lucian Tinnes and Brandon Stanley both had great games!"



Goodridge Senior Dylan Walker with his parents, Arlen & Tiffany Eidelbes



Grygla Senior Michael Jelen with his parents Shawna & Chris Jelen



Tyler Stinar on his one of many touchdown runs!

Chargers 62 Freeze 42



Goodridge Senior Hogan Lundeen with his dad, Perry Lundeen



Goodridge Senior Jeremy Wiskow with his parents, Dean & Sheila Wiskow



Goodridge Senior Tyler Stinar with his parents John & Connie Stinar



Goodridge Senior Football Manager Alexis Kiesow with her parents, Nicole & Tony Kiesow



Jesse Wiseth #15



Charger fan LON BOLT aka Lon Englund got a lot of running in with all those TD's last week!



#5 Jaden Kiesow