



Today
Snow Showers
H 34 L 27

Thurs
Cloudy
H 30 L 25

Fri
Cloudy
H 31 L 21

Sat
Partly Cloudy
H 32 L 24

Sun
Cloudy
H 33 L 22

Wednesday, November 30, 2016

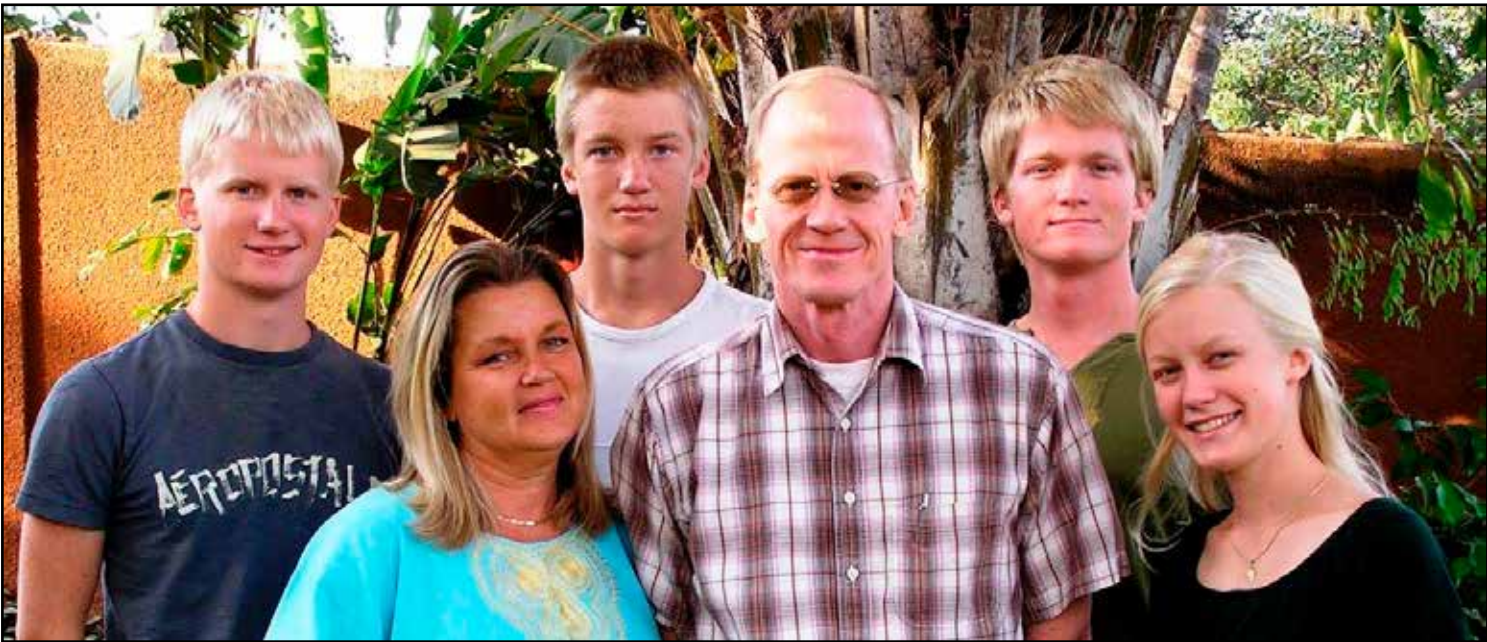
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Vol. 43 Number 22

A look at next week... Meet the 2016-17 Chargers Basketball Teams!



Our Savior's Advent Supper this weekend
This Sunday evening, beginning at 6pm, these pews will be packed! It's the annual Advent Supper at Our Savior's Lutheran Church in rural Grygla. The musical duo, Lois & Lois, will be performing some special songs for the crowd and a delicious Christmas meal (with all the fixings!) will be served immediately after. This festive event is a great way to kick off the holiday season that many make a yearly tradition. You are invited to attend, along with friends and family members. Please RSVP to Holly Ryhclock at 294-6497.



Nathan and Karen Rasmussen have been missionaries from Tanzania, Africa, for the last 41 years. They will be at Liberty chapel this Sunday, December 4th, at 3pm. Anyone interested in listening to their story is welcome to attend.



This Autumn Night....
...was the theme for this year's Grygla High School Band & Choir concert that was held last week on Tuesday, November 22nd! The musical show was directed by Mr. Gene Lunsetter. Pictured above: The 9-12 grade choir performing "Autumn Night." Pictured right: The 9-12 grade band playing "From the Yorkshire Coast." See page 3 for more photos!



Gear up for Snowmobile Safety Training

The Fourtown / Grygla Sportsman's Club has set the date for Snowmobile Safety Training. The course will be held at the Grygla School on Saturday, December 10th, from 9-11am.

This is an online course that MUST BE completed before the students arrive on Saturday the 10th for the field testing, which involves completing the safety course on snowmobile.

The Fourtown / Grygla Sportsman's Club has purchased the online classroom software. To gain access, please contact Jack Nelson at 218-689-8807, Bob Thompson at 218-689-1374 or Tonia Haack 320-761-6234 for the access code needed to begin the course. If you do not have the access code, the online course will cost you \$35. The club recommends calling to get the necessary code so this course will be free of charge to your child.

Students must be 11 years old to participate. Upon arrival on Saturday, December 10th, students will take a short written test, which is followed by the driving portion. Snowmobiles and helmets will be provided; students must come prepared in winter clothing.

Volunteers are needed for this Saturday

The Lion's Club is coordinating a cleaning day at the Grygla Community Center this Saturday, December 3rd, starting at 9 am. The crew has plans to clean whatever can be moved, organized, taken out, you name it, but it all depends on the amount of help received. Please consider volunteering some of your time this Saturday morning to help get the Community Center in tip-top shape!

Holiday Blood Drive set for December 7

It's that time of year again! Trips to the mall; gift lists for friends and family, co-workers and teachers; and holiday meal and party planning. All these wonderful plans to keep people hustling and bustling and too busy sometimes to donate blood. Busy shoppers can take a load off while donating blood at the Grygla-Gatzke Community Blood Drive from 11am-5:30pm on Wednesday, December 7th.

The blood drive, with United Blood Services, this area's non-profit blood provider, will replenish local blood supplies and stock hospitals' shelves for the upcoming holiday season.

United Blood Services encourages people to donate once more before the end of the year, when people are so busy with holiday plans. Traditionally, the nation's blood supply is very tight during the holidays; area residents can help assure that a blood shortage does not occur this year.

Make your convenient appointment to give blood at www.unitedbloodservices.org or by calling Ralph (294-6177), Sheldon (294-6176), Mildred (459-3436), or Nadine (459-3315). With each donation, donors receive a free total cholesterol test and earn points in United Blood Services Hero in Me rewards program.

Volunteer donors must be at least 16, weigh a minimum of 110 pounds and be in good health. Additional height/weight requirements apply to donors 22 and younger, and donors 16 and 17 years of age must have a signed permission from a parent or guardian.

Christmas Holiday Bazaar

The Grain Bin Café is the place to be on December 9th-10th. The local café in Grygla is getting ready to host a Christmas Holiday Bazaar that includes the following vendors: Bake my Day (Friday only), Stampin' Up, Avon, Crocheted Items, Doll Clothes, Lefsa & Krumkaka, Posh (Saturday only), Young Living, Rada, Tickled Pink Endeavors, Jewelry by Elaine, Emily Yager – Local Author, Betts Pottery & Swittens, Wooden Cutting Boards, A Place in the Woods and MORE!

Come out on Friday, December 9th, from 3-6pm and also on Saturday, December 10th, from 10am-6pm. Get your holiday shopping done in one place as there is sure to be something for everyone.

You still have time to buy

The Marshall County "Sharing Tree Project" will soon be coming to an end, as all gifts are to be returned to the tree location on Wednesday, December 7th.

The "Sharing Tree Project" is sponsored by Marshall County Social Services; it is an opportunity for the people of our communities to show their love and generosity by providing a Christmas gift to a child living in Marshall County.

Nine trees have been placed in Marshall County, along with the information needed to purchase a gift for this project. The trees are located at the following business, American Federal Bank, Bremer Bank, and Frandsen Bank & Trust – all in Warren; United Valley Bank in Argyle; KodaBank in Stephen; Frandsen Bank & Trust in Oslo; Border State Bank in Middle River; Marshall County State Bank in Newfolds; and American State Bank in Grygla.

"It is truly amazing how generous the people of Marshall County have been in supporting this project over the years, we are blessed to live in such a caring community! It takes generosity from many people throughout the county to make this project possible. Marshall County Social Services thanks all those involved in making this project successful," states Stacey Urbaniak coordinator of the Sharing Tree Project.

There is still time to buy! If you would like to be part of this heart-warming experience, stop at one of the tree locations!

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/ 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 w/ 10am SS
OS: 11am Worship w/ 10:15am SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Interim Pastor
Phil Johnson
Wednesday:
No Confirmation; Advent Services at Ekelund 7:30pm
Sunday:
Faith: 8:30am Worship w/ 9:45am SS
Bethany: 9:45am Worship w/ 11am SS
Ekelund: 11am Worship w/ 9:45am SS

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

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

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Wednesday:
Advent Service at 7pm at Riverside
Sunday:
9:30am Worship w/ 10:30am SS

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/ 10am SS

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

Eagle Office Hours

Tuesdays: 2:30-3:30pm
Wednesdays: 9am-6pm

218.294.6220
grygla.eagle@gmail.com

CITY OF GRYGLA, MINNESOTA NOTICE OF PUBLIC HEARING

ON THE PROPOSAL TO ADOPT A STREET RECONSTRUCTION PLAN AND THE INTENT TO ISSUE GENERAL OBLIGATION STREET RECONSTRUCTION BONDS

Notice is hereby given that the City Council of the City of Grygla, Minnesota, will meet on December 12th, 2016, at 7:00 p.m. at the Grygla Civic Building, 219 West Beltrami Street, in Grygla, Minnesota, for the purpose of conducting a public hearing on (a) the proposal to adopt a five year street reconstruction plan and (b) the intent to issue general obligation street reconstruction bonds not to exceed approximately \$99,500, under its street reconstruction plan for street reconstruction improvements described in the street reconstruction plan.

All persons may appear at the December 12th public hearing and present their views to the Council orally or in writing.

If a petition requesting a vote on the issuance of the general obligation street reconstruction bonds is signed by voters equal to five percent of the votes cast in the last municipal general election and is filed with the City Clerk within 30 days of December 12th, 2016, the City may issue the general obligation street reconstruction bonds only after obtaining the approval of a majority of the voters voting on the question of the issuance of the general obligation street reconstruction bonds.

By order of the City Council
November 14th, 2016
By: Rose Aune,
City Clerk-Treasurer

G35-37C

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Grygla Eagle

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PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg - EDITOR

Phone 294-6220

—SUBSCRIPTION RATES—

\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)

\$30 per year outside of the area

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

School Lunch Menus

Grygla School

Wednesday, November 30:
Sub Sandwich w/ Lettuce and Tomato

Thursday, December 1:
Hamburger on a Bun, French Fries, Carrots, Pineapple, Pear
Friday, December 2: Italian Hoagie, Chips, Fruit & Veggies
Monday, December 5: Lasagna, Vegetable, Fruit, Garlic Toast

Tuesday, December 6: BBQ on a Bun, Vegetable, Fruit

Goodridge School

Wednesday, November 30:
Hot Ham & Cheese on a Bun, Baked Beans, Tossed Salad, Pineapple

Thursday, December 1:
Chili w/ Cheese & Crackers, Broccoli, Carrots & Celery w/ Dip, Cinnamon Roll, Apples & Oranges

Friday, December 2: Corn Dog, Baked Beans, Pineapple Tidbits, Tossed Salad

Monday, December 5: Hamburger Patty on a Bun w/ Topplings, Oven Fries, Tossed Salad, Oranges & Apples

Tuesday, December 6:
Chicken Nuggets w/ Assorted Sauces, Smile Fries, Steamed Carrots, Mandarin Oranges

HELP WANTED

The Marshall County Sheriff's Office is accepting applications for 1 part time (almost full-time hours) Dispatcher/Jailer/911 Operator Position. Must have a high school diploma or equivalent. Experience is preferred but not necessary. This position includes working rotating shifts, weekends & holidays. Must have good people skills, self motivated, computer skills, get along well with the public and co-workers and be able to handle high stress situations. Starting pay is \$18.24/hr plus a full-time benefit package. Application deadline is Wednesday, December 7, 2016. Applications may be picked up at the Marshall County Sheriff's Office, 208 E. Colvin Ave. Ste #1, Warren, MN 56762 or print out an application off the Marshall County website at www.co.marshall.mn.us

"Marshall County is an equal opportunity employer"

G36-37C

Community Education

Class: Holiday Crafts

Info: Your choice of three crafts: rustic post snowman, rustic wood Christmas candles, tree Christmas card holder (2 options). Check the Community Ed tab on the school website for photos.
Where: Grygla School Commons
When: Wednesday, December 7
Time: 6-9pm
Instructors: Tami Irlbeck, Hazel Thomas, Amy Holte
Cost: Snowman/candles are \$10; tree card holder is \$12
Registration: Call Shaunna Olsson at 294-6155
Registration Deadline: November 30th

Class: Reversible Holiday Sign Class

Where: Goodridge School Lounge
When: Tuesday, November 29th
Time: 6-9pm
Instructors: Sara Panek
Cost: \$35 payable the night of class
Ages: 10-adult
Registration: Call Andrea at 378-4134
Registration Deadline: November 29th

Class: Christmas Baking Made Easy

Info: No shopping or searching for recipes! Make, bake and take your goodies home. Bring containers to hold 8-10 dozen cookies. Don't need that many treats? Bring a friend and split the cookies and the cost!
Where: Grygla School FACS room
When: Tuesday, December 20
Time: 6-9pm
Instructor: Kandy Sundberg
Cost: \$30.00
Registration: Call Shaunna Olsson at 294-6155
Registration Deadline: December 13th

Make checks payable to appropriate school. Fees due by the date of class & may be paid at the class.

You can register on the school website, too!

NOTICE OF MINNIE TOWNSHIP BOARD MEETING

Minnie Township Board will meet at the Minnie Town Hall 65964 Fourtown Road NW on December 9th, 2016. Meeting will start at 7:00 PM.

**MINNIE TOWNSHIP
RAY HENDRICKSON,
CLERK
11/27/16**

G36C

WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of December 2016.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. WIC is very interested in enrolling pregnant women in the program. They feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. No proof of pregnancy is needed.

All potential clients must contact the WIC Program to schedule an appointment.

The following is the schedule of WIC Clinics for the month of December.

Monday, Dec. 5: Newfolden

Evangelical Free Church

Tuesday, Dec. 6: Hallock, Kittson County Courthouse
Wednesday, Dec. 7: Warroad Community Center

Thursday, Dec. 8: Red Lake Falls Community Center
Monday-Friday, Dec. 12-16: Thief River Falls, Redeemer Lutheran Church

Monday, Dec. 19: Warren, Evangelical Covenant Church
Tuesday, Dec. 20: Karlstad, First Lutheran Church

Wednesday-Thursday, Dec. 21-22: Roseau, LifeCare Medical Center, Basement Aux. Room

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 218-874-7845 or 1-800-223-1591.

LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

This week, I have two book suggestions from OTHER PEOPLE! YAY! I happen to know we don't have either book at the Grygla library, however, if either strikes your fancy, let me know and I will gladly get it on order for you through one of our branches and it'll be here in a week!

The first book comes recommended by Krista Bernstein! It's called "Blind Your Ponies" by Stanley Gordon West.

Overview

Hope is hard to come by in the hard-luck town of Willow Creek. Sam Pickett and five young men are about to change that.

Sam Pickett never expected to settle in this dried-up shell of a town on the western edge of the world. He's come here to hide from the violence and madness that have shattered his life, but what he finds is what he least expects. There's a spirit that endures in Willow Creek, Montana. It seems that every inhabitant of this forgotten outpost has a story, a reason for taking a detour to this place—or a reason for staying.

As the coach of the hapless high school basketball team (zero wins, ninety-three losses), Sam can't help but be moved by the bravery he witnesses in the everyday lives of people—including his own young players—bearing their sorrows and broken dreams. How do they carry on, believing in a future that seems to be based on the flimsiest of promises? Drawing on the strength of the boys on the team, sharing the hope they display despite insurmountable odds, Sam finally begins to

see a future worth living.

Author Stanley Gordon West has filled the town of Willow Creek with characters so vividly cast that they become real as relatives, and their stories—so full of humor and passion, loss and determination—illuminate a path into the human heart.

The next book comes recommended by Mike Mickelson, and he says, "I'm currently reading "Miss Peregrine's Home for Unusual Children. It's a great movie and a better book!"

Overview

When Jacob Portman was a boy, his grandfather regaled him with stories of his fantastic life at Miss Peregrine's home during the Second World War, even sharing photos of the remarkable children with whom he resided. As Jacob grew up, though, he decided that these photos were obvious fakes, simple forgeries designed to stir up his youthful imagination. Or were they...?

Following his grandfather's death - a scene Jacob literally couldn't believe with his own eyes - the sixteen-year-old boy embarks on a mission to disentangle fact from fiction in his grandfather's tall tales. But even his grandfather's elaborate yarns couldn't prepare Jacob for the eccentricities he will discover at Miss Peregrine's Home for Peculiar Children!

Do either of those books sound interesting to you? If so, let me know and I will be happy to get it for you. If not, well, you know what to do - come in and see me and we'll just have to grab a great book off the shelves for you.

See you Wednesday!



LEFSE TIME! A productive and fun day was had by Holly Rychlock, Vicki Worthington and Bette Sundberg last week on Wednesday. The ladies made 120 pieces of lefse that afternoon with Bette's husband, Glenn, also helping out.

A Norwegian blessing: May da Good Lord protect you from all unnecessary Uff Da's and may da sun shine warm on your lefse.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Wednesday, November 30, 2016

SHARING TREE

IT'S EASY!!

1. CHOOSE AN ORNAMENT
2. SIGN UP ON THE SHARING TREE LIST
3. PURCHASE A \$20-\$30 GIFT
4. RETURN UNWRAPPED GIFT TO THIS SIGHT BEFORE **DECEMBER 7, 2016**

THANK YOU!!

Marshall County
Social Services



In two locations

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Left: Gene Lunsetter directed the Grygla High School Band & Choir concert last week. **Right:** Junior High Choir members sing “Hakuna Mungu Kama Wewe”: Jared Haack, Nolan Anderson, Josh Johnson, Eli Sundberg, Madison Cullen, and Courtney Vad.



Left: Junior High Band members play pop song, “All About that Bass.” Front row: Mya Anderson, Hailey Knutson and Ahna Stanley. Middle row: Dane Arveson, Devon Dickson and Courtney Vad. Back: Avery Moe and Chloe Kuznia. **Right:** Special music was provided by Bailey Watne; she sang “Colors of the Wind.”



Fabian named Chair of Environment and Natural Resources Committee

On Tuesday, November 22, 2016, House Republicans unveiled new committee chairs of the 2017-2018 legislative sessions. Representative Dan Fabian (R-Roseau) was named Chair of the Environment and Natural Resources Policy and Finance Committee. The committee holds funding and policy jurisdiction over areas including the Department of Natural Resources and the Minnesota Pollution Control Agency.

“I am honored to have been named a Chair by House Republican leadership and look

forward to rolling up my sleeves and getting to work on environmental issues important to the state of Minnesota,” said Rep. Fabian. “Environmental policies implemented by state agencies and the legislature often have a significant impact on folks in Northwest Minnesota and communities across the state, and I want to ensure we pass commonsense policies that protect our environment while ensuring we don’t place unnecessary regulatory burdens on our farmers, citizens and small businesses.”



Kaylor Torgerson and Avery Moe on percussion at last week’s band concert.

Snowmobile trails open Dec. 1, early snow presents challenge

As northern Minnesota received its first significant snowfall last week, many snowmobile enthusiasts are rushing to take their first ride of the season. Snowmobile riders are reminded that de-spite the early snow, most of the state’s snowmobile trails are not yet ready for riding, according to the Department of Natural Resources.

Minnesota’s snowmobile trails officially open Dec. 1 each year; and several conditions must be met before trails are open and ready for travel:

- The ground must be frozen to allow for crossing wet areas.
- Adequate snow cover, about 12 inches, must be on the ground to allow for packing and grooming of the trails.
- Trails must be cleared of fallen trees, signs put in place and the gates opened. Snowmobile club volunteers and DNR staff are currently working on these tasks.

“While the early snow is encouraging, it acts as insulation that slows the freezing we need in or-der to work on brush clearing

and other trail maintenance in wet areas,” Grand Rapids area supervisor Guy Lunz. “Crews are out removing brush from trails where they can, and that pace will pick up once cold weather helps freeze the low-lying areas.”

After recent record-breaking warm temperatures into early November, most lakes remain ice-free despite the recent snow. The DNR recommends a minimum of 5 inches of new clear ice for snowmobiles.

When the trails open, the DNR urges riders to use caution. Early season trails may have trees or other debris across the trails, unfrozen areas, rocks or ruts, or standing crops and closed gates. Also, road ditches can have obstacles such as culverts, signposts and rocks.

While snowmobilers wait for the arrival of cold temperatures, now is a good time to verify their combined registration and trail sticker is current, ensure their snowmobiles are in good operating order, review safety training, and check local trail maps for any route changes or new trails.

Registrations and trail stickers for new snowmobiles must be purchased in person at any deputy registrar of motor vehicles or at the DNR License Bureau in St. Paul. Renewals of registrations and trail stickers may be done in person, or online at <http://licenses.dnr.state.mn.us/>.

Minnesota has more than 22,000 miles of groomed snowmobile trails; more than 21,000 miles of them are maintained by local snowmobile club volunteers. Snowmobile trail maintenance costs are partially funded through the combined snowmobile registrations and trail sticker sales, and state gas tax attributed to snowmobile use. Donations and volunteer work by trail clubs make up the remainder of the costs and efforts to operate these trails.

Trail users are always encouraged to call in advance or research online to get local conditions for the area they plan to ride. State trail conditions are posted each Thursday on the DNR website at www.dnr.state.mn.us/snow_depth/index.html.

How to Get the Most from Your Medicine

Written by Karin Haugrud

If you have heart problems or other health problems, you’re probably taking at least a couple of prescription medications. Keeping track of these medicines can be confusing. It is important for the patient to take responsibility for using them properly.

Drugs act differently in older people than in younger people. This may be due to normal changes in the body. As we age, it is normal for circulation to slow down, or for kidney func-

tion to drop off. This can make a difference in how long a drug stays in your body and how much of the drug your body absorbs.

It can be easy to make mistakes in drug dosages. This may occur from many factors such as difficulty in reading the small print on the instructions to forgetting when the last pill was taken. Read the label carefully—in adequate light—before taking any doses. Also, contact your doctor or pharmacist if any new or unexpected

symptoms appear.

If there is something you don’t understand about a medicine you’re taking, ask your doctor. If you still don’t understand, ask your doctor to explain things more clearly. Don’t be afraid to write down questions and your doctor’s answer, so you can refer to them later. If you are taking other medicines, be sure to ask how the medicines will work together in your body. Sometimes medicines cause problems when they are taken together.

To help ensure that you get the best results from your medicine inform your doctor and pharmacist about ALL prescription drugs, daily vitamin or mineral supplements, or nonprescription drugs (aspirin, cold medicines, laxatives) that you take regularly. Record any side effects you experience while taking prescription drugs and report them to your doctor. Remember, drugs that are strong enough to cure you can also hurt you if they are used incorrectly.

A Note from Principal Lunsetter’s Desk

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.” ~ **Brian Tracy**

There are all kinds of things for all of us to be thankful for; our families, our jobs, our friends, a roof over our heads, food on the table, etc....Those are the easy ones. The tough things to be thankful for are the ones that you thought were going to make you crumble. They are the ones where you were in such a tight spot, you didn’t know if you could breathe. We’ve all been there, where we did something so dumb, we didn’t know if we’d ever recover. But we’re still here, and we’re better and stronger for having had to go through those tough times. Be thankful that we have adversity in our lives to build us up, and to help us appreciate when things go well.

Word of the Week

...enhancing vocabularies
one Grygla Eagle at a time.

Savoir-Faire

Noun

1. knowledge of just what to do in any situation; tact

▶ SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Cream Cheese Banana Bread

This week’s recipe is short and sweet, and speaks for itself. SIMPLY DELICIOUS, IT WAS!

Ingredients:

- 1 egg
- ½ cup brown sugar packed
- ¼ cup vegetable oil
- ¼ cup sour cream
- 2 tsp vanilla
- 2 large bananas mashed up
- 1 cup flour
- ½ tsp baking soda
- ¼ tsp salt

Filling:

- 1 egg
- 1 pkg cream cheese
- 1/3 cup sugar
- 2.5 tbsp flour

Instructions:

Preheat oven to 350 degrees. Spray a loaf pan, set aside. In a large mixing bowl, mix all filling ingredients using a mixer. Set aside.

In another large bowl, mix together the egg, sugar, oil, sour cream and vanilla until smooth. Add bananas and stir to incorporate.

In a small bowl, mix together your flour, baking powder & soda, and salt. Gently stir the dry mix to the wet, folding it in until just combined.



▶ DO IT YOURSELF

Holiday tunnel lights

For something different this year...and for the husband who is just yearning for another DIY project! HOLIDAY TUNNEL LIGHTS!

Create tunnel lighting with PVC pipe for your driveway or sidewalk this holiday season. Supplies needed are pretty basic: ¾ inch PVC pipe and connectors, each tunnel is 30 feet, 60 feet of lights, wire and stakes to secure to ground.

Step 1:
Drill a hole in the ground for your ends of the PVC pipe

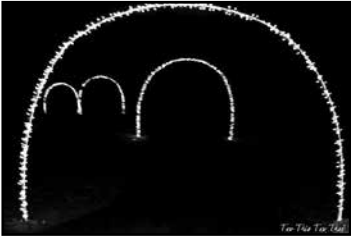
Step 2:
Connect your PVC pipe with connectors so that it reaches

across the width of your driveway.

Step 3:
Wrap your lights around the PVC pipe BEFORE your insert into the holes. For every 10 feet wrap the lights with outdoor tape. This step will go a lot faster if one twists the pipe while the other wraps the lights.

Step 4:
Insert each end into your holes. Anchor/secure by using heavy gauge wire and securing on both ends.

That’s it. Your left with a simple DIY project that your neighbors are sure to copy, or at least envy! Happy lighting!





and the Minnesota Pharmacists Association have joined forces in offering free medication assessments to older adults in 21 Minnesota counties through a federal grant. Call the Senior LinkAge Line® at 1-800-333-2433 for more information. This article is made possible with Older Americans Act dollars from the Land of the Dancing Sky Area Agency on Aging. The Area Agencies provide a free information and assistance service called the Senior LinkAge Line® that assists older adults and their caregivers with a variety of options for living independently. Call the Senior LinkAge Line® at 1-800-333-2433 to speak with an information specialist, or check out our website at MinnesotaHelp.info.

Of interest
around
the area....

TRFACT announces auditions for “Sylvia”
The Thief River Falls Area Community Theater has announced that auditions for the play Sylvia by A.R. Gurney will take place on Tuesday, Nov. 29 from 6:30-8:00 p.m. at the Thief River Falls Public Library at 102 Main Avenue South.

The cast of Sylvia is comprised of two men and two women. Dinner theater performances of the play will take place on February 11, 13, and 14 at the Eagles Club in Thief River Falls. Jane Anderson will direct. For a copy of the audition dialogue, go to www.trfact.org

For questions or more information, contact Jane Anderson at mjander@mncable.net

- Handel's Messiah is a well-known and beloved holiday classic. A local performance of this masterpiece is scheduled for Sunday, December 18 at the United Methodist Church in Thief River Falls, and all area singers are cordially invited to take part. Vanessa Martell, Barb Geer and Jane Anderson are coordinating this effort, with Reid Froiland accompanying on piano and organ.

The performance will include a rehearsed choir, soloists, and anyone in the audience who would like to sing along with the choruses—especially the beloved “Hallelujah Chorus.” Rehearsals will take place on the following dates from 7 – 9 p.m. each evening: Tuesday, December 6; Thursday, December 8; Tuesday, December 13; and Thursday, December 15. There will also be a dress rehearsal on Sunday, December 18 before the concert. All activities will take place at the United Methodist Church located at 116 North Horace in Thief River Falls.

It is not necessary for those wishing to sing to be at every rehearsal, especially if you have sung this piece previously. Choruses selected to be performed are: “Glory to God,” “Unto Us a Child is Born,” “Good Tidings to Zion,” “And the Glory of the Lord,” and “The Hallelujah Chorus.”

In addition to the above rehearsals times, there are videos on Youtube singers can look up to assist with individual part practice, and singers are encouraged to take advantage of those—especially if you are new to this great work.

The goal of this concert is to make beautiful music, celebrate the holidays, and give back to our communities. A freewill offering will be taken, with proceeds directed to support children's summer theater programs and Trails to Treatment.

Scores are available to borrow and can be picked up at the first rehearsal. Questions? Call Jane Anderson at 681-3810 or email: mjander@mncable.net

GG Charger’s Fall Sports Banquet



A large crowd of Charger athletes, along with their parents, filled the Grygla Community Center last week, Monday, November 21st. The Fall Sports Banquet was held with dinner being served by the Grygla Lion’s Club.



Performing at the Fall Sports Banquet were Bailey Watne and Kaitlyn Olson.



Kaitlyn Olson is pictured with Varsity Head Coach, Brooke Olson. Kaitlyn reached her 1,000 digs this year, bringing her varsity volleyball career total to 1,038 digs!



L-R: Ashlyn Henrickson, Kaitlyn Olson and Hannah Dietsch. Kaitlyn and Hannah were named North Border All-Conference, while Ashlyn received Honorable Mention. Kaitlyn and Hannah were also named Northern Lights All-Conference.



Varsity Head Football Coach, John Wilebski, speaking to the crowd with Assistant Coaches, Eric Mickelson and Brady Olson, standing near.



Junior High Football Coach, Drew Kiono, gives thanks and recognition to his 7th-8th grade players.



L-R: Ben Groven, Dylan Manderud, Brandon Stanley, Jesse Wiseth and Tyler Stinar. Brandon, Jesse and Tyler were named District 9 West All Sub-District, while Ben and Dylan received Honorable Mention. Tyler Stinar was also named Special Teams Player of the Year.

Below: Football Athletic Awards, L-R: MVP Defensive Back: Jeremy Wiskow; Co-MVP Offensive Back: Jaden Kiesow; Ironman Award: Ben Groven; Co-MVP Offensive Back: Dylan Manderud; Most Valuable: Brandon Stanley; Defensive Lineman of the Year: Jesse Wiseth; Big Playmaker, Special Teams and Player of the Year: Tyler Stinar



VB Athletic Awards L-R: Co-Miss Block: Brooke Anderson; Miss Kills: Ashlyn Henrickson; Miss Charger: Mercedes Coan; Miss Hustle: Karlee Johnson; Miss Digs & Miss Most-Valuable: Kaitlyn Olson; Co-Miss Block & Miss Most-Improved: Maci Bakken; Miss Assist & Miss Ace: Hannah Dietsch