



|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |  |  |  |
| Today                                                                             | Thurs                                                                             | Fri                                                                               | Sat                                                                               | Sun                                                                               |
| Partly Cloudy                                                                     | Partly Cloudy                                                                     | Mostly Sunny                                                                      | Mostly Sunny                                                                      | Partly Cloudy                                                                     |
| H 29 L 18                                                                         | H 38 L 28                                                                         | H 44 L 29                                                                         | H 41 L 25                                                                         | H 43 L 35                                                                         |

Wednesday, February 15, 2017

NOW ONLINE [www.tricocanary.com](http://www.tricocanary.com)

Vol. 43 Number 33

A look at next week... Grygla Elementary students share the reasons they love their local library

# “I get up every day and I do the best that I can with the help of God...”



Written by Kari Sundberg, Eagle Editor

“I can’t live in anger. I need to live with the help of God.... and with that help, I hope it’s enough,” Mark explained.

It was 1994 when Mark Brobst moved from Valley City, ND, to rural Grygla. After managing Lyle Kenner’s ranch for 11 years, the Brobst family purchased it in 2005 and have called the farm home ever since. Having been outside in clean air for most of his life, having never smoked and having no risk factors for lung cancer, Mark suffered a devastating blow when he was given a diagnosis of non-small cell lung cancer in February of 2016.

“It was actually my wife, Colette, that told me I had cancer,” Mark recalls.

In the fall of 2015, Mark had a cough that just wouldn’t go away. Thinking it was a chest cold that needed to run its course, he waited it out. By Christmas time, his condition hadn’t improved. Thinking it was possible fungal infection, which is common for farmers to get, Mark decided to get it checked out.

Cancer never even entered his mind. Not even once, he

says.

Doctoring in Roseau, Mark was first given a chest x-ray. The doctors could tell immediately that something didn’t look right; Mark agreed after taking a look for himself. Undergoing a CT scan and a biopsy next, doctors kept getting inconclusive results; it was time to perform a surgery that would give them clearer answers.

Before going into his procedure, doctors informed Mark of what he could expect. The initial plan was to make a 3-inch incision and take a piece of his lung out. After waking up in recovery, he soon found out something different.

Early on in the procedure, the doctors had figured out that they were dealing with cancer. They needed to open Mark up more to try and get it. After an 11-inch incision on his side, doctors found that the cancer was wrapped around Mark’s esophagus and couldn’t be cut off. All they could do was remove the right lung, take off a sample, and put it back into his body.

Mark’s wife was given the devastating news first. It was she who then informed her

husband of what the doctors had found. Mark says, “I remember before going in, the surgeon told me I’d know if it was cancer as soon as I woke up because I’d have a long incision on my chest. I remember waking up and feeling my chest right away...there was no incision there and I thought I was home free. After talking to Colette, I found out otherwise and that the incision was there on my side.”

The cancer was in Mark’s right lung and lymph nodes, and was classified as Stage 3B. Despite the unsettling news, the Brobsts remained positive. Mark began chemotherapy and radiation treatments almost immediately. The beginning of March through the end of June was a tough fight, but giving up was never an option. “I told everybody that this wouldn’t get me and I was going to beat it,” Mark nodded. The first week of August (2016) a PET scan was done and no signs of cancer were showing up. Mark had kept his word and beat his initial diagnosis. “You can’t imagine how happy we were,” he described.

The next few months brought happiness and relief to the entire family, but they would soon be given somber news once again.

In November of 2016, a routine PET scan was done. Something was showing up, but no one believed it to be cancer. There was a little spot in the lung that the doctors believed to be pneumonia and treated it as such; all tests came back fine.

At this point, Mark was also getting severe headaches. After some time, he could feel that something was going on and called his doctors. That was on a Monday. By Wednesday, an MRI of his brain was showing more than 6 lesions. “It looked like a shotgun blast to my head when you looked at the scan,” Mark described. The lesions on his brain were 5mm and not necessarily considered tumors or brain cancer, but instead lung cancer that had metastasized itself in the brain.

“Lung cancer loves to go to the brain because it’s the same kind of tissue,” he explained. “Along with that, I was also told that my lung cancer was back. I just said ‘holy moly’ to

myself and tried to process it all.”

Mark admits that when he first found out the news, he was mad and says he was in a terrible place with extreme disappointment. “It’s indescribable,” he shares. “I’m in a good place right now, but I wasn’t back then. It was hard to find that place where I needed to live mentally.”

What happened next?

His team of doctors informed him of the game plan. They explained that chemo doesn’t work in the brain because of the blood barrier; they would need to proceed with radiation, but only in his brain as radiation was previously done for his lungs and cannot be repeated on the same part of the body.

The first round of the lung cancer was a smaller area, but now it has scattered out enough that Mark sometimes wonders how he’ll be able to fight it without the radiation. “My oncologist is really reassuring, though. He tells me that he has lots of weapons in his holster,” he smiled.

Mark was given a cortisone to help control brain swelling. He also underwent 10 rounds of radiation treatment on his brain, which was completed on December 21st. One scan was done at that point, which showed that the lesions were smaller, but that’s all he knows at this point. “I don’t know where I’m at right now,” Mark shrugged. “I finished that round of treatment, but now we just wait.”

Mark has an appointment at the end of February and has kindly agreed to give an update at that point. Scans will be conducted and the doctors will be able to tell exactly where he’s at. Of that, he says, “I get up every day and I do the best I can with the help of God. I hope it’s enough. If it’s not...then it’s in God’s plan. That’s where I’m living right now.”

Mark’s attitude still remains positive. He was asked a variety of personal questions, and through each one, his positivity and humbleness shined through. When asked if this is something he can beat, Mark quickly responded, “I think I can beat this...I’m going to

**Mark’s journey...**  
Continued on back



Kaitlyn Olson, Grygla High School ‘Triple A’ award winner, pictured with GHS music teacher and GEA President, Gene Lunsetter.

## Local athletes recognized with AAA Award



Jeremy Wiskow and Kristin Farris, Goodridge High School ‘Triple A’ award winners, at the banquet in Mahanomet last week.

On Wednesday, February 8th, three local students were recognized at the MSHSL ‘Triple A’ Banquet at the Shooting Star Casino & Event Center in Mahanomet, MN.

Local honorees were Kaitlyn Olson, Grygla-Gatzke Sub-Section 32 Girls; Kristin Farris, Goodridge Sub-Section 32 Girls; Jeremy Wiskow, Goodridge Sub-Section 32 Boys.

The ‘Triple A’ award is presented to Minnesota State High School League Seniors who excel in Academics, Arts and Athletics.

In order to be nominated for this honor, students must be a high school senior at the time of nomination; have a cumulative GPA of 3.0 or higher; have participated in a League-sponsored athletic program and a fine arts activity; exhibit citizenship and be a respected individual in his/her home communities and comply with the MSHSL Code of Conduct.

Goodridge Principal Becky Carlson says, “Both Kristin and Jeremy have been out-

standing in the three areas and have done a wonderful job representing the Goodridge School during their high school careers. Kristin has participated in band, choir, robotics, visual arts, and trap shooting while taking PSEO courses and excelling in academics. Jeremy has participated in band, robotics, football and basketball and has excelled academics also. They are both very deserving of the honor of being nominated for the ‘Triple A’ Award.”

Grygla Principal Jamie Lunsetter also offered a statement. “The Grygla School District could not be more proud to have Kaitlyn Olson as this year’s AAA award recipient. She is an outstanding representative for our school and our community. Her dedication to all of her academics, as well as her involvement in the arts and athletics, is an excellent example for all of our students. We are proud of, and would like to wish Kaitlyn Olson CONGRATULATIONS on this exceptional honor!”

## Upcoming Grygla Youth Hockey Day

Members of the Grygla Ice Devil’s hockey team are coordinating a hockey day for the youngsters. On Sunday, March 5th, starting at 12pm, area youth are encouraged to come to the Brian W. Olson Memorial Arena for a fun day of skating. The format will be similar to previous years with K-3 playing first and 4-6 grad-

## Polansky recognized for 20 years of service

Gary Polansky was recently recognized for his 20 years of service and dedication to the Grygla/Gatzke School board. Superintendent Galen Clow and Polansky attended the MSBA Convention Luncheon Recognition on January 12th, 2017, where Gary received his 20 years of service award. Both Principal Jamie Lunsetter and Superintendent Clow would like to acknowledge the time, involvement and dedication that Gary has given to the school and students of Grygla.

20 years is a long time to serve, but Polansky says he would do it all over again! “It was something fun for me to do and I’ll miss it. If I still had kids or grandkids in the school, I’d definitely keep on with it,” he says, adding, “Having a great superintendent and principal made it an easy thing for me to do.”

Over the last 20 years, many changes have happened within the school district. Polansky says seeing all the technology advances have been great, but with the positives also come some negatives. “Declining enrollment is a challenge the Grygla School faces. We need kids – we need young people and families; that’s the toughest thing we face,” he stated.

In spite of the declining enrollment, Polansky said he’s proud of the small class sizes



**Grygla/Gatzke School Board**  
Front row, L-R: Carissa Limesand, Galen Clow, Gary Polansky, Jimmy Verbout  
Back row, L-R: Andy Oslund, Karina Tinnes, Jeremy Rychlock, Nicolette Leach

that the Grygla/Gatzke School District has. “It’s almost like a family. Everyone just cares about the kids – the teachers,

the cooks, the janitors, the bus drivers – our kids are so lucky,” he said.

Polansky was replaced by

new board member, Andrew Oslund, who has three kids enrolled at the Grygla School.

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, No SS  
OS: 10:30am Worship w/ 9:30am SS.

GATZKE-THIEF LAKE LUTHERAN PARISH  
United – Gatzke; Our Savior's – Thief Lake  
Pastor TBA  
Sunday:  
United: 9am Worship w/ 10am SS  
OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA  
Bethany, Ekelund, Faith  
Pastor Kristin Dahlen Ostercamp  
Sunday:  
Ekelund: 8:30am Worship, No SS  
Faith: 9:45am Worship, No SS  
Bethany: 11am Worship, No SS  
1pm Youth Ski Trip  
Monday:  
Faith quilting at 9:30am w/ potluck

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

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  
Sunday:  
St. Petri: 8am Worship, 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.

Crossword puzzle grid with words like GRASS, EEL, ARAB, RANUP, SKI, AGAVE, OZONE, PET, TENOR, KENNEDY, HARDING, ICY, DELI, AGO, HIFI, BUDGET, DAMS, NOSE, MOLDY, AMAH, GREAT, NOEL, MINIS, DACE, TOME, SNIVEL, SHMO, MAR, SAKE, POI, CLINTON, JOHNSON, LEVEE, OVA, INANE, AVAST, LIP, NEGUS, WONT, LEE, GROSS.

Results from last week's StatePoint puzzle

FOR ALL VETERANS...will be due August 1st, 2017 for this years delivery of August 15th. Stepping Stone AND Bench Orders...THANK YOU for your support! 294-6433 • 294-6441 • 294-6053 • 378-4274 • 459-3436

Card of Thanks We would like to thank everyone who came to celebrate with us and for the cards and gifts we received. We would like to thank our children, who went to so much work putting this anniversary/birthday party on for us. We had a wonderful time - something we will never forget. Bless you all, Leland and Thelma Thomas

Youth ski trip

A Goodridge Area Youth Ski Trip for grades 7-12 will be on Sunday, February 19th and will be going to the Buena Vista Ski Lodge, Bemidji MN. Leave time will be 1pm from Faith Lutheran Church in Goodridge with a 10:30pm estimated return time. The cost per person: \$40.00 (payable to Goodridge Lutheran Parish). On the way home, the group will stop at one of the Bemidji fast food places to eat. Adults to act as chaperones are needed and welcomed on this trip. Young people in lower grades (less than grade 7) need to be accompanied by an adult. For any questions, please call the Parish Office at 378-4191. Please sign up in the school office or contact the Parish office. Forms and money need to be turned in to Deanna at the Parish office the day of the ski trip.

Editor's note

Written by Kari Sundberg, Eagle Editor No, I didn't take you back in time last week, I simply have been living with an annoying brain fog when it comes to writing 2017 on things! You might have noticed last week's paper said 2016. My apologies and I appreciate having it pointed out to me so I'm aware of it not happening again! (Insert a Homer Simpson 'DOH' here.) Thanks for your patience with my past, present and future typos!

Feel free to get in touch with me anytime, anywhere at grygla.eagle@gmail.com!

U.S.P.S. No. 002330 Grygla Eagle NINA NATIONAL NEWSPAPER ASSOCIATION Serving Eastern Marshall & Northern Beltrami Counties 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 PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement. The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727. POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

Position Open Bus Driver, Grygla School District. For information and application contact Jamie Lunsetter, K-12 Principal, Grygla School, PO Box 18, 114 N. Fladeland Avenue, Grygla, MN 56727. Open until filled. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian HOT READS FOR COLD NIGHTS is still underway! We only have one more sweatshirt to give away so if you've been reading books, make sure to sign up your name and title so you can be entered into the drawing! So far, Ida Stanley, Betty Ostby and Doris Klamar have won nice hooded sweat-shirts. We'll draw the last winner on Wednesday, February 22nd. Hot Reads for Cold Nights is an adult reading program that happens every January-February.

New on the shelves this week are non-fiction HOW-TO's. New on the shelves next week will be a variety of things as I am just going to do shelf maintenance.

Did you check out the back page? The write-up about Mark Moran? It was an exciting antique appraisal event that was held in Grygla last week. The event was brought to the area by Northwest Regional Library and made possible because of the clean water, land and legacy amendment. The legacy amendment was passed in 2008 in MN to fund arts and cultural heritage projects. We receive funding from the state...about \$50,000 a year...to provide programs such as this. Without this funding, we wouldn't be able to have exciting things like that. The event brought in a few people...less than I was hoping for, but we still had a great time! I had planned for 50, hoped for 100 and ended up with 23. Ha! I thank all those who came, though, and offer my apologies on the NO HEAT in the building and the TOO STRONG OF COFFEE that was served. I can't explain the heat thing, but I can explain the coffee issue: That was my first time making coffee in one of those huge 100-cup serving pots. I had absolutely no idea on the coffee to water ratio so just kind of guessed. Let's just say it was incredibly strong

before i fall LAUREN OLIVER

Norwegian coffee. UFFDA. Anyway, something for you to think about. On April 26th at 1pm, we will be having a fun event for anyone interested. A TUNNEL BOOKS class! Instructor Jill Weese will be coming to the Community Center to hold a 2 hour class that is open to 12 participants. Using simple folded and cut paper with glue, you'll learn how to create a 3-dimensional scene in this popular sculptural book. Starting with one section, you will add sections to see how the book changes with each addition section. Tunnel books are fun sculptural books easily made at home with minimal tools. I suggest looking them up on Google or Pinterest as both offer awesome examples! As mentioned, the class is only open to 12 participants. Please let me know if you'd like to get signed up! Should I mention that it's FREE to you?? Don't miss out. Maybe it'll be a new, favorite hobby for you.

One last exciting thing that I'll talk more about next week...my teen book club is meeting this Thursday night. We just finished this book by Lauren Oliver. It's called "Before I Fall." We're meeting for pizza and a lively discussion, no doubt, but we're also in for a special treat! After sending numerous requests to her publicist via email, Lauren Oliver has kindly penciled us in for a Skype session during our book club gathering. We're all really excited to meet the author of a great book and ask her some interesting questions! She's a really popular author and has a movie, based on this book, opening world-wide in March. So yeah. It's kind of a big deal! We're all super excited. Stay tuned.

With that being said, I will let you go and just plan (or hope!) to see you at the library on Wednesday. We're open FOR YOUR CONVENIENCE from 2-6pm.



Lauren Oliver, popular YA author, has agreed to have a Skype session with Grygla's Teen Book Club members this week! See article above for more information!

PROPOSALS WANTED Grygla Public School District (#447) requests proposals for group insurance coverage for the health plan year beginning July 1, 2017. Sealed proposals will be accepted in paper form until 4:00 PM central time on Monday, March 20, 2017, at the Grygla Public School, PO Box 18, 114 N. Fladeland Avenue, Grygla, MN 56727. Copies of the request for proposal and exhibits may be requested from Superintendent Galen Clow at gclow@grygla.k12.mn.us and will be sent electronically at no charge. District reserves the right to select the proposal which it determines to be in the best interest of the District.

Grefthen named to Chancellor's List

The University of MN Crookston Chancellor's List for the 2016 spring semester has been released. To qualify for a place on the chancellor's list, students must complete 12

or more letter graded credits while attaining a 4.0 GPA. Bryanna Grefthen, with a Biology major, has been named to the list.

Community Calendar

Wed | Feb 15 Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Firemen's Blood Drive at Community Center 12-6pm; Grygla Library open 2-6pm

Thurs | Feb 16 Grygla/Gatzke School Board meeting 7pm; Teen Book Club gathering at Community Center 7pm

Fri | Feb 17 Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; GBB vs. RLCC in Goodridge (JV at 6, Varsity to follow)

Sat | Feb 18 Elementary Basketball Practice in Goodridge 9-11 (bus leaves Grygla at 8:30am)

Sun | Feb 19

Mon | Feb 20 President's Day; No School; Senior Meals at Grain Bin Café 11am; GBB vs. Northern Freeze in Grygla; BBB vs. KCC in Lancaster

Tues | Feb 21 GBB at Fertile-Beltrami; Fourn town/Grygla Sportsman's Club meeting at Yohawn's 7pm

School Lunch Menus

Grygla School Wednesday, February 15: Mac & Cheese, Mini Corn Dogs, Baked Beans, Peaches Thursday, February 16: Hot Dog on a Bun, French Fries, Carrots, Pineapple, Pears Friday, February 17: Corn Chowder or Chicken Noodle Soup, Sandwich, Veggie, Fruit, Crackers Monday, February 20: No School Tuesday, February 21: Corn Dog, Baked Beans, Baked Potato, Pears, Mandarin Oranges

Goodridge School Wednesday, February 15: Turkey Gravy, Mashed Potatoes, Steamed Carrots, Fruit Salad Thursday, February 16: Chili w/ Cheese & Crackers, Broccoli, Carrots, Celery w/ Dip, Apples, Cinnamon Roll Friday, February 17: Chicken Patty on a Bun w/ Lettuce & Cheese, Smile Fries, Tossed Salad, Pears Monday, February 20: No School Tuesday, February 21: Pepperoni Pizza, Garden Salad, Corn, Peaches

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Presidents Day In 1776, Thomas Jefferson authored the Declaration of Independence. He served as the first U.S. Secretary of State and later as the second Vice President. He was elected the third President of the United States in 1801. One of President Jefferson's many achievements was the Louisiana Purchase. He acquired land from France and doubled the size of the U.S. Every February, we honor all of America's Presidents. The American State Bank will be CLOSED all day Monday, Feb. 20, 2017 in observance of Presidents' Day. ASB AMERICAN STATE BANK 201 Vance Ave. S. Erskine, MN 56535 (218) 294-6111 • TOLL FREE (877) 814-9937 (218) 687-2865 • TOLL FREE (800) 434-7721 FAX (218) 294-6239 FAX (218) 687-2328



Lon Englund was recently recognized in the Cenex 'Tanks of Thanks' program as a way of saying 'thanks' for all he does in the community. Nominated by Pam Mostrom, Lon received a \$50 Cenex Gift Card that can be used on fuel, convenience store purchases or anything else available at the Cenex location.

Sjulestad added to NDSU Dean's List

Area Minnesota students were added to the North Dakota State University Fall 2016 Dean's List. A student must earn a 3.50 grade point average or higher and be enrolled

in at least 12 class credits to qualify for the Dean's List. Included is Samantha Sjulestad, Goodridge, MN, Exercise Science.

Need graduation invites? We can help. Richards Publishing 218-487-5225

WHAT A JOKE

Amazing and simple home remedies

Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.

Avoid arguments with the females about lifting the toilet seat by using the sink.

For high blood pressure sufferers, simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to set a timer.

A mouse trap placed on top

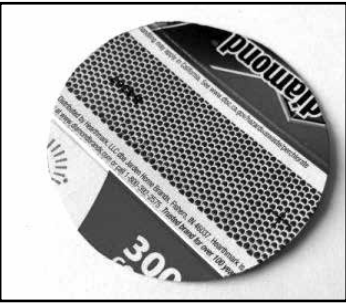
of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.

If you have a bad cough, take a large dose of laxatives; you'll be afraid to cough.

You need only two tools in the house: WD40 and duct tape. If it doesn't move and should, use the WD40. If it shouldn't move and does, use the duct tape.

If you can't fix it with a hammer, it's an electrical problem.

DO IT YOURSELF



This is one of those "Why didn't I think of that?" ideas. This Mason jar match dispenser is sturdier than those cardboard boxes they come in. Keep your matches dry with this jar dispenser!

Supplies:

- large box of matches
- Mason jar with lid and ring
- craft knife
- cutting mat
- scissors

Slide the cover off of the match box and flatten it out. Use the lid as a template, centered over the striker section

of the box, and trace around it. Then cut it out. Note: Go ahead and cut out additional striker lids before disposing of the box. On the back side, draw a small square for dispensing the matches. Use a craft knife to cut it out. Fill the jar with matches. Insert the striker piece into the lid ring and screw it onto the jar. Gently shake the jar to dispense a match and use the striker lid to light it.



SIMPLY DELICIOUS

Written by Kari Sundberg, Eagle Editor

This high-quality recipe is brought to you by my high-quality friend, Jamie Aune. She made it for us one night when some of us girls got together for supper, and it was unforgettable. So much so, that I asked her if she'd be willing to share it with you high-quality people. So she calls it **Mediterranean Chop-Chop salad**. I'm not sure if that's the real name or just what she calls it, but let's go with it.

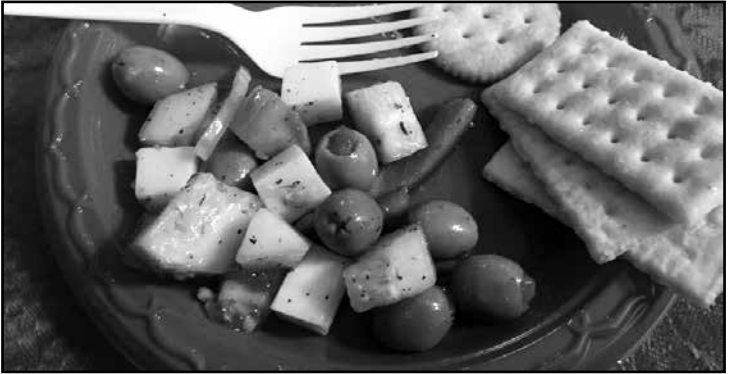
So, Mediterranean Chop-Chop Salad. See photo.

You just take all these ingredients and CHOP CHOP them up.

Onions, tomatoes, green olives, green peppers, cucumbers and mozzarella cheese.

Next, put them in a bowl and coat them with the sauce, which is just ¼ cup extra virgin olive oil (or canola), 1 tbsp lemon juice, 2 cloves minced garlic, 2 tsp dried oregano, 1 tsp salt and 1 tsp pepper. You might have to double that depending on how much of the other stuff you chopped up. Put the cover on and toss.

That's it. How easy. You can eat it as a salad, which is what some of us did. You can put it on a cracker, which some did.... you're the boss here. Just get to the kitchen and start CHOP CHOPPING.



Goodridge student advances to next level

The Regional Spelling Bee was held on Wednesday, February 8th, at Northland Community & Technical College in Thief River Falls. Advancing from local and district competitions, 43 winning spellers from 34 schools in Region 1 & 2 participated in the Regional Bee. All spellers participated in a written round in the morning with the top 22 spellers advancing to an oral round in the afternoon.

The top four spellers advancing to the Multi-Regional State Spelling Bee on February 21st in Fergus Falls include: Julianna Tollefson, Grade 8, Bemidji School District; Ainsley Boucher, Grade 7, Crookston School District; Trinity Walseth, Grade 8, Goodridge School District; and Amber Quo, Grade 7, Lake of the Woods School District/Baudette. The champion speller of the Multi-Regional State Spelling Bee will compete in the National Spelling Bee in

Washington D.C.

The Multi-Region State Spelling Bee will include Regional Spelling Bee winners from the following Service Cooperative regions: Region 1 & 2 - Northwest Service Cooperative, Thief River Falls; Region 3 - Northeast Service Cooperative, Mt. Iron; Region 4 - Lakes Country Service Cooperative, Fergus Falls; Region 5 - Resource Training & Solutions, St. Cloud; and Regions 6 and 8 - Southwest/West Central Service Cooperatives, Marshall.

The Spelling Bee is a series of competitions for students in grades 5-8 beginning at the classroom level and progressing on to district, region, state and national levels. Benefits for students include improved spelling, increased vocabulary, learning concepts, developing correct English usage, developing poise in public performance and community recognition for participation.



A Note from Principal Lunsetter's Desk

*"Redemption just means you just make a change in your life and you try to do right, versus what you were doing, which was wrong."* ~ Ice T

I believe there's three types of redemption. There's personal redemption, which the author of the quote is talking about, where we are able to forgive ourselves for our imperfections and our misdeeds. There is also redemption that receive from those around us when they forgive us for things we have done to damage our relationship with them, and the third is eternal redemption. The most important type is the one talked about in the quote. When we are unable or unwilling to forgive ourselves and move on in a different direction, we are mostly unable to accept the other two. We carry a burden and our hearts are heavy. However, when we are able to look honestly at our mistakes and make an attempt to correct them, we are able to find peace, joy and happiness, and we are also able to build positive relationships with those that we care about. Once we are able to accept the first type of redemption, the other two come much more easily.

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

|          |      |             |
|----------|------|-------------|
| Muckrake | verb | \MUHK-reyk\ |
|----------|------|-------------|

1. to search for and expose real or alleged corruption, scandal, or the like, especially in politics.

Grygla/Gatzke Food Shelf 2016 Annual Report

Written by Cheryl Sistad, Chairman

2016 has seen things leveling off a bit for the Grygla/Gatzke Food Shelf. There is still a continuing need for a food shelf in this area as we see some clients moving on, but there are always new ones signing up to take their place.

We currently have 30 family units registered (25 ages 1-17, 44 ages 18-64 and 7 over age 65) and serve and average of 21 households each month. During the year, we purchased 9,222 pounds of food through the North Country Food Bank and additional food was purchased as needed (plus another 3,552 pounds of food was donated) and we distributed 12,511 pounds. Additional food baskets for Thanksgiving, Christmas and Easter were also distributed.

This year, we saw an increase in our rent, but our grants and donations helped us cover our expenses and we feel confident we will be able to meet this increase with your continued support.

We applied for and received a CHS SHIP Mini-Grant for \$500.00 for community healthy eating. With this funding, we tiled our storage room, bought a mini freezer, 2 shelving units and shelf liners (through Amazon). This has allowed us to provide more frozen fruits and vegetables as well as provided additional storage space.

We would like to recognize the tremendous support we have received from the community.

Area churches, businesses, organizations, the school and many individuals have given food and monetary donations. Monetary donations allow us to purchase food from the North Country Food Bank at a greatly reduced rate. Also, we continue to apply for grants to Marshall and Beltrami County and Roseau Electric's Operation Round-up help us meet our needs. We also receive monthly food donations from Walmart in Thief River Falls and special community food drives.

We are now looking forward to the March Campaign which is our big fundraiser for the year. Special thanks to our volunteers and the school for allowing students to assist us unloading the delivery truck and stocking the shelves. I would also like to thank the Food Shelf board members for their support and to Grace Lutheran Church for their support with the rent.

We were very fortunate to have a couple students volunteer to help us unload the delivery truck last summer as we really miss our student workers when school is not in session.

Although we are doing fine financially, we could use more help physically! Our board meets three times a year so it's not a huge commitment, but it would be nice to have a few more members!

Receipts for 2016 totaled 12,334.51. Disbursements for 2016 totaled 10,983.16.

Chargers Basketball results - last weeks

**Monday, February 6**  
**GBB vs. LOW in Grygla**  
**GG 36, LOW 46**  
Points: Ashley Moe 17, Hannah Dietse 9, Brooke Anderson 4, Alison Satre 2, Brooke Limesand 4  
Coaches Comments: We couldn't get anything going. LOW played a good game stopping us on what we wanted to do and they did a good job making their baskets when they got shots. Ashley Moe had a good shooting night while scoring 17 points. We are in a little rut right now, and have to figure out how to get out of it.

**Tuesday, February 7**  
**BBB vs. Sacred Heart in Goodridge**  
**GG 83, SH 63**  
Scoring: Blaine Kriel 30, Dylan Walker 21, Ben Groven 16, Tyler Stinar 6, Jaden Kiesow 3, Cameron Naeseth 2, Dylan Manderud 2  
Rebounding: Dylan Walker 13, Tyler Stinar 9, Blaine Kriel 9, Ben Groven 6, Dylan Manderud 4  
Coaches Comment: It was a crazy 1st half with lots of scoring. We were able to score with Sacred Heart to go into half-time up 42-41. Things settled down in the 2nd half and we were able to get a decent lead and get the win. It was an important win for us. We are playing pretty good basketball and looking to continue to improve.

**Friday, February 10**  
**GBB at Warroad**  
**GG 53, Warroad 29**  
Scoring: Ashley Moe 8 points, Hannah Dietse 17 points 10 rebounds, Ashlyn Henrickson 11 points, Karlee Johnson 2 points, Brooke Anderson 2 points, Alison Satre 6 points, Brooke Limesand 2 points, Carlye Kiesow 3 points  
Coaches Comments: The girls played well this game. They made the adjustments

they had to throughout the game. Brooke Anderson, Carlye Kiesow, and Ashlyn Henrickson played good defense on their post players. It was a good game for the girls.

**Friday, February 10**  
**BBB at Warroad**  
**GG 50, Warroad 35**  
Scoring: Blaine Kriel 16, Ben Groven 16, Dylan Walker 11, Tyler Stinar 5, Jaden Kiesow 2  
Rebounds: Walker 15, Stinar 8, Kriel 7, Groven 4, Hogan Lundeen 3, Kiesow 2, Jesse Wiseth 1, Dylan Manderud 1  
Coaches Comments: We played hard. It was a good win for us, especially on the road. We need to play better and cut down on turn-overs.

**Saturday, February 11**  
**BBB Super Saturday in Grygla vs. WAO**  
**GG 68, WAO 51**  
Scoring: Dylan Walker 17, Ben Groven 10, Blaine Kriel 9, Dylan Manderud 9, Jesse Wiseth 7, Tyler Stinar 5, Jaden Kiesow 5, Hogan Lundeen 2, Cameron Naeseth 2, Robert Brummitt 2  
Rebounds: Walker 16, Groven 10, Kriel 5, Stinar 3, Wiseth 3, Lundeen 2, Naeseth 2, Manderud 2, Kiesow 1, Brummitt 1, Jeremy Wiskow 1  
Coaches Comments: We played tired at times and threw the ball away too much. We also struggled at the free throw line. We played well enough to win. Every win is very important, but we can play better. I'm very happy with the win!

Up this week for the basketball teams: Tuesday, February 14: GBB vs. Laporte in Goodridge, Varsity Only at 6pm; Friday, February 17th: GBB vs. RLCC in Goodridge; Monday, February 20th: BBB vs. KCC in Lancaster and GBB vs. NF in Grygla



Leland and Thelma Thomas celebrated 60 years of marriage at a party in their honor recently! On Saturday, February 4th, friends and family gathered at Yo-Hawn's in Grygla to celebrate the big event, which also was held in conjunction with Thelma's 80th birthday party.



House approves bill to replenish funds for rural finance authority loans

The Minnesota House of Representatives has approved legislation that will allocate funds for the Rural Finance Authority (RFA) loan program.

The RFA partners with agricultural lenders to provide low-cost financing to farmers on terms and conditions not otherwise available from other credit sources. The RFA portion of the loan is carried at a reduced interest rate to improve the cash flow of eligible farmers. RFA offer loans within the beginning farmer loan and seller assisted program, agricultural improvement program, debt restructuring program, and livestock expansion programs.

"The RFA loan program is an essential tool to help farmers access low-interest funding to start, expand or keep their

family farm running," said Rep. Deb Kiel, R-Crookston. "Northwest Minnesota is a key agriculture region of our state, and I will continue to champion commonsense policies that benefit rural families, farmers and taxpayers."

"This program is extremely beneficial to farmers, and there is an urgency to get this done early so farmers can plan for the upcoming growing season," said Rep. Dan Fabian, R-Roseau. "This is a beneficial public-private partnership that helps many folks working in agriculture across our state."

The legislation calls for \$35 million in bond proceeds to be allocated for future RFA loans.

The bill now heads to the Minnesota Senate for further debate.

Search for Miss Pre-Teen Marshall County

To young girls between the ages of 9-12 years old, applications are being accepted for the title of 2017 Miss Pre-Teen Marshall County.

Miss Pre-Teen Marshall County will represent her county at the Miss Pre-Teen Minnesota pageant, which will be held at the Wellstone Center on April 29th, 2017, in the city of St. Paul, Minnesota.

The young lady chosen as Miss Pre-Teen Marshall County will become an ambassador from the Marshall County area and will receive an official title and sash.

The young lady chosen as Miss Pre-Teen Minnesota will receive a prize package and chance to represent Minnesota in hometown events, parades and state events.

The American Heart Association's 'Go for Red for Women' is the official charity of the Miss Pre-Teen Minnesota Pageant.

The current reigning 2016 Miss Pre-Teen Minnesota is Ava Ernst of North Oaks. As Miss Pre-Teen Minnesota, Ava speaks out on 'DON'T SHOP....

ADOPT' Animal Humane Society.

Ava says she and her family have adopted many rescue animals over the years. Her platform encourages people to give shelter animals a second chance by choosing to adopt instead of buying from pet store. Ava believes the best things in life are rescued!

For more information go to: [www.animalhumanesociety.org](http://www.animalhumanesociety.org)

Pre-Teens will compete in: Personal Interview, On-stage Interview, Fun Fashion Wear and Evening Wear.

Young Pre-Teen ladies living in Marshall County and interested in applying should go on-line to [www.misspreteen-minnesota.com](http://www.misspreteen-minnesota.com) or write for bio-form to:

Miss Pre-Teen Minnesota International Pageant  
P.O. Box 240537  
Apple Valley, Mn 55124-0537

For more information, call (952) 432-6758 or fax (952) 953-3896 or email [papunltd@frontiernet.net](mailto:papunltd@frontiernet.net)

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# Food Shelf looking for volunteers

The Grygla/Gatzke Food Shelf is in search of additional volunteers on the board. The board meets three times a year in February, June and November and oversees the operation of the Food Shelf. If you are interested or want more information, contact Cheryl Sistad at 294-6223.

Another area where help is needing is to have a few people serve as substitutes on food pick-up day. This involves working with one of the regular directors on a Saturday morning from 8-10:30am. It would only be necessary if one of the regular directors was unable to be there and needed a replacement. (Directors will train any interested subs.)

During the school year, the food shelf is fortunate enough to have students help unload the delivery truck. However, in the summer months, they are short of help. Last summer, a couple of student volunteers offered their assistance. If anyone is interested in doing this again, please consider doing so as it is greatly appreciated. The food delivery truck usually comes the third Thursday of the month at 8:30am; it takes roughly an hour to unload and stock shelves. Volunteers of all ages are accepted!



**Left:** Shirley Nordby had Mark Moran appraise an antique nativity scene. “That any of these survive is nothing short of amazing,” Mr. Moran said. The piece is considered folk art, which makes it a collectible, but the fact that it’s religious makes it tough to sell, according to Moran. The piece was given a \$50 approximate value.

**Right:** Alan and Sandy Severts found this painting in an old garage when they bought their place in Long Prairie back in 1964. The picture is by Edward R. Sitzman and is early 20th century. The artist’s work has sold for upwards of \$9,000, though this specific artwork wasn’t given that high of a value. Sandy is pictured with antiques expert, Mark Moran.



## Antiques Roadshow star comes to Grygla

You may recognize Mark Moran from his appearance on the popular PBS series, Antiques Roadshow. He has been an active appraiser of antiques for more than 20 years and has authored and co-authored more than 25 books on antiques and collectibles. Last Wednesday, Mark made a stop at the Grygla Community Center to offer a variety of appraisals to interested guests!

The program was brought to the community by the Northwest Regional Library and was made possible because of the Clean Water, Land and Legacy Amendment. The legacy amendment was passed in 2008 in

MN to fund arts and cultural heritage projects. Funding is received by the state (about \$50,000/year) to provide programs such as this.

The way the event worked was Mark asked each guest about the object they brought in and how they acquired it. He did his best to explain the history, intended use and details about the maker or country/region of origin, the era when it was made and any design influences. Conditions of each item were noted, which Mark would then explain how that affected its value. He made suggestions on how they can have an object repaired or restored, if desired. Finally, his

opinion of value was given and he would then answer any questions about how they might sell it, if that’s their goal. He never offers to buy or arrange a sale.

Some items brought in last week were given a decorative or sentimental value only. A few others were a bit luckier and found out an old book was going for \$3500, for example, or an early 20th century painting was by an artist whose work has sold for up to \$9,000!

The attendees seemed to enjoy the fun and educational event!

## “I get up every day and I do the best that I can with the help of God...” (continued from front)

try, anyway. I just can’t jump ahead; I’d love answers, but they just don’t exist right now. I just have to wait and let the treatment do its thing.”

As for the negative side effects that he’s been experiencing, the cortisone makes him unable to sleep. “I only get about 4-5 hours of sleep during the night, but I take a nap every day. After dinner, the boys know not to look for me,” he laughed. “I’m also fighting pneumonia for the 3rd time since Christmas because my immune system is down. In addition, the chemo has made my feet hurt so badly and the radiation has burned all the mucus out of my sinuses, so going outside when it’s cold makes the blood run right out of my nose. I can also tell that my eyesight and brain isn’t working as good as it used to, but I have to say that this last round of treatment went smoother

than the first time,” he added.

In spite of all of those ill feelings, Mark still says the hardest part of having cancer is knowing how many people it affects. “What it does to me is minor, in my opinion. It’s harder for me knowing what it’s doing to those around me. My wife. My family. My friends. Everyone hates to be the downer and the cancer diagnosis is a downer for everyone around it,” he admits.

Mark stays so positive by not making things bigger than they need to be. He went on to say, “I try to keep it as small a part of my life as I can. Some days it’s bigger than I want it to be, but here’s my way of looking at it: I could be so mad and upset right now, but I’m really not. Here’s why; I have stuff that people would give their eye tooth for. I have stuff that perfectly healthy people might not ever have: the love

of a good woman, the support of a great family and a terrific community. How lucky am I?! It outweighs having cancer. In fact, without it, I don’t know how any of this would even be bearable.”

Mark said the community support has meant everything to him. “Honestly, you hope you never have to tap into that kind of support. But you’re sure glad it’s there when you need to. The support of the Grygla community and the amount of people that actually care is awesome. One of the greatest greetings I get on the street is an ‘I’m sorry’ and a hug. To me that is a great greeting. I usually respond with ‘I’m sorry, too.’ But what their sorry means and what mine means is completely different. They are sorry I have cancer, but I’m sorry for what it’s doing to them. That’s the hardest part for me. Through this, though, I have gotten so

much support from the community. People will drop you a note or just go out of their way to tell you that they support you. Some like to offer their advice or pity me, but I don’t feel pitiful! I know people only do it out of concern, but listen, I’ve got two doctors working on me with over 40 years of experience! I like them both. They are smart and caring. But trying to figure out what they’re doing to me isn’t my job; it’s theirs; they are making the best choices for me and I trust in that.”

Mark also shared one of his most humbling experiences throughout this last year. Back in June of 2016, the Grygla community held a benefit for the family. “Colette was worried no one would show up. I told her not to worry about that and whoever comes, comes,” Mark got choked up, “400 people ended up coming that day.”

The amount of support that

the community has shown Mark and Colette doesn’t go unnoticed.

Though he fears the unknown, Mark just wants to make it his goal to be a contributing member to his family and the Grygla Community for as long as he possibly can.

When asked what keeps him fighting, Mark confidently replied, “There is a lot that I haven’t done yet. I want to see Mike get married and I want to see some of my grandkids graduate; that might seem like a lofty goal considering my oldest grandkid is in 4th grade, but I want to see that happen. Let’s face it...I’m only 53....I have a lot more to do.”

Mark and Colette Brobst have three adult children - Clayton, Clint and Mike. Clint and Mike live in Grygla and have plans to take over the Brobst family farm, which currently operates with roughly

500 Angus beef cattle. Mark says he’ll continue to help the boys, but eventually watch from the backseat when the farm is transferred over to them.

The Brobsts are also blessed with six grandchildren. Mark says those youngsters are a big part of his positive attitude. “Spending time with my grandkids means more now than it used to. I’ve always enjoyed spending time with them, but a cancer diagnosis humbles you and makes you realize that life isn’t going on forever. I appreciate those small things a lot more now,” he says.

As for what the future holds, Mark concludes, “I’m going to keep meeting cancer at my door every day. I’m going to keep doing what I want to do and control what I can. Cancer may take that away someday, but it’s not going to be today or tomorrow...that’s my attitude.”



A vendor fair was held at the Grygla School last Saturday with many tables and booths setting up for shoppers! The Vendor Fair was held from 12-6pm while the ‘Super Saturday’ basketball games were being held in the other gym!



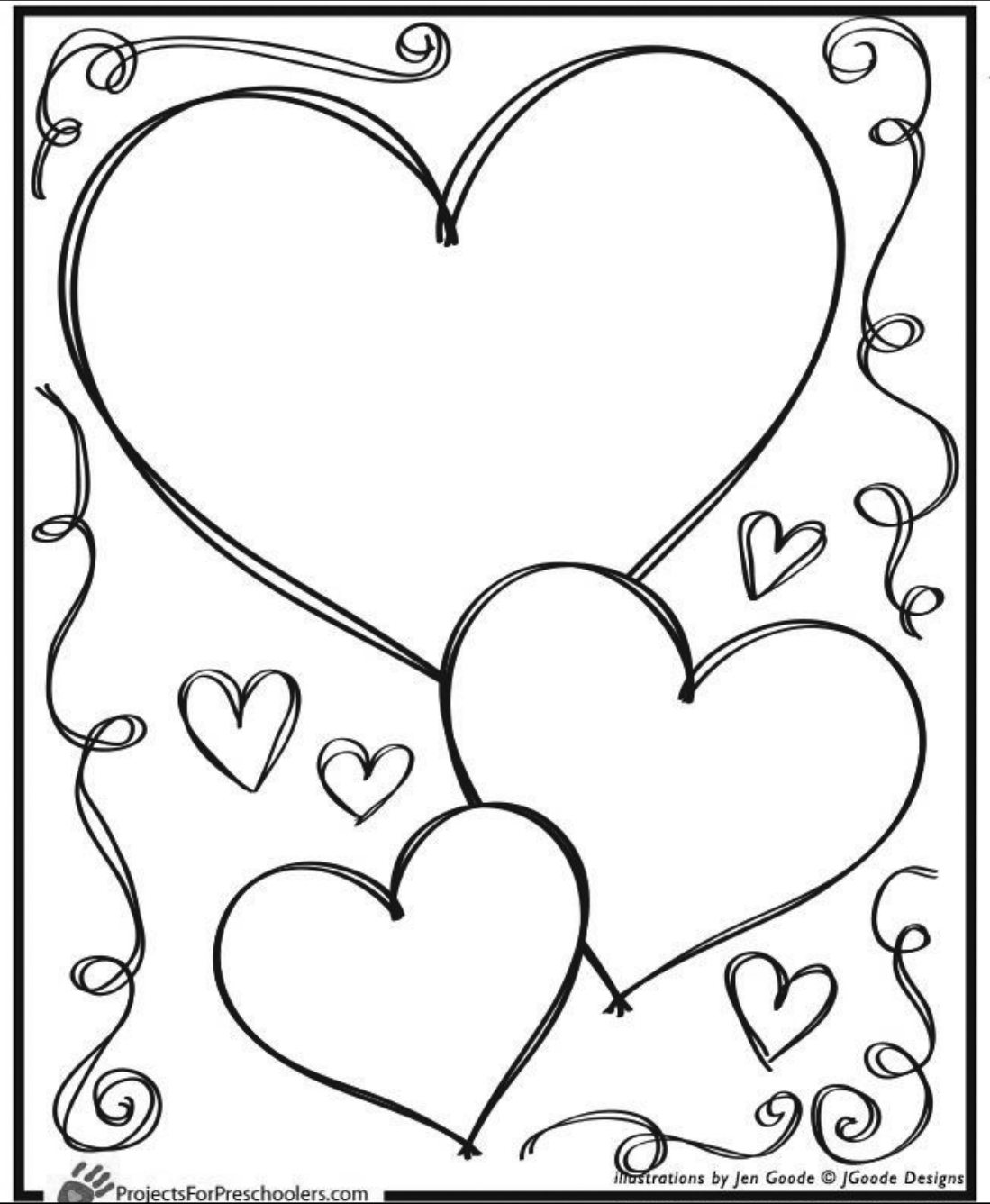
## Celebrating Valentine’s Day



Community Bible Church holds a Valentine’s Banquet at the Community Center with the Frazer family, from Puposky, MN, performing for the crowd!



Grace Lutheran LYO also put on a Valentine’s supper over the weekend. 70 guests were served by reservation only.



Happy Valentine’s Day from the Grygla Eagle! Why don’t you cut this out, color it up, write a beautiful message on it and present it to the one you love?! Make someone smile this week in honor of Valentine’s Day!