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Wednesday, March 29, 2017

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Vol. 43 Number 39

A look at next week... Grygla Elementary holds annual basketball night in conjunction with an ECFE fundraiser

An invitation to you from our local fire department

(Submitted by the Grygla Fire Department)

Greetings from the Grygla Fire Department! This letter is your official invitation to attend one of the greatest events of 2017. Come on out and watch some of Grygla's finest prepare a meal Chef Gordon Ramsay would be proud of. Be prepared to eat some of the best tasting beef and ham that can be found anywhere in the country. Like our gravy, we're laying it on pretty thick!

The annual Firemen's Supper will be held Sunday, April 2, at the Grygla Community Center, from 4-7pm. Our menu will include roast beef and ham, mashed potatoes and

gravy, coleslaw and corn. We are charging \$10.00 for adults and \$5.00 for kids under 12. It's "all you can eat", so bring your healthy appetites. We will draw for door prizes at 7pm.

During the past year, the fire department has responded to 46 calls. This included 9 wild-land/grass fires, 4 structure fires, 3 fire/CO2 alarm/service calls, 3 weather alerts, 2 auto accidents, 1 search and rescue and 24 medical calls. There are two newer vehicles in our arsenal this past year. Last fall, we upgraded to a much newer ambulance. We also got a good deal on a Dodge Ram pickup to replace one of the old grass rigs. Keeping our vehicles mod-

ern and in excellent working order is so important to ensure a quick response time to emergency calls.

This year looks to be a busy one at the fire department. Along with 911 calls and trainings, we will be putting together benches for the Grygla Centennial. There is still time to order a centennial bench, for those of you that haven't yet. This year's Fall Festival is August 25-27. The Firemen look forward to being a part of Grygla's 100 year celebration!

We would like to acknowledge the support of all the individuals, businesses, service clubs, and civic organizations. With your generous donations,

we have been able to make improvements to our equipment, attend trainings, and maintain our Fire Hall. The Grygla Fire Department serves 6 townships in Marshall County, 8 townships in Beltrami County, and provides mutual aid (when requested) to the surrounding departments in Goodridge, Middle River and Roseau.

So, come out to the Community Center on April 2nd, and let the firemen fill you up with one delicious supper. We thank you for your support.

Serving the community since 1941, Grygla Fire and Rescue



The Grygla Garden Club invited Diane Lee, of TRF, to give a special presentation on container gardening last Saturday at their luncheon. This photo shows one of Diane's many container gardens around her yard. Potted in this one pictured above is a Coleus plant.



Thriller, spiller and a filler

That was a great garden tip that was given at Saturday's Garden Club luncheon. When arranging flowers and plants in a container, opt for a "thriller" to be the main focus of the pot. Add in a "spiller" to hang over the edge of the pot. Finally, add a "filler" in between the two. Guest presenter, Diane Lee, of TRF, spoke to the group about container gardening while guests enjoyed a soup and sandwich lunch at Yo-Hawn's.

The event was hosted by the Grygla Garden Club, who also held their meeting prior to the special occasion. Items discussed by the club included plans for a Sensory Garden, which will be on display at the Grygla Centennial. This garden is geared more towards kids, but adults are sure to be fascinated, too!

You may have noticed in previous issues of the Eagle that the Garden Club is offering a banner to be purchased. These banners will hang from the light poles around town and can be purchased by a class, a business/organization or in memory of someone. So far, members have received a great response and have taken numerous orders. You still

have time to get your order in as the closing date isn't until May 1st. Salo Signs designed the banners and the cost is \$200. Contact Joni Anderson for more information.



Cheryl Sistad and Wanda Isum were in attendance at the luncheon hosted by the Garden Club last weekend.

2017 Spring Fling - Candyland



Grygla High School held their Spring Fling last week that concluded with coronation on Friday. The junior class racked up the most points over the course of the week, earning them the title of King and Queen.

Royalty included, L-R: Ellie Sabourin and Andrew Loken (7th), Courtney Vad and Jared Haack (8th), Layla Jelle and Hunter Loken (9th), Queen Shawnell Ignaszewski and King Clayton Irlbeck (11th grade), 2016 Queen Danielle Olson and 2016 King William Holthusen (standing behind), Cheyenne Irlbeck and Jake Ahlbeck (10th), Ashley Moe and Kameron Dahl (12th). *More photos on page 4.*

Presentation of 'Minnesota in the Great War' coming to Grygla in April

Northwest Regional Library is privileged to present to you a special presentation entitled Minnesota in the Great War (WWI). The presenter is Mr. Arn Kind, a teacher of 38 years, who will come in the authentic uniform of an American Doughboy to teach us about "the war to end all wars."

Mark your calendars and plan to attend on Friday, April 21st, from 5-7pm at the Grygla Community Center. This event is brought to you by NWRL and will be hosted by the Grygla Library.

2017 is the 100th anniversary of the America's entry into the Great War, now known as World War I. This presentation is a wonderful way to commemorate the contributions and sacrifices made by Minnesotans during WWI. The Great War is often called the forgotten war because people know so little about it as compared to World War 2 and America's other conflicts. Minnesota in the Great War will enlighten us and cause us to come away from the program realizing what an epic event it was and how it set the stage for many important events that would follow in the 20th and 21st century.

This multimedia presentation will use power-point, vid-

eo, music, drama, role-playing and living history experiences, to give us an understanding of this turbulent time and make history come alive for us.

One of the reasons Mr. Kind's presentation really makes this history come alive for his audiences is because of his realistic and colorful portrayal of the people who participated in these events. Another reason is because of the maps, posters, clothing and artifacts he brings and displays for his audience to see. In order to display and use these artifacts in his presentation, he makes sure that everything he brings in has been made safe. Weapons of the war have been made safe to show. To portray a Doughboy from the war, Mr. Kind will appear in uniform in order to act out some of these events showing some of the arms used during the conflict. Mr. Kind, of course, does not bring any gunpowder or any other combustibles into the places where he presents. So the arms cannot be loaded and are perfectly safe.

We are looking forward to Mr. Kind's presentation as a wonderful and unique way of learning about this interesting period in the history of our nation and our world.



Mr. Arn Kind will be at the Grygla Community Center on Friday, April 21st, from 5-7pm. The program is being hosted by the Grygla Library, sponsored by NWRL.

Weekend house fire is under investigation

Grygla Fire Department received a call on Saturday, March 25th, at 2:12am to respond to a house fire at the old Harlan and Doris Cleven farm, which was currently owned by Loren Lusignan and rented by Jace Olson/Emily Sletten, per Bob Thompson, Fire Chief.

Assistant Fire Chief, Brad Monson, was among those who responded as Thompson was out of town at the time. He returned Saturday and was able to meet with the Minnesota State Fire Marshall at that time.

"The fire started in the garage by, at this time, an unknown cause," stated Thompson. "The garage was attached to the house. By the time the

first truck arrived on the scene, the roof of the house was already collapsed; it was a total loss," he added.

The fire crew and sheriff's department were unsure if anyone was home at the time of the fire and worked to figure out the current tenants' location, which included three young children. Everybody was accounted for at approximately 5am. All items in the house, including one cat, were lost in the fire.

The fire department left the scene at approximately 6:30am. Since then, they have met with the State Fire Marshall, who will return to the scene this week to continue with an investigation.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday: 5:30pm Lent Supper, 6pm Choir, 7pm Lent Service at Grace, 8pm Bible Study
Thursday: No OS Lent Supper w/ 7pm Service
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: 5:30pm Lent Supper w/ 7pm Service at United
Sunday: UL: 9am Worship w/ 10am SS OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday: 6:30 Lent Supper w/ 7pm Service at Ekelund
Sunday: Faith: 8:30 Worship, 9:45 SS Bethany: 9:45 Worship, 11am SS Ekelund: 11am Worship, 9:45 SS

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday: St. Clement's: 10:15am St. Ann's: 12pm

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OFFICE OF COUNTY ASSESSOR

TO THE CLERK OF THE TOWNSHIP OF BENVILLE BELTRAMI COUNTY, MINNESOTA:

NOTICE IS HEREBY GIVEN, That the 10th day of April, 2017 at 10:30 o'clock am, has been fixed as the date for the meeting of the Board of Review--Equalization--in your township for said year. This meeting should be held in your office as provided by law.

Pursuant to the provisions of Minnesota Statutes Section 274.03, you are required to give notice of said meeting by publication and posting, not later than ten days prior to the date of said meeting.

Given under my hand this 17th day of January, 2017
Joe Skerik



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Community Calendar

Wed | Mar 29
Grygla Eagle office open 9am-6pm; Kindergarten class visits the Grygla Library 9am; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Mar 30
Grygla Elementary Basketball night and ECFE fundraiser (ECFE supper 5-7pm; basketball to begin at 6:30pm)

Fri | Mar 31
Junior High Band & Choir Festival in Mahnomen; Senior Meals at Grain Bin Café 11am

Sat | April 1
April Fool's Day; Goodridge Area Fire & Rescue Open House & Fundraiser 4-7pm (Supper at Lion's Hall 5-8pm)

Sun | April 2
Grygla Firemen's Supper at Community Center 4-7pm

Mon | April 3
Senior Meals at Grain Bin Café 11am; Chargers Track practice begins

Tues | April 4
Chargers Winter Sports Banquet in Goodridge 7pm

GOODRIDGE AREA FIRE & RESCUE 13TH ANNUAL OPEN HOUSE AND FUNDRAISER

OPEN HOUSE at the Fire Hall

SUPPER will be held at the Goodridge Lion's Hall from 5-8pm

Menu includes: Burgers, Fries, Ice Cream, Milk, Coffee & Juice

Live band at 9pm at the Goodridge Liquor Store

Saturday, April 1st from 4-7pm

-- RAFFLE --
Buy 10 tickets for \$10 from a fireman, first responder or board member.

Drawing will be held **Saturday, April 22nd**

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Eagle Editor
Now is a great time to divert

U.S.P.S. No. 002330
Grygla Eagle

Serving Eastern Marshall & Northern Beltrami Counties

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Kari Sundberg- EDITOR
Phone 294-6220

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2017 Grygla Lions Annual

SMELT FRY

Saturday, April 8th
SERVING from
4:00 pm - 8:00 pm
at the
Grygla Community Center

All You Can Eat!

Menu: Smelt, baked potato, baked beans, cole slaw, dinner rolls, beer, milk and coffee

PRICE:
\$12.00 - Adults
\$6.00 - Age 12 & under
Preschool Free

 **Sponsored by Grygla Lions Club**



Chix host 2017 Spring Ball

The Chix from the Stix, our local Marshall County Relay for Life team, will be hosting a Spring Ball on April 30th from 2-4pm in the Grygla High School small gym. All boys and girls, ages 0-6th grade are invited to attend the event, which will include a grand march, a dance, snacks, \$1 activities and a \$10 professional photo

by Coan Photography. All boys and girls attending must be accompanied by an adult. A free-will donation area will be set up by the door.

This is a formal/dress attire event. Both the child and adult are encouraged to walk through the Grand March.

Come out for a fun afternoon in support of a great cause!

Easter brunch by the Chix

The Chix from the Stix will also be hosting an Easter brunch at Grace Lutheran Church on Sunday, April 16th, immediately following the sunrise service until the 9am service begins. The menu includes

egg bake, muffins, fruit, coffee and juice. This brunch is a free will offering with all proceeds going to the local Relay for Life Team/American Cancer Society.

ATV Safety Training

The Fourtown/Grygla Sportsman's Club will be hosting an ATV Safety Training on April 8th from 8am-12pm at the Grygla School. Students must be 11 years of age or older. Please sign up in advance. Contact Kyle (218-686-5583) Nick (218-688-0037) or Jeremy

(320-260-7509) for a registration code to take the online class. The online portion must be completed prior to April 8th by going to offroad-ed.com and atvcourse.com.

Students are required to bring a helmet to the training if they have one.



Alison Satre signs 'Letter of Intent' to play volleyball at Rainy River Community College next fall. Unsure of what she wants to major in yet, Satre will be working on her generals while at RRCC. Playing Defensive Specialist for the Chargers her senior year, she will continue as a DS or a Libero for the Voyageurs next season.

Roseau Electric Cooperative, Inc.
Your Touchstone Energy® Partner

77th Annual Meeting
Saturday, April 1, 2017 • Roseau High School Theatre
Starting at 9 am ~ Business Meeting 10 am

Notice is hereby given that the annual meeting of members of Roseau Electric Cooperative, Inc. will be held in the Roseau High School theatre in the city of Roseau, Roseau County, Minnesota, on Saturday, April 1, 2017, at 10 am.

ANNUAL MEETING AGENDA

9 am - Registration - Coffee and doughnuts in the high school commons - Assembly entertainment: Nite Ryders - Gym & Swim begins (kindergarten and over; supervision will be provided) - Child care available	10 am - Invocation - National Anthem (Gabbie Johnson, Roseau 9th grader) - Business Meeting - Election of director candidates (kindergarten and over; supervision will be provided) - Guest speaker: Darrick Moe, MREA - Entertainment: Nite Ryders - Door Prizes	12 Noon - Comments, adjournment - Announcement for lunch - Entertainment: Nite Ryders
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Register for Prizes!
Must be present to win.

GUEST SPEAKER
Darrick Moe President & CEO Minnesota Rural Electric Association

Minnesota Rural Electric Association (MREA) welcomed Darrick Moe as President & CEO in 2014. As Minnesota's state wide association, MREA serves 50 rural electric cooperatives, providing safety support, education, training, political and policy leadership.



City Council approves February Minutes

At their March 6th meeting, the Grygla City Council approved the official meeting minutes from February. They are included below for your references. Official minutes are taken by Rose Aune, City Clerk, and recapped by Eagle Editor. For a full view of minutes, visit www.grygla.govoffice2.com

The regular meeting of the Grygla City Council was scheduled to be held at the Grygla Civic Building on February 13th at 7pm. The meeting was called to order by Mayor Mosher with the following council members present: Gavin Nordby, Lindsay Oslund, and Robert Thompson. Absent: Dave Dunrud. Also present was Rose Aune.

Previous month's minutes were approved, along with re-

ceipts, disbursements and payment of all bills presented.

Other agenda items included:

GAS DETECTOR FOR ARENA

The NO2 detector showed up today. The CO got sent back to get calibrated.

COMMUNITY CENTER

\$4,000 from the General Fund was put into the Community Center Fund.

PLAYGROUND EQUIPMENT

Oslund sent in a grant application to MN Early Childhood Initiative.

CAMPSITE ADDITIONAL HOOKUPS

There is nothing new to report at this time.

AIRPORT ELECTRICAL HOOKUPS

There is nothing new to re-

port at this time.

RADAR SPEED LIMIT SIGNS

Thompson got the bid on sign and sent to Bemidji for approval.

FF ELECTRIC POLE

There is nothing new to report at this time.

REVOLVING LOANS

Loan agreements will be sent out splitting CMI loan.

CITY INSURANCE AND CLEANING SIDEWALKS

City and Farmers Union have an agreement with a city employee using the street sweeper.

AMBULANCE BID

A bid from Lyle Anderson was accepted for the amount of \$2,521.21 for the ambulance.

MARBEL HOMES

In March 2018 MarBel Homes Blair House will no longer be Section 8 status.

CENTENNIAL BANNERS AND BENCHES

\$500 will be paid to the Centennial Committee to be put towards 2 benches for the city.

\$500 will also be paid to the Garden Club to be put towards 2 elk banners (1 for City of Grygla and 1 for Fire and Rescue).

EXTRA MEETINGS

Thompson, Mosher, Dunrud and Nordby opening bids for ambulance.

SCHEDULE POLICY MEETING

No meeting for this month because of early March regular meeting.

MARCH MEETING

The March regular meeting will be moved up one week, to March 6th. Rose will be gone for the Clerk's Conference, leaving March 13-17th.

EXTENSION NEWS

Extension offers one-to-one services for financially distressed farmers

University of Minnesota Extension announced it will begin offering one-to-one financial counseling to farmers in serious financial stress.

"We know that due to a variety of factors, including ongoing low prices, some farmers find themselves facing difficult circumstances," said Bev Durgan, Extension dean. "With our new program, Extension offers distressed farmers help in understanding their financial situation and exploring options to keep their farms functioning as a viable enterprise."

To set up a confidential appointment with an Extension farm financial analyst, farmers can call the Farm Information Line at 1-800-232-9077.

The Extension program is expected to run for two years and will be modeled after similar services offered in states including Kansas and Iowa. It will augment services currently available in Minnesota, including the Farmer-Lender Mediation program, which is overseen by Extension, and the state Department of Agriculture's Minnesota Farm Advocates assistance.

Financial analysts include retired agricultural business professionals from Extension and other organizations. The program is set up to provide analysts at geographically diverse locations in Minnesota. They've undergone training to update their capabilities and will work closely with current Extension colleagues.

"Compared to the 1980s, the magnitude of the financial stress on Minnesota farms is not as widespread. That's good news, but it may also keep the many farmers in difficult circumstances from seeking the kind of help that they need," said Extension agricultural economist Kevin Klair, who leads Extension's Agricultural Business Management program. "That's why we're working with a variety of agriculture interests in Minnesota, including the banking industry, to reach out and let farmers know we can help them explore their options."

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.

A HIPPIE'S HEALTH

By Tara Waltman

Something has been driving me up a wall lately so why not write about it? When exactly did eating fat get a bad rap? Fat is not the killer... sugar is. Sugar and artificial ingredients. I purposely try to eat foods high in fats. It's important to have healthy fats. That is the key! Our brains are made of fat, so it's important to eat it. Eat butter! Throw out the margarine! Eat eggs with the yolks in them! Eat some avocados and coconut oil. Now keeping in mind butter from grass fed cows is going to be more nutritious than cows fed other foods besides grass. The nutrients we get in butter comes from the grass they eat! So why not eat grass? Because that does not taste as good as butter! Grass fed dairy has much higher Vitamin K2 and Omega-3 fatty acids.

I was just talking to a friend last night about this topic. I saw him order extra butter and I wondered about this. He told me he switched his diet to high fats and low carbs and he has lost 20 lbs and has felt much better physically. I believe he is exercising some too. Physical activity will make a difference but diet is so important and a great first step towards health and wellness.

Ways I incorporate more fat in my life is I will sometimes eat a tablespoon of coconut oil in the mornings before I go to work. I will put butter and coconut oil melted (first) in my coffee in the mornings with a little maple syrup or raw honey to sweeten it a little. Pure organic maple syrup has less of an impact on our blood sugar rising than raw honey does. I use both, though. I also use Stevia, a natural sweetener, to sweeten my food and drinks if I want. I will also throw half an avocado in my smoothies to fatten them up. I don't buy foods with low fat or nonfat because typically this means the food has been stripped of nutrients that come from fat and a lot of times sugar or other harmful chemicals are added. So I buy full fat yogurt, raw milk that's 2 percent or higher. I use olive oil and avocado oil. A little tid-bit of olive oil is meant to be cooked at low heats like sautéing veggies. I use it to make a salad dressing. Avocado oil and coconut oils can be used to cook at higher heats. These are just a few ideas.

I would just like to encourage all of you to do a little research, look at your labels and see what's in your food. I am

really passionate about this topic if you can't tell. Now this is not to say that I don't ever eat carbs or sugar because I do. I just try to eat more veggies, protein and fat than anything else. All I am saying is try to go back in time, when things were simpler in some ways. Where people would cook with lard and eat foods fresh from the garden.

I remember my grandmother making homemade foods, simple foods. I remember her cooking with less sugar, more fats and more natural ingredients. Just something to think about. I hope this article makes people think a little and do a little research. I know that with the busy-ness of life home cooked meals can be a challenge at times. What I wrote is my opinion based on research I have done over the years and if people disagree that is perfectly okay. As always, I appreciate anyone's feedback and thoughts. I like to debate. I "debated" (my parents would use the term "argue") with my younger brother everyday growing up. Now if this article stressed you out because you're not sure what to do or where to start, go back to my last article on meditation and beer. Take a deep breath, take a sip, another breath and repeat. :)

On another note, it's time for spring cleaning! My next article will be about ways to clean your house with healthy nontoxic cleaning products. Stay tuned!

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and wellness for people. She is also a Young Living Essential Oils consultant. She is the daughter of Darell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.



The Goodridge 9-12 grade band and choir made a trip to the Chanhassen Dinner Theater last week to watch the performance of "Grease!"



The Goodridge School held "Rock your socks!" day on March 21st in awareness of World Down Syndrome Day. Students and staff were encouraged to wear bright and colorful socks, striped, mismatched, long, etc.; just as long as they were making a statement. Pictured here are staff members and students wearing their Down Syndrome shirts and pictured with Elsa Rindahl, middle, daughter of Amy Reznicek (Goodridge teacher) and Andy Rindahl.



Elsa Rindahl is the daughter of Amy Reznicek (Goodridge teacher) and Andy Rindahl. Goodridge staff and students showed their support for Elsa on March 21st on World Down Syndrome Day!

School Board approves February minutes

Thursday, February 16, 2017, 8pm

Chairperson of the board Nicolette Leach called the meeting to order at 8:07pm with Karina Tinnes, Charisa Limesand, Jim Verbout, Andrew Oslund, Principal Lunsetter, and Superintendent Clow present. Absent was Jeremy Rychlock.

Pledge of Allegiance was said and agenda was approved as presented. Previous month's minutes were approved, along with payment of the bills and wire payments.

Finance Report: Given by Superintendent Clow. District cash is \$6,300 lower than at this time last year.

General Fund	\$134,123.65
MSDLAF	\$1,458,513.57
Food Service	4,391.11
Checking	31,647.78
Comm Service	1,539.12
Scholarship	250.00
Total	\$140,303.88
Total	\$1,490,161.35

Student Report: Given by Ashley Moe and Bailey Watne. Wednesday was Midterm. Knowledge bowl has been attending meets. Robotics went to St. Cloud 2/3/17, and they earned the Create award. Robotics will be attending Nationals. School Patrol had a pizza party yesterday. Kaitlyn Olson went to AAA banquet on 2/8/17. Juniors and seniors went to Career Fair at Northland in TRF yesterday. Seniors are selling candy. Jared Haack went to Spelling Bee in Thief River Falls. Drama has started; they will be doing two plays this year. Band contest will be 2/27/17. GBB is wrapping up the season with three

games left before playoffs. First playoff game is scheduled for February 28th with site and opponent TBD. Leadership Academy (Lucian Tinnes, Jaden Kiesow, Hudson McMillin, Maci Bakken, Bailey Watne and Peyton Verbout) went to Grand Forks to do anti-drug ads and also toured the Warren jail on the way home. Student Council helped with the blood drive yesterday. BBB has four games left until playoffs. March 9th is the playoff game. Spring Fling is scheduled for March 6-10th. Seniors are thinking about their class trip beginning April 1st. Student Council Summit is in Oklee on 3/8/17. Bailey Watne, Carlye Kiesow and Cheyenne Irlbeck are running for representative, and Hailey Vad is running for president.

Teacher Report: Given by Gabe Rath and Jean Schulz. Kerry Carlson and Abby Sundberg came to their classrooms & talk about summer reading programs. The 3rd grade Flat Stanley project had a Flat Stanley return from Japan. March 30th will be the Elementary BB night along with the ECFE supper and fundraiser. Bikes for the fundraiser will be donated by the JCs. 100th day of school was celebrated; students were challenged to dress up. Band & choir students will be going to Warroad for large group contest. Fourth graders will be researching a president from the southeast United States.

Principal Report: Given by Principal Lunsetter. Denny from Bluebird came to meet with Wayne & Jake regarding what we want in a bus. The

quote was about \$85,000. A long term plan for buses was also discussed. Technology committee met to discuss the Garden Valley grant. Teachers would like two smart boards and a 3D printer. We need to look at replacing servers. The technology committee will meet with board members to discuss the future of our school technology. Sports schedule & changes for next year have been reviewed. Trap shooting meeting was held last week; eight students have signed up. Grygla/Fourtown Sportsman Club will be doing a fundraiser to help with expenses; cost for range fees is \$90/person, and shooting is in TRF. Work has begun on the 2017-

18 schedule and calendar. New football uniforms for next year were ordered. Super Saturday went very well thanks to all that helped including: Travis for clock/supervision, Robin for taking tickets all day, Chris for custodial duty all day, Wayne for helping free a stuck bus, and the Sports Boosters for concessions.

Superintendent Report: Given by Superintendent Clow. The bus log was reviewed. Ideas for Community Education are welcome.

The board accepted the resignation of Mike Mickelson, bus driver, and approved the maternity leave for Amy Holte, business manager.

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I	S	A	A	C			S	E	E		H	E	S	S	E
T	E	L	L				H	E	W		A	R	E	A	S

Results from last week's StatePoint Crossword Puzzle.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Throw a stuffed pepper at me and I'll be a happy girl. Well, don't THROW it at me, but rather set it in front of me so I can eat it. I am obsessed with stuffed peppers. This recipe comes with a slight twist instead of your average hamburger/rice/tomato sauce filling.

Stuffed Philly Chicken Peppers.

Ingredients:

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, diced
- 1 clove minced garlic
- 2 chicken breasts, sliced horizontally
- 1/4 tsp sea salt
- 1/4 tsp cayenne pepper
- 1 tbsp balsamic vinegar
- 2 bell peppers cut in half
- 4 pcs Provolone cheese
- 1 cup riced cauliflower (optional)

Directions:

Preheat oven to 350 degrees. Heat olive oil and add onion,

garlic and chicken pieces until browned. Add your balsamic, salt and cayenne. This would also be the time to add your riced cauliflower.

Cut your peppers in half, remove seeds and lay in a baking dish. Fill each with the chicken mixture. Add a little water to bottom of dish, cover with foil and bake for 35 mins. Remove and cover each with your Provolone cheese and bake for 7 more minutes.



Spring Fling at GHS



As part of their Spring Fling activities, GHS held dress up days with one being Idol Day. Sarah Suchoski dressed up as her grandma, Marshelle Benson, saying, “My grandma is the best nurse that I know. She is a very kind and loving person and I’m glad to call her my grandma!”



Spring Fling Coronation Emcees: Hailey Vad and Bailey Watne



Students were able to purchase tickets to participate in a staff ‘pie in the face’ fundraiser with money going towards Make a Wish/Pennies for Patients. Pictured above is Layla Jelle who won the chance to smear a pie in the face of Social Studies teacher, Jason Grandstrand!



Drum roll please! The moment Clayton Irlbeck and Shawntel Ignaszewski were crowned the 2017 Spring Fling King and Queen!

Final Reminder for Food Shelf campaign

(Submitted by Cheryl Sis-tad, Grygla/Gatzke Food Shelf Chairman)

What a difference a week makes. Last week we reported we had received 41 pounds in food donations. This week we are up to 321 pounds! This is the final week that the Grygla/Gatzke Food Shelf is participating in the Minnesota Food Share March Campaign. Our reporting date to the state is April 4th, so all non-perishable food and monetary donations we receive before that date will be eligible towards matching funding.

We don’t always think about people in our community needing help, but that need is there. For most of us we don’t have to water down our milk to make it go further, or go without a meal so our children can eat or put our children to bed early so they won’t think about the dinner they’re missing. Unfortunately, this is the reality for some families. So whatever you donate, no matter how small, it does make a difference in someone’s life.

This is our big yearly push. By doing so, the Grygla/Gatzke Food Shelf is eligible for matching funds through Minnesota Food Share based on the amount of funding and food donations we receive as compared to that raised by other food shelves.

We urge everyone (individuals, civic organizations, and businesses) to consider making a donation to the Grygla/Gatzke Food Shelf during the month of March to take advantage of this grant program. Food donations may be left at participating area churches or at the Grygla Coop. Just a reminder that with your monetary donations, we are able to purchase food items from the North Country Food Bank at a greatly reduced rate. This allows us to really stretch our donations to meet the needs of our community. Donations can be sent or given to our Treasurer Lori Thompson, 222 Evelyn Avenue, PO Box 105, Grygla, MN 56727.

Coming next week

Be aware of bears this spring; DNR lists tips for avoiding conflicts

Anyone living near bear habitat is reminded to be aware of bears this spring and check their property for food sources that could attract bears. “Leaving food out in yards that can be eaten by bears can lead to property damage and presents dangers to bears,” said Eric Nelson, wildlife animal damage program supervisor for the Minnesota Department of Natural Resources.

Check out the rest of the article in next week’s Eagle!



Grygla Alumni, Brady Olson and Hunter McMillin above. Below is Justin Newton.



The Grygla Alumni Basketball tournament was held last Saturday in town. The 1st place team is pictured here!
Front row, L-R: Adam Sparby, Kyle Anderson, Robbie Anderson, Brady Olson.
Back row: Nick Olson, Justin Newton, Andrew Holte, Jordan Brateng.



2nd place team, front row, L-R: Courtney Olson, Michael Lawrence, Dayle Larson.
Back row: Hunter McMillin, Preston Swenson, Tra Alderete, Nick Shaske.



3rd place team, front row, L-R: Brandon Bakken, Leah Schulz, Ty Jelle.
Back row: Steven Hanson, Austin Brateng, Jordan Hagen, Alan Prestebak.



4th place team, front row, L-R: Keith Sparby, Brock Olson, Brittney Gast.
Back row: Tyler Schulz, Marshall Mickelson, Anthony Gast, Charlie Wells.



5th place team, front row, L-R: Derrick Gust, Tony Nordby, Jim Engelstad, Josh Loken.
Back row: Bruce Holte, Nate Gast, Cory Ostby, David Jones, Alex Anderson.