



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy
H 57 L 35	H 56 L 35	H 62 L 37	H 60 L 36	H 59 L 37



A look at next week... Grygla Library hosts a 'Minnesota in the Great War' presentation by Mr. Arn Kind

Grygla Lion’s history is shared as the organization celebrates 100 years

The below information was written by Donna Jelle in 2007. It was shared at the 90th anniversary celebration of the Lion’s Club International, put on by the Grygla Lion’s Club. 2017 marks 100 years since the organization, as a whole, was started.

Written by Donna Jelle, 2007

Lion’s History

When Melvin Jones started the Lion’s Club in 1917, he must have known that the poor will always be with us. Nor will disaster cease to happen. Nor will disease disappear. His goal was not to eliminate, but to see the suffering. 90 years – that’s 9 decades of Lions service to local communities and worldwide communities. That’s a world immeasurably better off than if Melvin Jones somehow would have failed to bring people together in service.

Here is a little history of the Lion’s purpose. Helen Keller was born in 1880 and was blind and deaf since the age of 2. She worked and spoke of her disabilities for an organization, but didn’t always agree with the way it was managed. It was in 1925 that Helen was asked to speak at a Lion’s Convention in Cedar Point, Ohio. The Lions were quite a new organization at that point, beginning in 1917. They had been searching for a purpose and it was there, at the convention, that Helen Keller, herself, became the match that fit the Lion’s mission for the blind. Helen understood her audience of Lions that day and she fulfilled their direction of a purpose for the Lion’s organization splendidly.

In less than 10 minutes, she changed the

course of Lion’s history and ultimately the personal histories of untold people without vision or threatening blindness. Sitting near the stage and listening carefully to Helen’s words was Melvin Jones, founder of the Lions in 1917.

The Lion’s organization in its early years was sort of a disappointment to Melvin Jones, which stemmed from the narrow self-interest of the group of businessmen members. Melvin wanted to do something for communities with emphasis on SERVICE. The first businessmen members didn’t seem to have a whole hearted commitment to service.

Before the delegates left Cedar Point, they voted to adopt sight conservation and work for the blind as a major service activity. Helen Keller said, “The Lion’s attitude toward the blind is something new in the world. They are helping the blind as they would help one of their own members who have been met with a misfortune.” Helen made her last appearance in 1961 at a Lion’s Club meeting in Washington. She concluded, “Someday you will come together again in this beautiful capital of our country and look over the fields of your endeavors. If I am alive then, I shall stand before you with glad confidence and say, ‘Well done, good and faithful knights of the blind,’ and you will say with equal joy, ‘We have received as richly as we have given!’”

Helen died in 1968. It has been said of her that people who met her walked away convinced they had touched greatness.

And so it is today, helping the blind remains

an important part of the Lion’s Club, among many other things.

“Build a better world,” said God.

And I answered, “How? This world is such a vast place and so complicated, and I’m so small and useless; there is nothing I can do.”

But God in all wisdom answered, “Just build a better you.”

I truly believe the Lion’s Club does just that.

Grygla Lion’s Club

The Grygla Lion’s Club began organizing in the fall of 1970. Several meetings were held with members of the Goodridge Lion’s Club and Ernie Dorn of Lion’s International. Goodridge was the sponsoring club.

The Lion’s charter was presented in January 1971 with 79 charter members listed. The Charter Night banquet was held in March of 1971 at the Grygla School.

One of the first projects of the Lion’s Club was to begin raising funds for a community center. Lions were also instrumental in getting a newspaper started in Grygla, and were in charge of selling the first subscriptions.

Other local projects have been: creating tennis courts, contributing to the building of a city arena, new baseball fields, the sliding hill and donating to people in need. The Lion’s donated May Corporation chairs to area nursing homes. They have also been a part of almost all charity causes that have been instigated in Grygla. In addition to donating money to the local scholarship committee, the Lion’s Club also covers the cost of the Grygla Community Center for all ben-

efits that take place.

On a national level, the Lion’s Club is an active contributor to the Lion’s Eye Bank, Leader-Dog School, Children’s Hospital and the Hearing Center.

Charter officers of the Grygla Lions were Roy Nordby, Sheldon Peterson, Howard Henrickson, Amos Thompson, Ken Rustin, Orlin Ostby, Morris Hermanson, Arden Thomas, Henry Holte, Bob Santl, Ralph Rundell and Stewart Sistad.

Charter members who have been continuous members since 1971 include Roy Nordby, Ronald Engelstad, Richard Engelstad, Billy Wikert, Sheldon Peterson and Ralph Rundell.

Current officers today

2017 Grygla Lion’s officers today are: Richard Mosher, President; Danny Bragg, Vice President; Leann Wikert, Treasurer; Bryan Grove, Gambling CEO; Nadine Wold, Gambling Manager; Mildred Klamar/Wayne Warne, Co-Secretaries

Current membership rosters stand at 74.

Celebrating 100 years

As of right now, in celebration of 100 years, a Lion’s Club International revolving float will be entered into various parades around the area throughout the summer. An actual design hasn’t been decided yet, but will include the organizations in Zone 7 and of Lions District 5M11. Zone 7 includes: Grygla, Goodridge, Greenbush-Badger, Roseau, Wannaska and Warroad.

The Grygla Lion’s Club meets this week and will discuss any further plans to honor the 100 year anniversary.



Trap Shooting begins for local teams

Grygla Trap Team

Trap Shooting has begun in Grygla. April 2nd was the first practice week with competition beginning on April 16th. Meets are every Sunday and will run until May 14th. Coaching the team this year is Trevor Kiesow with Kenny Lunsetter, Jeremy & Tonia Haack helping out.

6-12 graders can participate in Trap. 2017 team members include: Jaden Kiesow, Levi Kiesow, Lucian Tinnies, Peyton Verbout, Nolan Anderson, Walter Jones, Levi Sparby, Eli Sundberg, Gracie Lunsetter and Jared Haack.

The Fourtown/Grygla Sportsman’s Club has sponsored the team the last two years and paid for their state registration. Machinewell provided protective glasses for the kids this year. Trap team members also sold raffle tickets for Pheasants Forever this year and will receive some of the proceeds for that.

Thief River Falls Trap Club hosts the competitions, which is where this photo was taken.



Goodridge Trap Team

The Goodridge Trap team began their practice week April 2nd. They shoot every Sunday from 1-3pm and Thursdays from 4-6pm for 9 weeks. Coaches are Tim Anderson, Tony Wiseth, Sara Panek, Chad Merrill and Harry Farris.

Trap is open to Goodridge students in grades 6-12. 2017 team members include: Jesse Wiseth, Tanner Wellman, Kristin Farris, Ben Groven, Logan Merrill, Libby Johnson, Madilyn Race, Jordan Horachek, Zachary Marquis, Preston Panek, Blake Passa and Mason Laidley.

The Thief River Trap Club also hosts the Goodridge team. There is also a State Shoot in Alexandria, MN, and Prior Lake, MN.

City Council approves March minutes

The Grygla City Council met on April 10th at the Civic Building. Minutes of the March meeting were approved and are included for your reference. Official minutes are taken by Rose Aune, City Clerk, and re-capped by Eagle Editor. For a full version, including receipts and disbursements, visit <http://www.grygla.govoffice2.com/>

The March 13th meeting was called to order at 7pm by Mayor Mosher with the following council members present: Gavin Nordby, Dave Dunrud, and Robert Thompson. Absent: Lindsay Oslund. Also present was Rose Aune.

The previous month’s minutes were approved, in addition to the receipts, disbursements, checking, savings and payment of all the bills as presented. Other items included:

GAS DETECTOR FOR ARENA

Meters have been received.

STREET REPAIRS

Mosher to contact NW Asphalt to see if proposal price still stands and then do the work this summer.

WATER CONFERENCE

Rocky will be gone this week for the MRWA Conference in St Cloud.

CAMPSITE ADDITIONAL HOOKUPS

Monson Electric will start working on them.

RADAR SPEED LIMIT SIGNS

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

REVOLVING LOANS

Papers have been delivered and should be returned tomorrow.

SAFETY AND LOSS MEETING

Safety and Loss meeting is in Mahnomen March 29th. Rose will be going. Mosher might go.

CLERKS CONFERENCE

Rose will be gone for the Clerks Conference in Welch on March 13-17.

SCHEDULE POLICY MEETING

No policy meeting scheduled.

April’s meeting was held on the 10th. Agenda items included:

Water tower, gas detector for arena, street repairs, reimbursement for pickup use, revolving loans, electric pole, deadline for bids on land lease agreement, spring cleanup week dates, rabies clinic, after hours water hook-up rate and Marshall County grandstand fundraiser.

Goodridge School presents “Wizard of Oz”



On April 20th & 21st at 7pm, the Goodridge High School Drama Department will be performing “The Wonderful Wizard of Oz,” by Tim Kelly. Dorothy and her friends battle fighting trees, flying monkeys, a trip through Dainty China Country, and of course the Wicked Witch to try to obtain a brain, a heart, courage, and a trip back to Kansas.

In conjunction with this year’s play, there will also be a 15 year reunion of the “Hollywood Hillbillies,” director Eric Mickelson’s first performance at Goodridge School. Cast members of the “Hollywood Hillbillies” will be admitted for free on Thursday or Friday night. Friday night, the cast members will be recognized and refreshments will be available for past cast members and their families, as well as this year’s cast.

Come on out for the play “The Wonderful Wizard of Oz” on April 20th & 21st at 7pm in the Goodridge School Gymnasium.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm 7th grade 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:
OS: 9am Worship w/ 10am SS
UL: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
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

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
Saturday:
Mt. Olive: 9am Worship
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.

School Lunch Menus

Grygla Lunch Menu
Wednesday, April 19: Pizza, Fruit, Salad Bar
Thursday, April 20: Taco in a Bag, Fruit, Salad Bar
Friday, April 21: Chicken Nuggets, Mashed Potatoes, Carrots, Pears, Baked Beans
Monday, April 24: Sub Sandwich, Fruit, Salad Bar
Tuesday, April 25: BBQ, Fruit, Salad Bar

Goodridge Lunch Menu
Wednesday, April 19: Pepperoni Pizza, Tossed Salad, Peaches
Thursday, April 20: Chef Salad w/ Turkey and Ham, Broccoli, Carrots, Celery, Green Peppers, Tomatoes, Grapes, Breadstick
Friday, April 21: Polish Sausage on a Bun, French Fries, Baked Beans, Apples, Oranges
Monday, April 24: Chicken Tenders, Assorted Sauces, Corn, Pears
Tuesday, April 25: Tater Tot Casserole, Tossed Salad w/ Tomatoes, Mixed Fruit

Northwest Minnesota Arts Council announces Biennial Plan

There is a public hearing on the Biennial Plan on May 4th at 4pm at the Northwest Minnesota Arts Council office at 109 South Minnesota Street, Warren.
Every two years, they are required to present a new plan to the public that describes the programs and services they intend to provide within our region. The process in developing this plan includes feedback from the residents of our seven-county region - Kittson, Marshall, Pennington, Polk, Norman, Red Lake and Roseau, gathered throughout the past two years. The Biennial Plan will be available on online from April 13 until May 3 for comment.
Please mark your calendars and plan to attend this meeting. Public comments are welcome.
Questions? Email mara@nwrdc.org or call 218-745-9111.

BENEFIT FOR Jason Moe
Sunday, April 23, 2017
Noon to 3:00 p.m.
Grygla Community Center

Silent Auction until 2:30 p.m.
Items for the auction can be dropped off at American State Bank in Grygla.



Serving: Taco Bar, Desserts & Ice Cream

Meat Raffles During the Benefit!

Jason is suffering from multiple complications due to severe pancreatitis that has led to other abdominal issues and infections which began in December, 2016. He is presently at the University of Minnesota Medical Center in Minneapolis.

Jason, Jaclyn, Ray, and Paizley Moe

An account for the Jason Moe Benefit has been set up at American State Bank of Grygla
P.O. Box 78
Grygla, MN 56727
Any questions, or to donate auction items, please contact Laurie at 218-294-6111 or email laurie.polansky@asbgrygla.com
A donation will be made by Thrivent Financial.

POSITION OPEN:

1.0 FTE elementary education teacher. Letter of application, resume, credentials, letters of reference to Becky Carlson, K-12 Principal, Goodridge Public School, PO Box 195, Goodridge, MN 56725. Phone: 218-378-4134, email: becky.carlson@goodridgeisd561.org. Open until filled. G3-4C

Community Calendar

Wed | April 19
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Blood Drive at Community Center 11am-5:30pm; Grygla Library open 2-6pm
Thurs | April 20
Goodridge Play 7pm; Grygla School Board Meeting 7pm
Fri | April 21
Senior Meals at Grain Bin Café 11am; Senior High Track Meet in Mahanomen 4pm; Minnesota in the Great War presentation by Mr. Arn Kind at the Grygla Community Center 5-7pm; Goodridge Play 7pm

Sat | April 22
State Student Council Convention in Rochester; Grygla/Gatzke Food Shelf open 8-10:30am; Goodridge Consignment Sale (9am) & Smelt Fry (4pm)

Sun | April 23
Jason Moe benefit at Grygla Community Center 12-3pm

Mon | April 24
Senior Meals at Grain Bin Café 11am; Junior High Track Meet in Mahanomen

Tues | April 25
Grygla High School music concert 7pm

NOTICE

Reiner Township will be accepting bids for ROAD MAINTENANCE and SNOW REMOVAL for the 2017 year. Bids can be submitted to:
Cherie Sigerud, Township Clerk
388287 State Hwy. 1 NE
Goodridge, MN 56725
For more information, call 218-378-4200, ask for Cherie. G4-5C

Chargers Track Meets

Junior High Meets
Monday, April 24th Mahanomen
Monday, May 1st Warren
Tuesday, May 16th Roseau
Monday, May 22nd LOW
Senior High Meets
Friday, April 21st Mahanomen
Thursday, April 27th Warren
Thursday, May 4th Mahanomen
Tuesday, May 9th Park Rapids
Friday, May 12th Warren
Thursday, May 18th Ada
Thursday, May 25th Sub-Section Meet-Roseau

Consignment Sale & Smelt Fry

The Goodridge Lion's Annual Consignment Sale & Smelt Fry will be held this Saturday, April 22nd at 9am. The Consignment Sale begins at 9am with the Smelt Fry starting at 4pm. Live music at the Liquor Store that evening!

Grygla Eagle archives

The Grygla Eagle office houses the newspaper archives in the form of a large black book that comes after the end of each year. About a dozen books are missing as people, from time to time, come in to borrow them, look through them, etc. The last few years, a sign-out sheet has been used, which has worked great. But prior to that, books were borrowed and not returned thus resulting in missing books.
If you've ever borrowed one to look through, please take a look around your home and return it to the Eagle office at your earliest convenience. Your help is appreciated!

Did you know? If you already subscribe to the paper you can view online for free!!!!



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Grygla Eagle

NATIONAL NEWSPAPER ASSOCIATION

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Karl Sundberg - EDITOR
Phone 294-6220

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\$30 per year outside of the area

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Head Start/Early Head Start recruitment

Northwest Head Start and Early Head Start are currently recruiting children and families for the 2017-2018 program year. Head Start and Early Head Start are operated by Northwest Community Action, Inc. and serve low income families in Marshall, Roseau, Lake of the Woods, and Kittson Counties.
Head Start and Early Head

Start are family focused, comprehensive, child development programs which provide activities, information, and assistance in the areas of education, health, family services, and parent involvement. Head Start serves eligible families with children who are 3-5 years old on or before September 1, 2017. This is a primarily center-based preschool program.

Early Head Start is for eligible families who are expecting or have children birth to 3 years old. The EHS program consists of weekly home visits and socializations twice per month.
If you are interested in learning more about Head Start and Early Head Start, call the Head Start office in Badger at 528-3227 or call toll free at 1-800-568-5319.



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DITCH MEETING

Monday, April 24th
at Grain Bin Cafe, Grygla

JD 11 at 9:30am
JD 21 at 10am



Sherry Woods celebrated her April birthday at the Grain Bin Café last week. The Senior Citizen's Club celebrates birthdays the 3rd Thursday of every month at 2:30pm at the café in Grygla.

Benefit for Emmitt Halvorson

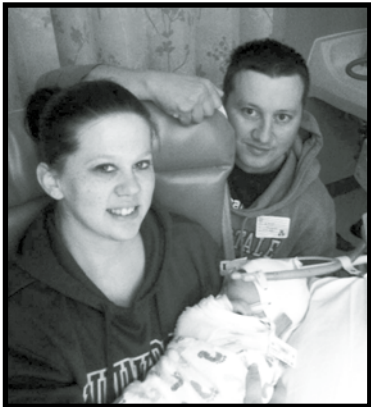
Newborn son of Cole and Katie (Guillemette) Halvorson of Goodridge, MN

Emmitt Halvorson was born on Friday, March 24th via emergency C-section. Emmitt was born with a kink in his aorta and a hole in his heart; he had open-heart surgery at Mayo Clinic on March 27th. All proceeds from this benefit will go to the Halvorson family to defray the costs of medical bills and expenses.

If you cannot make it, but still would like to donate, you can go to Border State Bank in TRF and donate to the Halvorson Benefit Account.

We will be having a SPAGHETTI FEED and a SILENT AUCTION on Tuesday, April 25th at the Community Church in TRF from 5:30-8:00 pm.

THIS IS A FREE WILL DONATION.

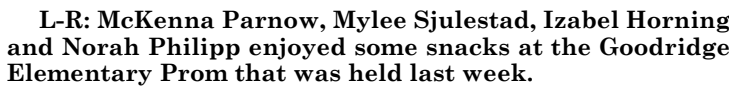
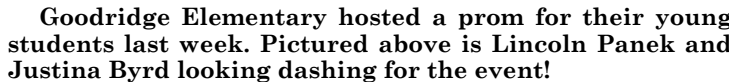




CROSS

1. Trattoria staple
6. *The _____ River, Voyageurs National Park
9. Mowgli's friend Bagheera
13. Grouchy Muppet
14. Simon & Garfunkel, e.g.
15. Echo sounder
16. Doled out cards
17. Singer Yoko
18. Q in PDQ
19. *Home to Devil's Garden
21. *Every _____-grader gets a free pass
23. Family truck?
24. *_____ Royale National Park in Michigan
25. Geological Society of America
28. Reduced Instruction Set Computer
30. Make slightly wet
35. Ice crystals
37. Alice Waters' "_____ Panisse"
39. Apprehensive
40. Deborah Kerr to Yul Brynner's King Mongkut
41. Skeleton leg part
43. Military no-show
44. Nigerian money
46. Earth's satellite
47. First queen of Carthage
48. Broadband predecessor
50. Pot contribution
52. Sophomore's grade
53. Breathe after a race
55. Not in good health
57. **"Into the Wild" park
60. *Oldest national park east of Mississippi
63. Capital of Vietnam
64. British mom
66. Where to steel a kiss?
68. Passion
69. "Farewell" to Birdie
70. Church topper
71. Office furniture
72. Asian capital
73. Alleviated

1. Pea container
2. On a cruise
3. Harry Potter's mark
4. Face powder mineral, pl.
5. Head of the Round Table
6. "Without further ____," pl.
7. *Going-to-the-____ Road in
8. Glacier National Park
9. Hooves, alt. spelling
10. For, in France
11. Gram or pound
12. Speed of an object divided by speed of sound
13. One of Indiana Jones' quests
14. Cry like a piglet
15. Give the boot
16. Like Methuselah
17. Watercraft with skis
18. *Canyon or Teton
19. Moses' mountain
20. Embryo sacs
21. Door-stopping wedge
22. *Lake in Nevada desert
23. Small European gull
24. Make a canyon, e.g.
25. Leg cover
26. "Me and ____ and the Dying Girl"
27. *The Virgin River cuts through it
28. Mad hatter's act
29. Live-in helper
30. Chum
31. Go by
32. Not in my backyard, in text
33. Parkinson's disease drug
34. Truth alternative
35. Odds and ____
36. Barnes & Noble reader
37. End of grace
38. Author Murdoch
39. Homesteader's measure
40. Owned
41. Sailor's affirmative
42. He had



“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”
~ **Colin Powell**

I don't know that any one of these three factors are more important than any of the others, but I do think that many times we forget about learning from our failures. Many of us prepare and work extremely hard to make sure that not only are we successful, but the people around us also benefit from that success. Too many times, however, we allow failure, or more often a perceived failure to throw us off track. We hang our heads and feel bad, or even give up entirely. The ultimate key to anything that we successfully achieve is being able to treat our "failures" as learning opportunities. When we are able to do that there are no real failures, only opportunities for us to grow...we're going to stumble at times, and that's good. It creates motivation and drive. The only way we truly fail is when we give up entirely and allow failure to win. Keep preparing and keep working hard. Don't let obstacles stop you from achieving whatever it is that you want to do in your personal, professional or family life. Be great, and recognize greatness in those around you, and be willing to help others when they stumble, just as they are there to help you. When we can do that, we will all find out what real success is.

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

Rebarbative \ree-bahr-buh-tiv\
adjective
1. causing annoyance, irritation, or aversion; repellent.

On Saturday, April 29, from 10am-2pm, the Paul Bunyan Drug Task Force, Beltrami

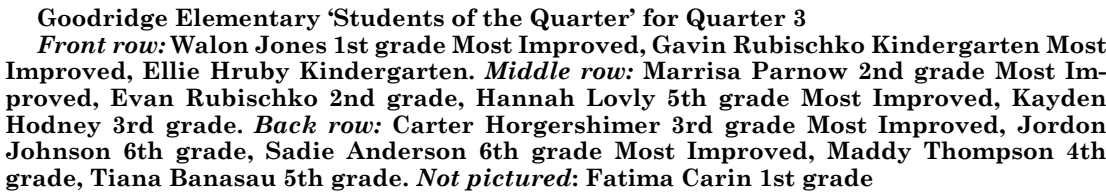
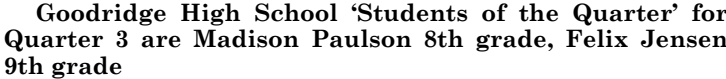
County Sheriff's Office, Bemidji Police Department, and the Drug Enforcement Administration (DEA) will give the public its 13th opportunity in 7 years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your pills for disposal to the Beltrami County Law Enforcement Center at 613 Minnesota Avenue NW, Bemidji, MN 56601. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

Last October, Americans turned in 366 tons (over 730,000 pounds) of prescription drugs at almost 5,200 sites operated by the DEA and more than 4,000 of its state and local law enforcement partners. Overall, in its 12 previous Take Back events, DEA and its part-

ners have taken in over 7.1 million pounds—more than 3,500 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the April 29 Take Back Day event, go to the DEA Diversion website.



With the busyness of life it can be very difficult to get enough sleep. Anyone with me on this? I need at least 8 hours of sleep a night. Just ask some of my family and friends what happens if I don't get my beauty sleep for the night. It ain't pretty!

Why is it important to get enough sleep? Well, I have heard and witnessed what lack of sleep can do. I have experienced it myself. People tend to have less patience, more irritability, fogginess, difficulty focusing at times without enough sleep. People can actually become psychotic (hearing voices, hallucinations) and or become manic from lack of sleep overtime. I also googled it because Google knows everything. This is what it said, "Sleep deprivation can lead to higher risk of chronic health problems like high blood pressure, heart disease, and stroke. According to Harvard Medical School, for people with hypertension, one night without enough sleep can cause elevated blood pressure all through the next day."

Research shows that if people get enough sleep, exercise, and balanced eating this can help us be less emotionally vulnerable on a daily basis. We all have different emotional baselines. My baseline is around 20 or less starting the day, on a scale of 0-100; and some start at a higher baseline like 50, which is having anxiety and some distress at the start of the day (at baseline).

It has been proven that if one uses the skills listed above, such as getting enough sleep, exercise, balanced eating and taking care of ourselves, it can decrease our emotional baseline. This means we might have more patience during the day, less irritably, positive mood, and more joy.

So now we know that lack of sleep can have an impact on our mental, emotional and physical health. I have seen that the recommend amount of sleep is around 8-10 hours for adults. For children, I believe it is closer to 10-12. We need our sleep, folks! I don't have a lot of sleep issues. Every once

Ole was talking with his brother Sven, who lived next door. Sven said, "Ya know Ole, you and Lena should really get some new curtains."

“Vy’s dat?” Ole asked.
 “Vel, last night I saw you
 and Lena, vel, you know...”

Ole thought for awhile, then said, "Haha Sven, da yokes on you! I vasn't even home last night!"

The judge had just awarded a divorce to Lena, who had charged non-support. He said to Ole, "I have decided to give your wife \$800 a month for support."

"Vell, dat's fine, Judge," said Ole. "And vunce in awhile I'll try ta chip in a few bucks my-

Written and made by Karl
Sundberg, Eagle Editor

This week I want to share with you my recipe for home-made lasagna. It's super easy and **SIMPLY DELICIOUS**.

I like to buy the oven-ready lasagna noodles because it's way easier. And let's face it, the most annoying part of making lasagna is draining the noodles and handling them when they are hot and slippery.

Anyway, here is what you'll need for 1 lasagna.

Ingredients:
Oven-ready lasagna noodles
1 can of Hunt's traditional
pasta sauce (24 oz can)
1 pound of hamburger
1 package shredded mozza-

in a while I do, but in general I don't.

I do use some things though to help feel calm and relaxed prior to bed. I diffuse Lavender Essential Oil at night; there are times where I don't and I can notice the difference. I also sometimes use Peace and Calming Essential oil and apply that topically. Another way to increase sleep is to meditate, which you guys are probably already pros at this point from practicing with your beer. Meditating before bed (I do this sometimes) has helped to feel relaxed and calm. A side effect of meditation is relaxation and sleepiness. Meditation can help us to shut off our brains to prepare for sleep. Deep breathing exercise and muscle relaxation can also help to relax for restful sleep. Having a bedtime routine, going to bed around the same time each night and waking up around the same time, no TV while sleeping, no bright lights right before bed, are just some healthy sleep hygiene tips that can also help.

Now that you all know these you will be able to sleep like a baby! I honestly haven't understood that expression because babies wake up in the middle of the night, sometimes a few times. What makes more sense to me is to say sleep like my 5 year old son. He falls asleep within minutes and rests peacefully for at least 10 hours. Now doesn't that sound just lovely?

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.



Ole is so cheap that after his airplane landed safely, he grumbled, "Vell, der gose five dollars down da drain for dat flight insurance."

Ole wore both of his winter jackets when he painted his house last July. The directions on the can said "put on two coats."

Sven and Ole were building a house. Sven was holding a board and Ole was sawing it. All of a sudden, the saw slipped and cut off one of Sven's ears. They both were digging through the sawdust to find it, when Ole picked up an ear. He says, "Is this it?" Sven says, "Now, mine had a pencil behind it."

relli cheese
Ricotta cheese (15 oz)
1 egg
½ cup parmesan cheese

Directions:
Brown your hamburger and mix in the pasta sauce. Lightly spray a 9x13 pan and lay down your first layer of noodles. Coat this layer of noodles with my ricotta cheese mixture spread on top. (Mix your ricotta cheese, egg and parmesan cheese together for that.) Next, add a little sauce and cheese. Add another layer of noodles and put sauce and cheese on top again. I do this to make 4 layers of lasagna noodles. On top of my final layer of noodles, I only put sauce. I bake covered with tin foil at 350 degrees for 1 hour. I take out, cover the top with mozzarella cheese and put back in the oven, uncovered, for about 15 minutes.

Take out and let sit for about 10 minutes. Cut into 12 pieces and serve with a mandatory breadsticks or piece of garlic toast.

Sidenote: I don't add any veggies (onions, peppers, etc.) as my kids love it without all of that, but veggies and/or pork sausage would be great in it, too. Really you can't go wrong on a lasagna. You can add in pepperonis or use pepper jack cheese for more of a kick; totally up to you. ENJOY!





A Post-Prom Party Bingo fund raiser was held last week at the Grygla School. A nice-sized crowd attended and played for a chance to win some meat for their freezer! (Or Easter table!)

MN Severe Weather Awareness Week

Minnesota had 37 tornadoes in 2016, two of them occurring in Beltrami County. Minnesota Severe Weather Awareness Week is April 17th-21st, 2017 and Beltrami County Emergency Management encourages all residents and visitors to familiarize themselves with the hazards that summer season brings. The hazards are more than just the obvious like damaging wind storms and tornadoes; heat related injuries and illness could be life threatening if left untreated or appropriate preventative actions are not taken. Each day of the week has a specific summer hazard topic. In addition a tornado drill is scheduled for Thursday, April 20th.

Knowing the difference between a watch and warning is important and is the subject for Monday. Watches mean that conditions are favorable for severe weather and warnings mean it is occurring, likely to occur or imminent. In addition to watches and warnings, other notifications such as advisories or special weather statements may be issued for significant weather that doesn't meet warning criteria.

Severe weather and summer storms are covered on Tuesday.

Hail is an indication of strong thunderstorms and can cause extensive damage, especially in agricultural areas. Hail causes nearly a billion dollars in damage a year and can range in size from pea size to larger than softball. Lightning strikes kill around 100 people a year, often caught outdoors or seeking cover under trees. Remember the slogan, "When thunder roars, go indoors!" You do not need to have tornadoes to have damaging winds. Beltrami County experiences several high-end wind events each decade, resulting in widespread power outages, downed trees and property damage.

Wednesday's topic is flooding. Floods can be deadly, especially for those traveling through flash floods. Flood deaths occur most frequently at night, and half of those deaths occurred in vehicles. Flowing water can sweep you off your feet at a depth of only six inches. Never drive through flooded roadways, a foot of water will float most vehicles.

Two tornado drills will be conducted on Thursday, the first at 1:45PM and the second at 6:55PM. Outdoor warning sirens will be sounded. Everyone is encouraged to participate in the tornado

Kids ages 0-6 invited to attend 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!

Relay for Life information
American Cancer Society Relay for Life of Marshall/Pennington Counties will be held on June 9th in Warren, MN. You are invited to attend the 2017 event that Friday evening from 5pm to midnight at the Marshall County Fairgrounds

in Warren, MN.

Everyone is invited to join the festivities and help support the American Cancer Society save more lives from cancer.

Some exciting changes have been made to this year's event - the Relay for Life events of Marshall and Pennington counties have decided to merge together as one event, the Relay for Life of Marshall/Pennington Counties! This is sure to be one of the biggest and best years yet.

Along with the food, activities and entertainment, the event will also include the traditional Relay elements of a survivor recognition, luminary bags and a luminary ceremony, as well as the walking path for community members to walk throughout the evening. During the luminary ceremony, we will honor those who have survived cancer, while also remembering loved ones we have lost. All cancer survivors who attend the event will receive a t-shirt and be recognized during

the survivor lap of the opening ceremony. Funds raised from this event helps the American Cancer Society provide free information and support for people facing cancer, and funds cancer research that will help protect future generations. On top of the lifesaving research the funds support, local funds also helped provide more than 350 patient survivors and programs to Marshall and Pennington County residents in 2016.

Visit RelayForLife.org/marshallcountymn to learn more about the event, or contact Amber Holtan at 218-689-9405 or amber.trfradio@gmail.com. Services and support from the American Cancer Society are available to all community members in Marshall and Pennington Counties. You can contact the American Cancer Society at any time 24/7 at 1-800-227-2345 or by visiting www.cancer.org.

Turning back the Eagle pages....



The above photo was taken of the old Gatzke Grocery shortly before the new store was built in 1979. The store officially closed at the end of 2001.

Closing of the Gatzke Store signifies the end of an era

Taken from the January 10, 2002 issue of the Grygla Eagle

The year 2001 will be significant in the tiny hamlet of Gatzke. The end of the year marked the end of the Gatzke Grocery, a landmark business established in the early 1900's.

The Gatzke Country Store, owned and operated by Laura and Donovan Dahl, was the last retail business in town. It was not only a place to get groceries, it was a stopping place to meet neighbors, drink a cup of coffee and share the latest news.

The Gatzke Cafe (Sportsman's Club), which opened and closed numerous times over the past couple of decades, has remained closed

now for several years. When that business closed its doors, the grocery began serving coffee to the regulars who needed a place to gather.

Other businesses have come and gone in Gatzke since the early days.

One business remaining is Scribe Right Steel, a manufacturing plant, which operates in the old Gatzke School building. The business, owned by Tom Morrissey, produces metal tables for manufacturing and employs three people.

The social activity in Gatzke is now held either at the Lutheran Church or at the Gatzke Senior Citizen building. The post office, located in the Robert & Linda Engelstad

home remains, and people who live in that area are still Gatzke residents, regardless of the decline of the town.

Many Gatzke residents are descendants of the original settlers who came to the Gatzke area over a hundred years ago, just before the turn of the century. Shager, Lunsetter, Ruud, Aune, Engelstad, Lian and Dahl were among the families who organized the township of Rollis and stopping places such as Landstad, Gatzke, Fram and Rollis.

"We had some very good and loyal customers," remarked County Store owner Laura Dahl. "It was really hard to see the store close for them - especially the older residents.

It wasn't just an overnight decision. It was really hard," she said.

"We not only lost the store, we lost friends that we would see every week," Laura stated. "We feel really bad."

Laura said there were some good times at the store - periods when an adequate profit was being made. Hunting seasons in the fall brought many people to the store. Some would come in for coffee or to buy sandwiches from the deli. "We did well with the deli," Laura said, "but not with regular groceries."

Hunting season brings to mind some of the other things people will be missing, with the store closed. There will be

no place in Gatzke to buy hunting and fishing licenses or to register deer.

The store also carried propane tanks, sold the Grygla Eagle Newspaper, and was a pick-up service for dry cleaning. A number of other services will also no longer be available with the store closed.

Modern trends and population decline are among the reasons for the disappearance of businesses in many small towns. Many middle-aged or older people live in the area with no children at home. Young couples also have fewer children than the typical family of 50-100 years ago.

Gatzke is located in the heart of a rich farming area, half-way between Grygla and Middle River. It got its name from Rose Gatzke (Mrs. Carl Johnson) who, together with her husband, operated the first store and post office. Gatzke was then located 1.5 miles northeast of the present site. In 1905, Christ Engelstad started a store and in 1908, Gatzke was moved to its present site. At its peak, Gatzke had a bank, school, hardware store, creamery, town hall, shoe repair shop, blacksmith shop, oil station, pool hall, grocery store and a weekly newspaper called the "Eastern Marshall County News."

Laura and Donovan Dahl owned and operated the Gatzke County Store for 2.5 years. Before that, it was owned by Muriel and Fredrick Larson, who built the new building in 1984. Before the Larsons took over in 1979 the business was owned by Ingaborg Loven. Engelstads had the store for many years before Ingaborg became the owner. Other owners' names were Thompson, Severtz and Morrissey.

Laura said sales had been dropping significantly in the last year. She said a contributing factor may be the fact that many men and women work in the bigger nearby towns, find-

ing it convenient to stop at the city store before heading for home.

The plain facts are that some people use the grocery stores in small towns only for emergencies - when they need a carton of milk or a loaf of bread - just enough to get by until they can get to the big grocery store in the larger cities.

What many people don't know, if they haven't been in retail, is that there is a very small margin of profit on high-sales items like bread and milk. "Small town groceries can't make it on just the convenience items," Laura said.

The Gatzke Country Store building is listed for sale, and there is still some equipment in the store that is for sale. Laura and Donovan have a farm near Gatzke and Laura is a home economics teacher at the Roseau School.

The atmosphere of the small town and its businesses is exemplified in the following:

A Little Town

A *little town* is where everybody knows everybody else's car by sight - and also where and when it goes.

A *little town* is where few people can get away with lying about the year they were born. Too many people remember.

A *little town* is where, when you dial the wrong number, you can talk for 15 minutes anyway.

A *little town* is where everybody becomes a neighbor in time of need.

A *little town* is where businesses struggle for survival against city stores and shopping centers.

A *little town* is where those same businesses dig deep many time to help with countless fund-raising projects.

A *little town*, when all is said and done, is a nice place in which to live.

(Condensed - author unknown)



Regular customers at the Gatzke Country Store discuss the store's history over coffee on the closing day. Gatzke residents say they will really miss having a grocery store in town.