



Today Tstorms H 69 L 55	Thurs Cloudy H 68 L 54	Fri Rain H 65 L 52	Sat Partly Cloudy H 68 L 52	Sun Partly Cloudy H 73 L 55

Wednesday, June 28, 2017

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Vol. 43 Number 52

A look at next week... Pennington County Master Gardeners present Twilight Garden Tour around the Goodridge area

ATV groups seek more in Beltrami forest plan



Pictured is Jack Nelson and Tony Moe of the Fourtown/Grygla Sportsman's Club.

By Brad Dokken, GF Herald, June 23, 2017

There they go, chainsaws buzzing and wood chips flying, clearing yet another big tree that's fallen across one of the trails open to ATVs and off-highway vehicles after a big blow ripped through the area a few days earlier.

Members of two northwest Minnesota sportsmen's clubs—the Fourtown-Grygla Sportsman's Club and the Roseau-Lake of the Woods Sportsman's Club—have teamed up on this cool, cloudy Saturday morning to put up signage and work on trails.

Tough job, but someone has to do it, as the old saying goes, and the two clubs recently joined forces to form the North Star Trail Alliance. The clubs

receive grant-in-aid money from ATV and OHV registration fees to help pay for signs and other materials.

"The trails haven't been signed good enough in the past couple of years," said Tony Moe of Grygla, Minn., a member of the Fourtown-Grygla Sportsman's Club. "We're just trying to update the system. People come out here, and they're scared because they don't know where to go."

Maintaining a trail system in a forest the size of Beltrami—at 703,366 acres, it's Minnesota's second-largest state forest—is a big job made even bigger when huge trees block the trail.

The volunteers say they feel strongly about having a place to ride, though, and they're not

afraid to put in the work to ensure that opportunity continues.

So here they are, sawing up fallen trees and pulling them off the trails. They're also putting up a series of color-coded signs every quarter-mile or so, marking trail routes so riders know where they are and where they shouldn't go.

The various routes within Beltrami forest are classified as System Forest Roads, which are maintained and accessible to two-wheel-drive vehicles; Minimum Maintenance Roads that may not be passable year-round and typically aren't two-wheel-drive accessible; Designated Trails, some closed to motorized use, others open to ATVs and off-highway vehicles and all of them open to nonmo-

torized use; and Access Routes that are neither roads nor trails and aren't maintained but are open to all uses.

Throw in the forest's patchwork of private, tribal and federal lands, and knowing where to go can be tricky.

"We're trying to make a friendlier route," said Myles Hogenson of Roosevelt, Minn., a member of the Roseau-Lake of the Woods Sportsman's Club. "We're not going to have all the minimum maintenance trails done, but at least give them a route from Point A to Point B."

New plan in works

The recent trail work comes as the Minnesota Department of Natural Resources takes comment on a proposed new trail plan governing motorized use in the forest. A public meeting on the Phase II trail proposal is scheduled for 6 to 8 p.m. Wednesday, June 28, at the DNR Forestry Office, 804 Cherne Drive NW, Warroad, Minn.

In a nutshell, the Phase II proposal recommends only minor changes to a plan implemented 10 years ago for motorized vehicle access in the forest. Beltrami is designated as a "managed" state forest, meaning all roads and trails are open to motorized use unless marked as closed.

That won't change under the new plan, said Joe Unger, Parks and Trails Division planner for the DNR in St. Paul. The DNR developed the

ATV groups... Continued on back

Longtime board members retire in Reiner Township



David Vraa, Adeline Olson, Galen Quam and Danny Holen are pictured in front of the Reiner Town Hall where a picnic was held last week in honor of the three men, who retired after decades of dedicated service to their township in rural Goodridge.

"I would describe these guys as being proactive instead of reactive over the years," says Adeline Olson, who has been the Pennington County Assessor for the last 37 years.

Reiner Township, in rural Goodridge, held a picnic last week in honor of their longtime board members who have each retired after 30+ years. For decades, Danny Holen, David Vraa and Galen Quam were the proactive board mem-

bers in charge. Over the years, the three have taken care of numerous elections, rallied to get their township roads fixed, worked together on getting the Reiner Hall improved and attended more meetings than they can even count!

Holen, who served as Clerk for the last 38 years, says one of his most memorable moments on the board was the 1988 grasshopper problem. "It was sure something! We

were so busy that year sending out notices to everyone telling them that they were required to spray," he recalled. He also remembers when the State of Minnesota wanted to put a hazardous waste site on state-owned land half way between Reiner Township and Grygla. "They wanted to bury all of that stuff in a container so many feet underground. After many meetings, though, we were disqualified as a spot because of

the flood of '75." The board had to provide photographic proof of the flood, to prove the area wasn't fit for such a site.

Over the years, the group would meet at the Reiner Town Hall, which was formerly a school house. The last graduating class was in 1953 and it was converted shortly thereafter. Galen Quam said he's proud of the work they've done over the years, especially when it comes to that old school house. The trio worked hard to get the work done in phases. First the floor, then the windows, roof and siding. Because someone stole the brass bell, now atop the building sits a wood one that was made in Keewatin, MN. Quam also added that over the years he really pushed to get the township roads fixed and is proud of what they worked to get accomplished.

Pennington County has 3 cities and 21 townships, including Reiner. Danny Holen served as the longtime Clerk, while David Vraa and Galen Quam were Supervisors. "The Clerk is the go-to for any questions, rules, regulations, ordinances, planning and zoning," offered Adeline Olson. Replacing the Reiner retirees are Cherie Sigerud, Clerk; Kurt Sigerud, Jack Miller and Mitch Srnsky, Supervisors; and Tori Miller, Treasurer.

Many friends and neighbors in Reiner Township attended the appreciation picnic in honor of David, Galen and Danny.

Behind the Scenes at the Ag Department in Grygla

Written by Kari Sundberg, Eagle Editor

Well, we're five weeks into the new "Behind the Scenes" summer feature. It's been so fun to give you an up close and personal look into some of our local businesses and organizations. Places I've headed to the last few weeks have included the Marshall County Sheriff's Department, Yo-Hawn's Bar & Grill, Motel 89, a day with Pastor Vicki Worthington and now this week, we head to the Farmer's Union Ag Products Department in Grygla.

What goes on down at the Ag building? Don't farmers just go in there to drink coffee and

talk about the crops? NOPE. There is a lot more that goes on "behind the scenes" and I'm here to give you an inside peek.

Last week, Intern Kendra and I spent a couple of hours learning the ropes down at the Ag. After visiting some with Bob Thompson, Agronomist and Assistant Manager of Farmer's Union, I feel a little more knowledgeable about one of our local businesses. Sidenote: How neat is it that Bob's dad, Amos, worked at the same place as the manager of the butter maker in 1955 and worked on site until 1985!

Today, the Ag Products De-

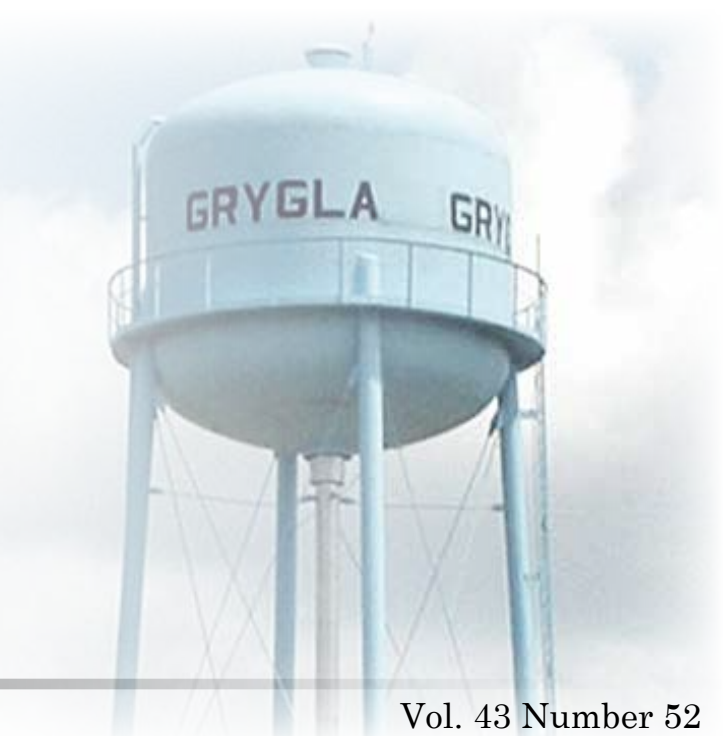


The Ag's soybean plot on Randy McMillin's land.

partment has 5 fulltime employees and up to 11 seasonal workers. With the capabilities of holding 3,000 tons of fertil-

izer, the plant goes through

Behind the Scenes... Continued on back



GRYGLA CENTENNIAL SNEAK PEEK



REMEMBERING THE PAST

CELEBRATING THE PRESENT

EMBRACING THE FUTURE

AUGUST 25-27, 2017

Classic Car Show



Saturday, August 26th, 10am-5pm

In front of Grace Lutheran Church will sit an impressive display of classic cars, vintage tractors and MORE! The Centennial Committee is still looking for all years, makes and models to display. Please contact Gavin Nordby at 218-689-3163.

Pictured is a 1961 restored Farmall International that belongs to Mark & Sheila Stenseth, Goodridge, MN, that was shown at the Goodridge Centennial in July 2015.

STAY UP TO DATE BY LIKING THE "GRYGLA CENTENNIAL 2017" PAGE ON FACEBOOK!

Another sneak peek to come next week!



Eagle one day late

The Grygla Eagle will be delivered one day late next week due to the July 4th Holiday.



Kendra Jensen and Brooke Limesand with their "city" at the State Capitol.

Girls and Boys State... making leaders out of the next generation

Written by Kendra Jensen, Eagle Intern

Recently, local area youth were selected to attend the 71st annual Minnesota Girls and Boys State camp in the Twin Cities area from June 11th through the 17th. Among those chosen from the Goodridge/Grygla area were Brooke Limesand, Alaina Monson, Kendra Jensen, Logan Merrill and Clayton Irlbeck.

Girls and Boys State are week long government learning camps sponsored by the American Legion/American Legion Auxiliary for up and coming high school seniors with an outstanding record in their local communities. Girls State was held at Bethel University in St. Paul Minnesota, while Boys state was on Saint John's campus in St Cloud. Though these camps were held at two different separate venues, and are mildly different, they both have the same united goal, to give kids a once in a lifetime, hands-on experience learning about our government system

and the important roll each branch plays in our society.

To be selected for Girls or Boys State you must first be nominated by your school, then interviewed by your local American Legion officials who will narrow down the nominees and pick who they feel is best suited to represent their area at the camp.

"We all started off the week not knowing what to expect" Brooke Limesand shared, which was a sentiment I, too, felt. As we settled into the auditorium for the first time you could see the look of nervous anticipation on all of our faces. "To be honest, I had no idea what I was getting myself into," Logan Merrill laughed. When we arrived to campus, the first thing they did was separate us into "cities and counties". Each "county" had their own dorm building, while each "city" had their own floor in their county's dorm. The purpose of dividing

Girls/Boys State... Continued on back

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 8pm Grace Council
Sunday:
Grace: 9am Worship
OS: 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor TBA
Wednesday:
Joint Service at UL at 7pm
Sunday:
No Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday:
Faith: 8:30 Worship
Bethany: 9:45 Worship
Ekelund: 11am Worship

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

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am 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
Oak Park: 9:45am Worship
Nazareth: 11am Worship

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

Summer League Standings

Week 2 Standings		
	W	L
Green	3	1
Gray	3	1
Maroon	2	2
Orange	2	2
Blue	1	3
Black	1	3

Week 2 Results
Blue 34
Brady Olson 15
Orange 50
Andrew Holte 15
Ben Groven 14

Gray 41
Tyler Schulz 13
Brandon Bakken 12
Maroon 40
Logan Dvergsten 16

Maroon 48
Randy Henrickson 13
Logan Dvergsten 13
Orange 56
Andrew Holte 12
Ben Groven 12
Ty Jelle 12
Steven Hanson 10

Blue 56
Brady Olson 19
Hunter McMillin 14
Black 45
Dayle Larson 14
Jaden Kiesow 14

Green 53
Matt Hanson 17
David Jones 15
Tyler Stinar 11
Gray 49
Tyler Schulz 19
Brandon Bakken 14

The Grygla Eagle will be CLOSED on TUESDAY, 4th JULY in observance of Independence Day.

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Goodridge Summer Reading events

The Goodridge Summer Reading events are open to all children. Daycares are also welcome! Come for some summer fun, stories and friends.
Thursday, June 29th: 5:30pm picnic (pack your own)
6-7pm story time/event
Monday, July 17th: 1-2pm
Thursday, July 27th: 5:30pm picnic (pack your own)
6-7pm story time/event
Tuesday, August 15th: 6-7pm
Summer Reading calendars may be turned in at any of these events. Meet at the Goodridge School playground on sunny days and in the school lobby on rainy days. If you have any questions, please call Ruby Sundberg at 218-294-6514 or 218-684-0653, or email ruby.sundberg@goodridgeisd561.org

Community Calendar

Wed | June 28
Baseball practice in Grygla 10-12am; Tball in Grygla 9-10am; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; JO VB 12U/16U in Stephen

Thurs | June 29
Twilight Garden Tour around Goodridge Area (see page 1) from 4-8pm; Baseball AllStar Game at 5pm in Karlstad; Picnic & Military Display Dedication Ceremony at Marshall County Historical Society 5:30pm; Goodridge Summer Reading Picnic 5:30pm and Storytime/Event 6pm; Goodridge Sand Volleyball 6:30pm

Fri | June 30
Baseball game in Karlstad at 9am (bus leaves Grygla at 7:45am); Senior Meals at Grain Bin Café 11am

Sat | July 1

Sun | July 2

Mon | July 3
Senior Meals at Grain Bin Café 11am; Monday Night Football in Goodridge 6-7:45pm

Tues | July 4
Happy 4th of July!

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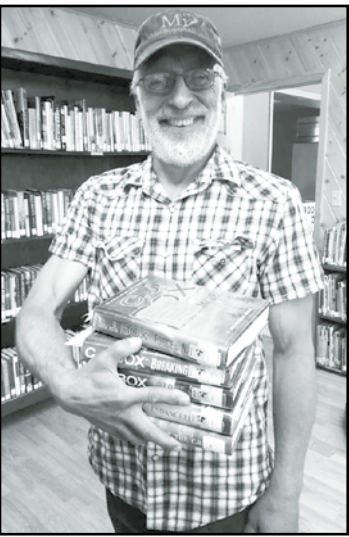
Twilight Garden Tour this Thursday around Goodridge area

Pennington County Master Gardeners invite you to a Twilight Garden Tour this Thursday, June 29th, from 4-8pm. This year, rural gardens will be featured that have won Farm Beautification awards in the Highlanding/Goodridge area. Enjoy the uniqueness and creativity each garden and gardener has to offer. There are 4 sites to see. Signs are posted to help with directions starting at the Highlanding Town Hall, Highlanding, MN.
Tour stops around the area

are Kevin & Sheila Tharaldson, Margie Coan, Brad & Lana Nelson and David & Gayle Dahlen. Tickets are \$5/person and are available at all locations the day of the tour. (No pre-sales.) Please call the Pennington County Extension Office for questions, directions, or more information at 218-683-7030. Please do not type in rural addresses on your GPS, phones or Garmin units; they will not work. Coordinates will be included on your tickets with maps.

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian



Just a couple of photos for you this week of Grygla Library patrons. Donny Wikert has been enjoying reading a C.J. Box fictional series that seems to be a big hit with a few men around Grygla. The main character, Joe Pickett, is a game warden from Wyoming. While Donny comes in to check out the actual books, we have a couple patrons who listen to them on audio CD. My husband also read the entire series and, as an avid outdoorsmen, really enjoyed it. Caroline King enjoys stopping in weekly to check out picture books, movies and play games on the iPad!

Youth baseball schedule

Wednesday, June 28: Baseball practice in Grygla from 10-12pm. Tball in Grygla 9-10am.
Thursday, June 29: Baseball All-Star Game 5pm in Karlstad
Friday, June 30: Baseball game in Karlstad at 9am. Bus leaves Grygla at 7:45am.
Friday, July 7: Baseball game in Grygla vs. Middle River 9am
Monday, July 10: Baseball game in Argyle at 9am (bus leaves Grygla at 7:30am)
Wednesday, July 12: Baseball game in Grygla vs. New-

folden 9am; Tball in Grygla 9-10am
Friday, July 14: Baseball game in Grygla vs. Warren at 9am; Tball in Grygla 9-10am
Monday, July 17: Baseball PeeWee Tourney in Grygla (Time TBD)
Tuesday, July 18: Baseball Midget Tourney (Time, Location TBD)
Wednesday, July 19: Baseball Small Fry Tourney in Warren 9am (bus leaves Grygla at 7:30am)

Chargers All-Star Baseball game

The Chargers All-Star Baseball game will be held this Thursday, June 29th, in Karlstad at 5pm. Midget players

chosen to play are Blake Jensen and Moses Jensen. Peeewe players attending are Matt Busse and Lewis Jones.

Summer League Basketball Schedule

Summer League Basketball is underway. All games will be in the new gym at the Grygla School until the old gym is available. Here is the schedule for your reference:
July 11
6:15pm: NG Black vs. Orange, OG Blue vs. Gray, Refs are Green, Maroon
7pm: NG Green vs. Maroon, OG Blue s. Orange, Refs are Black, Gray

7:45pm: NG Maroon vs. Gray, OG Black vs. Green
July 18
6:15pm: NG Maroon vs. Orange, OG Green vs. Gray, Refs are Black, Blue
7pm: NG Blue vs. Black, OG Green vs. Orange, Refs are Maroon, Gray
7:45pm: NG Black vs. Gray, OG Blue vs. Maroon, Refs are Green, Orange
July 25 – PLAYOFFS

USDA announces funding availability

USDA Rural Development has funding available for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area. Income limits have recently increased.
"Our housing staff will work one-on-one to ensure quality customer service for all applicants," said Acting State Director Mike Navin. "To help prepare would-be buyers for this exciting step, USDA requires applicants to take a homeownership education course that will inform them of the buying process and help safeguard their important investment."

USDA's Direct Home Loan Program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of 20,000 people or less.

Data shows that Rural Development's home loan programs increase economic development and job creation in rural communities. For example, according to the National Association of Realtors, the sale of an existing median-priced home generates more than \$58,000 in economic activity. This includes direct real estate industry supports, home furnishings, appliances and landscaping and other economic activity.
The maximum loan amount for repair is \$20,000 at a one percent interest rate, repayable for up to 20 years. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.
Time is limited to receive these funds. Qualified applicants have until the end of September 2017 to apply. Contact a USDA Rural Development employee today in your area to see if you qualify.

For more information in the following counties: Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau Counties; please contact USDA Rural Development at 201 Sherwood Ave S., Thief River Falls, MN 56701 or 218-681-2843 x.4.

Volunteers and helpers needed for Centennial

Volunteers are needed at the bounce house, selling raffle tickets, handing out history, books, etc. Please contact Gretchen Smeby at 218-289-2947 if you are willing to help out for even

60th Anniversary Open House in honor of Harold & Doris Klamar
July 15, 2017
30758 – 340th St. NE Gatzke, MN
Lunch served 2 –5 pm
No Gifts Please

Gatzke All-School Reunion

Everyone is welcome to the Gatzke All-School Reunion – Gatzke Alumni and anyone who wishes they were! The party will be held on Saturday, July 22nd, at the Bruce and Diane Lunsetter residence by Gatzke. Festivities are set to

begin at 1pm with music by the Barn Boys and local bands! Food wagons will be on site and there is room for parking campers. Please bring your own lawn chairs. T-shirts are available to buy for \$10 by calling 218-222-3734 or 218-222-3370.

Grace Lutheran invites you to a gazebo worship

All community members are invited to a free-will offering picnic at Grace Lutheran Church on Wednesday, July 12th. A grillout will be held from 6-7pm at the church with worship beginning at 7:15pm

across the street at the Veterans Memorial Gazebo. Come and join in for an evening of fellowship. If the weather does not cooperate, worship will be held at the church.

Youth fishing derby for northern pike only

There is going to be a youth fishing derby on July 8th for all kids age 17 and under. The derby will be on the Red Lake or Thief Rivers by boat, off shore, or on a dock. Registration is from 6am-9am at Centennial Park Shelter in Thief River Falls. Parents or guardians must be present at time of registration. Cost is \$5 a fisherman. All kids registered will receive a bag of hooks and lures! All DNR regulations do apply. Fishing is from 9am-12pm. All fish must be presented to officials at Centennial Park before

12:30pm. Random awards will be presented starting at 1pm in Centennial Park.
There will also be special presentations on how to clean a northern pike, removal of the "Y" bones, how to make your own spinners to use on the river and how to fish with lead head jigs and twister tails.
For more information or any questions, contact Dana Klos at 218-689-7376. The winner of the biggest catch at last year's derby was Luke Paulson from Highlanding.

Independence Day... A Day Of Celebration
On June 11, 1776, the Continental Congress appointed a five man committee including Thomas Jefferson, John Adams, Roger Sherman, Benjamin Franklin and Robert Livingston, to draft a formal statement justifying the break with Great Britain.
That document would become known as the Declaration of Independence and was officially adopted by Congress on July 4, 1776. Each July 4th, we celebrate this historic event and the birth of our great nation.
American State Bank will be closed all day Tuesday, July 4, 2017.
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Amazing new artists you're probably not listening to

Written by Kendra Jensen, Eagle Intern

Music is an incredible gift. It helps us celebrate in times of joy, and picks us up when we're feeling sad. That's why it's so great finding new music you might not normally listen to.

Over the next 10 weeks, I will be introducing you to 10 growing artists with amazing music eager to be heard by your listen ears. Who knows, you may be stumbling upon your new favorite musician right now!

For my first column I wanted to start off with a bang, and that's exactly how this artist starts off every song he plays. Colter Wall is a 21 year old singer-songwriter from Swift Current, Saskatchewan Canada. His deep rattling voice with the blend of old soul hillbilly blues style is bound to leave you with a foot that can't stop tapping and chills up your spine. It's the kind of sound I like to deem "Moonshine Music." My first listen to Wall was through a live recorded YouTube video in which he performed his haunting murder ballad "Kate McCannon." He played his way through the song by picking an acoustic guitar and beating his foot to a kickdrum behind him. Though he was alone on stage, he filled the space with a rich booming sound that left me begging to hear more!

The Saskatchewan native says his unique sound has many influences including, Americana roots, delta blues, traditional folk, and country music. When asked about it in a recent interview with Rolling Stone Magazine he stated, "I'm living in Kentucky now, and a lot of the people I meet will say, 'Hey man, I didn't even know

Canadians listened to country music.' But the reality is, if you're in a rural community, it doesn't matter where you're at. Country music is country music. People in Minnesota love Waylon just as much as people in West Virginia. It's a lifestyle kind of thing. It's universal." I know I (as I'm sure a lot of you readers out there) can testify, yes, Minnesotans do love Waylon Jennings!

The emerging folk singer has released one EP titled "Imaginary Appalachia" And just debuted his self-titled, full-length album on May 12, 2017. When asked about his album he said, "I certainly feel like this record is far more mature than the EP in the content of the songs, stories and general sound. This record is a little more personal and most all the stories are true tales of my life."

Keep an eye out for this up-and-comer as he continues to make an impact on our music playlists! You can find Colter Wall on tour this summer; he performed at the Fine Line Music Cafe in Minneapolis on June 14th. You can also find his music on Spotify, soundcloud, or you can purchase his new Album or EP on iTunes!



The Chargers played in Newfolden on June 15th and won 16-0. Pictured left is Matt Busse, who pitched a shutout. Elliot Philipp, right, up to bat in Newfolden.

WHAT A JOKE

Submitted by Kendra Jensen, Eagle Intern

That's Punny! Why don't some couples go to the gym? Because some relationships don't work out.

If there was someone selling drugs in this place, weed know.

A man just assaulted me with milk, cream and butter. How dairy.

eBay is so useless. I tried to look up lighters and all they had was 13,749 matches.

A courtroom artist was arrested today for an unknown reason... details are sketchy.

A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game.

I was addicted to the hokey pokey... but thankfully, I turned myself around

What do you have to do to have a party in space? You have to planet.

My first job was working in an orange juice factory, but I got canned: couldn't concentrate.

A book just fell on my head. I've only got my shelf to blame.



Chase Manderud at a Chargers home game in Grygla last week.



Chix work to wipe out cancer



Grygla's Relay for Life team, Chix from the Stix, held an entertainment night at the Veterans Gazebo last Wednesday evening. Despite a couple pauses in the show due to rain, the event was a success. The team served a free-will donation supper with funds going towards the fight against cancer! Numerous acts performed, including Bailey Watne, above.



A talented bunch of locals took to the stage under the Gazebo last week, including the Mickelson/Rogers gang who sang some familiar hits!



Wally and Karol Byklum at Gazebo Night. The Chix have been hosting this annual event for a few years now; they have raised the most money out of Marshall/Pennington Counties with a total of over \$12,500 so far!



When "Sweet Caroline" comes on, Joy Nordby has still got the moves! C'mon, Nikki and Tausha! Get those legs up higher!

A HIPPIE'S HEALTH

Written by Tara Waltman

Did you know that emotions can impact our organs? How fascinating is that? There are many reasons why an organ might not be functioning at its highest level. One reason might be that it's not getting the nutrients it needs or our emotions could be affecting it. I'll talk more about this in just a little bit. There are some critical factors that cause disease:

- 1. The things we eat and drink
- 2. The air we breathe
- 3. The way we cleanse
- 4. The way we rest
- 5. The way we exercise
- 6. The thoughts we think
- 7. The emotions we feel

Toxins found in the foods we eat or in the air we breathe can cripple or destroy an organ. High stress levels can harm your heart, kidneys, and adrenal glands. A misaligned spine can also interfere with our organs operating at their highest potential. Emotions might play a part as well. In our limbic system of the brain, the neurons for the emotions and the neurons for the organs are right next to each other!

If a person is in an intense state of emotion, the excess energy produced from this emotion will go into the corresponding organ and store it there! Crazy huh!? So what does this mean? This excess energy can change the way the organ functions! A lot of times this is negative energy that can wear the organ down and create disease if the emotional state that is causing it is not corrected.

Have you ever heard of someone dying of a broken heart? This could maybe be true. Lack of joy will impact the heart. Fear and worry impact the kidney. Anger and rage impact liver and gall-

bladder. Sadness impacts the pancreas. Stress impacts the stomach which makes sense to me. We also know if we under stress we can feel tension in our neck, shoulders or we may get headaches. It is important to understand how much our emotions and thoughts impact us. I have witnessed the physical impact on clients I have worked with that have a lot of fear and worry. I've witnessed people who don't allow themselves to feel emotions, who block or suppress them or bury them deep inside and it comes out in physical ailments.

So, it is important to feel emotions, but don't hang onto them. To get enough sleep and exercise to help get rid of stress. Eat fruits and veggies. For me, I put a little joy essential oil on my heart sometimes. Or I will use peace and calming or stress away essential oils to feel at ease. I use Valor essential oil to feel confident. Bottom line: take care of your mind, and emotional health and this will help your physical health. And when all else fails meditate and drink a beer! Haha. That could defeat what I was just saying in some ways, but sometimes you have to live on the edge, too! :)

The information in this article was from the book Inner Transformations Using Essential Oils; Powerful Cleansing Protocols for Increased Energy and Better Health.

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 Darrell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.

DO IT YOURSELF

Submitted by Kendra Jensen, Eagle Intern

Personal s'more pot

Nothing feels more like summer than a relaxed evening at home, snuggled around the firepit, enjoying a delicious s'more with family and friends. Unfortunately, sometimes Mother Nature has other plans and our fun night outside can turn into a gloomy night indoors very fast. When you have your mind set on s'mores, noth-

ing can quite satisfy the need for a fire roasted marshmallow. That's why I love the idea of personal s'more pots! They are cheap, easy to make, and indoor friendly for those rainy summer nights. Here's how you can make your own!

What you'll need: Clay flower pot, tin foil, charcoal

Instructions: Line pot with tinfoil, fill pot with charcoal and ENJOY!



SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Tomato Basil Pasta Salad

- 12 oz penne pasta
- 4 large ripe tomatoes
- 1-2 cloves garlic, minced
- 1 small purple onion
- ½ cup fresh basil
- Juice from 1-2 lemons
- 2 tsp olive oil
- Salt to taste

One of the keys to this dish is finding ripe, flavorful tomatoes to bring out that summer freshness. It's a very simple dish, basically done in the time

it takes the pasta to cook! Cook your pasta. While that's happening, finely dice a purple onion and add to a large bowl. Add in the minced garlic and diced tomatoes. Roughly chop the basil and set aside.

When pasta is done cooking, drain, and immediately add to bowl. No need to rinse. Stir everything together and add your lemon juice, olive oil, basil and salt. Start with 1 lemon and add more to taste if necessary. Toss well! Great served warm, cold, or room temp.

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

Trothplight \trawth-playht, troth\

1. noun / 2. verb

1. engagement to be married; betrothal. 2. to betroth



Lions 5M11 District Governor, Mike Janssen, of Winnipeg, Manitoba, attended and spoke at the Grygla Lion's meeting on Thursday, June 22nd. It is the Lions International's Centennial this year. The 100th annual convention is in Chicago, where the Lions started, next weekend.

ATV groups...
Continued from front

revised plan, which proposes nearly 26 additional miles of motorized trail access, based on public input it received during a comment period last summer, Unger said. The plan also calls for about 10½ miles of new hunter walking trails.

The DNR received about 40 comments on possible revisions to the forest's trail system, Unger said, all of them constructive.

"We wanted to start with that public input so we could use it to generate these trail revisions," Unger said. "And now, since we've gone through that and gone through those comments, we've developed this plan, and this current public review is for reviewing what we're proposing."

Less controversial
The plan looks to be less controversial than the first trail proposal the DNR released in 2005. At that time, the Minnesota Legislature had passed a law requiring all state forests to be classified as "limited," or closed to motorized use unless specifically signed as open.

In the case of Beltrami, hundreds of miles of trails with a history of motorized use would have been closed. The plan, which sparked an outcry among local ATV enthusiasts and manufacturers such as Polaris and Arctic Cat, hit a boiling point in February 2005, when more than 2,000 people attended a public meeting at The Gardens arena in Warroad to protest the proposal.

Lawmakers eventually went back to the drawing board and passed legislation allowing state forests north of U.S. Highway 2 to be designated as "managed." The DNR conducted an inventory of trails, and by the time the process wrapped up in 2007, ATV and OHV riders in Beltrami forest had access to more than 700 miles of various road and trail types.

Phase II, by comparison, basically is fine-tuning and adding connections between dead-end routes that are difficult to manage and don't appeal to riders.

"That's one of the keys," Unger said. "A lot of what we're looking at would make connections between two different minimum maintenance roads or making some loops. Another key is safety. One thing we'd like to do is keep the ATVs off the system roads as much as possible. They're legally allowed to ride on them, but when you have a logging truck barreling down the road and an ATV, it doesn't make for a good combination."

To avoid that, he said the proposal in some areas calls for trails that run parallel to the larger forest roads.

Key omission
Despite the net increase in motorized access, members of the two sportsmen's clubs working in the forest say the plan doesn't include a .7-mile route open for snowmobiles in the winter. The stretch, which is gated and signed as closed to motorized vehicles, would

provide a connection between northern parts of the forest and areas farther south near Fourtown, Minn.

Without that access, ATV and OHV riders have to make an 8-mile detour down system forest roads. That doesn't sit well with Moe of the Fourtown-Grygla club and others.

"It's the experience you're looking for—the ride through the woods, not the ride down a county road," Moe said.

The .7-mile segment was closed under Phase I of the trail plan, but getting it opened is complicated because it falls within the patchwork of federal Land Utilization Project holdings within forest boundaries.

The DNR leases the LUP lands from the U.S. Fish and Wildlife Service. The DNR manages the lands, but its authority is limited, Unger said.

"During Phase I, there were some routes—minimum maintenance roads and designated trails—that went through those lands, and the new lease says no new motorized trails will go through the LUP lands," Unger said. "And since that time, there hasn't been any new designations on the LUP lands."

As Moe sees it, no one from either agency is willing to take a stand and open the trail, even though the Fourtown-Grygla club spent \$60,000 on a new crossing over the Roseau River to improve safety for snowmobiles using the trail in winter. The .7-mile segment is open to snowmobiles because they're not classified the same as ATVs or OHVs.

"I think everybody's open to a lot of what we're asking for, but nobody wants to put their name on it," Moe said. "Being it's LUP land, nobody wants to make the call."

Slow process
The DNR is exploring options for the .7-mile route on LUP lands, but it's early in the process and any solution is going to take time, Unger says.

"It's a little bit more indepth than what the entire Phase II trails designation process is," Unger said. "That's why we didn't include it, but we're looking into it."

Reviewing the various options could take up to a year, he said.

"If we do find an option that may work or that's agreeable between us and the U.S. Fish and Wildlife Service, then we'd consider designating them, but first we need to work out our options on that end," Unger said. "And really, it would take local support and a grassroots effort to help consider some of those options."

If the clubs' recent trail work is any indication, there's plenty of local support.

"We'd like to get more than what they're giving us—you know how that is," Hogenson of the Roseau-Lake of the Woods club said. "We want to try to make a few more connections, but we've got to work our way through this LUP issue."

Brad Dokken is editor of the GF Herald's Northland Outdoors section and also works as a copy editor and page designer.

Yard of the Week



Nominated from Grygla: Eunice Schulz, 46815 Moose River Rd NW

When you drive into Eunice's yard, all you can think is, "How does she have the time and energy to take care of all this?" Not only does she live on picturesque Moose River Road, but her yard nestled in off the gravel is really a relaxing haven you want to escape to.



Nominated from Goodridge: Gary and Julie Kiesow, 25430 340th Ave NE

Intern Kendra headed over to Kiesowville last week to take YOW photos at Gary & Julie's home. She made the remark on how well-tended to their entire yard is with weed-free beds around the yard and pops of color in the healthy flowers. Summer is in full bloom in this yard!

Behind the Scenes...
Continued on back

7,000 tons in the spring alone! It's easy to see why spring if the busy time around there! All the fertilizer is blended on site, also. Jason Bitzer, one of the fulltime employees, gave us a tour of all of the buildings. We even got to see the brand new seed treater. I bet most of you farmers have seen that by now? Anyway, like I said, Jason is a fulltime employee at the Ag and has been so since March of this year. He has a lot of experience on the job, though, as he was an intern for the last four summers while he was going to college at the U of M in Crookston, where he earned his Agronomy and Ag Business Degree.

We got in on some of Jason's daily tasks, which was interesting to see. When we arrived, one of Grgyla's local farmers had brought in a weed that needed to be identified. It was growing along the edge of his soybean field and the roundup wasn't getting it. Jason identified it as Mayweed. Other daily duties of his include giving farmers chemical and fertilizer recommendations, taking tissue samples of live plants, along with soil samples, selecting varieties of seed, chemical and minerals to sell, and scouting fields.

Speaking of fields, the Ag

has a soybean plot northwest of Grygla on Randy McMillin's land this year. Jason invited me and Kendra with to check it out. The plot includes 16 varieties from 2 different companies and sure looks nice, although, I'm not a pro in that department. In fact, I wasn't even sure what "field scouting" entailed exactly, but Jason said it's his favorite part of the job. He enjoys seeing the stages of crops and checking them over for any weeds or bugs.

That afternoon he also had to mail in a soil sample; one crop is turning yellow and they are trying to determine what's wrong. He also mailed in tissue samples of wheat and rye grass to determine their nutrient levels. All samples are sent to AgVise Laboratories in Northwood, ND, so they don't have TOO far to travel!

As a local Agronomist, it's pertinent to stay up-to-date on things; Jason is registered to attend field school for Ag Professionals at the U of M in Minneapolis the end of July.

Grygla is lucky to have knowledgeable professionals our farmers can go to for advice and questions.

In closing, my time was well spent and it reminded me of a quote that I want to share with you. "What you see depends on how you view the world. To most people, it's just dirt. To a farmer, it's potential."



Jason Bitzer interned at Farmer's Union Ag Products Department for four summers before becoming a full-time employee in March of 2017. A local farmer brought in an unknown weed, which Jason identified as Mayweed.



Charger's JO Volleyball had an 18's tourney in TRF last week, June 20th. Pictured above is Libby Johnson with the kill. Pictured below, Trystan Jelle sets the ball up.

