



				
Today	Thurs	Fri	Sat	Sun
Mostly Cloudy	Mostly Cloudy	Mostly Sunny	Mostly Sunny	Snow Showers
H 29 L 11	H 26 L 4	H 27 L 9	H 33 L 17	H 35 L 25

A look at next week ... Megan Thompson spends spring break in Alaska as part of her senior nursing capstone.

Greetings to all residents served by the Grygla Volunteer Fire Department

Greetings from the Grygla Fire Department! Have you heard that the annual Firemen's Supper is right around the corner? Rumor has it that we might have perfected the recipes for roast beef and ham. Some say they've never tasted a better helping of coleslaw. We hear our gravy is better than homemade.

Come on up to the Community Center and judge for yourself!

The annual Firemen's Supper will be held Sunday, April 8, at the Grygla Community Center, from 4:00 - 7:00 pm. 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 7:00.

During the past year, the fire department has responded to 41 calls. This included 6 wildland/grass fires, 4 structure fires, 2 ag equipment fires, 2 weather alerts, 9 auto accidents, and 18 medical calls. We also assembled 86 park benches for the Grygla Centennial weekend.

This spring, the squad is being kept busy with First Responder Recertification training. Along with CPR and First Aid, we have been practicing using the Lucas Chest Compression Device. This machine performs chest compressions autonomously while the act

of CPR is in progress. It allows for the First Responder to monitor airway, breathing, and circulation continuously without having to stop to perform chest compressions. The Lucas Device was purchased in part through funds raised from previous suppers.

We would like to acknowledge the support of all the individuals, businesses, service clubs, and civic organizations in our area. With your generous donations, we have been able to make improvements to our equipment, attend trainings, and maintain our Fire Hall.

Serving the community since 1941, the Grygla Fire Department serves 6 townships in Marshall County, 8 town-

ships in Beltrami County, and provides mutual aid (when requested) to the surrounding departments in Goodridge, Middle River, and Roseau.

Volunteers: Bob Thompson, Chief, 3-7-83; Brad Monson, Asst. Chief, 3-1-95; Lynn Anderson, Rescue Squad Captain 8-4-80; Greg Monson, Safety Officer/Secretary, 1-1-07; Travis Dougherty, Captain, 2-4-13; Geoffrey Satre, Training Officer, 2-4-13; Owen Hagen 1-6-76; Paul Nordby 3-7-83; Dave Dunrud 12-7-92; Jeff Lund 10-6-97; Carson Saurdiff, 12-4-00; Rodney Hagen 7-1-02; Chris Jelen 2-3-03; Mark Severts 5-15-06; Mike Jelle 6-2-08; Ryan Sorvig 6-2-08; Andy Oslund 6-1-11; Jason Woods 2-1-14; Richard Davenport 2-1-14



Drone photo by Tanner Wellman, taken at the Grygla Centennial.

Low number of elk in the Grygla herd is cause for concern

Although the recent elk surveys show slight population increase, Grygla's herd is at its lowest number, which is cause for concern.

Minnesota's elk range in northwestern Minnesota has three herds with a total of 97 elk, according to the annual aerial elk population survey completed by the Minnesota Department of Natural Resources in Kittson, Marshall and Roseau counties.

Past surveys recorded 79 elk in 2017 and 83 elk in 2016.

"People often are surprised to learn we have wild elk in Minnesota," said Doug Franke, Thief River Falls area wildlife supervisor. "As biologists, our annual elk surveys are one way we collect information we can use to manage these large and often elusive animals."

Year-to-year, the survey results vary depending on the movement of the Caribou-Vita herd that travels back and forth across the Minnesota-Manitoba border. Meanwhile, the smaller Grygla herd in Marshall County remains at low numbers.

"We continue to be concerned about low numbers of elk in the Grygla herd, which has not been hunted since 2012 and remains below our population goal," Franke said.

In Marshall County, observers counted 15 elk in the Grygla herd, down from the 17 elk counted last year and 21 elk in 2016. The current population goal range for the Grygla elk herd is 30 to 38 animals.

Another elk herd, the Kittson-Central herd, is located near Lancaster in Kittson County. Observers counted 75 elk compared to 61 elk in 2017 and 52 elk in 2016. The current population goal range for this herd is 50 to 60 animals.

Aerial surveys are a snapshot in time, meaning they are only an estimate of the population, not an exact number. The DNR counts elk only on the Minnesota side during its aerial surveys.

Border herd results

This year, the DNR was again able to conduct a joint aerial elk survey with Manitoba Conservation for the Caribou-Vita elk herd, also known as the border herd. The survey was completed on March 11

and March 12 for the areas close to the border. Manitoba Conservation wildlife staff counted 80 elk near the border, down from the 108 elk counted last year. There were 46 elk counted slightly north of Vita, Manitoba, which is down from the 55 elk counted there last year.

Observers counted a total of 126 elk on the Canadian side of the border, down from the 163 total elk counted last year. The Caribou-Vita herd is Minnesota's largest herd, with a current population goal range of 150 to 200 elk inhabiting both sides of the border.

Depending on the year and day of the survey, elk numbers on the Minnesota side can greatly vary. Observers in Minnesota counted only seven elk this year in the Caribou-Vita herd. One elk was counted in 2017 and 10 animals were counted in 2016 in the state.

Research continues

In 2016, the DNR radio-collared 20 cow elk in Minnesota's three herds to begin research into elk movements and habitat use that should help managers improve the effectiveness of elk population surveys, the knowledge of Minnesota elk biology and movements, and elk depredation management. The study is being conducted by researchers from the DNR and Minnesota State University-Mankato. It will run through June 2018.

This research project is the first of its kind in Minnesota. The goal is to improve understanding of the species and ultimately develop management programs that benefit elk and their habitat, while also minimizing conflicts with landowners.

Funding for the project was provided by the Minnesota Environment and Natural Resources Trust Fund as recommended by the Legislative-Citizen Commission on Minnesota Resources and approved by the state Legislature. The DNR and the Rocky Mountain Elk Foundation are also providing funding.

More information on Minnesota's elk management can be found at mndnr.gov/elk.

Feedback about the Grygla herd

Outdoor News shared this article on their Facebook page, which generated conversation amongst readers. While names won't be included, some of the feedback will be.

- *Actually the Grygla herd has spread out. No longer in their survey area so they don't get counted.*

- *I agree that they have spread out but the question is WHY? Bulls are alone, no cows near them means no calves. Still think it's wolves that have dispersed them.*

- *I'm sure wolves had something to do with it, but I have talked to many people around Grygla in the non-survey area that have seen groups of 7-10 elk hanging together.*

- *Years of reduced deer numbers equal wolves eating elk.*

- *Grygla summary: When wolves run out of rabbits, they eat deer. When wolves run out of deer, they eat moose. When wolves run out of moose, they eat...? Elk and cattle.*

In regards to these comments, the Grygla Eagle Newspaper contacted Doug Franke, Thief River Falls area wildlife supervisor. When asked if he thought wolves played a part in the low numbers of elk, Franke offered, "Wolves are a predator that would impact elk, yes. But we don't have data showing that wolves are directly impacting the Grygla herd, or any herd in Minnesota. Not that they couldn't or wouldn't, but we have no evidence of it. There are no kill sites or carcasses to show us that wolves are the problem. We do know from the collared

data that black bear do find elk calves and feed on them; we had one situation that we know of where that happened."

Franke said the Grygla herd is losing its ability to sustain itself, but with the knowledge of elk moving to and from, there is hope for future growth.

Some of the comments above mentioned the survey area. 133 square miles are surveyed. The area comes within a mile north of Grygla and extends north. The western boundary stays about 3-4 miles east of Thief Lake itself. The eastern boundary is the Moose River Impoundment. "We've never seen the elk located beyond that in the marshy area," Franke mentioned. The survey area is established based on historic winter locations; the elk are pretty distinctly in similar areas each winter. "We have never heard of a group of elk that have been outside of the survey during the winter months, but we encourage people to let us know when they see any because we would move our survey area based on that," encouraged Franke. He agreed that the elk are definitely distributed off that survey block, but it's in the summer months when that happens. He concluded, "For the last 30 years, the winter habits of the herd have remained the same."

Of the 15 elk counted in the Grygla herd, 7 were antlerless. Research has shown that the bulls stick close to the cow herd; they are almost never within a 2-4 mile radius.



Goodridge School hosts dinner theater

The Goodridge School Drama Department, along with the Close-Up program, is hosting a dinner theater on Friday, April 27th, at 7pm. Come enjoy a tasty dinner while watching the ever-hilarious play "Larceny and Old Lace." Tickets are now on sale from any Close-Up student for \$20. Price of the ticket includes admission to

the play and dinner, which includes: pork tenderloin, baked potato, corn, roll and dessert.

Don't be left out! Get your tickets now before they are gone!

The play will also be performed in front of an audience on Thursday, April 26th, which will not include the dinner theater.

Grygla Drama Department schedules play

The Grygla School Drama Department is performing a play this year titled "You're Driving me Crazy," which is about four driving instructors and students that have crazy driving sessions. The play will be Friday, May 4th, at 7pm.

It will also be performed that afternoon for the student body with parents, head start children and daycares welcome to attend. Admission is \$1 for the afternoon showing and \$7 for the evening performance.

LYO to visit Rescue Mission

The Grace Lutheran/Our Savior's Lutheran Church LYO group is going on an outing to the Northland Rescue Mission in Grand Forks on Sunday, April 15th. This is for 6-12 graders. Please sign up outside of the Grygla School office if you are interested in attending this worthwhile trip. By signing up, it will be easier to line up vehicles or a bus.

The plan is to arrive at the mission by 10:30am. A representative from the mission will talk to the kids about the reasons that can bring people to the mission, how the social workers assess the people and

what they do for them to get them out on their own again independently.

LYO kids will be packing lunches for the mission's after-school program, as well as helping serve the noon meal at the mission.

After leaving the mission at 1pm, the group will go out for lunch and either go bowling, to a movie, or some other fun activity while in Grand Forks.

Don't pass on attending this trip. It will shed a whole new light on what we have to be thankful for and how we should never take anything for granted.



5 generations ~ a tie to the past, a road to the future! Leland & Thelmas Thomas, Wayne Thomas, Shaunna Olson, Kaitlyn Olson, and her new little bundle of joy, Grayson!

Elementary Basketball Night this week

The annual elementary basketball game night will be held at the Grygla School this Thursday, April 5th. Admission is \$2.00 per adult and \$1.00 grades 7-12. The games will start at 6:30pm with the Preschool & Kindergarten. 1st-2nd will play at 6:40pm. 3rd grade at 7:05pm. 4th-6th grade girls at 7:30pm and 4th-6th grade boys at 7:55pm. Please bring your child/children with you that evening. There will be

no supervision for students between the end of the school day and the start of the games. The 6th grade will also have concessions of pop/candy/popcorn available.

ECFE will be doing their fundraiser on this night, as well. They will be serving BBQ's and chips from 5-7pm. They will also have various theme baskets, which you can buy tickets for a chance to win.

CHURCH CALENDARS

Grygla Lutheran Parish
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Sunday:
Grace: 9am Worship
OS: 10:30am Worship w/ 9:30am SS

Gatzke-Thief Lake Lutheran Parish
United - Gatzke; Our Savior's - Thief Lake
Wednesday, April 4:
OS Ladies Aid 2:30pm
Sunday:
OS: 9am Worship w/ 10am SS
UL: 11am Worship

Goodridge Area Lutheran Parish, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, April 4:
6pm Faith WELCA; 7pm Bethany 7/8 grade confirmation
Sunday:
Bethany: 8:30am Worship w/ 9:45am SS
Ekelund: 9:45am Worship w/ 11am SS
Faith: 11am Worship w/ 9:45am SS
Monday, April 9:
Rachel Circle 9:30am; 7pm Faith Parish Board meeting

The Catholic Communities of St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hamness
Sunday:
St. Clement's: 11:45am
St. Ann's: 10am

Bethesda Lutheran Church
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship w/ 10:30am SS

Head Start/ Early Head Start recruitment

Northwest Head Start and Early Head Start are currently recruiting children and families for the 2018-2019 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. This is a primarily center-based preschool program. Early Head Start is for eligible families who are expecting or have children birth up 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.

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 Merseith
Wednesday, April 4:
Wed. School/Confirmation 5-7pm; LYS meeting 7pm
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Nazareth: 9:45am Worship, 8:30am SS
Oak Park: 11am Worship, 9:45am SS

Liberty Chapel
Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

Johnson Funeral Service, Inc.
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Red Lake Falls • 218-253-2128
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JT Hogs has butcher hogs ready for sale
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School Lunch Menus

Grygla Lunch Menu
Wednesday, April 4: Pizza, Veggie, Fruit
Thursday, April 5: Pork in Gravy, Mashed Potatoes, Corn, Fruit
Friday, April 6: Lasagna, Garlic Bread, Veggie, Fruit
Monday, April 9: Italian Hoagie, Fruit, Salad Bar
Tuesday, April 10: Chicken in Gravy, Potatoes, Bread, Corn, Fresh Fruit
Goodridge Lunch Menu
Wednesday, April 4: Hot or Cold Sub Sandwiches w/ Cheese, Corn, Garden Salad, Apples, Oranges
Thursday, April 5: Hamburger in Gravy, Mashed Potatoes, Steamed Carrots, Fruit Salad
Friday, April 6: Pulled Pork, Baked Beans, Pineapple, Tossed Salad
Monday, April 9: Quesadilla, Green Beans, Applesauce
Tuesday, April 10: Hamburger Patty on a Bun w/ Toppings, French Fries, Tossed Salad w/ Tomatoes, Apple & Orange

Community Calendar
Wed | April 4
Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm
Thurs | April 5
Goodridge School NHS Tapping Ceremony 9am; Grygla Elementary Basketball Night/ECFE Fundraiser
Fri | April 6
Senior Meals at Grain Bin Café 11am
Sat | April 7
Grand Am Basketball Tourney in GF
Sun | April 8
Grand Am Basketball Tourney in GF; Grygla Fireman's Supper at the Community Center 4-7pm
Mon | April 9
Senior Meals at Grain Bin Café 11am; Track practice begins; Chargers Winter Sports Banquet at Grygla Community Center 7pm; Grygla City Council meeting 7pm
Tues | April 10
Track practice
Wed | April 11
Track practice; Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; April Senior Birthday Party at Grain Bin Café 2:30pm

Notice: Benville Township
Board of Review for Benville Township is scheduled for Tuesday, April 10th at 10:30am at the townhall.
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2018 Grygla Lions Annual
SMELT FRY
Saturday, April 14th
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

Roseau Electric Cooperative, Inc.
A Touchstone Energy® Cooperative
Official Notice of Annual Meeting
Saturday, April 7, 2018 • 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 7, 2018, at 10 am.
ANNUAL MEETING AGENDA
9 am - Registration
10 am - Invocation
12 Noon - Comments, adjournment
- National Anthem
- Business Meeting
- Election of director candidates
- Guest speaker: Mac McLennan, Minnesota Power Cooperative
- Entertainment: Nite Ryders
- Door Prizes
- Comments, adjournment
- Announcement for lunch
- Entertainment: Nite Ryders
Each member attending will receive a free campfire mug to be handed out at the end of the day!
GUEST SPEAKER
Mac McLennan President & CEO Minnkota Power Cooperative
Robert "Mac" McLennan is the president & CEO of Minnkota Power Cooperative, Roseau Electric Cooperative's wholesale power provider based in Grand Forks, N.D.

Be Charger Kind
The Grygla School is recognizing acts of kindness. Students are encouraged to write down their peers' names and acts of kindness that they witness and put the slips into a bucket. At the end of each week one elementary student and one high school student are chosen and they receive a t-shirt. Charger Kind winners recently chosen: Kian Ahlbeck and Chloe Osse.

Rabies Clinic set
The Rabies Clinic has been set for May 17th at the City Garage in Grygla from 5:30-7:30pm. Cat and dog licenses can be renewed at that time, also.
ATV Safety Training
April 14th from 9-11am at the Grygla School. Students must be 11 years of age or older. Sign up in advance. Bring a helmet if you have one. Online class must be completed prior to April 14th by going to ATV-course.com
Contact Nick Harris (688-0037) or Kyle Haack (686-5583) for a registration code. This event is sponsored by the FournTown/Grygla Sportsman's Club.

Chargers Winter Sports Banquet Monday
The Chargers Winter Sports Banquet is scheduled for this Monday, April 9th, 7pm, at the Grygla Community Center. The banquet will be catered by the Grygla Lions. Dinner will consist of ham, scalloped potatoes, corn, dinner rolls, milk, coffee, ice cream and punch. Athletes, managers and coaches will have dinner at no charge. For all others the charge will be \$8/students 12 years of age through adult, \$5/students 6 years of age through 11 years of age.
This banquet is being held to recognize the hard work and achievements of 7-12 grade student athletes.
Wednesday, April 4, 2018

Foot care clinics
North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:
Newfolden Community Center: Tuesday, April 3, 2018, at 9:00am. Contact: Darcy Hestekind at 218-874-2256
Warren Community Center: Thursday, April 5, 2018, at 9:00am. Contact: Marilee Marty at 218-478-3092
Stephen Community Center: Tuesday, April 10, 2018, at 9:00am. Contact: Marilee Marty at 218-478-3092
Grygla Community Center: Friday, April 13, 2018, at 9:00am. Contact: Marion Franzman at 218-294-6489
Middle River Royal Manor Apts.: Monday, April 16, 2018 at 9:30 am. Contact: Cindy Kilen at 218-222-4466
Please call the person listed above to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel.
Please arrive 15 minutes prior to your scheduled appointment time.
The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.
The North Valley Public Health staff will do free blood pressure checks upon request.

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ACROSS

- Caprese birthplace
- Vigor
- Opera house box
- Completely dedicated
- *Earth Day month, acronym
- Boiling kettle emission
- Dog collar attachment
- Lao-tzu follower
- Think tank output
- *Greenhouse gas
- *Green transportation
- U.N. labor issues org.
- Copper coin
- Unit of electrical resistance
- Short for "and elsewhere"
- Take for ransom
- Blow up
- *What exhaust pipes do
- Cabbage
- "I'm ____ you!"
- Alternative to talkers
- Russian autocrat
- Must-haves
- Was aware of
- Giant Himalayan
- Put on a pedestal
- "Team" homophone
- Say it to agree
- Hallway permission
- Mouth piece
- *Homemade fertilizer
- *Marked with different recycling codes
- Shylock's practice
- O in OPEC
- Île de la Cité river
- Blackthorn fruit, pl.
- Future fish
- Mixed breed dogs
- One trick animal?
- Rain byproduct

74. "Bye" to Banderas

DOWN

- "____ down!"
- Sheltered, nautically
- ____ du jour
- Hindu sage
- Get a lungful
- Toupee spot
- *Federal org.
- Exploratory spacecraft
- "____ and the Tramp"
- Crude group
- Hockey score
- Highland tongue
- Target of crime
- Prominent
- Desk well content
- Grisham novel "The ____"
- *Diminishing layer
- Sharpens
- Sacred song
- In a frenzy
- Half-rotten
- Offensively curious
- Winged
- *The ____ Agreement
- Pie a la ____
- *Oxygen generator
- Excellent, old fashioned
- Indian soldiers in Great Britain's army, e.g.
- More, in Madrid
- Unwholesome atmosphere
- *Nature's rage
- Impostor
- Intersection of two arcs
- Capital of Norway
- Negatively charged particle
- The hunted
- Same as pleaded
- South American monkey
- Sean Penn's movie "____ the Wild"
- ____ pool or ____ pit
- Debtor's letters

▶ A HIPPIE'S HEALTH

Written by Tara Waltman

Capturing a perfect moment in time is priceless. Seeing my daughter smile so lovingly (maybe she had just farted) at my grandmother was so incredibly special. My grandmother was smiling at her just as lovingly. It made my heart so happy to see. I remember spending a lot of time with my grandmother (both my grandmothers) growing and I loved that time and will forever cherish it. I remember hearing stories of older times, of gardening and helping to make or cook. If you have not spent time with your

grandparents lately or with your parents or loved ones in general now is the time! Go and have coffee with a loved one and really take in the moment and enjoy.

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.

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Sepulcher

noun

\sep-uh l-ker\

1. A tomb, grave or burial place.

2. Also called Easter sepulcher. Ecclesiastical. A) a cavity in a mensa for containing relics of martyrs. B) a structure or a recess in some old church in which the Eucharist was deposited with due ceremonies on Good Friday and taken out at Easter in commemoration of Christ's entombment and Resurrection.

Goodridge School Student Council and Goodridge Lion Tamers's Blood Drive brings in 27 volunteers

The Student Council and Lion Tamers of Goodridge hosted a blood drive with United Blood Services on March 28 at Goodridge High School which helped collect at total of 27 units of blood for patients in need.

A total of 27 individuals volunteered to donate blood and 23 individuals were able to donate at the United Blood Services blood drive on March 28. A total of four donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. There were seven people who volunteered for the first time.

United Blood Services expressed their gratitude to Cindi Kotrba and Becky Carlson, who coordinated the drive, and Goodridge School Student Council and Goodridge Lion Tamers which co-sponsored the blood drive, as well as others who assisted the day of the drive: Brandon Stanley, Kendra Jensen, Madilyn Race, Liberty Johnson and Mercedes Coan.

UBS strives to keep a 5-day supply of every blood type on the shelf at all times to be able to meet the needs of patients

across the region. Donations from O-negative donors, the universal blood type, are especially important this time of year due to increased accidents and trauma cases.

United Blood Services is the only blood provider to nearly 70 hospitals across the region. The blood supply is dependent on selfless donations from volunteer donors to ensure the lifesaving needs of the region are met.

About 30 percent of UBS's blood supply goes to cancer patients across the region and one in seven people entering the hospital will need blood. Those relying on blood in the region receive that lifesaving blood from UBS.

Donors can make a convenient appointment to give blood at www.bloodhero.com or by calling (877)827-4376. With each donation, donors receive a free total cholesterol test and earn points in United Blood Services' Hero in Me rewards program.

Blood donation takes about an hour from check-in to refreshments. Donors can save about 20 minutes by completing their Fast Track Health History the day they donate on www.unitedbloodservices.org

Grygla/Gatzke/ Goodridge artists to exhibit work in TRF

The Northwest Minnesota Arts Council is pleased to announce the 2018 Arts Expo and the Annual Art Exhibit. This year, the annual exhibit featuring 139 pieces of art, will be in Thief River Falls at the Ralph Engelstad Arena and runs from April 18 through April 28, 2018. Marshall County residents Betsy Saurdoff of Goodridge, Debbie Aune of Gatzke, Jill Levene of Warren, Judi Szklarski of Argyle, Lucille Nelson of Warren and Lisa Donarski of Newfolden all have artwork in this exhibit. Greenbush, Middle River, and Gatzke students Tessany Bertilrud, Asher Burslie, Lauren Stenberg, Lauren Kvien, Gavin Eeg, Theron Kuznia, Toby Wilson, Kristy Williamson, Issabella Brockhouse, Kristy Williamson, Caleb Tydlacka, Ava Novacek and Jace Gust; Goodridge students Madilyn Race, Kaylee Amundson, Kendra Jensen, and Cynthia Sampson; and Grygla students Layla Jelle, Elise Monson, Daria Waletzki, Cheyenne Irlbeck, Trystan Jelle, and Olivia Tykward have entered art in the exhibit.

Annual Art Exhibit - Ninety-nine adult and student artists from our 7-county service region have entered into this art exhibit and will be competing for \$2,300.00 in cash awards. Exhibit cash award winners will be chosen while the exhibit is on display by a qualified juror. They will be recognized and receive their check at the Artist Reception on Saturday, April 28. The exhibit opens at 9:30am that day with the reception at 2:00pm. Of the Year Awards will also be presented.

Arts Expo - The Northwest Minnesota Arts Council is hosting an Arts Expo on Saturday, April 28, at the Ralph Engelstad Arena in Thief River Falls. The event will include presentations from representatives from a variety of arts organizations. These representatives will also be staffing tables to meet with attendees, answer questions and provide information about their organizations and services. Both events are open to the public and are free to attend.

Saturday, April 28 Schedule:

- 9:30: Art Show in Lobby (open all day)
- 10:00: Registration
- 11:00: VSA Presentation in

Dakota Room: For artists with disabilities, as well as, arts leaders or other organizations trying to provide access to people with disabilities.

Noon-2:00: Round Table presentations in Imperial Room

2:00: Artists' Reception

2:30-3:30: Exhibit and Of the Year Awards Presentation

Organizations at the Arts Expo and their representatives include this amazing line-up:

- MCA (Minnesota Citizens for the Arts): Sheila Smith, Executive Director
- VSA Minnesota (The state organization on arts and disability): Craig Dunn, Exec Director
- Springboard for the Arts: (office in Fergus Falls and St Paul) Dominic Facio
- Foundations and Organizations that give grants to artists and arts organizations, cities, and more:
- Minnesota State Arts Board in St Paul: Sue Gens, Executive Director
- Northwest Minnesota Arts Council in Warren: Mara Hanel, Executive Director
- Playwright Center: Julia Brown and Alayna Barnes
- Northern Clay Center: Kyle Rudy-Kohlhepp
- Jerome Foundation in St. Paul: Ben Cameron
- Playwright Center and Northern Clay administer McKnight Fellowships will be on-hand to answer questions on these larger fellowships and talk about their own programming for residents of Minnesota.
- A few more key arts organizations from the Twin Cities area:
 - Minnesota Music Coalition: Ellen Stanley
 - MN Assn of Songwriters: Carl Unbehahn
 - MN Theater Alliance: Joanna Snedman
 - MN Fringe Festival: Dawn Bentley
 - Nemeth Art Center: Michael Dagen and Dawn Rossback
 - Women's Art Institute: Anna Garski
- Local experts will speak on resources that serve the state:
 - MN Arts Online: Therese Masters Jacobson
 - Explore MN Tourism: Dave Bergman
 - Teaching Artist Roster Program Artists (in NW Minnesota): Misti Koop, Stephanie Olson

A Note from Principal Lunsetter's Desk

"Every job is a self-portrait of the person who does it. Autograph your work with excellence." ~Ted Key

Everything we do reflects on the type of person we are, the parents that raised us and the communities that we grew up in. When we go out into the world, everything we do has those stamps on it. We hope that our actions correspond with the type of person we believe we are, and we also try to instill those same feelings in our kids. Everything that we do, we should be willing to sign our name and claim, otherwise we need to ask ourselves if it's really worth doing. When we get to the point where we can be proud of all of our actions, then we have finally fulfilled our potential. Until then, we'll just keep on trying!

This idea was circulating around online and seems like an inspiring thing to do. Make "Blessing bags" and keep in your car in case you find someone in need. You can make these up with items from the Dollar Tree such as gloves, thermal socks, beef sticks, crackers, candy bars, toothpaste, toothbrush, wipes, deodorant, snacks and other items that may help someone who is homeless or in a bad way. It is just a thoughtful, inspiring thing to do. Random acts of kindness take very little to change the life of just one person.

▶ SIMPLY DELICIOUS

Caramel Grapes.

These are the perfect snack! Grapes dipped in caramel and then in toffee pieces (or nuts). Bet you couldn't just eat one...

Ingredients

green grapes
toothpicks
1 cup caramel bits
2 tablespoons heavy cream
1 cup toffee pieces, or salted peanuts or cashews, crushed finely

Directions

Poke toothpicks into your grapes; set aside. In a small pot, over medium-low heat, combine the caramel bits and cream. Stir until melted. Reduce heat to lowest setting just to keep warm. Dip the grapes into the caramel sauce and then into the crushed toffee or nuts. Place on a plate to set. Repeat until all the grapes are used. That's it! Pop those babies in your mouth and enjoy!

Written and made by Kari Sundberg, Eagle Editor

Every recipe for these on Pinterest kept calling them Caramel Apple Grapes, but there is nothing "apple" about these so why not drop the "apple" and just call them caramel grapes? I understand that they look like caramel apples, so I kind of get it, but for all intents and purposes, I am renaming these caramel grapes.

DNR offers programs to learn to camp, paddle, mountain bike and fish

Registration for the 2018 I Can! programs that teach camping, paddling, mountain biking and fishing skills at Minnesota state parks and trails begins Tuesday, March 27, according to the Department of Natural Resources.

The I Can! series helps beginners of all ages learn outdoor skills. The programs start in June and continue through the end of August. They include:

- I Can Camp! – Develop (or brush up on) fire-starting and camp cooking skills and sleep on comfy air mattresses in tents large enough to accommodate two adults and up to three children (\$60 for one-night programs or \$85 for two-night programs).
- I Can Paddle! – Get out on the water for a sea kayaking adventure on Lake Superior (\$35 for ages 12-18, \$45 for adults) or a guided canoeing or kayaking experience on a Minnesota lake or river (prices vary).
- I Can Mountain Bike! – Learn riding techniques and explore mountain bike trails with guides from the Cuyuna Lakes Mountain Bike Club (\$15 for ages 10-15, \$25/adults).
- I Can Fish! –Experience the fun of casting into the water and the excitement when there's a tug on the line! (\$7/person, children under age 12 are free).

The I Can! series also includes the Archery in the Parks programs, which are free and

for which no reservations are needed.

"We provide all the gear along with friendly instructors who can show you how to use it," said Erika Rivers, director of Minnesota state parks and trails. "Our goal is to make it easy for busy families to discover the fun of spending time outdoors together."

Registration and more information

For more information, including program dates, times, locations, and minimum age requirements—visit www.mndnr.gov/ican or contact the DNR Information Center at info.dnr@state.mn.us or 888-646-6367 (8 a.m.-8 p.m. Monday through Friday, 9 a.m.-1 p.m. Saturday).

To register, visit www.mndnr.gov/reservations or call 866-857-2757 (8 a.m.-8 p.m. daily, except holidays).

The program series is made possible with funding from the Parks and Trails Fund, created after voters approved the Clean Water, Land and Legacy Amendment in November 2008. The Parks and Trails Fund receives 14.25 percent of the three-eighths percent sales tax revenue that may only be spent to support parks and trails of regional or statewide significance.

The program received a Government Innovation Award in 2015. More than 15,400 people have participated in these programs since they were first offered in 2010.

3 THE GRYGLA EAGLE

Wednesday, April 4, 2018



Goodridge Area Fire and Rescue held their 14th annual open house and fundraiser last Saturday, March 31st, with a supper at the Goodridge Fire Hall and a live auction following at the Goodridge Liquor Store.

Proudly serving the community, back row, L-R: Neil Jensen, Trent Nerhus, Jason Kotrba, Joe Hruby, Seth Rupprecht, Joe Rubischko, Casey Jones, Nate Peters, Dave Sjulestad, Adam Sjulestad, Audra Lovly, Jessica Barnett, Danette Jensen, Mike Drangstveit, Bobby Paulson, Lee Seyller and Wyatt Alby.

Front row, L-R: Tanner Wellman, Nicky Kotrba, Jesse Nelson, Dale Manderud, David Lovly, Kensie Haugen, Karyl Mayernik, Amy Halvorson, Mike Lovly, Jeremy Nelson and Clark Nelson.



Special reminder for Food Shelf Campaign

(Submitted by Cheryl Sis-tad, Chairman)

This year the 2018 March Campaign for the Minnesota Food Share started on Monday, February 26th, and runs through Sunday, April 8th. What makes those dates so special? Right in the middle is Easter. While everyone planned an Easter dinner with their families, we worked to provide extra provisions to our clients to ensure that they could enjoy an Easter celebration with their family, as well.

That is where you come in as we still depend on your food and monetary donations to help us reach our goals.

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 as 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 Co-op store. Just a reminder that with your mon-

etary 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.

Below is a list of suggested items:

Breakfast: Canned fruit juices, hot and dry cereals, dry powdered or canned milk.

Lunches/Dinners: Hearty soups (chunky type), tuna fish, canned beef or poultry, peanut butter, canned fruit or vegetables, canned or boxed main dishes, rice, macaroni, spaghetti, spaghetti sauces, baked beans, canned chili, stews, potato buds.

Food Staples: Crackers, sugar, flour, coffee, tea, hot chocolate, pancake and biscuit mixes.

Sundry Basics: Toilet paper, facial tissue, bath soap, shampoo, moisturizer, deodorant, feminine sanitary supplies, laundry soap, dish soap, bleach ammonia liquid, toothpaste, tooth brushes.

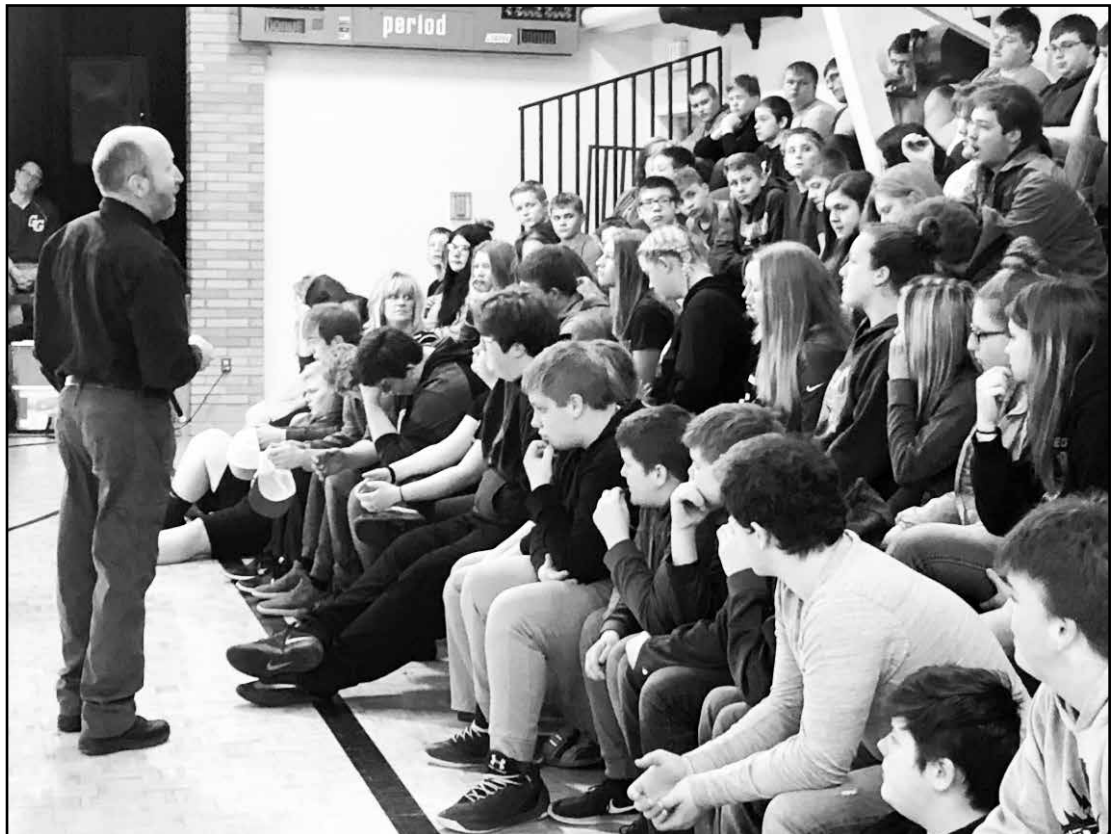
Baby Items: Diapers, baby shampoo, cereal, infant formula, powdered milk, bath powder, baby oil, baby wipes.

Special Treats: Cake mixes, cookie mixes, muffin mixes, granola bars, pudding mixes, Jell-O mixes, graham crackers, packaged cookies.

It's always great to get donated food items, as it adds to the variety of food items available. Our order form from the North Country Food Bank does not always change a lot from month to month, so getting different items donated is always welcome!



Post Prom Bingo was held last week at the Grygla School.



Grygla School news

As a part of "You Matter" Day, Tim Denney was at the school to visit with 6-12 grade students about bullying, acceptance, school violence and the potential that Generation Z holds. In addition to this, there were also 3 other activities that groups of students rotated through. The first was viewing a video by Kid President about how to change the world right where you are, with an informative discussion following. The second was a small group discussion with Tim Denney related to his earlier presentation. The third was tile painting. In this session the 7-12 graders mentored the K-6 while creating painted tiles, that will be used as a part of a mural. It was a great morning for staff and kids, and Tim Denney can't be thanked enough for being a part of it.



Rose and Sully Sjulestad, children of Adam and Lindsay Sjulestad, Goodridge, had a fun morning in Goodridge last Saturday visiting with the Easter Bunny and participating in an egg hunt and coloring contest. The Goodridge Area Historical Society hosted the Easter activities and fun at the Goodridge Senior Citizens Center.

DNR Foresters Offer Spring Tips

By Shane Delaney, DNR Warroad Asst. Area Supervisor

Warroad area foresters had a busy winter supervising timber sales and setting up sales for the upcoming July and December 2018 timber auctions. Ground conditions made it a good year for harvesting, so timber sale activity stretched from Kittson County north of Lake Bronson, west of St. Hilaire, east to Thorhult and, of course, southeast of Warroad. We also set up sales for this July and December.

As the weather warms up, though, we're turning our attention from harvesting to getting things ready for the spring season.

Roads & Construction

Now that state highway weight restrictions are in place, weight limits also will go into effect for the Beltrami and Lost River State Forest roads.

We do have a couple of large road projects planned for this summer construction season. Thompson Forest Road will undergo reconstruction from the Wobble Grade to Clear River, and two large culverts will be replaced five miles north of Fourn town on Dick's Parkway.

You can keep an eye on road updates, including restrictions, closures and maintenance, on the DNR's website: www.mndnr.gov/trailconditions

Trees Still Available

If you'd like to add or replenish trees on your property, there's still time to order from the DNR's State Forest Nursery. The minimum order is 500 trees. Stop in your local forestry office for an order form, or order online. Your local SWCD and retail nurseries are also sure to have trees available for planting. Remember: it's never too late to plant a tree, and local forestry offices in Grygla, Warroad, and Wannaska have tree-planting bars you can borrow and tree-planting machines to rent.

Composting and Burning

DNR is encouraging property owners to consider composting rather than burning yard debris. That's because one in every four wildfires is caused by a debris burn that got out of control. Composting not only prevents wildfires, it also reduces air pollution. The University of Minnesota Extension has some great composting tips online: www.extension.umn.edu/garden/yard-garden/soils/composting-and-mulching-guide

If you need to burn natural debris, now is the time to do it before burning restrictions go into effect. You don't need a permit to burn natural materials as long as there's at least three inches of snow on the ground. Once the snow melts, you can obtain a permit online (mndnr.gov/forestry/fire/questions.html) or by calling the dispatch office in Wannaska (218-425-7793). For those individuals looking to obtain burning permits for agricultural purposes, please consider obtaining a permit early in the season from your local forestry offices. The Warroad area also has a number of township fire wardens scattered throughout the area that are more than willing to help assist with individuals looking to obtain a burning permit.

As always, have a great spring, be safe, and feel free to stop by the forestry office or call if you have questions.

Wednesday, April 4, 2018