



 Today Scatt. Showers H 43 L 28	 Thurs Partly Cloudy H 41 L 25	 Fri Cloudy H 31 L 16	 Sat Mostly Sunny H 32 L 16	 Sun Partly Cloudy H 34 L 18
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Wednesday, April 11, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 44 Number 41

A look at next week ... Iron Chargers are back from competing at the U.S. Create Open Robotics Championship in Iowa.

Thompson makes most of The Alaska Experience



Megan Thompson, daughter of Bob and Lori Thompson, spent her spring break, March 8th-18th in Alaska as part of "The Alaska Experience." The Alaska Experience is a capstone, elective, or community health nursing option for traditional undergraduate nursing students at The College of St. Scholastica in Duluth, MN.

This experience explores the role of the nurse in culturally diverse communities, rural, and remote locations. Through this course, the student nurse has the opportunity to work alongside school nurses, public health nurses, as well as nurses in hospitals and clinics that serve rural, vulnerable, or underserved populations in Alaska.

During their time in Alaska, the students also have opportunities to participate in cultural awareness workshops, tours of critical access hospitals, the Southcentral Foundation clinic, and the Alaska Native Medical Center.

In just one more month, Megan will graduate from The College of St. Scholastica with her Bachelor of Science in Nursing degree. Every major has something that closes it out; in this case, The Alaska Experience was Megan's final clinical rotation.

Each student was asked to recap some of the venture in an online blog. The following excerpts and highlights were taken from Megan's blog, which can be found in its entirety, at thealaskaexperience.weebly.com/megan-t

Friday, March 9, 2018 - Anchorage, AK

After arriving late on Thursday night, we had a full day of tours and presentations planned for Friday at multiple areas at Southcentral Foundation and at the Alaska Native Heritage Center.

During the presentation we learned that Southcentral Foundation is a healthcare organization that provides free healthcare to Alaska Native and American Indian people who live in Anchorage and outside villages that are within the Anchorage service unit. This organization is federally based but is owned by the Native people. Also on the campus, and jointly owned, was the Native Medical Center, which is a hospital that serves the entire Alaska Native and American Indian populations. While on tours, this campus was truly incredible and filled with beauty....with windows looking out towards the mountains and had traditional artwork displays on every floor.

Authentic Alaskan food is served for the patients, such as seal meat or reindeer stew. By trying to incorporate history and things common to the different villages, it hopefully allows patients to feel more comfortable while in the hospital or in Anchorage. This is important because for many people traveling from the villages, this may be their first time in Anchorage and the cars and tall buildings may result in a culture shock and increased stress.

We also had a presentation in the Traditional Healing Center of Southcentral Foundation. Here there is a large focus on healing touch, especially when focusing on chronic pain, and the use of healing through stories, which focuses on counseling and behavior health. I think the most interesting part of this presentation is how well the traditional healing center and the primary care clinic worked together to integrate care instead of fighting against their different viewpoints. Both departments truly recognized the role that each other played and I think this was great to see because often the differences between traditional medicine and hospital based medicine cause strong disagreements.

Saturday, March 10, 2018 - Tekeetna, AK

Today was an excursion day to Tekeetna, AK, for a dog sled tour. As we drove in, we were greeted by many Alaskan huskies. As they got the harnesses out, the dogs became so excited; it was easy to tell how much they loved to run. Two of us students and one musher went out on each sled and went through the field, some

trees, and around a loop that they had groomed so the snow was not too deep. The view was spectacular and we were able to look out to the mountains on this warm sunny day. Our musher explained that sometimes when the sky was completely clear you could see Denali (Mt. McKinley) but this day it was too cloudy for it to be visible.

The dogs all belonged to Dallas Seavey, four-time Iditarod winner. The last thing we saw on our tour was his Iditarod trophies, which were displayed in the shed. The dogs that they used to run the tours were dogs that Dallas had previously raced and won with and who had started to retire as well as younger ones who were just learning from the older ones.

After this experience, we drove up the road a little ways to Talkeetna, which is a small touristy town. Today was our last full day together as a large group as some students will start heading to other sites after our day at Seward tomorrow. I will be heading to Iguigig early Monday morning for my first bit of Alaska capstone experiences.

Tuesday, March 13, 2018 - Iguigig, AK

Yesterday we traveled to Iguigig, AK, which is a small Yupik village. We took two small planes out to the village, which is the only way to get to the village, as they are not on the Alaska road system. Upon arrival we had one clinic appointment and spent the rest of the day visiting with those in

Alaska Experience... Continued on back



While in Alaska, Megan's group made the drive up to Seward for the day, about three hours from Anchorage. She said the route was so pretty with the whole drive being alongside the mountains.

River Run Percherons gets first colt

As a follow-up to the story we ran a couple of weeks ago on the River Run Percherons, Shannon & Denise Ostby welcomed their first baby colt to the farm on Wednesday, April 4th! Hillside Cherri Lou gave birth to a stud colt, Bones, pictured above, which was named for the white markings on his nose. Shannon & Denise had just left the day before, April 3rd, for Iowa so were not home at the time of the arrival. Their son Cory, and Denise's mom, Marie, along with Walter Jones are taking care of the chores and tending to the horses while they are away. Another mare, Candy, is due to

have her baby any day, too, so things are starting to get exciting over there! Shannon and Denise will be gone for another week at horse sales, but said they have the cameras going in the birthing stalls and can check the horses at any time from their phones.

While away, they sold a mare and yearling in Iowa, and then made their way to Madison, Wisconsin, to get another mare and yearling ready for sale. Shannon and Denise are more than happy to have you visit their farm and can be reached at 218-686-0033 or 218-686-1714.



Not the best side of mama, but Bones sure looks picture-perfect, doesn't he?!



River Run Torii is headed for sale in Wisconsin. She was named after the Ostby's granddaughter, a Grygla 3rd grader, who said she hoped the mare sold to someone nice!



The Grygla Firemen's Supper was a success last Sunday evening - the group's menu of roast beef, ham and mashed potatoes served almost 300 people!



Landon Nordby was the winner of the fire truck at the Grygla Firemen's Supper last Sunday. Other winners were: Lewis Jones (bear), Jaclyn Moe and Leann Wikert (fire extinguishers), Cheryl Sistas (CO2 detector), Leland Thomas and Marlis Haubrick (flashlights), Gerald Aune and Vicki Saude-Worthington (smoke detectors).

Bear hunt applications are now available

Applications for bear hunting licenses are being accepted now through Friday, May 4, wherever Minnesota hunting and fishing license are sold, online at mndnr.gov/buylicense and by telephone at 888-665-4236.

A total of 3,350 licenses are available in 13 permit areas. Bear licenses cost \$44 for residents and \$230 for nonresidents, and there is a \$5 application fee. The season is open from Saturday, Sept. 1, through Sunday, Oct. 14.

Notification to lottery winners will be made by Friday, June 1. The deadline to purchase licenses awarded by lottery will be Wednesday, Aug. 1. Any remaining unpurchased licenses will be available over the counter starting at noon on Monday, Aug. 6.

An unlimited number of bear licenses will be sold over-the-

counter for the no-quota area that includes east-central and far northwestern Minnesota. No-quota licenses are valid only in the no-quota area. Hunters with a no-quota license can harvest one bear.

Bear license numbers in the quota area are unchanged from the 2017 season. The current level of bear permit numbers for quota areas is to allow bear population numbers to gradually increase and support a robust bear population. The 2016 bear season harvest was higher than expected as a result of poor natural food availability. Hunters in the quota area had the second highest record (46 percent) success rate in 2017, while the no-quota area continues to see a high number of licenses sold.

Bear hunting information is available on the DNR website at mndnr.gov/hunting/bear.

Spring in to save a life

Spring is the season when life is renewed. One important way to help renew life is to give blood at the Grygla-Gatzke Community Blood Drive on Wednesday, April 18th, at the Grygla Community Center from 12-5:30pm. Each blood donation can help multiple patients such as preemies, surgery patients and cancer patients.

By giving blood, donors help replenish the community blood supply which can be used by relatives, friends or neighbors. Blood can be stored for only 42 days, so a continual fresh supply is critical and can only come from volunteer blood donors. Anyone may need blood at any

time. In the event of an accident, serious illness or surgery, an adequate blood supply can be the difference between life and death.

Contact Ralph Rundell at 294-6177, Sheldon Peterson at 294-6176, Mildred Klammer at 459-3436 or Nadine Wold at 459-3315 to make an appointment for the 18th, or go to www.unitedbloodservices.org

To save time, donors can now fill out their Fast Track online the day of their donation. To donate blood, volunteers must be at least 16 years old (16 and 17 year olds need a minor donor permit which is available online) and be in good health.

Lions host smelt fry this Saturday

The Grygla Lion's Club will hold their annual Smelt Fry this Saturday, April 14th, at the Grygla Community Center. The Lions will be serving "all you can eat" smelt from 4-8pm; everyone is welcome.

This is one of the biggest

events for the local club and they expect to serve 400-500 customers! Profits from the event help support many worthwhile community activities that make Grygla such a great place to live and work.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, April 11:
6pm Choir, 6:30pm 8th grade Confirmation, 8pm Grace Council
Thursday, April 12:
1pm Grace Circle
Sunday:
Grace: 9am Worship w/ 10:15am SS
OS: 10:30am Worship w/ 9:30am SS
8:30am leave time for LYO Mission Trip to GF

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Wednesday, April 11:
United Council Meeting
Sunday:
OS: 9am Worship w/ 10am SS; brunch to follow service
UL: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, April 11:
7pm Faith 7/8 grade confirmation
Sunday:
10:30am Joint Confirmation Service at Faith
Monday, April 16:
7pm Faith Parish Board meeting

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hammess
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

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 Merseeth
Wednesday, April 11:
Wed. School/Confirmation 5-7pm
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.

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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.

Community Calendar

Wed | April 11
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; Chargers Track practice

Thurs | April 12
Chargers Track practice

Fri | April 13
Foot Care Clinic at Grygla Community Center 9am; Senior Meals at Grain Bin Café 11am; Chargers Track practice

Sat | April 14
Elementary Honor Band in Moorhead; Fourtown/ Grygla Sportsman's Club ATV Training at the Grygla School 9am; Simply Pop-up Shop event at Yo-Hawn's 2pm; Grygla Lions Smelt Fry at the Community Center 4-8pm

Sun | April 15
Grace/Our Savior's LYO Rescue Mission Trip to Grand Forks

Mon | April 16
Senior Meals at Grain Bin Café 11am; Chargers Track practice

Tues | April 17
Senior High Track Meet in Baudette; Fourtown/Grygla Sportsman's Club Meeting at Fourtown 7pm; Goodridge Elementary Spring Music Concert 7pm

BABY SHOWER
for
Kaitlyn Olson
and new baby boy,
Grayson
Sunday,
April 22nd
1pm ... at
Grace Lutheran Church

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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 Fourtown/Grygla Sportsman's Club.

Important Information Regarding Property Assessments

This may affect your 2019 property taxes.
The Board of Appeal and Equalization for the following townships will meet at the set time, on the date established. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor. If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Township/City	Day	Date	Time	Location
Agder Township	Wednesday	April 4, 2018	9:00 a.m.	Town Hall
Excel Township	Wednesday	April 4, 2018	10:30 a.m.	Steiner Community Hall
Rollis Township	Thursday	April 5, 2018	10:30 a.m.	Town Hall
Veldt Township	Thursday	April 5, 2018	9:00 a.m.	Grygla Community Center
Linsell Township	Thursday	April 5, 2018	12:00 p.m.	Town Hall / Open Book
Big Woods Township	Friday	April 6, 2018	9:00 a.m.	Ken Johnson Shop - Sec 14
Oak Park Township	Friday	April 6, 2018	10:30 a.m.	Oslo Community Hall
Warrenton Township	Monday	April 9, 2018	2:00 p.m.	Russell & Susan Miller Home - Sec 20
Vega Township	Monday	April 9, 2018	4:00 p.m.	Harlan Boman Home - Sec 1 Strip
New Folden Township	Tuesday	April 10, 2018	9:00 a.m.	Newfolden Community Center
Holt Township	Tuesday	April 10, 2018	10:30 a.m.	Town Hall
East Valley Township	Wednesday	April 11, 2018	9:00 a.m.	Virgil Erickson Home - Sec 18
Spruce Valley Township	Wednesday	April 11, 2018	10:30 a.m.	Spruce Valley Community Center
Lincoln Township	Thursday	April 12, 2018	9:00 a.m.	Stranquist Community Center
New Maine Township	Thursday	April 12, 2018	10:30 a.m.	Town Hall
Como Township	Friday	April 13, 2018	9:00 a.m.	Hjalmer Hanson Home-Sec 36
Thief Lake Township	Friday	April 13, 2018	11:00 a.m.	Town Hall
Moose River Township	Monday	April 16, 2018	9:30 a.m.	ElRoy Aune Shop-Sec 16
Whiteford Township	Monday	April 16, 2018	11:00 a.m.	Jerome Berg Home-Sec 3
Eagle Point Township	Tuesday	April 17, 2018	9:00 a.m.	Mark Anderson Shop - Sec 36
Parker Township	Tuesday	April 17, 2018	10:30 a.m.	Clarence Peterson Shop - Sec 9
Bloomer Township	Tuesday	April 17, 2018	1:00 p.m.	Gayle Stoltman Shop - Sec 9
Alma Township	Thursday	April 19, 2018	9:00 a.m.	Town Hall
Comstock Township	Thursday	April 19, 2018	10:30 a.m.	Town Hall
McCrea Township	Thursday	April 19, 2018	1:00 p.m.	Town Hall
Viking Township	Wednesday	April 18, 2018	10:30 a.m.	Viking Town Hall
New Solum Township	Wednesday	April 18, 2018	5:30 p.m.	Town Hall
Augsburg Township	Monday	April 23, 2018	9:00 a.m.	Gary Hoper Home in Stephen - 125 Riverside Dr
Sinnott Township	Monday	April 23, 2018	10:30 a.m.	Gayle Field Home in Stephen - 306 3rd St
Tamarac Township	Monday	April 23, 2018	1:00 p.m.	Stephen Filtration Plant
Wright Township	Tuesday	April 24, 2018	10:30 a.m.	Town Hall
Marsh Grove Township	Wednesday	April 25, 2018	9:00 a.m.	Town Hall
Nelson Park Township	Tuesday	April 24, 2018	9:00 a.m.	Town Hall
Middle River Township	Thursday	April 26, 2018	9:00 a.m.	Argyle Historical Society Bldg/The Depot
Eckvold Township	Monday	April 30, 2018	9:00 a.m.	Town Hall
Moylan Township	Monday	April 30, 2018	10:30 a.m.	Town Hall
Grand Plain Township	Monday	April 30, 2018	12:30 p.m.	Town Hall
Wanger Township	Thursday	April 26, 2018	10:30 a.m.	Town Hall
West Valley Township	Wednesday	April 25, 2018	10:30 a.m.	Town Hall
Huntly Township	Friday	April 20, 2018	9:00 a.m.	Waage Shop-Sec 3
Cedar Township	Friday	April 20, 2018	10:30 a.m.	Town Hall
Fork Township	Tuesday	May 8, 2018	10:30 a.m.	County Courthouse/Assessor's Office
Boxville Township	Tuesday	May 8, 2018		Open Book-County Courthouse
Donnelly Township	Tuesday	May 8, 2018		Open Book-County Courthouse
East Park Township	Tuesday	May 8, 2018		Open Book-County Courthouse
Foldahl Township	Tuesday	May 8, 2018		Open Book-County Courthouse
Espelie Township	Monday	May 14, 2018	3:00 p.m.	Town Hall
Valley Township	Monday	May 14, 2018	4:30 p.m.	Grygla Community Center

Given under my hand this 2nd day of April, 2018
Jill Hall
Clerk of Township Officers of the Marshall County

DITCH MEETING
Monday, April 23rd
Grain Bin Café in GRYGLA
JD 11 at 9:30am
JD 21 at 10am

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: Paizley Moe and Ana Andre Saban.

C	A	P	R	I		P	E	P			L	O	G	E
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P	O	N	Y							M	U	D	A	D

Results from last week's StatePoint crossword puzzle.

JT Hogs has
butcher hogs
ready for
sale

Call
GERRY THARALDSON
at
218-378-4321 or
218-686-3706

Community Education

Class: Self Defense for women
Where: Grygla School
When: Thursday, April 19
Time: 7-8:30pm
Instructor: Donald Rasicot
Cost: Free
Ages: 16-25
Registration: Call Shaunna Olson at 294-6155
Registration Deadline: April 18th
Class size: Minimum 10, maximum 25

School Lunch Menus

Grygla Lunch Menu
Wednesday, April 11:
Chicken Fajita on a Tortilla Shell, Cheese, Fruit, Salad Bar
Thursday, April 12:
Corn Chowder or Chicken Noodle Soup, Turkey on a Bun, Veggie, Fruit
Friday, April 13:
Hamburger on a Bun, French Fries, Veggie, Fruit
Monday, April 16:
Tacos, Veggie, Fruit
Tuesday, April 17:
Chicken Patty on a Bun, Fruit, Salad Bar

Goodridge Lunch Menu

Wednesday, April 11:
Burritos, Green Beans, Seasoned Rice, Applesauce
Thursday, April 12:
Corn Dog, Baked Beans, Tossed Salad, Pineapple Tidbits
Friday, April 13:
Turkey in Gravy, Mashed Potatoes, Carrots, Fruit Salad, Bread
Monday, April 16:
Tacos, Green Beans, Applesauce
Tuesday, April 17:
Chicken Nuggets w/ Assorted Sauces, Corn, Mixed Fruit



Elementary Basketball night is always a hit in Grygla! Megan Berg and Rusty Billberg check out the ECCE raffle items above. See back page for more photos.

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Home, Sport & Family Show speakers announced

The Thief River Falls Home, Sport & Family Show is scheduled for this weekend, April 14-15, at the Ralph Engelstad Arena in Thief River Falls. They have arranged for a new group of speakers sure to interest attendees!

Learn the fundamentals of homebrewing

The popularity and interest in home brewing has been growing in northwestern Minnesota. It is even celebrated at the Pennington County Fair.

Brandon Tougas will direct a seminar on home brewing at noon on Saturday and Sunday at the Thief River Falls Home, Sport & Family Show at the Ralph Engelstad Arena. Tougas has been brewing his own beer for many years and will share his expertise.

In this seminar, participants will learn the fundamentals of home brewing while observing the different steps of the brewing process - from boiling to bottling.

They can even take a look at the different equipment during each stage of the process. Expect to leave with a basic understanding of the ingredients used to create different styles, types and tastes.

The team approach to fishing Lake of the Woods

Scott and Allen Edman of Edman's Angling Adventures Lake of the Woods Fishing Guide Service will present a seminar at the Thief River Falls Home, Sport & Family Show at 1 p.m. on Saturday, April 14, at the Ralph Engelstad Arena.

The Edmans are licensed U.S. Coast Guard captains, and are professional, insured and licensed to guide in the Minnesota and Canadian waters of Lake of the Woods.

They take a team approach to guiding and no doubt they'll take a team approach to their presentation. They'll be providing a description of fishing opportunities lake-wide on Lake of the Woods, by season and species, and provide specifics on spot selection and presentation. They'll also share the important history and ecology of the Northwest Angle area.

With many years of experience, they'll

have many stories to tell.

Being prepared can make buying a home enjoyable

Do you have the "American Dream" of home ownership and don't know where to start? Are your kids all grown up and you're downsizing? Or maybe looking for a lake home. Whether you were looking at purchasing an existing home, building or selling your home, you will find that being prepared can make the home process enjoyable and virtually stress-free.

Carisa Novak of Edina Realty will present a seminar on home buying and selling at 11 a.m. on Saturday, April 14, at the Thief River Falls Home, Sport & Family Show at the Ralph Engelstad Arena.

This seminar is designed to give participants the guidance they need to navigate through the home buying and selling process from start to finish. You don't have to be a first-timer to benefit from this informative seminar. Receive a free coupon towards a home inspection or warranty just for attending!

Sometimes the simple things can make a difference

Whether you're tackling your first DIY flooring project or hiring an experienced and professional installer it's important to know exactly what to expect during your installation.

Joe Borchardt of Joe's Floor and Tile will present a seminar at the Thief River Falls Home, Sport & Family Show on DIY flooring at 3 p.m. on Saturday, April 14.

Borchardt said he will discuss some old and new products, what to avoid, and will provide tips, and ideas on getting started. He will also provide an overview of products and demonstrate some "click together" products that are great for DIY products.

Borchardt has over 30 years of experience. He works mostly with ceramic products, but is seeing a lot of changes, particularly in a movement toward luxury vinyl planks or tiles

Let's grow some peas

Rhonda Amundson, Linda Helgeland, Beattie Mickelson and Jamie Lee will present a seminar on One Community - One

Vegetable at 2 p.m. on Saturday and Sunday at the Thief River Falls Home, Sport & Family Show at the Ralph Engelstad Arena.

This year's chosen vegetable is the lowly pea. Garden peas are packed with nutrition. In fact, green peas are one of the most nutritious vegetables rich in health-promoting phytonutrients, minerals, vitamins and antioxidants.

Master Gardeners Linda Helgeland and Beattie Mickelson will delve into pea planting and harvesting 101. Jamie Lee, child nutrition specialist from Tri-Valley Opportunity Council, will discuss the nutritious value of the green pea and share some delicious ideas.

This session will provide the average person the inspiration to set out some garden peas this spring whether in a pot or the ground and bring them through to harvest. This family project ends in tasty, peapopping ideas.

One Vegetable, One Community will also provide a table of information on its summer activities and hand out packets of pea seeds

He really went fishing

Curt Quesnell retired from his 43 year radio career and went fishing ... I mean, he really went fishing. He got his Coast Guard Captains license and started the NCOR Guide Service out of Long Point on Lake of the Woods last June and now is on the water just about every day. His Lake of the Woods fishing reports originate on the NCOR Facebook page and his videos often get over 20,000 views in the week they are release.

Sharing information, techniques and locations is what makes Curt's reports so popular, he doesn't hold anything back ... good news or bad news he'll tell you what he knows. During his seminar at the Thief River Falls Home, Sport & Family Show this Sunday, April 15, at 1 pm, he will take you through the changes he has made to how and where he fishes and the success he has had in the process. Come with plenty of questions because he will answer them all.

Word of the Week

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

Thewless

adjective

\thyoo-lis\

1. Lacking in mental or moral vigor; weak, spiritless, timid.

A Note from Principal Lunsetter's Desk

"We are masters of the unsaid words, but slaves of those we let slip out."

~Winston Churchill

There have been many times when I've asked myself, "Why did I say that?" and told myself, "I wish I wouldn't have responded that way." I've tried to and will continue to learn from those moments and become a more patient and tolerant person. I've tried to use "the pause" before I respond, and to gain some perspective. But those words just come out too easily...before I can even think about it. On the other hand, there have been a lot of times where I've planned and planned to say "thank you" or to tell someone how they've affected my life in a positive way. Too many of those opportunities have slipped away...I try to be better about telling people that, but I'm a work in progress. If we make an honest effort to say the positive things, I think the negative things tend to fade away, and we are able to be more thankful for the things and people we have in our lives. Make an effort to tell someone today that they've had a positive impact on your life...a few little words make all the difference.

▶ A HIPPIE'S HEALTH

Written by Tara Waltman

Wow! Can I just say we had so much fun in MN last week? It was so fun seeing family and friends from the Twin Cities area and way "up north" in TRF and Grygla. So I braved flying to Minneapolis, MN, with just Waverly and I to do an essential oil class and of course to see family and friends! My spouse joined us later in the week. So guess what essential oil I used in my diffuser necklace to fly alone with Waverly? Valor, of course! One of my faves and very calming. I kept smelling it throughout to calm myself. Lol. It was great though! Waverly ate and slept the whole trip.

The essential oil class was a success and seeing everyone was great! Then we made our way up north...6 hour drive with a newborn. She's pretty good at sleeping and that's pretty much what she did.

One of my favorite parts of the trip, besides just seeing friends and family, was being able to be at my niece Addi's birthday party. It had been a

few years so it was good to be back for that! One of my favorite parts of being at the party was seeing and talking to Thelma Thomas. She told me she reads my column and saves them. That made my heart so happy! It felt so nice to hear that. She is one of the sweetest ladies! Sometimes I wonder if anyone reads the column and now I know at least some people do. Haha.

It was so nice to be surrounded by so much love. I am grateful for all the awesome people in my life. I plan to travel again to MN to do more business and also to just see friends and family whom I love dearly.

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.

▶ SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

If we start to "think" spring, "act" spring, "do" spring, it'll come, right? Eventually???? I'm willing to do what it takes here. This week, I'm packing away the sweaters and boots, getting the camping gear out from behind the snowmobile coats and Christmas decorations and I'm also going to start grilling. It's happening. This week. Not sure what day...maybe the day it doesn't snow...but we're going to grill some meat at the Sundberg ranch. And by "we" I mean my husband. But I'll make the side salad - a delicious, springy, summery side salad.

THINK SPRING.

PMA. (Positive Mental Attitude.)

So for my first springy, summery salad this week, I'm going to make a side of BLT Pasta Salad.

If we think, act and do, spring will be here in no time. So here we go.

BLT Pasta Salad

Ingredients

3 cups macaroni shells, cooked

4 slices bacon, cooked and crumbled

2 cups tomatoes, diced
3 cup lettuce, thinly sliced
1 tsp sugar
2 tsp cider vinegar
1/2 cup fat free mayonnaise
1/3 cup light sour cream
1 tbsp. Dijon mustard
Salt/pepper, to taste, if desired

Instructions

After cooking your pasta and rinsing in cold water, dump in a large bowl. In a small bowl, mix sugar, vinegar, mayonnaise, sour cream, mustard, and salt and pepper to taste. Add to pasta and stir to coat. Best if served cool. Right before serving, add in cooled bacon pieces, tomatoes (amount desired) and lettuce.



▶ WHAT A JOKE

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 myself."

Pictured right: Goodridge 5th graders entered the Minneapolis Moline Coloring Contest, with Jamisen Wilson receiving 1st place, Maddy Thompson 2nd and Brooklynn Kriel 3rd. Each year Mr. Mickelson's 5th grade class enters. Students must be sponsored by a member of the Minneapolis Moline Collectors club. Eloda Knutson, retired 4th grade teacher, has sponsored the class for many years now!



To celebrate Ag Day, the Goodridge fifth grade class brought in items that had something to do with agriculture for their show and tell.

Trap Shooting begins for Grygla & Goodridge teams



Grygla Trap Team

Trap Shooting has begun in Grygla. April 1st was the first practice week with competition beginning on April 22nd.

Meets are every Sunday and/or Thursday and will run through May with the Thief River Trap Club hosting. State Championships/Tournaments are held in

June with Nationals being in July.

Coaches and helpers are Trevor Kiesow, Kenny Lunsetter, and Jeremy & Tonia

Haack.

6-12 graders can participate in Trap. 2018 team members include: Jaden Kiesow, Levi Kiesow, Katelyn Larson, Gracie Lunsetter, Chelsie Nelson, Levi Sparby, Eli Sundberg, Lucian Tinnes, Peyton Verbout, Tucker Verbout, Jake Ahlbeck, Nolan Anderson, Jamie Dougherty, Payton Grandstrand, Jared Haack, Cheyenne Irlbeck, Clayton Irlbeck, Lewis Jones, Walter Jones, Abby Kiesow and Carlye Kiesow.

The Fourtown/Grygla Sportsman's Club has sponsored the team the last three years and paid for their state registration. Machinewell provided protective glasses for the kids this year and the local Jaycee's Club donated \$100. Trap team members also sold raffle tickets for Pheasants Forever and Ford Trucks, and will receive some of the proceeds for that.

Goodridge Trap Team

The Goodridge Trap Team began their season on April 3rd. They also shoot every Sunday and Thursday from 4-6pm at the Thief River Trap Club. There are 2 practice weeks, a reserve week and 5 scored weeks. All shooters are invited to the state shoot in Alexandria, MN, in June.

Coaches and helpers are Tim Anderson, Tony Wiseth, Sara Panek, Brent Philipp, Tony Kiesow and Cody Halvorson.

2018 team members include: Paige Burns, Ben Groven, Payton Homme, Jordan Horachek, Jordon Johnson, Libby Johnson, Hunter Kiesow, Zachary Marquis, Kennedy Panek, Preston Panek, Blake Passa, Elliot Philipp, Madilyn Race and Mason Laidley.

Sponsors for the Goodridge Trap Team are Larry and Laurie Panek, Erico Manufacturing,

Farmers Coop Elevator, Crop Production Services, Jeff Arvidson Trucking, Grand Forks Pheasants Forever, and Midway USA. Because of the generosity of these sponsors, the shooters had almost no out-of-pocket expense this season.

Trap growing in popularity

Kenny Lunsetter, Grygla Coach, says Grygla went from 5 students in 2016 to 10 students in 2017 to now 21 students in 2018! The sport is growing in popularity with 11,936 students from 349 high schools participating in the Minnesota State High School Clay Target League's spring season.

The league's co-ed and adaptive nature are key attractions to high schools in MN. The league is fully Title IX compliant with moth male and female athletes competing on the same team.

Wednesday, April 11, 2018

Alaska Experience...
Continued from front

the village and walking around the village. This village is very self-sufficient. In the summer they have green houses that they have created to grow fresh fruits and vegetables.

Today we also went on a home visit to an elder and we did a well child exam on a two-year old from the village.

The village has gotten a grant to teach the Yupik language to the village and have started doing beginner classes with the adults and the school children as well as starting immersion classes with the younger kids. We went to one of the Yupik immersion classes this morning, which consisted of an elder and teacher who were speaking in strictly Yupik and four kids, who were about two years old, who would say some words and short songs in Yupik.

Lastly, today we did health presentations at the school. To the high schoolers (9 children altogether) we taught about drinking/Fetal Alcohol Syndrome and healthy living/Diabetes. With the elementary kids (7 children altogether) we taught about healthy living/Diabetes and did a hand washing activity.

Thursday, March 15, 2018 - Anchorage AK (Southcentral Foundation)

Today I spent the day at Southcentral Foundation in a primary care clinic. While here, I worked with a registered nurse in the role of a case manager and got to see their integrated care team first hand. My time at Southcentral was interesting and I think the biggest thing I learned was how important care coordination is for patients because it usually results in more effective care and prevention.

As far as the rest of my

trip, tomorrow I will be spending the day at the high school Alaska State Basketball tournament tabling and providing information about the harmful effects of tobacco. Then Saturday, we will have most of the day for exploration and are planning to go to Alyeska for snowshoeing and cross country skiing before we begin our departure back to Minnesota with our flight leaving at 1:30 Sunday morning.

Up next

Megan has completed her capstone hours at Essentia Health in the Intermediate Care Unit in Duluth. She is preparing for her Senior Nursing Pinning Ceremony on May 11th. She will be graduating with Summa Cum Laude honors on May 12th. This summer, she will be studying to take her NCLEX (Boards) and applying for jobs in the Minneapolis/St. Paul area.



The College of St. Scholastica Traditional Undergraduate Nursing Alaska Experience Capstone Group at the Traditional Healing Center of Southcentral Foundation in Anchorage, Alaska. Megan is pictured in the back row, third from the right.



Grygla ECFE held their raffle and fundraiser supper in conjunction with the Elementary Basketball Night last Thursday. A BBQ/Chips/Pickles supper was served.



ECFE kids opened the Elementary Basketball Night with a little parade around the gym. Pictured L-R: Mauer Nordby, Noah Severts, Mason Carlson, Harper Severts, Carter Ostby and Kamdyn Brobst.



3rd grader, Landon Nordby, quick steps around Ryelin Stanley and makes a run for it!

Serving the community since 1941



The Grygla Fire Department serves 6 townships in Marshall County, 8 townships in Beltrami County and provides mutual aid, when requested, to the surrounding departments in Goodridge, Middle River and Roseau.

Front row, L-R: Geoff Satre, Paul Nordby, Rodney Hagen, Carson Saurdiff, Richard Davenport, Owen Hagen and Mark Severts.

Back row, L-R: Chris Jelen, Lynn Anderson, Bob Thompson, Jason Woods, Travis Dougherty, Dave Dunrud, Andy Oslund and Brad Monson.

Not pictured: Greg Monson, Jeff Lund, Mike Jelle, Ryan Sorvig



The Goodridge School National Honor Society held their tapping ceremony on April 5th. Current members are Ben Groven, Dylan Manderud, Jordan Skibicki, Madi Race, Mercedes Coan, Libby Johnson and Blake Nerhus. New members inducted were Amy Wis-kow, Katerina Groven, Nichole Arveson, Kayla Kiesow and Blake Jensen.

Selection into NHS is based on scholarship, leadership, service and character.

Front row, L-R: Madi Race, Amy Wis-kow, Nichole Arveson, Kayla Kiesow, Mercedes Coan, Katerina Groven.

Back row, L-R: Blake Nerhus, Dylan Manderud, Ben Groven, Blake Jensen, Libby Johnson, Jordan Skibicki.

Violence Intervention to participate in Sexual Assault Awareness Month Campaign

This April, VIP will engage with the broader community as part of its annual Sexual Assault Awareness Month (SAAM) campaign.

This year's theme, "Embrace Your Voice," builds on the idea that how you talk about sexual violence matters. Individuals can embrace their voices to show their support for survivors, stand up to victim blaming, shut down rape jokes, correct harmful misconceptions, promote everyday consent, and practice healthy communications with children.

During Sexual Assault Awareness Month, VIP will bring the theme of "Embrace Your Voice" to life with a social media campaign, collaboration with local libraries to highlight reading material and resources, and installation of teal ribbons in Thief River Falls.

"We are in a watershed moment," says Sandi Bentley, VIP Executive Director. "With America focused on this very important issue, we have an unprecedented opportunity to improve understanding and change behaviors. The time to rally communities and the broader public is now. By promoting safe behaviors, thoughtful policies, and healthy relationships, we can create safe and equitable communities where every person is treated with respect."

Beyond SAAM activities this April, VIP offers a variety of educational opportunities to fit the needs of individuals, businesses, partners and civic organizations. Their trained staff can provide educational opportunities that can address specific issues for many disciplines, including law enforcement, health care, clergy and places of worship, schools and students of all ages, daycare facilities, child protection, aging and

human services, business and courts. Presentations include Dating Violence and Healthy Relationships, Sexual Assault, Domestic Violence and Bullying. For more information visit www.violenceintervention.org or to schedule a presentation call 218.681.5557.

SAAM is organized nationally by the National Sexual Violence Resource Center.

About VIP

VIP is a private, non-profit agency that serves victims of domestic and sexual violence in Red Lake, Pennington, Marshall, Kittson and Roseau Counties. In the past year, VIP has served over 500 victims of domestic or sexual assault through crisis call response, advocacy support, shelter and other housing support. Over 400 exchanges and visits for parents with children have been scheduled through VIP's Parenting Time Center (Umbrella Tree).

If you have experienced sexual violence and need help, please contact Violence Intervention Project. If you are in NW Minnesota or anywhere in the United States, you can call the VIP's crisis line (1-800-660-6667) or confidentially access advocacy services at VIP's office in Thief River Falls on a 24/7 basis.

About the SAAM Campaign

Launched in April 2001 by the National Sexual Violence Resource Center (NSVRC), Sexual Assault Awareness Month is an annual awareness and prevention campaign observed in April and is coordinated each year with assistance from anti-sexual assault organizations throughout the United States. For more information on this year's national campaign, visit www.nsvrc.org/saam.



Left: Emily Johnson sang the Star Spangled Banner at Elementary Basketball Night last week. The 5-6 grade pep band provided music prior! Right: Kinsley Oslund is about 1 second away from stealing that ball away from her classmate Addi Severts!

Wednesday, April 11, 2018