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Wednesday, August 15, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 7

A look at next week ... The paper will be packed with 'Back to School' and Grygla Fall Fest info so keep an eye out for reference!



Lisa Erickson, 223 State Street West, Grygla, has been nominated for 'Yard of the Week' but due to the nature of her yard, we're diving in a little deeper this week and going to discuss pollinator friendly gardening below! *Photos by Grygla Eagle Newspaper*

Pollinator friendly gardening

Written by Kari Sundberg, Eagle Editor

Lisa Erickson has created such a pollinator-friendly landscape around her yard that it's no wonder she wanted to take the focus off her 'Yard of the Week' nomination and redirect it towards pollinator gardens.

With a mixture of native flowers and cultivars spread around the entire yard, her gardens are planted predominantly with flowers that provide nectar or pollen for a wide range of pollinating insects.

Of her gardens, Lisa acknowledged, "Everything I do is intentional. My favorite thing is that I get lots of butterflies and bees and I'm helping them out."

Lisa works for the East Polk Soil & Water Conservation District based out of McIntosh. She formally worked at the Marshall/Beltrami Soil & Water Conservation District, which gives her 18 years of experience in the field. She says she has gotten to know so many things through NRCS – they do a lot of pollinator planting. "We do more conservation-type work. We are getting more into lake shore restoration beings its lake country down there. We have a huge project on Lake Sarah that's going on. Prairie Restorations seeded native plants that would grow naturally along the shorelines," Lisa shared.

She also shared that there are approximately 400 species of bees in Minnesota. Out of the 23 species of Bumble Bees, there are six on the decline and one listed as endangered. That's why native plants make such a difference.

Around her yard, Lisa doesn't use any pesticides or herbicides, which is what contributes to killing the bees. However, bees aren't our only pollinators, we also have butterflies, and Lisa has created the perfect habitat for Monarchs around her yard. Monarchs can't survive without milkweed; their caterpillars only eat milkweed plants and monarch butterflies need it to lay their eggs. Planting milkweed supports the monarch population (and their incredible migration)! Planting it is also a great way to help other pollinators, as they provide valuable nectar resources to

bees, too.

If you are looking for something of value to grow around your yard, this is definitely the plant to consider. A person can wait until the milkweed dries out and the seed is ready, and start it that way. It grows about 3-4 feet in height in just a couple of years and spreads fairly fast by re-seeding itself.

Along with milkweed around her yard, Lisa also has many other native and cultivar plants that are promoting great things! Some of the plants include Columbine, which hummingbirds love, Goldenrod, Asters, Sedum, Purple Coneflowers, Green-headed Coneflower, Blazing Star (Liatris), Mums, Giant Hyssop, Harebell, a Highbush Cranberry (a native shrub), a thick, native vine that grows up around trees, in which bunnies love to hide in, a native Wild Rose, and even a native plant in the mint family has even popped up unexpectedly!

Along with Redosier Dogwoods, Lisa also has a beautiful Basswood tree in her yard that she says smells so wonderful when in bloom. When it flowers, the bees love it too, of course. Around the tree are many bird feeders and even a plate of sugar water...for the ants! You can tell Lisa is passionate about the outdoors. She admits, "As a kid I spent most of my time outside. I used to sit outside and play my flute for the birds. I used to go walking in the woods and hug trees. I still hug trees. Literally." She laughed and said there is no way she could pick a favorite flower, plant or tree in her yard... she loves them all.

Lisa is a member of the Grygla Garden Club and said they have been discussing putting a pollinator garden somewhere in Grygla; they would ultimately love to do that at some point!

Sounds like they know just the person to ask for advice!

Right now, due to the lack of rain, everything is a bit dry around Lisa's yard, but the plants are definitely still surviving with the insects coming and going! Take a drive by, slow down and check out all of the natural and intentional TLC that has went into this yard.



Bumble Bee photo by Grygla Eagle Newspaper - Monarch photo by Lisa Erickson



This garden naturally collects rain water.



Despite the dry weather, the Black-eyed Susans are thriving by Lisa's garage! She has plans to expand this garden and let the flowers naturally reseed themselves.

Dual courts in Grygla



The tennis courts in Grygla have been resurfaced and made into both a tennis and basketball court. \$16,000 was donated from the Grygla Centennial Committee towards this project with an additional \$9,000 coming from the Grygla School, Grygla Merchants, Fourtown/Grygla Sportsman's Club, Grygla Lions, and the Grygla/Gatzke Jaycee's Club. Grygla City Council member Bob Thompson also stated they will be asking Beltrami and Marshall County for a contribution. Any extra money after the project is completed will go towards new playground equipment in the city park. The project should be completed this week by Surface Pro out of Anoka, MN. The fencing will be repaired at a later time with the help of volunteer labor. *Photos courtesy of City of Grygla*



Chargers Fall Sports begin their official season practices

Monday marked the start of the official fall sports season with football and volleyball practice starting for our high school athletes. Chargers football and volleyball practice is taking place in Grygla this entire week from 8-11:30am with a bus leaving the Goodridge School at 7:30am. (Volleyball on Wednesday has been switched to 4-6pm.)

For next week, practices will still be taking place in Grygla from 8-11:30am, however, a couple scrimmages and a jambooree are on the schedule, too. Tuesday, August 21st, there is a varsity volleyball jambooree in Warren at 5pm. The bus will leave Grygla at 3pm and Goodridge at 3:30pm. There is still practice that morning with Thoele Photography set up in Grygla to take team/individual sports photos beginning at 8:30am that day. On Thursday, August 23rd, there is a scrimmage in Grygla for JV & Varsity players. Seven teams, including the Chargers, will be playing beginning at 2pm. Younger players are encouraged and welcome to help with score, time and line judging that day! They can contact

Head Coach Katelyn Tharaldson for more information or be to the school by 1pm that afternoon.

Friday, August 24th, regular practice will be held in Grygla from 8-11:30am for all football and volleyball players. The next day, Saturday, August 25th, there is a Varsity Football Scrimmage in Argyle at 3pm with the bus leaving Grygla after the kids go through the Fall Festival parade. (Usually they are one of the first floats in line and the bus just keeps going out of town to the scrimmage!)

The first volleyball game of the season is taking place in Warren on Monday, August 27th. The C team begins at 5pm, JV at 6pm and Varsity to follow.

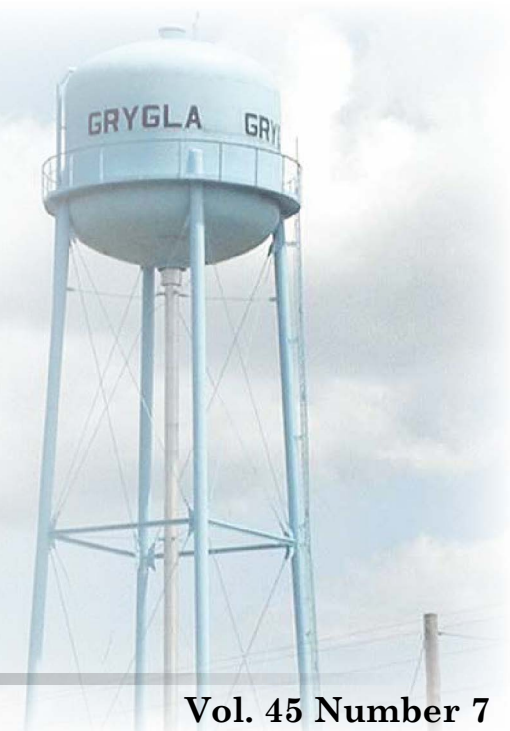
The first football game of the season is taking place in Goodridge on Thursday, August 30th. The Chargers will host Clearbrook/Gonvick at 7pm. Good luck to all the coaches and players this 2018-19 season! You can stay up to date with game and practice schedules via the Grygla Eagle or the Grygla School emails/Facebook page.

Grygla Student Council 2K/5K Fun Run



The Grygla Student Council is once again hosting their annual Fun Run on the Friday of

Fall Fest, which is coming up on August 24th. The 2K/5K event starts at St. Clement's Catholic Church at 5:30pm with registration opening at 5pm. Dogs are encouraged to join in as the event has officially been named Jogs for Dogs with all proceeds going to the Thief River Falls Humane Society. The cost is \$15/person. For questions, contact Jesse Westbrook at 320-290-6896.



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, August 15:
6pm Grace Choir, 7:30pm
Interfaith Bible Study
Sunday:
Grace: 9am Worship
OS: 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Sunday:
OS: 9am Worship
UL: 11am 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 Hammess
Sunday:
St. Clement's: 11:45am
St. Ann's: 10am

U.S.P.S. No. 002330

Grygla Eagle

Serving Eastern Marshall & Northern Beltrami Counties

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Karl Sundberg - EDITOR

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NNA
NATIONAL NEWS PAPER ASSOCIATION

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship

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

JOHNSON FUNERAL SERVICE, INC.

Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177



Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Community Calendar

Wed | Aug 15
Football practice 8-11:30am; Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Blood Drive at Grygla Community Center 12:15-6pm; Grygla Library open 2-6pm; Volleyball practice 4-6pm in Grygla; Grygla Lion's meeting at Yo-Hawn's 7pm

Thurs | Aug 16
Football/Volleyball practice in Grygla 8-11:30am; Goodridge Sand Volleyball League 6:30pm; Grygla/Gatzke School Board Meeting 8pm

Fri | Aug 17
Football/Volleyball practice in Grygla 8-11:30am; Senior Meals at Grain Bin Café 11am

Sat | Aug 18
Grygla/Gatzke Food Shelf open 8-10:30am

Sun | Aug 19

Mon | Aug 20
Football/Volleyball practice in Grygla 8-11:30am; Senior Meals at Grain Bin Café 11am

Tues | Aug 21
Football/Volleyball practice in Grygla 8-11:30am; Varsity Volleyball Jamboree in Warren; Fourtown/Grygla Sportsman's Club meeting at Fourtown 7pm

Goodridge/Grygla Athletics

Position Open: Head Boys Basketball Coach

For information and application contact Jamie Lunsetter, coordinator of paired sports, PO Box 18, 114 N. Fladeland Ave., Grygla, MN 56727. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Open until filled. G20-22C

Goodridge Public School

Long Term Substitute - third grade

Dates:
October 3 - November 3

For information call Becky Carlson, K-12 Principal,
Goodridge School, PO Box 195, Goodridge, MN 56725.
Phone: 218-378-4134, email: becky.carlson@goodridgeids561.org. G20-23C

Food for thought
(Submitted by TW)
We do not know when the end will come, but every day is a day closer. Are you ready?

Abnormally dry conditions lead to elevated fire danger

Submitted by Adam Munstenteiger
Northwestern Minnesota is abnormally dry, having received only about four inches of rain in the last two months; several inches less than normal. Until widespread significant rain is received, and there is none in the forecast, fire danger will continue to climb. Record high fire danger indexes could develop if this pattern continues. There are two things the public should be aware of. The first concern is that accidental fires are started easily under these dry conditions from things like equipment breakdowns, a spark from a

Back to School Open House

From 4-8pm on Wednesday, August 29th, Grygla teachers will be in their classrooms for an informal "Meet the Teacher" night. Parents and students are encouraged to come and meet their teacher and find out what to expect in their classroom. Teachers will have classroom rules, schedules and other information available for you to review. The office will

also be open; avoid the first day of school waiting lines and stop in to drop off forms and pay lunch bills.

The School Board will once again be grilling a hot dog supper free of charge to all families visiting. 6th Grade Orientation will be held at 5pm; 7th Grade Orientation at 5:30pm; Freshman Orientation at 6pm; Senior Orientation at 6:30pm.

August WIC schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of August 2018.

Infants, children up to the age of 5, and women who are pregnant or breast feeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.

All potential clients must contact the WIC Program to schedule an appointment.

The following is the schedule of WIC Clinics for the month of August.

Monday-Friday, August 13-17: Thief River Falls, Redeemer Lutheran Church

Monday, August 20: Warren, Evangelical Covenant Church

Tuesday, August 21: Karlstad, First Lutheran Church

Wednesday-Thursday, August 22-23: Roseau, LifeCare Medical Center Basement Auxiliary Room

Tuesday, August 28: Grygla, Grace Lutheran Church

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.



The Marshall County Veteran Service Office would like to thank the following for their generous gifts of time, supplies or donations for the 1st Annual Veteran's Appreciation Meal and Program!

It was a huge success thanks to:

Hugos' • 175 Corner Store
Bremer • Frandsen Bank
AgCountry • KodaBank
United Valley Bank
American Federal
Marshall County State Bank
Border State Bank
Jim Myrfield Flooring
Rodger Haugvedt
Scott Peters
Conrad Lubarski

Gary Peterson
The Nelson Family Music
Maggie's
all the Marshall County
American Legions /
Auxiliary's that participated,
Warren Sheaf
Stephen Messenger
Northern Watch
Grygla Eagle and The Honker
Once again, THANK YOU!

3193

Youth Firearm Safety course

The Youth Firearm Safety course will be held Saturday, September 8th, at Grande Corner. The all-day range course begins at 9am where students will walk through different scenarios with firearm safety instructors.

Before stepping on the range, students must complete the online portion of the course, which can take up to 15 hours, so prepare accordingly. To get started with the program, students can visit www.hunter-

course.com; choose your state, enter your DOB and it's self-explanatory from there. There is also a link on the MN DNR website. Students are asked to bring their online course completion certificate with them the day of the range course at Grande Corner.

For any questions, call Donald Haack (294-6325) or Robert Paulson (378-4366).

Students must be at least 11 years old to participate.

Grant dollars awarded to Marshall County landowners for septic system replacement

Does your septic system need to be replaced? Do you have a septic system that is surfacing, draining to a ditch, river or water source, backing into your home or failing to protect groundwater? "Clean Water Land and Legacy" grant dollars are available to replace these septic systems based on specific low-income guidelines.

If qualified, these grants will pay from 80% to 100% for a new upgraded septic system.

Call 218-745-5841 indicating your interest or contact Josh Johnston at the Marshall County Environmental Services Office, 208 E. Colvin Avenue, Ste. 5, Warren, MN 56762. Email at josh.johnston@co.marshall.mn.us

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Results from last week's StatePoint Crossword puzzle.

MARSHALL COUNTY RESIDENTS

2018 Household Hazardous Waste, Appliance, Television and Fluorescent Lamp Collection

Marshall County will collect at a charge of **\$5.00 per item**: Unusable Freezers, Clothes Washers and Dryers, Dishwashers, Air Conditioners, Furnaces, Microwaves, Dehumidifiers, Stoves, Water Heaters, Refrigerators, TV's and Computer Monitors (Computer towers and printers are to be disposed in your regular garbage). Fluorescent Lamps are also accepted at a charge: 4' bulbs are **\$0.50**, all other bulbs are **\$0.75**. Oil and Latex Paint, Solvents, Acids, Caustics, Adhesives, Home and Garden Pesticides will be collected at **no cost**. Tires will be accepted at a variable rate depending on size/rim. Following is a list of the locations, dates and times at which you can bring in materials for disposal. **Materials are to be delivered during the hours stated for each drop-off site.** If you cannot come to the drop-off site on these days, we will take the materials listed above at the Marshall County Demolition Landfill every Wednesday from 8:00 p.m. – 4:30 p.m. May through October.

August 27, 2018

Grygla - Marshall County Garage
9:30 a.m. to 10:00 a.m.
Middle River - Community Center
11:30 to 12:30 p.m.

August 28, 2018

Newfolden - City Parking Lot - Behind Fire Hall
8:30 a.m. to 9:30 a.m.
Stephen - Community Center
10:30 a.m. to 11:30 a.m.
Argyle - Marshall County Garage
Noon to 12:30 p.m.

August 30, 2018

Oslo - by Fire Hall
9:30 a.m. to 10:00 a.m.
Alvarado - Marshall County Garage
10:30 a.m. to 11:00 a.m.
Warren - Marshall County Shop (Highway Dept.)
11:30 a.m. to 12:30 p.m.

For More Information Contact
Josh Johnston or Scott Jorgenson
Marshall County Environmental Services
218-745-4217

G21-22C

Marching Band practice

There will be Marching Band practice on Wednesday, August 22nd, at 7pm. This is in preparation for the Grygla Fall Festival Parade. All Grygla 6-12 grade students are invited to participate. There will be another practice at 11:30am before the parade on Saturday, August 25th. Meet at the Grygla School.

Many of you are involved with other floats (church, volleyball, football, businesses, etc.) but please try to help out. The parade organizers do work it out so kids can get back on other floats.

Alumni are more than welcome to participate. Please contact Mr. Gene Lunsetter at glunsetter@grygla.k12.mn.us or text message at 218-686-8792.

Food Shelf open early

The Grygla/Gatzke Food Shelf will be open one week early this month – this Saturday, August 18th, from 8-10:30am and NOT on August 25th because of the Grygla Fall Festival. Please make note of this schedule change.

Normal hours of operation of the Food Shelf are the third weekend of the month after the first Tuesday.

Wednesday, August 15, 2018

When You Shop Locally, You Help Stimulate Our Local Economy

- Your support of local businesses makes it possible for them to grow and expand.
- You help provide jobs for your neighbors and friends.

- You make it possible for local merchants to offer more products and services.



In two locations



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FAX (218) 294-6239

201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328



Trail connection...

Continued from page 2

men and state and federal agencies on a plan to complete a section of trail that had previously been washed out due to flooding in the Roseau River. Completion of the trail connection was further complicated due to overlapping Federal and State management of these lands in the Beltrami Island State Forest. After months of negotiations, the project is finally moving forward following a land exchange deal between the Minnesota DNR and the U.S. Fish and Wildlife Service.

“Finalizing this trail connection will be a boon to the area sportsmen’s clubs, and would allow for the area’s natural resources to be properly utilized by those who are most invested in them and their care,” Peterson stated in the letter.

WHAT A JOKE

Running Humor

I wanted to go jogging but Proverbs 28:1 says “The wicked run when no one is chasing them.” So there’s that...

If you want me to go running with you, I’m going to need some motivation. Like a clown waving a bloody knife and chasing us.

I went for a run but came back after two minutes because I forgot something. I forgot I’m out of shape and can’t run more than two minutes.

I tried running but all that bouncing up and down made

A HIPPIE’S HEALTH



Written by Tara Waltman

The other day I was at a craft fair with a friend and we had a Young Living booth. I asked Ev if he would help hand out flyers for an event we had coming up. He was so cute. He asked people if they wanted a flyer and most people said no but very politely. He didn’t give up though and he didn’t let this discourage him he just

USDA broadens Conservation Reserve Program quality assurance measures

The Minnesota Farm Service Agency (FSA) reminds the landowners enrolled in the Conservation Reserve Program (CRP) to manage their lands according to the contract to ensure program integrity. FSA is broadening its quality assurance measures to ensure that participants maintain approved vegetative cover, control weeds and follow all contract requirements.

“Most Minnesota CRP land owners adhere to their contract and follow conservation compliance regulations,” said State Executive Director Joe Martin. “However, increasing spot checks across the state

will allow us to ensure that we are doing what we can to help farmers succeed and maintain their CRP contract acreage beyond primary nesting season.”

In Minnesota, Aug. 1, marked the end of the primary nesting and brood rearing season for wildlife. CRP maintenance activities such as mowing, burning, disking and spraying may now be conducted statewide.

CRP is a land conservation program administered by FSA. In exchange for a yearly rental payment, farmers enrolled in the program agree to remove environmentally sensitive land from agricultural production

and plant species that will improve environmental health and quality. Contracts for land enrolled in CRP are 10 to 15 years in length. The long-term goal of the program is to re-establish valuable land cover to help improve water quality, prevent soil erosion, and reduce loss of wildlife habitat.

CRP contract holders with questions about management responsibilities should contact their local U.S. Department of Agriculture (USDA) service center. To find a service center near you, visit www.farmers.gov. To anonymously notify USDA of possible CRP compliance issues go to <https://www.farmers.gov>.

Deadline approaches for continuous CRP enrollment

Farm Service Agency (FSA) Administrator Richard Fordyce remind producers that the deadline to sign up for enrollment in the Conservation Reserve Program (CRP) is Friday, Aug. 17, 2018.

“Any agricultural producer that has eligible land should review the benefits of this program,” said Fordyce. “It removes from production marginal, erodible land and, in doing so, improves water quality, increases wildlife habitat and provides more opportunities for recreational activities, including fishing, hunting and wildlife viewing.”

For this year’s signup, limited priority practices are available for continuous enrollment. They include grassed waterways, filter strips, riparian buffers, wetland restoration and others. View a full list of practices.

FSA will use updated soil rental rates to make annual rental payments, reflecting current values. It will not offer incentive payments as part of the new signup.

USDA will not open a general signup this year, however, a one-year extension will be offered to existing CRP participants with expiring CRP contracts of 14 years or less.

CRP Grasslands

Additionally, FSA established new ranking criteria for CRP grasslands. To guarantee all CRP grasslands offers are treated equally, applicants who previously applied (prior to the

current sign-up period) will be asked to reapply using the new ranking criteria.

About CRP

In return for enrolling land in CRP, USDA, through FSA on behalf of the Commodity Credit Corporation (CCC), provides participants that remove sensitive lands from production and plant certain grasses, shrubs and trees that improve water quality, prevent soil erosion and increase wildlife habitat with annual rental payments and cost-share assistance. Landowners enter into contracts that last between 10 and 15 years.

Signed into law by President Reagan in 1985, CRP is one of the largest private-lands conservation programs in the United States. Thanks to voluntary participation by farmers, ranchers and private landowners, CRP has improved water quality, reduced soil erosion and increased habitat for endangered and threatened species.

The new changes to CRP do not impact the Conservation Reserve Enhancement Program, a related program offered by CCC and state partners.

Producers wanting to apply for the CRP continuous signup or CRP grasslands should contact their USDA service center. To locate your local FSA office, visit <https://www.farmers.gov>. More information on CRP can be found at www.fsa.usda.gov/crp.

Private Landowner Partnership Program seeking new projects

The Partners for Fish & Wildlife (Partners) Program works with private landowners to improve fish and wildlife habitat on their lands. The Partners Program is a leader in voluntary, community-based stewardship for fish and wildlife conservation.

The future of the nation’s fish and wildlife depends on private landowners, as more than 90% of land in the Midwest is in private ownership. High quality habitat not only helps wildlife by contributing to a healthy landscape, it also creates a conservation legacy to pass on to future generations.

Partnerships are the key! To accomplish this work, the Partners Program teams up with private conservation organizations, state and federal

agencies, and tribes. Together with the landowner, cooperators share funding, materials, equipment, labor and expertise to meet both the landowner’s restoration goals and our conservation mission.

The Partners Program works one-on-one with each landowner to fulfill habitat conservation goals and improve wildlife habitat. After an initial site visit, we will work with you to develop a project plan. This may include improving a habitat to attract certain species or restoring fallow or cultivated land to its previous habitat type and function. A simple phone call or email will get you started. Please contact Laurie Fairchild, at (701) 425-9080 or email Laurie_Fairchild@fws.gov.

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

Normcore

\nawrm-kawr, -kahr\
noun

A fashion style or way of dressing characterized by ordinary, plain clothing with no designer name.

DO IT YOURSELF



One common household item can act as a bug repellent, pain reliever and more. Do you know what it is?

It’s Vick’s VapoRub, and most of us have a jar in our house. Typically, this topical cream is used to treat congestion caused by the common cold. However, it has far more uses than meets the eye. Made of eucalyptus oil, menthol, camphor, and other calming agents, Vick’s VapoRub can treat a variety of problems.

Below are different ways Vick’s can be applied to everyday life.

Relieve sore muscles

The menthol in Vicks can help to not only offer a refreshing cool to your skin, but it can also help to improve your blood circulation. After physical activity, just grab some Vicks and rub it onto any areas that are experiencing soreness. This should provide relief and comfort to any painful areas.

As bug repellent

Apply a thin layer of VapoRub to exposed skin, and it will repel annoying insects like mosquitoes. This is perfect for camping or when traveling through humid areas. The strong scent will deter bugs from coming your way.

Relieve bruises

If you have skin that bruises easily, Vicks can be your best friend when it comes to healing them. Just mix a pinch of salt into some a dab of Vicks and rub it onto any areas of skin that are bruised. It will help to dissolve the bruise and your skin will return to normal in no time!

Soothe chapped lips

If your lips get dry often, apply some Vicks VapoRub to them. This is a great home remedy to moisturize and soften them up. Pucker up!

Repair cracked heels

Do you wish you had soft heels but are stuck with skin that dries and cracks? Just grab some Vicks and apply it to your heels and feet. Wear cotton socks on top and be sure to wash your feet with warm water. Use the Vicks nightly and you can also rub a pumice stone onto your heels to help exfoliate and further soften your skin.

Train your pets

If you have a problem with your pet marking its territory around the house, just grab an open container of Vicks Vapo-

Rub and place it in an area that your pet often tries to mark. The strong scent will help to deter them from the area and help them learn not to use the bathroom inside! This is a great gentle teaching alternative compared to other house-training methods.

Neosporin replacement

If you run out of Neosporin, use VapoRub as a replacement. Spread a thin layer around the wounded area (splinters, cuts, etc.) to help accelerate the healing process. It also helps protect against germs and bacteria.

Treat acne

You can put some VapoRub on your acne or other blemishes and leave it on overnight. When you wash it off in the morning your blemish should be gone. Try this remedy of other skin treatments aren’t working for you.

Clear up rosacea

A small amount of Vick’s with help the look and discomfort of rosacea. It also helps promotes clear skin. Whether it’s acne, rosacea, or both, Vick’s can work as a treatment for many skin conditions.

Relieve itchiness

Itchiness is one of the most irritating skin conditions to deal with. Apply some VapoRub on bug bites or dry skin to prevent itchiness.

Apply to feet to relieve night coughs

Have a cold and can’t sleep at night? Applying Vicks on your feet before bed provides nighttime cough relief. Rub a generous amount of VapoRub all over your feet and cover them with socks for a good night’s sleep.

As a bedtime humidifier

Special types of humidifiers and vaporizers can allow a secret addition of Vick’s VapoRub. Make sure to check that your humidifier has an aromatherapy compartment before using. The humidifier will circulate Vicks throughout the air and keep you breathing easy all night long.

Treat a dry scalp

Treat the affected area by taking a thin layer of Vick’s and rubbing it onto the dry parts of your scalp. Try doing this home remedy right before you go to bed or after you take a shower. The oil from the eucalyptus and the petroleum work together as a salve for your scalp.

Heal cooking burns

If you’re channeling your inner Gordon Ramsay in the kitchen and accidentally burn yourself, fear not. After running the burn after some cold water, apply Vick’s to the injury. The remedy should soothe the sting of the burn.

Relieve a congested chest

Probably the most classic use of Vick’s VapoRub. When applied to the upper chest, it provides fantastic relief of cough and congestion symptoms. Make sure to stock up on Vick’s for winter season.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Leftovers. Let’s talk about ‘em.

My Type A personality gets some real satisfaction when I know every last bit of food is being used while my husband’s Type B personality is 100% fine with tossing our leftover food out to the dog so we can have new food the next day. (Insert a heavy sigh here...)

But the feeling it gives me to have 2-3 night’s worth of suppers out of just one dish is unlike any other. I love it.

So this isn’t a recipe exactly, but more of a quick idea for you.

So my hubby made a pork AND beef roast, smoked. They were delicious. We ate them with potatoes fresh from the garden, along with some veggies, etc. Because we had two roasts, we had enough for a couple more meals. So night 2, we had roast slices on a bun

and sautéed peppers and onions to scoop on top, plus put a slice of pepperjack cheese on there. YUM. So flavorful.

Well, night 3 came along. I just knew Robert was ready to toss the remaining meat out to the dog, so before he got home and could do so, I assembled one last roast supper. (SO GRATIFYING.) This time, I shredded the remaining roast for enchiladas. I made the easiest Spanish rice, scooped some onto a Flatout, added the shredded smoked roast, added some peppers and onions, rolled them up and put them in a baking dish. After dumping a can of red enchilada sauce on top and sprinkling some cheese over them, I baked the dish on low for an hour at 325.

The homemade Spanish rice was so easy, too. I just did a couple cups of Minute Rice and after it was cooked, I added a packet of taco seasoning and a dollop of sour cream to it. Done.



Jeremy Wiskow with a set at the net last week! Summer Volleyball League is held every Thursday night in Goodridge at 6:30pm and will soon be wrapping up for the season. Photo courtesy of Sheila Wiskow

DNR invites public to attend deer open houses

Anyone interested in deer can talk with area wildlife managers from the Minnesota Department of Natural Resources at meetings scheduled across the state meant to encourage discussions about deer and deer management, enhance local relationships and foster two-way communication.

These area-level engagement meetings organized by the DNR are one of the first steps identified for implementing the state's new White-tailed Deer Management Plan.

"The format of the meetings will be similar to the ones held in April, when our draft plan was released," said Erik Thorson, DNR acting big game program leader. "The focus this time will be on the upcoming deer season, progress in meeting population goals, local DNR management efforts and listening to citizen suggestions on improving deer management."

These local open-house style meetings will provide hunters and others interested in deer a forum for sharing their observations, talking to DNR wildlife managers, reviewing new deer-related information – including the final deer plan – and discussing options for the future. No formal presentations have been planned, so people can arrive any time during the scheduled meeting times.

The DNR encourages anyone who can't attend a sched-

uled meeting to contact a local wildlife manager for additional information or to address any questions about deer management. A list of area wildlife offices is available online at mndnr.gov/areas/wildlife.

More information about the state's deer management plan is available at mndnr.gov/deer-plan.

Area Meetings include, but are not limited to:

Baudette: 6-8 p.m. Wednesday, Sept. 5, Baudette High School AV Room, 236 15th Ave. SW.

Bemidji: 6-8 p.m. Tuesday, Aug. 21, Bemidji City Hall, 317 4th St. NW.

Lake Bronson: 6-8 p.m. Tuesday, Sept. 4, Lake Bronson State Park Visitor's Center, 3793 230th St.

McIntosh: 6-8 p.m. Thursday, Aug. 30, McIntosh Community Center, 240 Cleveland Ave. SW.

Middle River: 6-8 p.m. Wednesday, Aug. 22, Thief Lake Area DNR Office, 42280 240th Ave. NE.

Roseau: 6-8 p.m. Tuesday, Sept. 11, Roseau County Courthouse, 606 5th Ave. SW.

Thief River Falls: 6-8 p.m. Wednesday, Aug. 22, TRF Joint Operations Conference Room, 246 125th Ave. NE.

Warroad: 6-8 p.m. Thursday, Sept. 6, Warroad DNR Forestry meeting room, 804 Cherne Drive NE.



There was a Goodridge Class of 1968 reunion at the home of Jon Wilson on Saturday, August 4th. Back row, men, L-R: Alan Swanson, David Grovum, Gerald Hamm, Ivan Sjulestad, David Dahlen, Tim Kassa, Francis Rogers, David Rude, Leroy Nelson, Wayne Tieman, Brad Byklum, Kenny Englund. Back row, women, L-R: Holly (Sundberg) Rychlock, Sandra (Bakken) Warne, Margaret (Cullen) Syverson, Peggy (Haack) Shaw, Susan (Vigen) Paulson, Claree (Drangstveit) Paulson, Lana (Ellingson) Sandahl, Patty (Wahlberg) Cox, Susan (Geving) Roen. Front row, L-R: Linda (Dyrseth) Ulrich, Kaye (Smith) Wilkens, Rita (Wells) Parnham, Sandra (Warne) Dunham, Jon Wilson, Avis (Johnson) Byklum and Mark Rindahl. *Photo courtesy of Rita Parnham*



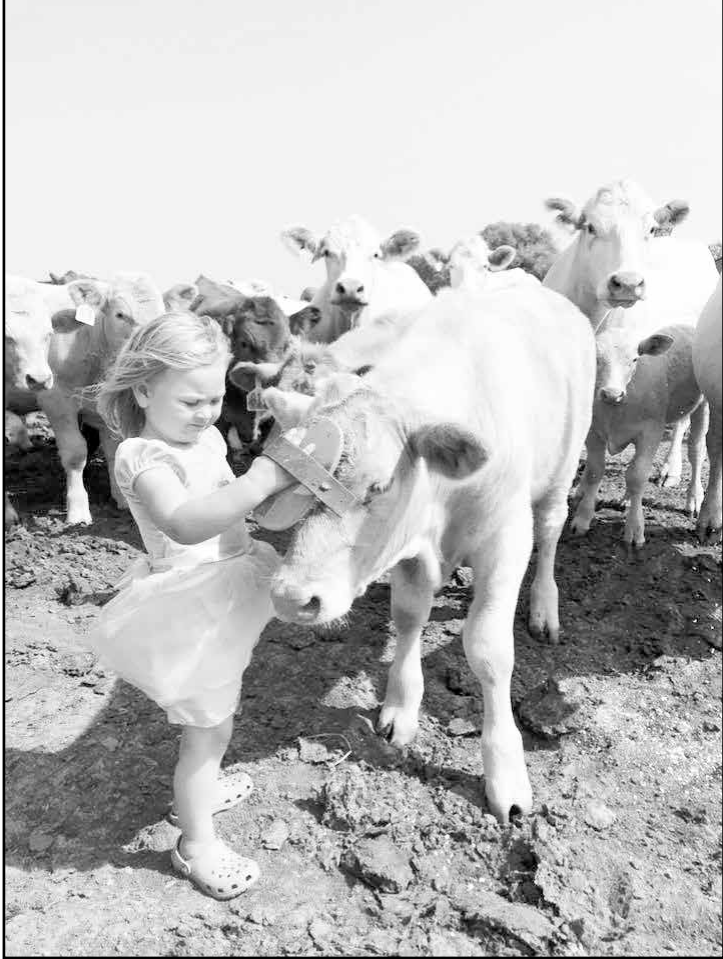
Sip, savor and stroll
The 5th Annual Grygla Wine Walk was held last Friday, August 10th. Multiple parties hosted stops at private homes around town that provided wine tasting along the way.
Front row, L-R: Jackie Stinson, Tori Miller, Kember Anderson, Sadie Miller, Katelyn Tharaldson, Kayla Anderson.
Middle row: Shonda Jelle, Emily Baugher, Megan Cullen, Brandi Stanley, Kristi Wawrzyniak, N/A, Brittney Stinson.
Back row: Molly Holthusen, Samantha Lunsetter, Carla Ferden, Deanna Nordby, Kallie Dougherty, Gretchen Smeby, Jaclyn Moe, Staci Howell, Karla Byklum, Faye Wold, Lori Marquis, Kristine Dougherty, Cheryl Stinson, Rose Hanson.
Photo courtesy of Shonda Jelle



Cousins and classmates, Sheldin Sundberg and Reece Sundberg, celebrated their 13th birthdays with a trip down to Eagan, MN, last week to watch the Vikings Training Camp at the TCO Performance Center. Reece turned 13 on August 13th; Sheldin turns 13 on August 15th. The two "teens" are huge Vikings fans so enjoyed watching the practice, getting some autographs and walking through over 50 years of history inside the Minnesota Vikings Museum. *Photo courtesy of Andrew Sundberg*



In honor of August being 'Safety Month' at Krystle's Daycare in Grygla, Marshall County Sheriff Jason Boman and Chief Deputy Jon Tinnes made a special visit to the kids last week and spent some time talking about safety with them, along with giving them an up close and personal. *Photos courtesy of Krystle Ruud*



This photo is too precious not to share. Presley Anderson sure loves her Grandpa John Verbout's cows! Taken on Sunday, August 12th, Presley, who loves dressing up as a princess, is brushing her friend, Walter. (Yes, she named him after Walter Jones.)
Presley's mom, Alisha, said it all started when she got to lead this calf around with the halter last spring. With being a bottle calf, he is very tame and loves people. Since moving back home, Presley and her brother, Briggs, love to do anything with Grandpa John. They always go out to check the cows and this little calf follows them around waiting to interact. It was soon called Presley's calf, which she thought was the best thing ever! Along with brushing, she also feeds him fresh cut grass and brings him a "snackie" whenever she can. *Photo courtesy of Alisha Anderson*



Marshall County Chief Deputy Jon Tinnes took the Grygla School Patrol Captains on a tour of the Law Enforcement Center in Warren last Friday morning, August 10th. The 2018-19 Captain are, L-R, Kinsley Oslund, Allie Sundberg, Addi Sundberg and Lakylie Brobst. *Photo courtesy of Grygla School*

