

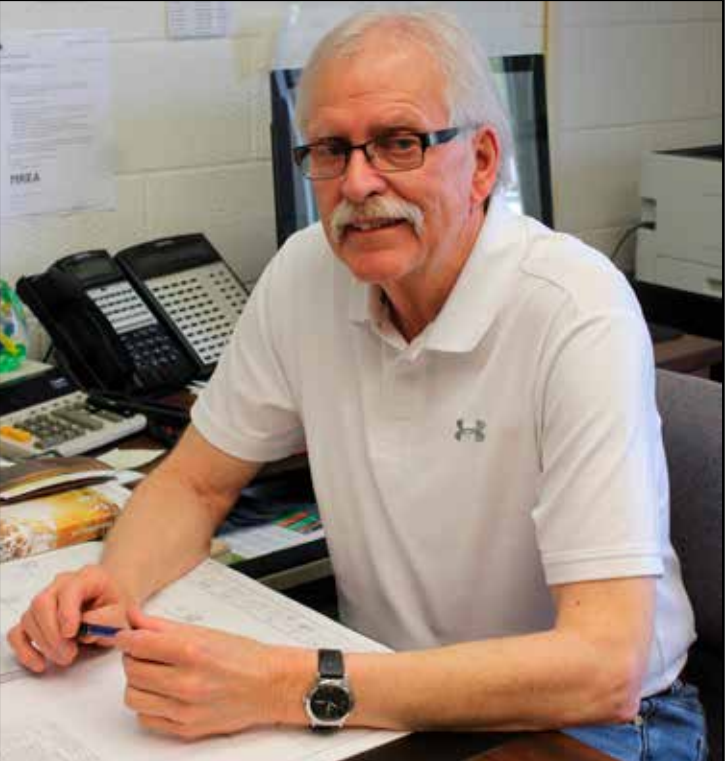


				
Today Sunny H 79 L 56	Thurs Partly Cloudy H 84 L 61	Fri Mostly Sunny H 86 L 64	Sat Scatt. Storms H 80 L 57	Sun Partly Cloudy H 76 L 49



A look at next week...Chix from the Stix attend Relay for Life at Pennington County Fairgrounds.

Galen Clow prepares for retirement as the Grygla/Goodridge School District Superintendent



It's full speed ahead for Mr. Galen Clow, whose last day in Grygla is July 31st! Photo by Grygla Eagle Newspaper

Before we get to the "NOW" part of this, let's take a fun look back at "THEN!" This article was taken from an August 1998 issue of the Grygla Eagle.

Superintendent Galen Clow now on duty in Grygla & Goodridge

(August 1998) Galen Clow began his duties this month as the new Superintendent for the Grygla & Goodridge School Districts. Clow, formerly Superintendent at Oklee Public School, replaces Sal Hoffert. Mr. Clow began his career in education in 1969 when he taught 5th grade at Stephen Public School. Since that time he has had experience in coaching, counseling, teaching and administrating. Galen graduated from Lancaster High School in 1965 and received his Bachelor of Science degree in Elementary Education from Moor-

head State University. After a year of teaching public school in Stephen, he enlisted in the U.S. Air Force and served from 1970-1974, stationed at an underground missile base in Little Rock, Arkansas.

After his service to the country, Galen went back to Lancaster where he was hired as a Chapter I teacher, athletic director and coach. He completed his Master of Science degree in K-12 Guidance and Counseling at Northern State University in Aberdeen, South Dakota, in 1979, and began a position as a guidance counselor at Lincoln High School in Thief River Falls that fall.

In the spring of 1980, he took a job as Chapter I teacher and coach at Goodridge, while continuing to work as a guidance counselor at Lincoln. From 1983 to 1995, Clow was

employed as a principal in the Win-E-Mac School system, spending the first eleven years in Erskine and the last year in McIntosh. During that time, he was able to obtain his elementary administration degree and superintendent certificate from the U of M in Duluth. For the past three years, he has been the superintendent/principal at Oklee Public Schools.

Galen, his wife, Cindy, and their 13-year-old daughter, Eryn, live in Thief River Falls.

Besides his career in education and administration, Galen enjoys basketball, tennis, music and golf. "I like working in rural schools and I like people," he commented. He added that he was impressed with the facilities at Grygla and feels the district has good programs and a good staff. "I'm really looking forward to working here," he said.

Present Day
40 proms, 40 graduations, 80 concerts and plays, 450 games, 500 school board meetings and 350,000 miles of commuting...21 great years later, Mr. Galen Clow is gearing up to retire as the Superintendent for the Grygla and Goodridge School Districts. His final day in the office will be July 31st, 2019. Until that date, he will still be splitting his time between the Grygla and Goodridge Schools like he has been doing for the past couple of decades.

He isn't officially retiring as of right now; he prefers the word "resigning" as Galen plans to continue working in some capacity part-time. "I might be interested in trying something else...maybe working with homeless people," he mentioned. Galen and his wife reside in Thief River Falls, but have future plans that include moving to the Moorhead area, as the couple's daughter lives there, along with their three

grandchildren.

What sticks out most in Galen's mind as he thinks back on his years here is the welcoming attitude of the kids, the staff and the community. "Every single day has been so fun to come to work and I've honestly enjoyed every bit of it," he reflected.

The Grygla/Gatzke School Board has approved Galen's replacement, which will be current Grygla School Principal Jamie Lunsetter. "Jamie will do great in this position. We have worked very closely over the years and we'll continue to work together through this transition and after; I'll always be here through phone or email for him," he said.

Right now it's full speed ahead right until the end! There are two audits coming up in July and new windows going in at the Grygla School, and a new gym floor going in at the Goodridge School, in addition to transitioning Mr. Jamie Lunsetter into his new role. At this point in time, the Goodridge School will be hiring their own Superintendent; Galen plans to stay on until that replacement has been hired.

In closing, Galen wishes to express continued success to everyone in our school districts and added, "The teachers and staff in both schools have always been so helpful to the kids and to each other to make the places run very smoothly. They've always been progressive and that's the fun part. Thank you to the students, staff and community members for giving me the opportunity to work here."

A decision on the new principal position in Grygla could be decided as early as the June School Board meeting.

A big thanks goes out to Mr. Galen Clow for his years of service and dedication to our school districts.



YARD OF THE WEEK

No nominations have yet been received, so we're sharing this lovely photo of the park in Goodridge that was taken by the Goodridge Area Historical Society.

It's that time of year again! 'Yard of the Week' is back for the summer and goes completely off of nominations received by you. Get your Grygla/Goodridge/Gatzke yard nominations in to the paper by emailing grygla.eagle@gmail.com or calling 218-689-6901. You

can nominate a friend, neighbor, family member or even yourself! A beautiful yard deserves to be seen. Please keep in mind that the list gets long fast and although many people have picture-worthy yards, not all will be able to be featured. The Grygla Eagle keeps a list of who has been featured in the past and likes to give new names priority. We look forward to visiting your yard soon! Photo courtesy of GAHS

Local fishing fun



The Fourtown gravel pit is one of a number of smaller fishing ponds that are stocked annually by the Bemidji Area Fisheries. A mix of panfish species, usually Bluegill, Pumpkinseed and Crappie, was just restocked last Thursday morning. The timing of these stockings varies somewhat from year to year, but is usually the last week of May or first week of June. Panfish are trapped and transferred from a local lake when water temperatures

reach the mid-60's, so exact timing is very weather dependent.

Gary Barnard, Bemidji Area Fisheries Supervisor, said the Fourtown pit quota is approximately 200 pounds of mixed panfish each year. The Grygla Eagle wasn't able to capture the stocking action, so here's a great picture of some neighborhood boys enjoying the local fishing fun.

Photo by Grygla Eagle Newspaper

River Run Percherons gets its last foal of the season



Shannon & Denise Ostby, of River Run Percherons in Grygla, have five new foals on the farm! They welcomed their first baby colt "River Run Knox" on March 28th and just got their last baby on June 2nd - a filly named "River Run Desteny," pictured on the left.

The other three are: "River Run Cinco De Mayo," a filly born on May 5th, which was the 1st filly in two years. "River Run Kumiko" was another filly born May 7th and "River Run Revolution" was a stud colt born on May 13th.

The five new additions will be kept on the Ostby farm until next spring when they'll decide which to keep or sell.

Recently, an old familiar face left their farm for a new home by Fargo. Magic, a 27 year old miniature horse, was reunited with old friends. Years ago, sisters Amy Tollefson and Lisa Hill used to visit the Ostby farm in the summer and

ride their horses, including Magic. The young ladies were family friends and would get together with the Ostbys in Rollag, which is where they first saw their horses. Lisa said, "About 20 or so years ago, I remember visiting the Ostbys and being told that if we ever get a place to keep it, they would give us one of their mini ponies. Amy and I have been in love with these horses since we were 4 or 5 and saw them at Rollag. We became good friends with the family and spent a lot of days in the summer at their farm riding them. Today we finally got one!" It was extra special as Lisa and Amy remember riding Magic when they were young girls.

Shannon and Denise are more than happy to have visitors to their farm and can be reached at 218-686-0033 or 218-686-1714. Young and old alike will enjoy seeing their majestic Percherons.



Left: Chris Ostby is pictured with Magic, a miniature horse, who was reunited with old friends at his new home near Fargo. Amy Tollefson is pictured with her daughter, who sure enjoyed riding Magic! Right: "River Run Kumiko" is a filly that was born on May 7th. Photos courtesy of Denise Ostby



Anthony Loken, 2019 Grygla graduate, qualified for the Section 8A Track Meet in East Grand Forks last Saturday, June 1st. He placed 10th in the Shot Put at 41-01.75 and 11th place in the Discus at 117-00. He is pictured with his cheering crowd, Cory Cleven and Andrew Loken.

Photos courtesy of Jason Grandstrand



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, June 5:
4pm Hymn Comm., 8pm
Interfaith Bible Study
Sunday:
Grace: 9am Worship, no SS
OS: 10:30am Worship, no SS

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
Wednesday, June 5:
Ekelund: Evening Service
7pm, Women's Bible Study
7:45pm
Sunday:
Faith: 8:30am Worship
Bethany: 9:45am Worship

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St.

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Wanted: Full time shop worker Farmer's Union Oil Co., Grygla. Alternate weekends. Benefit package. Pick up application at office or call 218-294-6117. Ask for Brenda. G11-14C

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

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
OP: 9:45am Worship
LYS car wash/bake sale 1-5pm
Nazareth: 11am Worship

We would like to thank everyone who attended, donated and helped in any way to the benefit. It was overwhelming to see the support. We are so very fortunate to live in a very caring community.
Thank you, Tim and Jean

LOST IN GRYGLA
A smaller sized purple covered spiral notebook containing names and phone numbers. If found, please call Lon at 459-3396.

Community Calendar

Wed | June 5
Accel at the Grygla School 7-9am; Chargers Youth Baseball practice in Grygla 9-11am; Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Cafe 11am; Grygla Library open 2-6pm; Chargers JO 14U Tourney in Bemidji; 12u-18u JO VB practice in Grygla 4pm; BBB practice in Grygla 7pm

Thurs | June 6
Accel at the Grygla School 7-9am; Chargers Youth Baseball practice in Grygla 9-11am; Chargers JO VB 10U-11U practice in Grygla 5pm; Goodridge Sand VB 6pm

Fri | June 7
Senior Meals at Grain Bin Cafe 11am; Relay For Life at Pennington County Fairgrounds 5pm-12am; Fully Charged Foundation Fundraiser Event on Main Avenue (Gates open, meal & bar begin at 5:30pm; Program, scholarship presentation & raffle held at 7pm; David Lee Murphy/Shell Shock Concert to follow)

Sat | June 8
Sun | June 9

Mon | June 10
Accel at the Grygla School 7-9am; Chargers Youth Baseball at Karlstad 9am; Senior Meals at Grain Bin Cafe 11am; 12u-18u JO VB practice in Grygla 4pm; Grygla City Council Meeting 7pm

Tues | June 11
Accel at the Grygla School 7-9am; Chargers Youth Baseball in Grygla vs. Lancaster 9am; Chargers JO VB 10U-11U practice in Grygla 5pm; Summer League Basketball in Grygla 6pm

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Asphalt Work Wanted
Streets, Parking Lots, Driveways, Patching-Repairs
Call 218-230-0698 for an Estimate! Agassiz Asphalt, LLC 67 State St 56738

HUGE GARAGE SALES
In Grygla June 7-8, beginning at 8am
222 W State Street &
322 S Main Ave
Lots of men's items something for everyone!

Monday night football

For anyone interested in Chargers Football, students going into grades 6-12 are invited to attend Monday night football from 5-7pm. The event kicks off on the field in Grygla on Monday, June 17th. Assistant Coach, Drew Kiono, says these are not official practices, but rather fun evenings to get together and play some football. No pads are needed and footballs are provided. Boys who are going into grades 6-12 just need to bring a water or something to drink, along with a pair of shoes. Football cleats, baseball cleats or tennis shoes are acceptable. "This is just a fun night for the kids to be around each other and for those interested in going out for Chargers football. Those going into 6th grade this fall are welcome to join us," offered Kiono. Chargers Varsity Head Coach, John Wilebski, along with other assistant coaches will be in attendance, as well. Monday night football will be alternating between Grygla and Goodridge.

Summer music lessons

Community Ed would like to offer summer music lessons at the Grygla School. Lessons would run for 6 weeks, 1/2 hour per week. The dates for lessons would be June 11, 18, 25, July 16, 23, 30, and would be scheduled in the mornings. Cost is \$20 total, regardless of the number of lessons taken. If interested, please contact Gene Lunsetter at 218-294-6155, 218-686-8792 or glunsetter@grygla.k12.mn.us. \$20 payment is due by cash or check to Grygla School on the first day of the lesson.

WILD THINGS ZOO ATTRACTION
BACK BY POPULAR DEMAND!
Come to the library for our SUMMER READING KICK OFF EVENT: Wild Things Zoo Attraction! They are a professional animal care company that has created a custom attraction for YOUR LIBRARY, with animals and experience from all over the world. Join us to learn why they believe that "we have more to learn from animals, than animals have to learn from us."
June 12 at 3:30pm
Grygla LINK Site

MARSHALL COUNTY PROPERTY APPRAISER
Marshall County Assessor's Office is currently seeking a full-time Property Appraiser. This position will be required to perform a variety of administrative and technical duties. Work involves viewing, valuing, classifying and coding all property types. A Certified Minnesota Assessor (CMA) license or Accredited Minnesota Assessor (AMA) license is preferred, but not necessary. Ability to attain an AMA license in five years is required. Competitive wage and benefits offered. Wage will depend on qualifications and licensure. A full job description and application are available upon request. Application deadline is July 1, 2019. Interested applicants can drop off application and resume to: Russ Steer
c/o Marshall County Assessor's Office
208 East Colvin Ave, Suite 13 • Warren MN 56762
Ph: (218) 745-5331
Or emailed to russ.steer@co.marshall.mn.us

GENERAL NOTICE OF ROADSIDE DITCH SPRAYING ALONG COUNTY ROADS
Beltrami County will be performing roadside vegetation control along Beltrami County Highways beginning in June. We will be spraying for Spotted Knapweed, Thistle, Tansy, Wild Parsnip, and brush. The following roads within Northwood township will be sprayed: Hagen, Whitewolf, Morel and Wapiti. The following roads within Big Grass township will be sprayed: Powderhorn, Phantom and Pine Island. County roads 700, 701, 702, 703, 704, 705, 706, 707, 709 and 710 will be sprayed also. We are putting out this notice because you may have property adjacent to the roadside scheduled for treatment. Selective herbicides will be used that control the brush and noxious weeds but allow the grass to grow. All herbicides have been fully tested and are approved by the U.S. Environmental Protection Agency and the Minnesota Department of Agriculture. If you do not want spraying adjacent to your property you MUST place "DO NOT SPRAY" signs at the beginning and end of your segment. If you have any questions or concerns, please call the Beltrami County Highway Department at 218-333-8173.

DO YOU NEED A NEW SUIT TO WEAR?

Volunteer Firefighters are needed in Grygla!

If interested, please contact:
Geoff Satre at 218-289-4601
OR
Travis Dougherty at 218-689-6733



June Is Dairy Month

Did you know there are 51,000 Dairy Farms in the United States and most are family owned and operated? Each June, we salute America's Dairy Farmers. Here in America we are so blessed to be able to choose from a great selection of safe, affordable, high-quality dairy products. We know that milk and other dairy products are necessary for healthy teeth and strong bones.

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kids' corner

ANIMAL FACT:
I MAY HAVE GOTTEN MY REPUTATION FOR HAVING NINE LIVES FROM MY ABILITY TO LAND ON MY FEET, EVEN WHEN JUMPING FROM HIGH PERCHES.
ANSWER: CAT

How they SAY that in...
ENGLISH: Fur
SPANISH: Pelo
ITALIAN: Pelliccia
FRENCH: Pelage
GERMAN: Fell

Cat Lovers Word Find
Find the hidden words in the puzzle.
ARCH CAT KITTEN LITTER MEOW PAWS PLAY POUNCE PURR SCRATCH SNUGGLE WHISKERS
F Y W Y A R X S T L U P
I P O S O R R P I F F Z
R M E H C E C T H R W Z
S T M T K R T H M D F M
A R L S T E A T Y G K C
K P I K R I H T G V I A
B H E C N U O P C S T T
W S N U G G L E W H T L
R V P L A Y D A K S E F
P R M H E Z P R S J N J
T A U W S P K Q C P N Z
M E L P W I K P Z F Z I

Get Scrambled
Unscramble the words to determine the phrase.
CSGNIRTAHC SPTO
Answer: Scratching post

Did you know?
CATS CONSERVE ENERGY BY SLEEPING 13 TO 14 HOURS EVERY DAY.
Can you guess what the bigger picture is?
ANSWER: CAT

THIS DAY IN...
HISTORY
1844: THE YOUNG MEN'S CHRISTIAN ASSOCIATION (YMCA) IS FOUNDED IN LONDON.
1934: THE SECURITIES AND EXCHANGE COMMISSION IS ESTABLISHED TO PROTECT INVESTORS.
1944: THOUSANDS OF ALLIED TROOPS INVADE THE BEACHES OF NORMANDY, FRANCE.

New word
PURR
low, continuous vibratory sound

GET THE PICTURE?
Can you guess what the bigger picture is?
ANSWER: CAT

Take a Kid Fishing Weekend is June 7-9

Kids will rarely be able to tell you their best day of watching TV but take them fishing and moments of angling excitement can make lifelong memories – it’s an often expressed sentiment and this weekend is a chance to put it into practice. During Take a Kid Fishing weekend Friday, June 7, to Sunday, June 9, Minnesota residents can fish without licenses if they take children 15 or younger fishing. “Time spent fishing can be can be a way for adults and kids to spend time outdoors together.

We’re encouraging adults to get out and learn how to fish so they can bring kids out fishing all year,” said Jeff Ledermann, DNR education and skills team supervisor. “Fishing can be a lifelong activity that connects folks to the wild places right outside their doors.” While Minnesotans 15 and younger don’t need fishing licenses any time of the year, Take a Kid Fishing Weekend is a way for adults and kids to fish together without the step of buying a license. Adults who want to learn

how to fish can visit the DNR website at mndnr.gov/GoFishing. The page covers fishing basics, where to fish, how to catch different types of fish, fishing programs to join, and the importance of fishing ethics and being stewards of Minnesota’s natural resources. “It’s easy to get started fishing in Minnesota,” Ledermann said. “With just a few fishing tips and a spot picked out, most people can feel that tug on the end of the line if they get out and try.” Fishing gear is available

to borrow at state parks. The DNR’s I Can Fish program teaches the basics of fishing and runs throughout the summer at state parks. Even when it’s not Take a Kid Fishing Weekend, Minnesota residents generally can fish in state parks without a fishing license if the body of water does not require a trout stamp. These and other hands-on activities are available online at bit.ly/gofishingmn.

One Vegetable, One Community event



NWRL’s Grygla Library held an event last week that promoted the One Vegetable, One Community program that our town participates in every summer. If you saw last week’s article in the paper, you know that Grygla’s vegetable of the summer is squash. University of Minnesota Extension SNAP-Ed Educator, Kristina Kaml, met with Krystle’s Daycare, along with a few other community members, last Wednesday at the Grygla Library. They held a story and snack time, along with a discussion on how to grow your own food and what’s needed in order to do so! After that, the crew headed over to the community garden and started the planting process. One Vegetable, One Community increases access and enthusiasm for local and inexpensive healthy food. The kick-off event begins a season-long campaign with the hopes that squash will be grown around every corner: from community, personal and school gardens, to gardens at businesses, faith-based organizations and government buildings.

Photos by Grygla Eagle Newspaper and Krystle Ruud



Chargers JO Volleyball is underway



The Charger’s JO (Junior Olympic) Volleyball program is underway! JO’s kicked off with a family potluck and picnic in Grygla last week. JO’s are for Goodridge/Grygla girls ages 10-18. JO’s run the entire month of June with practices and tournaments being held each week.



Coaches for the program are: (sitting, L-R) Katelyn Tharaldson, Megan Larson, (standing, L-R) Karlee Johnson and Brenna Dallager. Photos by Grygla Eagle Newspaper



The Chargers JO 12U team was the first team to have a tournament of the season. The group, coached by Karlee Johnson, played in Bemidji last Saturday and finished in the Bronze Division. Front row, L-R: Emily Johnson, Allie Sundberg, Anna Sundberg, Chesney Salo, Ashlyn Nelson and Ava Halvorsen. Back row, L-R: Addi Severts, Kinsley Oslund, Morgan Coan, Brooklynn Kriel, Maddy Thompson and Karlee Johnson. Photo courtesy of Courtney Salo

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

Persiflage

\pur-suh-flahzh, pair-\

noun

1. Light, bantering talk or writing.

DO IT YOURSELF

Camping tips and tricks
No-mess eggs

To avoid breaking eggs in a bag or cooler, pre-scramble them and pour them into a re-sealable plastic bottle. A coffee creamer bottle works great! They’ll survive the trip, and won’t make a mess when you cook them.



Keep food dry while camping

Place ice and cans at the bottom of the cooler. Place cooling racks on top of the cans. Now you have a nice dry shelf to place food on.



Hanging snack organizer

It’s great to hold things up out of the way and keep them from getting piled up on your camp table!



Camping hack

Fill clean, empty milk jugs with water and freeze it before leaving on your camp trip. Add the jugs to your cooler to save money on ice and keep your food cold for longer. When it melts you can use that water for drinking.



Paper Towel holder

The papers towels always seem to be getting wet on the table or dirty from falling on the ground. Stop the insanity and use a garden flag holder to hold them in place all week-end.



SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Crispy Garlic Chickpeas

An easy snack idea for you guys this week – these are easy to make, great to keep on hand and pack as a healthier option for all those summer rec. outings this season.

Ingredients

2 cans of chickpeas (garbanzo beans)
4 tsp. olive oil
1 tsp. garlic powder
4 pinches cayenne pepper

Instructions

Preheat oven to 400 degrees. Drain chickpeas, pour into a colander and rinse for about thirty seconds. Pat the chickpeas very dry over several layers of paper towels. Place dried chickpeas on a baking sheet. Drizzle the olive oil over the chickpeas and add the garlic powder and cayenne. Toss everything together with your hands until the oil and spices

are evenly distributed over the chickpeas. Roast for 20 minutes, removing from the oven and tossing with a spatula half way through. If you want them a bit crispier still, throw them in the oven for another 5-10 minutes.



WHAT A JOKE

Thank You Notes by Jimmy Fallon & the writers of Late Night!

Thank you...flour, for keeping the paper sack container business alive. Don't want to change your packaging, huh? Whenever I buy you I feel like I'm Charles Ingalls buying something from Oleson's store on credit.

Thank you...guy with the \$10,000 sound system in his \$800 car, for driving down Broadway this afternoon. You're loud. You're proud. You're in a '91 Tercel. Thank you.

Thank you...shampoo...or as I like to call you when I run out of soap, "soap."

Thank you...to the name Lloyd, for starting with two Ls. I'm glad both those Ls were there, because otherwise I would have called you "Lloyd."

Thank you...post-Thanks-giving-dinner relaxation rituals, for being the one time when Uncle Gary can unbuckle his pants in front of the whole family and not get sent to jail.

Thank you...guy whose chair made a farting noise, for spending the next 20 minutes awkwardly shifting around trying to re-create the noise so people would know it was just the chair.

Thank you...pizza box, for being impossible to dispose of. Thank you for not fitting inside any trash bag or trash can or trash chute ever built by humans, and thank you for popping open and spilling half-eaten crust on me whenever I try to throw you away.

Thank you..."Yes, I Agree

to the Terms and Conditions" box I have to click in order to install software. You know full well I didn't actually read the terms and conditions. For all I know, I just agreed to become the new face of herpes. But I'm still gonna click you.

Thank you...checked luggage. I hear you enjoyed Puerto Rico this Christmas vacation.

Thank you...people who show off their high school Spanish when pronouncing their order at a Mexican restaurant. The way you just "fa-jita" made me feel like I was wandering the rustic streets of Guadalajara. But I'm not. I'm in a Taco Bell and you're holding up the line, amigo.

Thank you...sweater vests. You're a great way to keep warm while telling my arms to go screw themselves.

Thank you...fake drawer in my kitchen. Even though I've lived with you for ten years, you still manage to fake me out. Come on, fake drawer!

Thank you...leaf blowers, for making me look like the world's lamest Ghostbuster. I ain't afraid of no leaves.

Thank you...fancy restaurant wine list, for providing me with plenty of notable choices to ignore while I look for the second-least-expensive bottle on the menu.

Thank you...gym that I go to. On the plus side, your treadmills have TVs on them. On the downside, your TVs have treadmills on them.

Thank you...paper clips, for being like staples for people who can't commit.

Relay for Life this Friday: Meet the speakers



Pam Cwikla with her late husband, Allan Cwikla. (Submitted by Melanie Nelson, Relay Survivor Chair) This year, with the merge of Marshall-Pennington Counties Relay for Life Event, we will be honoring two speakers who will be sharing their unique cancer survival stories. We're so pleased to honor Pam Cwikla



The Miller Family - Brenden, Jenny, Jason and McKenzie. Pam Cwikla will be speaking from the standpoint of both a caregiver as well as a two-time cancer survivor herself. To provide a sneak-peek into her story, Pam's story began as a caregiver to her late husband, Allan. Allan was diagnosed with stage 4 lung cancer in 2014. While he was receiving treatment and care, Pam was diagnosed with her first cancer, breast cancer, also in 2014. The loss of her husband in the spring of 2015 was devastating, but the news worsened. Pam was diagnosed with a second cancer, throat cancer, later

ing as a brain cancer survivor, actively receiving treatment still today. He's broken the odds and is fighting his cancer, along with his wife, Jenny and two children; daughter McKenzie (14) and son Brenden (10). After his surgery to remove a golf-ball sized mass in his brain, he traveled to the Mayo Clinic, where he is currently two years out from his initial diagnosis of Grade 4 Glioblastoma. The Mayo also made a second diagnosis of Gliosarcoma, a cancer that travels through his blood. Jason currently is on his 6 month chemotherapy regimen and wears an Optune Cap 18 hours a day for life. He's a true fighter in his battle with cancer and his words will inspire everyone around him. Please come out and hear the amazing stories right here in Pennington County and Marshall County. There will be many events and activities out at the fairgrounds, highlighted by a luminary walk. It will be something you won't want to miss!



Sand volleyball league has started up for the summer again. It's held every Thursday night in Goodridge beginning at 6pm. Nine teams participate in the fun every week! Pictured playing against each other above is the Good Times & Tan Lines team and the Highland Hooters. Photos by Grygla Eagle Newspaper



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StatePoint Crossword
Theme: Father's Day
ACROSS
1. Use elbow grease

6. Goody bag stuff
10. "e...ect," song
13. Singer Lenya
14. Band's work-related trip

15. Capt.'s prediction
16. Assumed name
17. Debate side
18. Schumer or McConnell, abbr.
19. *Founding father with no biological children
21. Runs, as on TV
22. Last letter
23. *Dad's mom
25. Ready for confrontation
29. *This before becoming father?
31. Lakes in Scotland
32. Opposite of post-
33. Henry VI had 6
37. Not in port
38. Have a bug
39. ____ of faith
40. *Archie Harrison Mountbatten-Windsor's dad
42. Layer
43. Ouzo flavor
44. Like farm-to-table
46. Made 50-50
47. Phony
50. "Wheel of Fortune" vowel request
51. Parts of play
52. *Dad to Violet, Dash and Jack-Jack
59. However, poetically
60. Coconut fiber
61. Dostoyevsky novel, with "The"
62. Once around
63. Japanese zither
64. It can be firma or incognita
65. Ill temper
66. Place at an angle
67. Ten of these before a first down

DOWN
1. BBQ side
2. Fizzy drink
3. "The Dock of the Bay" singer
4. Four Corners state
5. Turns large into medium
6. "All the world's a ____"
7. Refuses to
8. Grand theft target
9. Disparaging term for foreigners in Mexico
10. Pine product
11. Harsh
12. Popular annual flower
20. *Dad to Rod and Todd on "The Simpsons"
21. *Christopher Robin's father
24. Column's counterpart
25. Boring
26. Santa ____, CA
27. Tennis serving whiz
28. *Prince William's dad
29. *Dad's favorite cooking device?
30. Bank on
32. *The biggest bear
34. Tube in a body
35. Convenience
36. Hightailed it
41. ____ Tube
43. Eagerness
45. Painful body spasms
46. Between NE and E
47. *What patriot and patriarch have in common
48. Autumn color
49. Ben Franklin invention
50. Found in a quiver
53. Cozy corner
54. Make a reference
55. Over head light?
56. 100 cents in Ethiopia
57. Master of his castle
58. #15 Across, pl.

Chargers youth baseball begins

The chargers youth baseball program has begun! Below is the June schedule.
Wednesday, June 5th: 9-11am practice in Grygla
Thursday, June 6th: 9-11am practice in Grygla
Monday, June 10th: 9am game in Karlstad
Wednesday, June 12th: 9am game in Grygla vs. Lancaster
Friday, June 14th: 9am game/no practice
Monday, June 17th: 9am game in Argyle
Wednesday, June 19th: 9am game in Goodridge vs. Warren
Friday, June 21st: 9am game in Goodridge vs. Middle River
Monday, June 24th: 9am game in Goodridge vs. Karlstad
Wednesday, June 26th: 9am game in Newfolden
Thursday, June 27th: All Star Game TBD 5pm
Friday, June 28th: 9am game in Greenbush



Some 12U JO VB action shots from the tournament in Bemidji last Saturday. Morgan Coan serves above. Brooklynn Kriel's got the ball below! Photos by Grygla Eagle



Robbie Anderson gets ready to go up for the block against Leah Schulz at Sand Volleyball last week in Goodridge. Photo by Grygla Eagle Newspaper

Send-off Review for Miss North Star

Katrina Bugge, Miss North Star 2019, is preparing for her participation in the 2019 Miss Minnesota Pageant. She will be honored at a Send-off Review on Sunday, June 9, at the American Legion hall in Middle River at 2:00 p.m. Everyone is invited as she displays her attire, talent, and interview skills - so bring some questions! She will also share her schedule and activities for the week.

long event held in Eden Prairie with two preliminaries and the final pageant on Saturday, June 22. The newly crowned Miss Minnesota will compete in the Miss America Pageant in September. Katrina has represented northwest Minnesota well during her reign and we invite everyone to come and wish her well on her Minnesota Journey.

June WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of June 2019.
Infants, children up to the age of 5, and women who are pregnant or breastfeeding 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 June.
Wednesday, June 5: Warroad, Community Center
Thursday, June 6: Red Lake Falls, Community Center
Monday-Friday, June 10-14:

Thief River Falls, Redeemer Lutheran Church
Monday, June 17: Warren, Evangelical Covenant Church
Tuesday, June 18: Karlstad, First Lutheran Church
Wednesday-Thursday, June 19-20: Roseau, LifeCare Medical Center Basement Auxiliary Room
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.
North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health.

Wednesday, June 5, 2019