



 Today Mostly Sunny H 66 L 46	 Thurs Showers H 69 L 49	 Fri Showers H 70 L 50	 Sat Showers H 69 L 48	 Sun Partly Cloudy H 70 L 52
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Wednesday, June 12, 2019

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 50

A look at next week...Chargers JO Volleyball heads to Rochester!



American State Bank of Grygla, along with Machinewell, Inc., both helped “Paint the Town Purple!” Relay teams around the county asked their local businesses to participate in a “Paint the Town Purple” celebration to help spread the word about Relay for Life and recruit & engage new survivors and caregivers to the event. Both of these businesses proudly support their local Relay team! *Photos courtesy of ASB/Machinewell*

Chix from the Stix attend Relay for Life at Pennington County Fairgrounds

The 2019 Relay for Life of Marshall/Pennington Counties was held last Friday, June 7th, at the Pennington County Fairgrounds in Thief River Falls. Grygla's Chix from the Stix team once again participated in the annual event that raises money and awareness for the American Cancer Society. Thus far, the local team has raised over \$11,000!

Chix from the Stix. 2019 members include Ruth Anderson, Carole Aune, Pam Cwikla, Tonia Haack, Rose Hanson, Jean Johnson, Nikki Leach, Jaclyn Moe, Audrya Nelson, Shaunna Olson, Susie Olson, Stephanie Schenkey, Jodi Schulz, Karen Severts, Tausha Severts, Tammy Klein and Nadine Wold.

Activities at Relay included entertainment, a free-will donation community meal, silent & live auction, fun campsite activi-



ties, dunk booth, egg toss, kickball, a Luminaria ceremony, and more! The 2019 Honorary Survivor was Pam Cwikla, with Jason Miller as the Co-Honorary Survivor. Both shared their stories during the Opening Ceremony.

The evening schedule for Relay included:
5pm: Community dinner
5pm: Silent auction opens
7pm: Opening ceremony
7:45pm: Live auction (immediately after opening ceremony)
8pm: Survivor reception (immediately following live auction)
Dusk: Luminaria ceremony
12am: Final lap and closing ceremony



Left: Chicks from the Stix team members in attendance at the event last Friday night included, L-R: Carole Aune, Susie Olson, Stephanie Schenkey, Pam Cwikla, Nadine Wold, Tausha Severts, Shaunna Olson, Nikki Leach and Jean Johnson. *Right:* The 2019 Honorary Survivor was Pam Cwikla, with Jason Miller as the Co-Honorary Survivor. Both shared their stories during the Opening Ceremony. Pam is also a member of the Chix from the Stix Relay team. Each received a beautiful watch from Diamonds and Designs. *Photos courtesy of Nadine Wold*



Survivors and people currently battling cancer take a lap at Relay as they're celebrated and cheered on by their biggest fans. Grygla's Chix from the Stix attended last Friday night's event and have currently raised over \$11,000 to go towards the American Cancer Society! *Photo courtesy of Nadine Wold*



Left: Luminaries were available to be purchased in honor of or in memory of a loved one. These luminaries were lit and displayed along the Relay for Life walking path at the fairgrounds. *Right:* 3-time cancer survivor, Jaylene Aune, getting a ride through the survivor walk. *Photos courtesy of Nadine Wold*



Garden Valley sends Grygla student to our nation's capital

About FRS
The FRS (Foundation for Rural Service) Youth Tour provides high school students from across rural America a chance to visit our nation's capital and learn about rural telecommunications – and to tell their community's story. Since 1995, the tour has hosted thousands of students and provides a forum for teens to meet and interact with their peers from other rural communities as well as key legislative, regulatory and government figures.

Two high school students, age 16 or 17, who receive services from Garden Valley, were eligible to win this all-expenses-paid trip to Washington, D.C. for the FRS Youth Tour.

Layla Jelle was among the chosen. She will be a senior at Grygla High School in the fall, and is the daughter of Mike and Shonda Jelle.

The FRS Youth Tour began on the afternoon of Saturday, June 1st. After the group of about 120 kids arrived and got settled in, the evening included a buffet dinner, a review of the youth tour and an orientation on the daily activities to come. Jelle was assigned to room with another young lady from Georgia during her stay and says she got to meet a lot of people from all over the United States on this trip.

Sunday, June 2nd, was a full day for the group. It included a tour of Arlington National Cemetery, a visit to the Smithsonian Museum, a night tour of D.C., including stops at the White House and the WWII, Vietnam & Korean War Memorials, and also the Lincoln Monument.

Monday, June 3rd, started out with an Educational Session: “A Visit to the Hill.” Sightseeing time was at the U.S. Capitol, Library of Congress and Supreme Court. The afternoon tour stops were at the Jefferson, FDR & Martin Luther King Memorials. After

bowling and dinner that evening, an FRS breakout session was held on Rural America.

Tuesday, June 4th, started out with another Educational Session: “A Visit to the FCC.” Along with a tour of the Newseum, the group also toured Mount Vernon, the home of George Washington. A farewell dinner and dance was held this evening before the group departed for home on Wednesday, June 5th.

Of her experience, Layla says, “Before attending this trip, I really didn't know what to expect, but let me tell you, it was the best experience I've ever had!” She added, I'm so appreciative of Garden Valley for giving me this opportunity and FRS for making it all possible!”



Layla Jelle visited Washington, D.C. June 1st-5th. She is pictured outside of the White House. *Photo courtesy of Layla Jelle*

Fully Charged Foundation announces scholarship recipients

The Fully Charged Foundation, based out of Grygla, raises scholarship money for high school seniors planning to learn a skilled trade. An event was held in town last Friday night that included country music singer David Lee Murphy performing for the crowd! The night included a steak supper in addition to the concert, along with the announcement of the first-ever scholarship winners.

Fully Charged Foundation is awarding three scholarships. The Wendy Sandmark Memorial Scholarship is intended for a graduating senior from either Grygla or Goodridge. The Wesley and Kathy Sandmark family helped the Board choose the recipient, which was Peyton Verbout, a 2019 Grygla High School graduate.

Two Fully Charged Foundation Scholarships were also awarded. The high school recipients of this specific scholarship were required to be located within 90 miles of the Grygla/Goodridge area. Both recipients are 2019 Grygla High School grads, Abby Kiewow and Cheyenne Irlbeck.

In conjunction with the event, raffle tickets were sold for a chance to win a new 2019

Ford F-150 or \$40,000. The winning ticket belonged to Aric Hanson from St. Hilaire.

Fully Charged Foundation Board Member, Nicole Hackley, says Hanson has chosen the pickup.

Also, for anyone interested, there are some leftover frozen marinated ribeye (uncooked) for sale. They are anywhere from 15-19 lbs. and are \$125/each. You can contact Nicole Hackley at 1.406.480.5385.



Country music artist, David Lee Murphy, took the stage in Grygla last Friday night! *Photo courtesy of Jaclyn Moe*

Anderson named to NDSU Dean's List

Kember Anderson, Goodridge, MN, was among the 3,740 North Dakota State University students to be placed on the spring 2019 Dean's List. A student must earn a 3.50 grade

point average or higher and be enrolled in at least 12 class credits to qualify for the spring list. Anderson's major is Crop and Weed Sciences.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, June 12:
8pm Grace Council
Thursday, June 13:
1pm Grace Circle
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 12:
Evening Service at Ekelund 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. Ann's – Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 11:45am
St. Ann's: 10am
Monday, June 17:
Parish Council 7:30pm
Tuesday, June 18:
Shalom Circle 9:30am

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

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

Church Calendars due to the Eagle by the last Sunday of the month.

Community Calendar

Wed | June 12
Accel at the Grygla School 7-9am; Chargers Youth Baseball vs. Lancaster in Grygla 9am; Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; June Senior Birthdays at Grain Bin 2:30pm; Wild Things Zoo Attraction at Grygla Library 3:30pm; 12u-18u JO VB practice in Grygla 4pm; GBB practice in Grygla 6pm; BBB practice in Grygla 7pm

Thurs | June 13
Accel at the Grygla School 7-9am; Chargers JO VB 12U Tourney in TRF; BBB Varsity Tourney in Erskine; Chargers JO VB 10U-11U practice in Grygla 5pm; Goodridge Sand VB 6pm

Fri | June 14
Chargers JO VB 14U Tourney in TRF; Senior Meals at Grain Bin Café 11am

Sat | June 15
Chargers JO VB 18U Tourney in Rochester

Sun | June 16
Happy Father's Day; Chargers JO VB 18U Tourney in Rochester

Mon | June 17
Accel at the Grygla School 7-9am; Chargers JO VB 14U/16U Tourney in Roseau; Chargers Youth Baseball at Argyle 9am; Senior Meals at Grain Bin Café 11am; 12u-18u JO VB practice in Grygla 4pm; Monday Night Football in Grygla 5pm; GBB practice in Grygla 6pm

Tues | June 18
Accel at the Grygla School 7-9am; Chargers JO VB 12U at RLCC; Chargers JO VB 10U/18U at Roseau; Chargers JO VB 10U-11U practice in Grygla 5pm; Summer League Basketball in Grygla 6pm; Fourtown/Grygla Sportsman's Club meeting at Legion in TRF 7pm

Softball begins Wed.

Men and women 18 and older are invited to play softball at 7pm in Grygla every week. The

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

G11-14C

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, Phentom 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.

G11-12C

U.S.P.S. No.
002330
Grygla Eagle



Serving Eastern Marshall & Northern Beltrami Counties

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\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)

\$30 per year outside of the area

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NOTICE OF MINNIE TOWNSHIP BOARD MEETING

Minnie Township Board will meet at the Minnie Town Hall, 65964 Fourtown Road NW on June 18th, 2019. Meeting will start at 2:00 PM
Minnie Township
Ray Hendrickson, Clerk

JOHNSON FUNERAL SERVICE, Inc.

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G7-18C

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G11-18C

Creative Coloring

Celebrate candy and sweets. Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

• **1939:** THE BASEBALL HALL OF FAME OPENS TO THE PUBLIC IN COOPERSTOWN, NY.

• **1942:** ANNE FRANK RECEIVES A DIARY FOR HER BIRTHDAY.

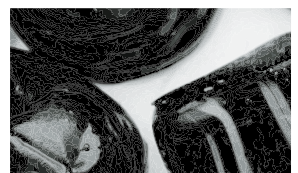
• **1997:** INTERLEAGUE PLAY BEGINS IN MAJOR LEAGUE BASEBALL WHEN THE TEXAS RANGERS HOST THE SAN FRANCISCO GIANTS.



TART

sharp or acid in taste

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHOCOLATES

Thank you doesn't seem like enough when thinking about the generosity shown at the Benefit held for us and the Foss's on May 21st. The outpouring love and support was unbelievable! Thank you to the Grygla School staff for organizing such a wonderful evening. Thank you to all the businesses, organizations, classes, and individuals for donating the auction items. Thank you to all who attended the evening. Thank you to those who gave cash donations. Our extended family was amazed at the support and efforts of such a small community! We have been so blessed by all of you and so proud to be a part of . . . the biggest town of its size!



Love,
Beth and Dan Kucera
Ben, Christina, Maria & Chris

G12C

This is the 10 year Anniversary of the Veteran's Memorial

...will be due August 1st, 2019 for this years delivery of August 15th.

Mail to: Veterans Memorial
PO Box 45
Grygla, MN 56727

Stepping Stone AND Bench Orders...

Please call: **Lyle Nelson at 294-6433**
~~ FOR GOD AND COUNTRY ~~

G10/12/14/16/18C

THANK YOU

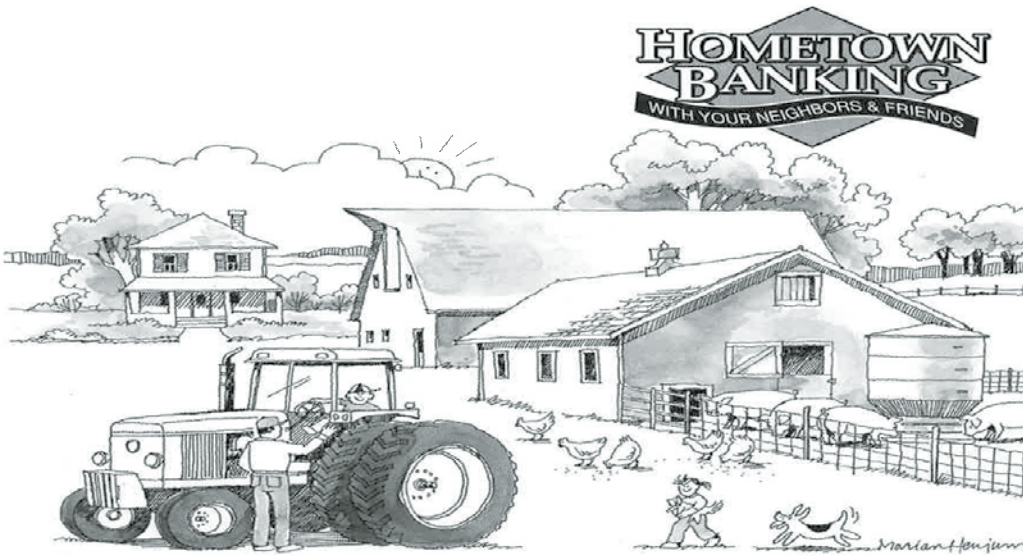
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FAX (218) 687-2328



HISTORICAL ACCOUNTS SAY THIS SUGARY CANDY WAS ONCE USED TO SOOTHE SORE THROATS.

ANSWER: ROCK CANDY

How they SAY that in...

ENGLISH: Sweet

SPANISH: Dulce

ITALIAN: Dolce

FRENCH: Sucré

GERMAN: Süß

Did You Know?

IN EUROPE IN THE MIDDLE AGES, THE HIGH COST OF SUGAR MADE SUGAR CANDY A TREAT ONLY THE WEALTHY COULD AFFORD.



Summer League June Schedule

Summer League basketball kicked off this week at the Grygla School for 9th graders and older, including GHS Alumni. Below is the June Schedule.

June 11
6:15pm – Gold vs. Gray BG, Purple vs. Green SG, Refs: Blue, Orange
7pm – Blue vs. Orange BG, Gold vs. Purple SG, Refs: Green, Gray
7:45pm – Green vs. Blue BG, Gray vs. Orange SG, Refs: Gold, Purple
June 18
6:15pm – Purple vs. Orange BG, Gray vs. Blue SG, Refs:

Summer League Teams

Gold: Cole Halvorson, Hunter McMillin, Brandon Stanley, Jordan Coan, Tucker Verbout, Justin Kiesow, Cory Cleven, Syra Naik
Gray: Andrew Holte, Tyler Schulz, Matt Hanson, Alan Prestebak, Matt Busse, Hogan Lundeen, Reece Sundberg, Michael Lawrence
Purple: Ethan Schulz, Jaden Kiesow, Hudson McMillin, Peyton Verbout, Lucian Tinnes, Nick Groven, Leah Schulz, Justin Thompson

Green, Gold
7pm – Gold vs. Green BG, Purple vs. Gray SG, Refs: Orange Blue
7:45pm Gold vs. Blue BG, Green vs. Orange SG, Refs: Purple, Gray
June 25
6:15pm – Green vs. Gray BG, Gold vs. Orange SG, Refs: Purple, Blue
7pm – Purple vs. Blue BG, Gold vs. Gray SG, Refs: Green, Orange
7:45pm – Purple vs. Green BG, Blue vs. Orange SG, Refs: Gold, Gray
No games on July 2nd

Green: Brady Olson, Dayle Larson, Tyler Stinar, Riley Manderud, Jake Olson, Anthony Loken, Jared Haack, Carter Burks
Blue: Andrew Sundberg, Steven Hanson, Brandon Bakken, Devon Drangstveidt, Levi Kiesow, Payton Grandstrand, Andrew Loken
Orange: Robbie Anderson, David Jones, Brock Olson, Randy Henrickson, Nolan Anderson, Ashley Moe, Sheldin Sundberg



David and Lori Jones, along with their boys, Lewis and Gus, recently met some Minnesota Vikings! Linval Joseph, Anthony Harris and Harrison Smith were at Shotgun Sally's in Fargo on Thursday, May 30th, to benefit Joseph's charity. An autograph signing and silent auction took place that evening, as well as some great photo opportunities. Photo courtesy of Lori Jones

Monday night football for 6-12 graders

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. These are not official practices, but rather fun evenings to get together and play some football. After warmups, the group will run through a couple of drills and play two-hand touch against each other. There will be two games – one for the younger boys and one for the older boys. 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. Any equipment the kids want to bring to try for football, they are welcome to do so. 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, too. 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.

Legal Notice

ROSEAU COUNTY MUSEUM
121 Center Street East, Suite 101
Roseau, MN 56751
REQUEST FOR BID
For LIGHTING RESTRUCTURE PROJECT

ISSUE DATE: Monday, June 10, 2019
DUE DATE and TIME: Monday, July 8, 2019 at 5:00 PM
BID SUBMITTAL: Roseau County Museum, 121 Center St. E. #101, Roseau, MN 56751 Attn: Britt Submitted bids will be reviewed, the winning Bidder will be contacted. The Roseau County Museum is in search of a licensed electrician for a lighting restructure project within the museum. The job would consist of:
a. Install occupancy sensors and dimmers to control the exhibit track lighting. These controls will limit both the intensity and duration of light exposure on your collection objects as well as reducing your energy costs.
b. Replace obsolete fluorescent and quartz/halogen lighting fixtures with new energy efficient LED fixtures. Linear fixtures will provide ambient light in both the gallery and research area and track lighting will accent focal points of the exhibits. The fixtures should have color temperature of 3000 Kelvin, a color rendering index above 90, and should dimmable to provide between 5 and 30 footcandles of light. This range will provide adequate light levels for the wide range and viewing requirements of your visitors.
c. Install retrofit LED tubes in existing fluorescent fixtures in the collection storage area. The look of the light fixture isn't important and the retrofit tube is the most cost effective option.
d. Add additional electrical outlets throughout the certain locations in the museum.

The Roseau County Museum hired a consultant for a lighting redesign being lighting is one of the most critical elements in the museum environment. Proper lighting not only protects valuable artifacts but also plays a major role in providing a positive visitor experience. The designer's report and specifications can be obtained at the museum, via email, or www.roseauculturalhistoricalsociety.org
PHYSICAL INSPECTION: All Bidders for this project are expected to visit the site and examine the needs of the museum. Tours of our facility can be scheduled by contacting Britt at the museum.
TIME: This project will be scheduled for 2020 if grant money is secured in December, 2019. However, time is of the essence when working in the gallery. The Bidder must state estimated number of calendar days for completing this phase of the project.
PROJECT MANAGER: Britt Dahl
TELEPHONE: 218-463-1918
EMAIL: rchsroseau@mncable.net
G12-13C

Music lessons

Music lessons would run for 6 weeks, 1/2 hour per week, at the Grygla School. 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 due on day of first lesson.

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Alameda

\al-uh-mey-duh\
noun

A public walk shaded with trees.

S	C	O	U	R		S	W	A	G			R	S	P			
L	O	T	T	E		T	O	U	R			E	T	A			
A	L	I	A	S		A	N	T	I			S	E	N			
W	A	S	H	I	N	G	T	O	N			A	I	R	S		
					Z	E	E			G	R	A	N	N	Y		
B	R	A	C	E	D			G	R	O	O	M					
L	O	C	H	S			P	R	E			W	I	V	E	S	
A	S	E	A				A	I	L			L	E	A	P		
H	A	R	R	Y			P	L	Y			A	N	I	S	E	
					L	O	C	A	L			E	V	E	N	E	D
P	O	S	E	U	R				A	N	I						
A	C	T	S				I	N	C	R	E	D	I	B	L	E	
T	H	O					C	O	I	R			I	D	I	O	T
R	E	V					K	O	T	O			T	E	R	R	A
I	R	E					S	K	E	W			Y	A	R	D	S

Results from last week's StatePoint crossword puzzle.

DO IT YOURSELF



Creative garden additions - this dual plant holder can be made simply by using an old rake and some colanders. For the other garden idea, grab a shepard's hook, hang an old watering can and hang out strings of solar lights (found in the garden section of Target/Walmart).



SIMPLY DELICIOUS

For around the campfire this summer...

GOURMET

S'mores

Menu

Try these...or make your own creations

THE NUTTY BUDDY

Graham Cracker | Peanut Butter Cup | Marshmallow

SALTED CARAMEL

Graham Cracker | Milk Chocolate/Caramel Square
Sea Salt | Marshmallow

MEXICAN HOT COCOA

Graham Cracker | Milk Chocolate | Marshmallow
Cinnamon | Nutmeg

THE SAMOA

Graham Cracker | Milk Chocolate/Caramel Square
Toasted Coconut | Marshmallow

THE GRASSHOPPER

Graham Cracker | Peppermint Patty | Marshmallow

THE CLASSIC

Graham Cracker | Milk Chocolate | Marshmallow



Goodridge Sand Volleyball League makes for a fun Thursday night for a lot of people! The weather was great for even some youngsters to come watch the action last week! Photos by Grygla Eagle Newspaper



Farm Service Agency County Committee nominations open up

USDA's Farm Service Agency (FSA) will begin accepting nominations for county committee members on Friday, June 14, 2019. Agricultural producers who participate or cooperate in an FSA program may be nominated for candidacy for the county committee. Individuals may nominate themselves or others as a candidate. "I encourage America's farmers, ranchers, and forest stewards to nominate candidates to lead, serve, and represent their community on their county committee," FSA Administrator Richard Fordyce said. "There's an increasing need for diverse representation including underserved producers, which includes beginning, women and minority farmers and ranchers." Committees make important decisions about how federal farm programs are administered locally. Their input is vital on how FSA carries out disaster programs, as well as conservation, commodity and price support programs, county office employment and other agricultural issues. Nationwide, more than

7,700 dedicated members of the agricultural community serving on FSA county committees. The committees are made of three to 11 members and typically meet once a month. Members serve three-year terms. Producers serving on our FSA county committees play a critical role in the day-to-day operations of the agency. Producers should visit their local FSA office today to find out how to get involved in their county's election. Check with your local USDA service center to see if your local administrative area is up for election this year. Organizations, including those representing beginning, women and minority producers, also may nominate candidates. To be considered, a producer must sign an FSA-669A nomination form. The form and other information about FSA county committee elections are available at fsa.usda.gov/elections. All nomination forms for the 2019 election must be postmarked or received in the local FSA office by Aug. 1, 2019. Election ballots will be mailed to eligible voters beginning Nov. 4, 2019.

Local Sportsman's Clubs to meet this Saturday

Gather at Bemis Hill this Saturday, June 15th, at 10am for a day of trail riding that focuses on small trail maintenance and signage improvements. The Northstar Tail Alliance, a cooperative venture between the Fournoun/ Grygla Sportsman's Club and the Roseau/Lake of the Woods Sportsman's Club, will be serving lunch for workers that day. Please bring a dish to share. The group will also be celebrating the Pilot Program on Moose

River Dike that day, which joins the two clubs. The outing will also include discussions on the campground improvements at Clear River. Camping is free if you choose to make it an overnight trip. A few have decided to ride to Bemis for a day trip; they will meet at the north end of the dike. For any questions on the ride to Bemis, please contact Jack Nelson at 218-689-8807.

Fuel your run with good nutrition and hydration

By Jean Larson, licensed and registered dietician with Essentia Health.

Summer offers runners many opportunities to compete and it's a good time to look at how to fuel your run.

Arriving at the starting line with a full fuel tank is essential whether you're running a 5K, half-marathon or full marathon. During training, you need to eat a variety of whole foods and test your race day plans for breakfast and hydration to make sure your body tolerates them.

Here are some of my top nutrition tips for race week and day:

Start hydrating a week out. Don't wait until the day before a race to start guzzling water and fluids. Start optimizing your hydration a week before the race. Calculate half your body weight and be sure to consume that many ounces of water or fluids each day. You'll need more if it's hot or you are perspiring a lot.

Don't try anything new. Stick to familiar foods and sports supplements in the days leading to the race. Race day is not the day to try a new sports gel, gummy or breakfast. You want to be sure that whatever you are consuming will not upset your digestion and cause any unnecessary discomfort on race day.

Eat carbohydrates to top off your gas tank in the days leading up to the race. This doesn't mean you need a heaping plate of spaghetti, but it might mean an extra carbohydrate-rich snack such as a smoothie or an extra helping

(about a palmful) of starch with your meals, such as sweet potato, brown rice or squash. Like hydration, this isn't limited to the day before and is actually most beneficial to do for a few days before race day.

Get in a carbohydrate-rich breakfast three to four hours before the gun goes off on race day. You might need to plan around bus schedules, so be prepared to wake early and possibly take something with you. Again, make sure this is a breakfast you know sits well. The type of carbohydrate is up to you, but examples include oats, a bagel, toast, cereal, rice or potato. My go-to was always a big bowl of Cheerios with a banana and almond milk. Avoid high amounts of fiber and fat at this meal.

Bring water on the bus. Sip water while you await transport to the starting line. You might even pack a quick-absorbing sugar, such as a honey stick, gummy bears or a sports drink, to consume about 15 minutes before race start.

Alternate hydration during the race between sports drinks and water. Especially on a hot day, including sports drink will ensure you replace electrolytes you are losing in sweat.

After the race, make sure to grab a snack and fluids. Get both carbohydrates and protein, which will help you recover. My personal favorite is chocolate milk and a banana. Keep drinking water and have a good meal within a couple hours of finishing.

Warroad Celebrity Golf Tournament to be held on Saturday, June 29

Bill Christian, founder of the original Celebrity Golf Tournament, an inductee of the U.S. Hockey Hall of Fame, former Warroad Laker and 1960 Olympic gold medalist plans to attend!

Hockeytown USA® is hosting the annual Celebrity Golf Tournament in Warroad to raise funds in support of local hockey programs and facilities. The 18-hole charity golf tournament will be held Saturday, June 29, at the Warroad Estates Golf Course.

"We are extremely excited to have Bill Christian, one of the greatest Warroad hockey players and founder of the original Celebrity Golf Tourney, as one of our VIPs joining us this year," explains David "Izzy" Marvin, one of the event organizers.

Joining Bill will be his son David Christian, who earned an Olympic Gold medal as a member of the 1980 Miracle on Ice team. David also spent time with the Washington Capitals, Winnipeg Jets, Boston Bruins, and Chicago Blackhawks during his NHL career. Other current and former pros with Warroad roots that are expected to golf include, three-time Olympian and 2018 gold medalist, Gigi Marvin; Henry Boucha, and Alan Hangsleben.

Our celebrity line-up continues to grow and expect to see some new faces like Josh Pauls, a three-time Paralympian and three-time gold medalist, including a gold in PyeongChang in 2018. In 2008, he made his U.S. National Sled Hockey team debut and at age 17, was the youngest member of the gold medal-winning team in Vancouver in 2010.

Additional celebrities will be announced on the HockeytownUSA Facebook page over the course of the next few weeks leading up to the tournament.

In addition to the tournament, the day's events will also include on-course viewing near the Clubhouse and an awards banquet at The Gardens Arena for registered golfers, celebrities, and VIP ticket holders.

Warroad is unique in offering no fee for youth to use The Gardens and Olympic Arenas. The Celebrity Golf fund-raiser helps to keep that as a benefit to our kids and community for today and for the foreseeable future.

To register for the tournament, golfers can visit www.hockeytownusa.org. For more information, visit the Hockeytown USA® Facebook page, or send an email to whockeytownusa@gmail.com.



Yard of the Week begins with a visit to Ostby's

This week's 'Yard of the Week' goes out to Shannon and Denise Ostby, of rural Grygla. Going down their quiet driveway leads you to a place where you feel instantly transported. It's peaceful, serene and nestles you right in to their horse ranch along the river! To nominate a Grygla/Goodridge/Gatzke yard, please call/text 218.689.6901 or email grygla.eagle@gmail.com. Photos by Grygla Eagle Newspaper



Northland Pioneer athletes named to Minnesota College Athletic Conference Spring All-Academic Team

The Minnesota College Athletic Conference (MCAC) has announced its 2019 Spring All-Academic Team. The student-athletes receiving this dignification have met sport-specific athletic requirements and have achieved a cumulative grade point average at or above the standards set by the General Assembly of the MCAC.

The 2019 Spring MCAC All-Academic team is comprised of student-athletes from over 25 U.S. states and more than ten countries. Over 225 individuals were named to this distinguished honor. Pioneer student-athletes named to the All-Academic honor roll included: Dylan Manderud, Goodridge, Baseball; Hannah Dietsch, Goodridge, Women's Basketball; Ashley Moe, Grygla, Women's Basketball.

Northland Community and Technical College is a comprehensive college with campuses in Thief River Falls, MN, and East Grand Forks, MN. Northland also has an aerospace site in Thief River Falls, MN, and a satellite site in Roseau, MN. Northland offers certificates, diplomas, transfer courses, two-year degrees (A.A.S., A.S.,

A.A.) in more than 80 areas of study, workforce training and education programs. Northland is a member of Minnesota State, the fourth-largest system of two-year colleges and four-year universities in the United States, and is accredited by the Higher Learning Commission of the North Central Association. Northland is an affirmative action/equal opportunity employer & educator. For more information about Northland Community & Technical College, visit www.northlandcollege.edu or call 1.800.959.6282.



Dylan Manderud



Hannah Dietsch



Ashley Moe



These GG Chargers attended Lace 'Em Up Camp in Red Lake Falls this past week. Front row, L-R: Gabe Arveson, Spencer Coan, Vivian Coan, Chloe Kuznia and Nolan Anderson. Back row, L-R: Dane Arveson, Nick Groven and Jordan Coan. Photo courtesy of Roxann Coan



Acceleration Training began in Grygla last week. High School students participate in a variety of strength, conditioning and agility drills. Physical Education teacher, Brady Olson, is the coordinator of the fitness program that is held every Monday-Thursday morning from 7-9am. Photos by Grygla Eagle Newspaper



Kinsley Oslund, Allie Sundberg, Elise Monson and Anna Sundberg work their abs with the medicine ball during their free time at Accel last week. Photos by Grygla Eagle



Pictured bottom left is Andrew Loken spotting Jared Haack. On the right is Hudson McMillin in the weight room during Accel one morning last week.