



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Mostly Cloudy	Partly Cloudy	Cloudy	Partly Cloudy
H 34 L 19	H 39 L 23	H 49 L 36	H 47 L 26	H 46 L 26

In this issue ... Let’s head back to 1983! Check out the “Pieces of the Past” on the back page.

Our local healthcare workers are essential and indispensable

We have a lot of essential workers around the area, including many local nurses and healthcare workers. While they attempt to help everyone else, they continue to put themselves at risk every day, while doing their part to make sure our hospitals, clinics and nursing homes continue to function during this coronavirus pandemic.

Many jobs simply can't be done from the safety of one's home. So many of our local residents are deemed essential: law enforcement, grocery/restaurant service, mail/package delivery, caretakers, farmers, manufacturers, to name a few, and they ALL deserve recognition. But this week, we're taking a look specifically at some of our local medical professionals whose roles on the frontline are essential and indispensable. The following interviews were conducted to bring you an inside look, and to give you an idea of what some of our healthcare workers are going through during these challenging times.



Molly Holthusen, of Grygla

Place of employment: Sanford Health, Thief River Falls

Job title and department: Home Dialysis RN

What are you work hours/shifts right now? My office hours are 9:00am-4:30pm, Monday-Friday. However, I work outside of these hours depending on patient needs/situations that occur or for training, etc.

Have your hours stayed the same as before or have they changed amidst all of this? I try to keep these hours as much as possible. My hours have changed some of the time as I have been able to work remote or I can adjust my schedule depending on patient needs. As things come up throughout the week, I go into the dialysis center to meet with patients or their homes so that they do not have to come in. If I go to their homes, I take precautions such as frequent hand hygiene, masking, gloves, and limiting unnecessary physical contact.

As someone on the frontlines, can you talk a little bit about your current work situation? Our workload has slowed down in some regards since we have been able to evaluate/communicate more with patients through technology such as E Visits or emails and phone calls vs. face to face visits. I have worked in other clinics such as Fargo, Bemidji, or DL when they need an extra nurse, but travel in between units has been restricted for now, or only if absolutely necessary.

As far as new patients that need to start home dialysis, it is "business as usual" since dialysis is a life sustaining treatment.

We have been taking precautions such as frequent handwashing/hand sanitizing, wearing masks all the time, limiting unnecessary contact, restricting visitors etc. Sanford is also requiring that every employee's temperature is taken when they arrive for work. If it's over a certain degree, they cannot work. They also have updated our contact information, asked for our work history in case we can work in other areas if needed, and asked if staff would be willing to take on other duties if needed.

Personally and/or professionally, what are your worries as a healthcare worker right now? I do worry about myself and family being exposed. I do, however, try to remain positive and am thankful my family is relatively healthy. I also have been trying to be as careful as possible when I get home. I do worry about exposing our patients as they are an at-risk community. Many are elderly or have other underlying health issues (transplant history, cancer, diabetes, auto-



Rozlynn Johnsrud, of Goodridge

Place of employment: Sanford Behavioral Health, Thief River Falls

Job title and department: Nurse Practitioner, Psychiatry

What are you work hours/shifts right now? Monday-Friday, 8am-5pm, Outpatient "clinic" visits. I also take "calls" approximately 5 days a month for psychiatric consults needed in the ER/hospital. One week-end a month I am responsible for daily psychiatric rounds at the psychiatric hospital at Sanford TRF; my weekend for April was Easter weekend. Sanford Thief River Falls has a 16-bed inpatient Psychiatric hospital that provides care to patients across the state. It's not unusual to have patients transferred to our unit from 5 plus hours away.

Have your hours stayed the same as before or have they changed amidst all of this? My schedule has remained the same during COVID-19, and I don't foresee any changes. Work has also remained the same. I'm still seeing patients in the clinic, although Sanford has initiated video visits and verbal visits (over the phone) to patients who prefer not to come in. Verbal visits are last resorts as we prefer to see our patients face to face for a more thorough assessment. But having options has been essential in continuing to support and treat our patients in a time of uncertainty.

As someone on the frontlines, can you talk a little bit about your current work situation? If our patients choose to be seen in the clinic, they are screened by nursing upon entering the building. This process started a few weeks back. As COVID-19 has progressed, policies have been changing daily! All staff at Sanford Behavioral Health now enter the building through the same entrance and are screened upon arriving, as well. We have to sign in, have our temp taken, and a sticker put on our badge indicating we were screened and do not have a temp over 100.6. If our temp is over 100.6, back home you go to contact the COVID-19 line. After screened, to work you go, that is, after you wash your hands and don your mask. All nurses and providers that have contact with patients for more than 15 minutes have to wear a mask at ALL times they are in the building, regardless if they are seeing a patient face to face, by video or over the phone. So yes, several times a day, I am alone in my office with the door shut, doing a video visit with a mask on. (My mask is pink and orange on the inside from all my makeup. After a few days, I got smart and decided I didn't need lipstick with a mask on.....HA!) I have a new appreciation for



Kensie Haugen, of Goodridge

Place of employment: Sanford Health, Thief River Falls

Job title and department: RN, OB and Med/Surg

What are your work hours/shifts right now? I'm mostly rotating 12 hour shifts. Some 8 hour shifts here and there, which vary.

Have your hours stayed the same as before or have they changed amidst all of this? They have stayed the same as before.

As someone on the frontlines, can you talk a little bit about your current work situation? There have definitely been changes. All elective surgeries and non-essential clinic appointments have been cancelled or rescheduled. However, we are still doing emergent surgeries and cesarean sections. Urgent care and essential clinic appointments are still warranted. Staff from the departments that are affected have been floating to other departments or areas they previously worked.

There are numerous changes a day as to what staff providing patient care are required to wear for personal protective equipment. Currently, we are required to wear a standard face mask at all times while on the patient care units and then a face shield with direct patient contact. If caring for a COVID-19 positive patient or suspected positive patient, then in addition to the above, we are wearing N95 masks, an isolation gown and gloves. Some of this PPE we wear normally with any "isolation" patient we may be exposed to, so some of this is not new. We always have to follow standard precautions for our own and patient safety.

Currently we are not allowing any visitors to the hospital with exceptions of certain circumstances such as births and for a patient who is going through end of life cares. These restrictions are being reviewed and changed frequently.

All staff, patients and essential visitors are being screened daily at entrances for any concerning symptoms such as cough, fever or shortness of breath and asked about any known exposure to someone with COVID-19. Temperatures are being taken on everyone as well. If there are symptoms present or known exposure, then there are algorithms that are followed. We are receiving many emails a day from our infection control department and higher chains of command that communicate updates and changes.

Personally and/or professionally, what are your worries as a healthcare worker right now? For myself, I am following the guidelines being set forth and following basic hygiene that should be followed at any given time (COVID-19



Lori Thompson, of Grygla

Place of employment: Thief River Care Center

Job title and department: Occupational Therapy Assistant and Activity Director

What are you work hours/shifts right now? I work Monday-Friday, 8am-5pm, adjusting hours as needed.

Can you tell us a little bit about how things have changed at the Care Center? One of the biggest changes in all of this has been in regards to all of the volunteers. They all help better the lives of our residents, but can no longer come into the building. We really miss all the time they give and it spreads our time with each resident thinner.

Everyone enters the building at one door and we must sanitize hands, put on a mask and record our temperature, along with completing a checklist that we have no symptoms before entering. No one but employee may enter; no family, no pastors, no musicians, no volunteers, no barbers, etc.

What does the day look like for you guys at the Care Center? We usually spend our day grouping our residents to socialize. We encourage them out of their rooms so they can engage with others since they are isolated from visitors coming in, but still maintain social distancing for them. For example, we are still gathering for meals, but have one person per table, 6 feet apart. We draw a bingo number at each meal. Each resident has a card in their room that they anxiously await to check.

Instead of gathering for our regular group activities, we load a cart of supplies and go down the hallways and into rooms, trying to spend some time with each resident. We may color a picture, read some devotions, help write a letter, play a game of cards, do some exercises or just talk and laugh together. They are also watching their worship services on TV, along with visiting with their family via FaceTime, Skype or phone calls.

How has this affected the residents? Some of the more alert residents listen to the news and are scared. Some are angry that they can't see their families and others are just more confused as they see masks on all of our faces. I often find myself smiling to others and then realize they can't see that. I walked by a co-worker the other day and smiled. I then realized she couldn't see that so I stopped and said, "Chelsey, I just smiled at you and I wanted you to know that." She said, "I smiled back."

What inspires/motivates you amidst all this when you think of your role in healthcare? It's the RESISTENTS....they keep me motivated to return to work every day - even before this and will



Peterson's statement

Dear Friends,

Following Governor Walz's state-wide Stay At Home order, I worked with the my congressional colleagues to come to a deal on the third phase of coronavirus legislation. The House passed the legislation, H.R. 748, the Coronavirus Aid, Relief, and Economic Security Act (CARES Act). Passing the CARES Act is another bipartisan step taken by Congress to rise to the unique and unprecedented challenge presented by the COVID-19 virus. I support this emergency disaster bill which directs much-needed resources to our rural hospitals, opens up emergency financing to help businesses and nonprofits, and provides significant direct assistance to impacted Americans.

I had a phone call with Agriculture Secretary Sonny Perdue. We talked about volatility in the commodity markets, particularly for our livestock and poultry industries, the challenging conditions for dairy farmers, and the status of our food supply chain. I want to thank Secretary Perdue and the team at USDA for their efforts to continue to monitor America's food supply and provide needed assistance and flexibility in this emergency situation.

I invite you to visit the House Ag Committee's COVID-19 Resource Page, a collection of updates, announcements and online resources detailing programs available to those affected by the pandemic, as well as adjustments made by USDA and other Federal agencies serving the food, agriculture and rural economic supply chain to respond to the emergency.

I continue to be impressed by the great spirit and sense of community I've been seeing each day, and I will continue to do everything I can to support my constituents as we respond and recover from this crisis together. As always, I encourage you to contact me through my website and respond to the questionnaire in this email. Listening to you is the most important part of my job and helps me make the best-informed decisions for our community.

I hope you find the new resources and updates included in this newsletter helpful.

Sincerely,
Congressman Collin C. Peterson, Minnesota 7th District

House approves COVID-19 workers comp for frontline workers

The Minnesota House of Representatives convened Tuesday to pass HF4537, a bill to provide presumptive workers compensation insurance to front-line workers who contract COVID-19. The bill represents a compromise agreement made by legislators from all four House and Senate caucuses, and advocates from labor and business groups, as well as local government. The compromise agreement was approved unanimously in an emergency meeting of the Workers Compensation Advisory Council on April 6. The bill was passed on a vote of 130-4.

Representatives Deb Kiel, R-Crookston, and Dan Fabian, R-Roseau, released the following statement regarding the bill's passage.

Veterans Covid Relief Grant

To all veterans and the families of veterans: The MDVA COVID Veterans Relief Grant is open for applications. The Grant is intended to help Minnesota Veterans and their families who have been financially affected by the COVID -19 Crisis. Veterans who need assistance can contact the Marshall County Veterans Service Officer at 218-745-4303 or brett.brandson@co.marshall.mn.us.

The basics of the stimulus package:

Gov. Walz's economic relief package included \$6.2M for veterans with two main focuses:

- 1) \$1,000 grant paid directly to veterans (completed directly, or through our office via an online application)
- 2) \$3,000 paid to vendors for house payments/repairs, rent, property taxes, utility bills, medical bills, auto payment/repairs/insurance (must apply through our office).

Applicants must be a veteran (per state statute) or surviving spouse & can potentially be eligible for both aid packages.

Their qualification is based on demonstrating a "financial loss," (i.e. reduction or severance of a household's earned/unearned income).

Seven possible scenarios to be eligible for these grants (demonstrating the financial loss):

- Applicant or dependent has a confirmed case of COVID-19.
- Healthcare provider determines applicant or spouse's health is jeopardized by staying in workplace.
- Healthcare provider orders applicant or dependent to stay home (self-quarantine).
- Applicant was under legal isolation or quarantine by reason of caring for a dependent with a confirmed COVID-19 diagnosis.
- Applicant or spouse's workplace directs them not to report to work for COVID-19 related reasons.
- Applicant or spouses workplace is closed and they are excused from working.
- Applicant is financially impacted by a school care provider closure due to COVID-19.

All four of these interviews are continued on page 2...

Our local healthcare workers are essential and indispensable

Molly Holthusen... Continued from front

immune disorders, etc) in addition to kidney failure. However, the patients I work with in the home program are trained to do dialysis in the home setting, therefore, we are trying to limit our contact to only what is necessary to make sure they are still being taken care of properly.

I worry mainly about being exposed and unknowingly exposing others. I worry about having to be away from my family if I was exposed or had the virus, or if my little girls were hospitalized for it, would I be able to see them? I also worry about my coworkers and our patients and all the “what if” situations that you hope never happen. I worry about my friends and family members.

What inspires/motivates you amidst all this when you think of your role in healthcare? What inspires me to keep going is the relationships that we have with our patients. We are really lucky to get to know them on a personal level as we see them often. They are worried and scared too, therefore, I feel that it is really important to treat others the way we would want to be treated. What would happen to them if they were not able to get dialysis? It would be a very sad outcome. We all really are intertwined somehow together in this and the actions we take now may seem inconvenient, tiring, boring, but to a lot of people, it could mean the world. We have to remember that.

Rozlynn Johnsrud... Continued from front

surgeons and surgical nurses. Personally and/or professionally, what are your worries as a healthcare worker right now? My days are busy with patients both in the clinic and in the hospital. If we didn't have options to see them by other means, such as video visits/phone visits, I fear our patients wouldn't be coming in and could end up in crisis. I feel very fortunate to work for a medical system who was proactive in setting these processes up.

What inspires/motivates you amidst all this when you think of your role in healthcare? The patients are definitely what motivate me, and always will. Although I know there is risk for exposure, we are doing what we can to prevent it, and at the end of the day, our patients need us. Yes, the world is facing something awful right now. COVID-19 has turned the world upside down, leading to isolation, fear, and uncertainty. From my role in healthcare, I want to point out that before the pandemic, millions of patients with mental illness were living in that same world of isolation, fear, and uncertainty, along with many other overwhelming emotions. Almost 50,000 Americans ended their life by suicide last year, up 200% from the year 2000. My hope is that after the pandemic, we

can do as good of a job socially connecting to save the lives of patients with mental illness, as we have socially distancing to prevent the spread of COVID-19. Too often we expect patients with mental illness to seek help on their own.

Kensie Haugen... Continued from front

or not) such as good hand hygiene and staying home if sick. As soon as I get home I put my scrubs in the washer immediately. Of course my family and patients are my main priority, I have just been encouraging them to do the same and follow the recommendations being made by state and federal health officials.

What inspires/motivates you amidst all this when you think of your role in healthcare? I think what helps get me through the day is knowing that eventually there is an end in sight and knowing that the sun will rise again tomorrow. I know there are many more people in this world who face bigger challenges and daily struggles such as homelessness, poverty and chronic illness. Every day I am beyond thankful for my family, friends, good health and the opportunity to keep working during a time like this.

What is one piece of advice you'd like to give to readers? Practice good hand hygiene, stay home if you are sick and only make essential trips out and about. Please also check your sources on social media about things you read. There are many posts that may be false or not entirely true. Sometimes our biggest enemy can be social media. Look for credible sources such as the Minnesota Department of Health or the CDC. Over the years of our nation's history, there have been many hurdles and challenges faced; this is just another one they will read about in the history books one day. We will make it through.

Lori Thompson... Continued from front

after this, also. Our main goal is to keep them safe and keep their lives as meaningful as we can for the time they have left. PEOPLE are why I do what I do. I want all our resident's families to know I care about them and their loved ones.

Anything you'd like to add? People are GOOD and we will all get through this together. We have had lots of community members and family reaching out and asking what they can do. We have had donations of craft supplies, ipads, flowers and plants, window hearts and pictures to brighten their rooms, notes and letters etc. Anything that we can use for in-room activities is great such as, decks of cards, large print books, spiral notebooks and stationery, coloring pencils and markers, craft supplies, word search, trivia books, hand-held video games, life-like dolls, stamps, joke books, portable DVD players, snacks, candy, etc.

Pine Cone Apartments (Handicap Accessible) 1-2 Bedrooms First month free **with a 1-year lease Section 8 Accepted. Located in Grygla, MN Call Dave at 218-294-6266

In Loving Memory Ramona McLaughlin lost her battle with cancer 1 year ago April 16, she is missed dearly by her brothers Virgil, Randy and Roger Thompson, sister Holly, mother Joyce, son's David and Dennis, and Uncle Chuck Rustvold. Laid to rest next to her father. To the living I am gone, And to the sad I will never return. To the happy I am at peace, but to the faithful I have never left. I cannot speak but I can listen.

Food Shelf open next two Saturdays

Written by Cheryl Sistad

The Grygla-Gatzke Food Shelf will be open on Saturday April 18th & 25th at our location on the west side of the Motel 89 building.

The food shelf is available to help people who may need a helping hand not only on an income based need, but also in case of a disaster (fire, flood, etc.) The Covid 19 affecting our country definitely fits this disaster category and we're here to help. This may be especially true for you if you have been laid off or have had your hours reduced. Even having your children home from school may be adding to your food budget. Don't be afraid to contact us!

If you are new to the food shelf, we have added the extra day, April 18, to get food to you. Please call Joni or Cheryl as soon as possible, so we have

some idea how many new people will be coming and have some idea of how much extra food we need to have on hand. However, we will not turn you away if you show up that day.

For our "regular clients" who have been to the food shelf before, our next Food Shelf date is April 25th. We are asking you to call Joni with a shopping list, so we can prepackage as much food as possible.

Do NOT come to the food shelf location if you have a cold or are not feeling well. Send another person in your place.

Please understand if we ask only one person to come to the food shelf door (no one is allowed inside) at a time, others should wait in their vehicles.

We are no longer allowed to help you load your vehicles, so please keep this in mind.

Any questions, call Cheryl Sistad at 218-684-4707 or Joni Anderson at 218-689-7418.

Roofing Bid Benville Township Board is accepting bids on roofing/shingling repair work on the Benville Townhall. If interested, please contact Jim at 218-684-4937. Bids are due by May 10th, 2020.

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Goodridge High School Honor Rolls

Quarter 3 "A" Honor Roll Grade 12: Blake Jensen, Amy Wiskow. Grade 11: Shantel Horachek, Madison Paulson. Grade 10: Nick Groven, Kjerstin Nelson, Hannah Wilebski. Grade 9: Chantel Grindeland, Jennah Henrickson. Grade 8: Lily Beavis, Emilea Johnson, Carter Lee Johnsrud. Grade 7: Chesney Salo.

Quarter 3 "B" Honor Roll Grade 12: Morgan Burns, Katerina Groven, Maloni Henrickson, Jordan Horachek, Felix Jensen, Jordynn Johnsrud, Zach Marquis, Chantal Nerhus, Preston Panek, Blake Passa. Grade 11: Ian Haugen, Kansas Jensen, Riley Mander-

ud, Trinity Walseth. Grade 10: Jordan Coan, Katelyn Colden, Skya Wilson.

Grade 9: Sadie Anderson, Paige Burns, Brianna Carpenter, Kylie Delage, Payton Home, Caitlyn Jacobson, Jordon Johnson, Noelle Merrill, Elliot Philipp, Jorja Salo, Alliya Smith. Grade 8: Tiana Banasau, Hunter Kiesow, Hannah Lovly, Carson Rubischko, Paige Sturre. Grade 7: Kylie Carpenter, Morgan Coan, Ava Halvorsen, Brooklynn Kriel, Ashlyn Nelson, Madelynn Nelson, Brennen Parnow, Madelyn Thompson, Jamisen Wilson.

kids' corner

FOOD FACT THIS FOOD IS WIDELY SERVED ON EASTER. ANSWER: LAMB

Crossword Puzzle ACROSS 1. All people 5. Sink 6. Dull pain 7. Incline against 8. Atmosphere seen from Earth 9. Dedicated to a religious purpose 10. 24 hours DOWN 1. Christian spring holiday 2. Laid by a female animal 3. Each year 4. Unending time 8. "Sun" in Spanish 1. Easter 2. Eggs 3. Yearly 4. Eternity 5. Sol

THIS DAY IN... APR 14 HISTORY 1828: NOAH WEBSTER COPYRIGHTS THE FIRST EDITION OF HIS DICTIONARY. 1894: THE FIRST KINETOSCOPE PARLOR OPENS IN NEW YORK CITY. 1999: A SEVERE HAILSTORM STRIKES SYDNEY, AUSTRALIA, CAUSING MORE THAN \$2 BILLION IN DAMAGE.

New Word CROSS an emblem of Christianity

Easter Blessings Jesus said, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." - John 11:25-26 On Easter Sunday, people around the world celebrate the miraculous resurrection of Jesus Christ. Join us as we celebrate this Easter season.

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How they say that in... ENGLISH: Faith SPANISH: Certeza ITALIAN: Fede FRENCH: Conviction GERMAN: Vermutung

Did you know? BUNNIES ARE A SYMBOL OF NEW LIFE. THIS IS WHY THEY ARE ASSOCIATED WITH EASTER.

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

Only in Minnesota: a weekly feature in the Eagle

12 historical landmarks you absolutely must visit in Minnesota

Minnesota is full of natural and man-made beauty from waterfalls and lakes to architectural masterpieces. But MN also holds a lot of history in its land and buildings. Some of the most fascinating places to visit in Minnesota are historical landmarks, from houses to industrial sites. Here are 12 of our favorites that everyone should visit:



Fort Snelling on the Mississippi is one of the city’s favorite landmarks, and rightfully so. It is surrounded by beautiful river adjacent land, now a state park. It was built from 1820 to 1824, and originally called Fort Saint Anthony. It was used as a training ground during the Civil War, and World War II, and decommissioned in 1946. The builds are continually being restored, and the fort is now an education center run by the Minnesota Historical Society where you can learn about military history, the fur trade, and the significance of the land to Native American communities.



The James J. Hill House might be one of the most fun to tour in MN. Built in 1891 by railroad magnate James J. Hill, the house in St. Paul features a grandiose interior and massive lot



Grand Portage National Monument tells the story of MN’s fur trade as well as Ojibwa history. It is a fun place on the shore of Superior to learn about Ojibwa culture and the voyageurs who traded and traveling along the Pigeon River.



The Hull-Rust-Masoning Mine is huge. So huge in fact, that it’s one of the world’s largest open pit iron mines. In Hibbing you can find this epic mine and peer into its abyss, as well as find the remnants of Old Hibbing, before the town was moved. That’s right... the entire town was moved, to make room for (you guessed it) more mining!



Mille Lacs Kathio State Park holds some of MN’s most fascinating history in its archeological sites. The site of Native Burial Mounds and evidence of copper tools, this place is a up and coming history buff’s dream. Even a simple stroll can teach you more than you ever thought you’d know about Minnesota’s history.



The Plummer Building in Rochester is a part of the world-renowned Mayo Clinic and an architectural masterpiece. It was designed by Ellerbe & Co., and was the tallest building in Minnesota until the Foshay Tower was built.



The St. Croix Boom Site holds the stories of MN’s logging industry of the early 1900s. The series of booms caught logs in the river as they were cut, and the St. Croix Boom Company would collect them and distribute them to the proper owners (as previously marked on the trees). It has one of MN’s first historical roadside markers, and is a symbol of the one massively destructive industries in MN that has since faded.



Soudan Underground Mine State Park is another state favorite for the adventure it provides visitors. The underground mine holds a University of Minnesota laboratory, and allows visitors to go down 27 levels near Lake Vermilion and learn about mining history and construction.



Mill City Museum is a gorgeous museum and historic landmark in Minneapolis that tells the story of MN’s milling industry. It was once the Washburn “A” Mill, which had a history with a massive explosion, and then a horrible fire, which left it in a state of disrepair until the Minnesota Historical Society built the museum.



Split Rock Lighthouse is one of our most iconic landmarks, its silhouette against Lake Superior is undoubtedly one of the most recognizable images of our state. It was built to help ships find their way safely across Superior, after a massive storm that claimed nearly 30 ships included the Madeira, whose wreckage is near the lighthouse. It was retired in 1969, and visited frequently today. It is in one of the most popular state parks, and is one of the most picturesque lighthouses around.



Pipestone National Monument is Minnesota and national treasure for the history it contains. The stone from this sacred Native American site is used to make special pipes essential to the prayer process.



Summit Terrace, or the F. Scott Fitzgerald House, at 599 Summit Avenue, Saint Paul, is one of Minnesota’s most treasured homes. It’s part of a “New York” style rowhouse and part of the Historic Hill District. It is where Fitzgerald’s parents lived for many years, and where the author lived for some time and wrote frequently before moving out of state.

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Cosset

verb

\Kos-it\

To treat as a pet; pamper; coddle

Reed Perkins announces candidacy for Senate District 1



(Reed Perkins is a candidate for state senate in the district that covers all of Marshall County, including Grygla. With the statewide COVID-19 precautions in place, there are several traditional campaigning methods, like going door to door, that are not allowed right now. Perkins has submitted the following campaign letter.)

Reed Perkins, a Minnesota born and raised father, science teacher, and proud air force husband, is proud to announce their candidacy for state senate by running in Senate District 1 in the 2020 election. “The three planks of my platform are simple.” Reed said, “We need to start treating healthcare as a human right for all people, that means both accessible and affordable here in rural counties. Childcare availability must be expanded because families should feel more freedom to start families here. And our Ag policy needs an overhaul because current

policy has tilted the playing field towards big business against our family farmers; the current level of market consolidation is both unfair and unhealthy to both our farmers and our small towns.”

Reed has worked as a park ranger with the National Park Service, a camp counselor with the Audubon Society, a public school teacher, and a leader of a homeschool coalition on an Air Force Base. His wife is a Major and he has participated in several Military Spouse groups. The variety of environments he’s done education and built communities in has him excited to help his home state again.

“I’m thrilled for the opportunity to give back to my home state,” Reed continued, “This is a state that gave me so much and to have the chance to run for office as I raise my family where I grew up is a dream come true. I’ve spent the last several years helping other military spouses navigate government systems to have their needs met and I’m ready to put those skills to work for those of us living in this corner of our state.”

Reed Perkins lives in East Grand Forks where he and his wife raise two daughters. He says he’s ready to make certain everyone in rural Minnesota is given a seat at the table where their voices can be heard.

To learn more about Reed Perkins and his campaign, you can visit his website www.PerkinsForMN1.com or find him on facebook at “Perkins for MN1”.



Reed Perkins and his daughter at the Marshall County Fair last July. Photo courtesy of Reed Perkins

Easter Sunday Worship



An outdoor Easter Sunrise Worship took place at Eke-lund Church in rural Goodridge last Sunday morning. The 6am service was led by Pastor Kristin Dahlen Ostercamp and was a combined worship for all of the Goodridge Lutheran Parishes. Attendees were asked to remain in their vehicles while listening to the service with the help of a PA system. Photo courtesy of Sarah Kotrba



Father Adam Hamness led an outdoor Easter Benediction at both St. Clement's Catholic Church in Grygla and St. Ann's Catholic Church in Goodridge last Sunday, April 12th. Attendees were asked to remain in their vehicles while receiving the blessing. Photos courtesy of Tori Miller and Berny Vraa



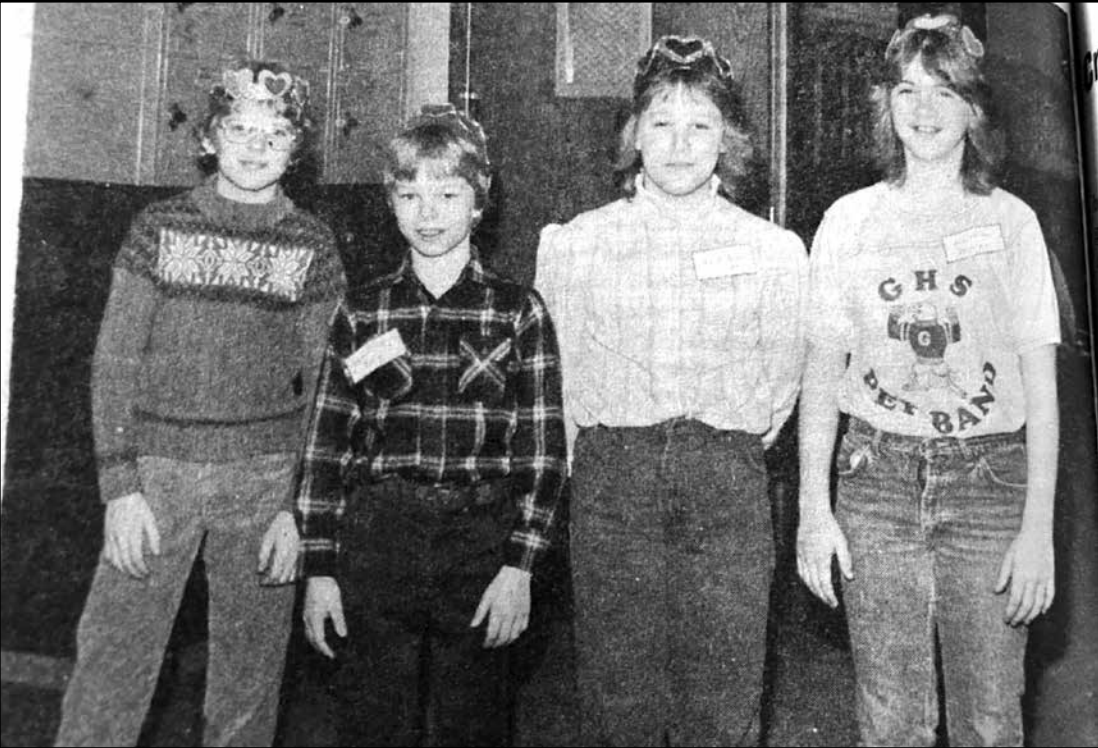
Lights shine bright to honor Class of 2020



The Grygla School joined the “Be the Light: Minnesota Movement” last week where Minnesota schools turned on their football field lights from 8:00-8:20pm on Monday, April 6th. This was done as a beacon of light and sense of pride for the community, as well as to honor this year’s senior class. You can see 2020 on the scoreboard to honor the Grygla Class of 2020. A few Grygla Seniors showed up to the football field that evening. From L-R: Evan Fish, Maci Bakken, Daria Waletzki, Layla Jelle, Elise Monson, Bailey Watne and Hudson McMillin. *Photos courtesy of Travis Smith*



Pieces of the Past: Let’s go back to the year 1983



Grygla six graders voted for Valentine Royalty at their Valentine’s Day party. The court, L-R: Chris McLean, Prince; Lance Englund, King; Joanne Verbout, Queen; Sheila Verbout, Princess. *(February 1983)*

Local group takes top honors



Bottom row, L-R: Tom Berntein, Gene Lunsetter and Dan Schulz. Top row, L-R: Terry Ruud, Randy Larson, Randy McMillin and Mike Sistad. *(March 1983)*

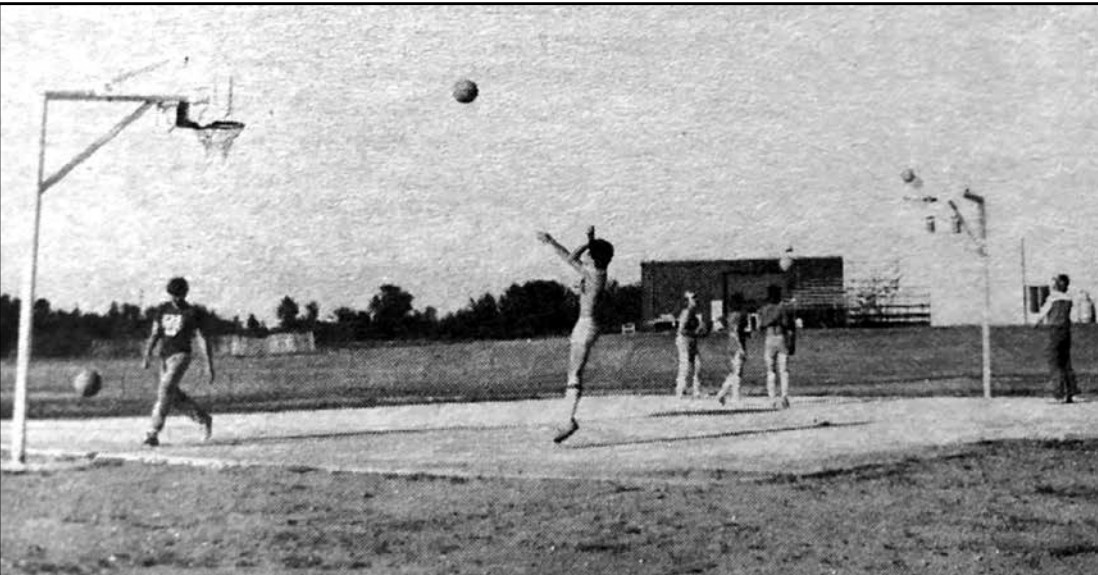
(March 1983) The Back Behind the Barn Boys, a group of young men from the Grygla-Gatzke area, won top honors at the Regional Wrangler Country Showdown, which was held at the Dallas North in Grand Forks, ND, last Monday evening.

Their performance of “Don’t wait on me” and “I’ve been everywhere” won them \$1,000 and the opportunity to participate at the state level contest, which will be held in July in Fargo, ND.

There were 20 entrants in this contest. Each

were allowed two songs. They were judged on quality of vocal performance, quality of instrumental performance, originality of performance arrangement, original music, tightness of performance, star quality stage presence and how well the music reflects country music.

Members of the group are Dan Schulz, Randy McMillin, Mike Sistad, Randy Larson, Tom Bernstein, Gene Lunsetter, Terry Ruud and Tom Monson, who runs the sound board.

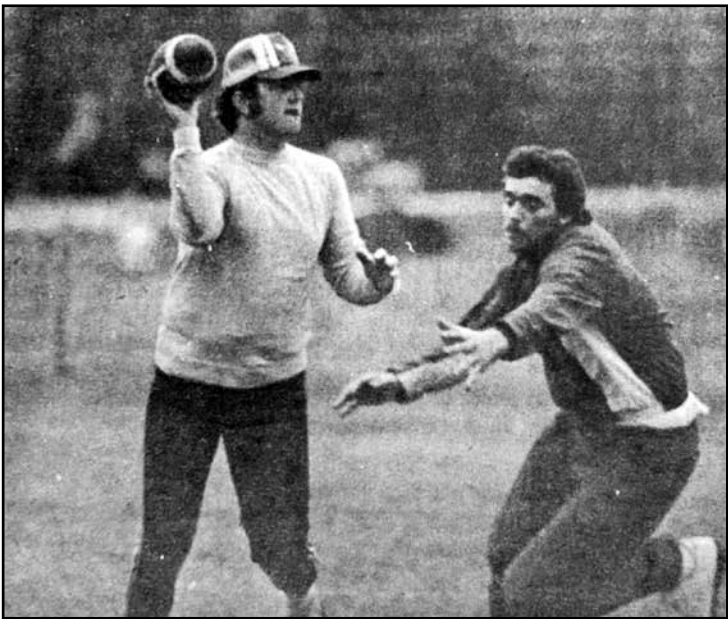


A paved basketball court is one of the recent additions to the new city park in Grygla. The court was constructed through memorial funds in memory of Jeffrey Stanley, Doreen Ruud and David Sparby. Outdoor basketball is part of the summer recreation program this year for students 6-12 grade. Many students have joined the “5,000 Shot Club” where they keep track of the amount of baskets they make each day and work towards the goal of 5,000. *(June 1983)*



The Grygla First Responders received a donation from the Grygla Lioness Club and will use that money to purchase some emergency equipment. Don Rindahl, pictured above, is an active member of the First Responders Unit in Grygla. He is in the rescue squad vehicle using the new mobile radio. *(March 1983)*

The Football Banquet was held in Grygla. Letter awards were given by coaches Rick Nelson and Darwin Hagen to all 22 players on the team. Special awards were also given out, which included “Most Valuable Player” going to Wayne Byklum. *(November 1983)*



Tim Bernstein, of Gatzke, attempts a pass while Blair Holthusen, of Grygla, moves in to stop him. Grygla men defeated the Gatzke men in last Sunday’s game of touch football in Grygla. *(October 1983)*



Laurie Kiesow has been promoted to Loan Officer and Agricultural Representative at American State Bank in Grygla. She is engaged to be married in the fall to Gary Polansky of Gatzke. *(June 1983)*

Gatzke-based group performs at Metrodome

(July 1983) The Back Behind the Barn Boys performed the National Anthem before the Minnesota Twins vs. Milwaukee Brewers game at the Hubert Humphrey Metrodome on July 25th. The group received a loud ovation from the crowd of 24,517 fans, along with complimentary caps from the team.

The Twins went on to win the game by a whopping 17-3,

including three 5 run innings.

The Back Behind the Barn Boys all come from within a ten-mile radius of Gatzke, MN, population 36. The group formed in the summer of 1980 while most of the members were still in high school. Initially a quartet, they practiced in an old garage workshop and started working weekend jobs. The group placed in many talent contests, including an all-

expense paid trip to Nashville. With the success the group has had, they decided to make entertainment a full-time career.

Their music is along the lines of The Statler Brothers and The Oak Ridge Boys, varying from old country western standards and catchy bluegrass to some occasional 60’s rock & roll. The group’s specialty is 4-5 part harmonies.



Front row, L-R: Terry Ruud, lead guitar and vocals; Randy McMillin, piano; Randy Larson, bass guitar and vocals. Back row, L-R: Dan Schulz, drums; Gene Lunsetter, guitar and vocals; Tom Monson, sound board; Tom Bernstein, vocals. Not pictured: Mike Sistad, who plays violin, banjo, mandolin and sings vocals. *(July 1983)*