



Today
Mostly Cloudy
H 41 L 28

Thurs
Snow
H 34 L 25

Fri
Partly Cloudy
H 38 L 26

Sat
Partly Cloudy
H 42 L 25

Sun
Partly Cloudy
H 45 L 32



In this week's issue ... The Grygla Elementary basketball/ECFE fundraiser night is happening next week on Thursday, March 24th!



Our GG students showed lots of support for each other throughout the basketball season and playoff games! The energy was off the charts last Thursday, March 10th, where the boys took on BGMR in Goodridge during round 1 of the playoffs. GG came out on top with a 10-point lead of 62-52, which advanced them to the Ralph Engelstad Arena for round 2 on Saturday; they lost in that Sub-Section Semi-Final game against Sacred Heart. *Photo by Grygla Eagle Newspaper*

Charger's basketball season comes to an end

Congratulations to the Goodridge/Grygla Chargers on a great season. The girls ended as Sub-Section Runner-Up on Monday, March 7th, with the boys having lost in the Sub-Section Semi-Finals on Saturday, March 12th. Below are their final stats from those games.

GBB vs. WAO on Monday, March 7th, in TRF at the Ralph WAO 55, GG 43
Stats: Hannah Wilebski- 4 points; Chesney Salo- 8 points; Caitlyn Jacobson- 13 points, 10 rebounds, 7 steals; Sadie Anderson- 6 points, 5 rebounds; Kylie Delage- 2 points; Anna Sundberg- 3 points; Katelyn Larson- 7 points, 5 rebounds.

Coach Elroy Johnsrud, "The girls came and played their hearts out. They played a good game. Unfortunately, we lost the game ending our season. I have to give credit to Warren. I feel like our girls contested most of their shots, but Warren still made them. They have been shooting very well in their last 5 games. Our offense started out hot, and then went onto a dry spell. I am very proud of our girls for the season that we had, and the playoff push that they made. I hope they had fun this season. They are all hard working, respectful, caring young ladies. Thanks to the seniors for their hard work and dedication throughout their years of playing basketball. We are going to miss them."

BBB vs. BGMR on Thursday, March 10th, in Goodridge Chargers 62, BGMR 52
Stats: Blake Rychlock (17 pts, 11 reb), Matt Busse (10 pts, 2 reb, 2 asst), Andrew Loken (10 reb), Jordan Coan (11 pts, 9 reb, 4 asst), Carson Rubischko (3 pts, 2 asst), Nick Groven (2 pts), Lewis Jones (19 pts, 5 reb, 5 asst)

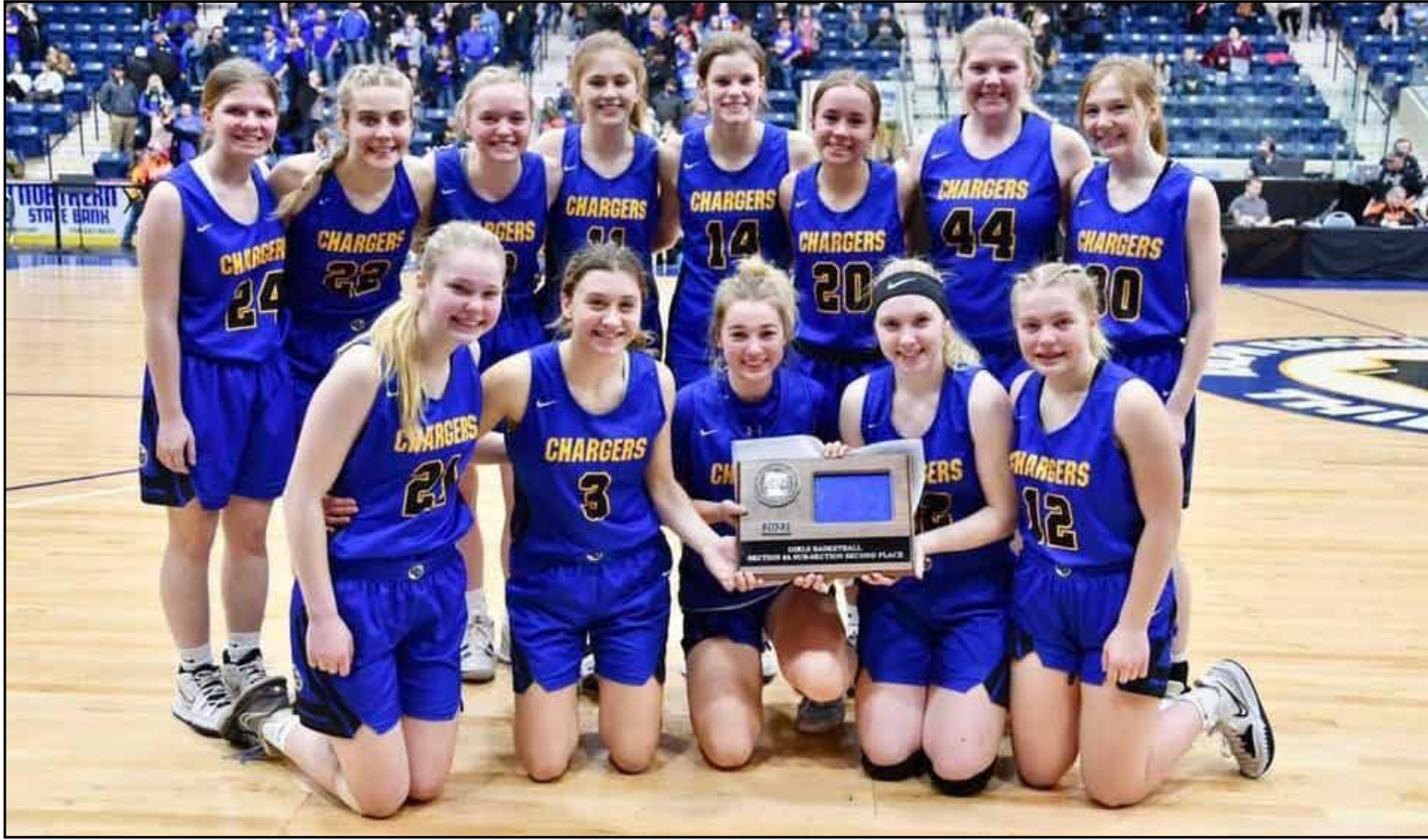
Coach Andrew Sundberg, "This was a memorable night in Goodridge! The crowd and atmosphere was incredible - both student sections were enthusiastic and loud. We started out the game well - Matt, Lewis and Blake were making shots and our

defense was great. At one point in the first half, we had a 35-19 lead. The Gators are tough, and they made their run to begin the second half. Our shots stopped falling and they picked up their defense. They took a one-point lead with about 6 minutes left. The turning point was when Andrew got 4 offensive rebounds in a minute to earn us extra possessions and it fired the team up. Jordan stepped up and made 4 straight free throws in the final minute to ice the win. It was a great way for our seniors to play their last game on our home floor!"

BBB vs. Sacred Heart on Saturday, March 12th, in TRF at the Ralph Sacred Heart 84, Chargers 60
Stats: Blake Rychlock (6 pts, 3 reb), Matt Busse (5 pts, 2 asst), Justin Thompson (3 pts), Andrew Loken (3 pts, 2 reb), Jordan Coan (25 pts, 11 reb), Lewis Jones (7 pts, 2 reb, 4 asst), Nick Groven (9 pts, 3 reb), Elliot Phillip (2 pts)

Coach Andrew Sundberg, "Earlier in the season we had taken the Eagles to the final minute twice and fell just short. That wasn't the case in the Ralph. Sacred Heart looked like the #1 seed who has a 26-3 record on the year. They shot almost 60% from the field and we had no answers for their ball movement and multiple scoring options. Anytime we would make a little run they would have an answer. Jordan played a phenomenal game in his last game as a Charger - he played so hard and was very active. It was a disappointing end to a great season.

I am so proud of the team for all they accomplished this year. We won 17 games, won a playoff game, and so much more. We appreciate all the support we receive from our schools and communities all year! We will miss our 5 seniors who have given so much to our program. Thanks to Nick, Jordan, Tucker, Justin and Andrew for all your effort, leadership, and how you've represented our communities so well over your careers!"



The Lady Chargers were named Sub-Section Runner-Up. They are pictured on the court at the Ralph where they lost to the WAO Ponies on Monday, March 7th, bringing their season to a close. *Photo courtesy of Grygla School*



Goodridge Senior Jordan Coan (with the ball) played phenomenal in his last game as a Charger last Saturday! He led his team with 25 points and 11 rebounds, leaving everything on the court that day. *Photo by Grygla Eagle Newspaper*

Release Day

Grace Lutheran Church LYO group is planning a high school release day for all Grygla and Goodridge students in grades 7-12 on April 6th. This is free of charge to all students. They will be bused to Goodridge to listen to a presentation from Kaboose, a Christian rapper. Following this, students will travel on to Thief River Falls to Falls Cinema where they'll enjoy a pizza dinner and the movie American Underdog. Following the movie students will return back to Goodridge and Grygla. Both schools are working in cooperation with LYO to make this a memorable event for our students. The school will be sending out permission slips for students to take home and have signed by parents in order for them to attend.



Mark your calendars

Grygla Merchant Breakfast
The Grygla Merchants will be holding their appreciation breakfast on Saturday, March 19th, from 7-10am. They will be serving free pancakes, sausage, coffee & juice.

Goodridge Lion Tamers "Spring Opener"
Saturday, March 26th, from 7pm-12am at the Goodridge Lions Hall. Refreshments and Hors d'oeuvres served!

Grygla Firemen's Supper
The Grygla Fire & Rescue Department will hold their Firemen's Supper on Sunday, April 3rd, at the Grygla Community Center from 4-7pm. The crew will serve their traditional roast beef, ham, mashed potatoes, gravy and all the fixings.

Grygla Lion's Club Smelt Fry

The Grygla Lion's Club is bringing back the infamous Smelt Fry after a couple of years off! The all-you-can-eat smelt fry will be held at the Grygla Community Center from 4-8pm on Saturday, April 9th. In addition to smelt, baked potatoes, baked beans, coleslaw, dinner rolls, beer, milk and coffee will be served.

Goodridge Fire & Rescue Fundraiser

Saturday, April 9th, 4-7:30pm at the Goodridge Fire Hall. Many raffles including guns, cooler with meat, fishing gear, ladies' items and more! The menu will include burgers with all the fixings, fries, ice cream, milk, coffee, juice (dine-in or take-out).

Full bar by Goodridge Liquor Store.



Grygla Sophomore Blake Rychlock in the game against the Gators. More action shots on the back page. *Photo by Grygla Eagle Newspaper*

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Vicar Marilyn Grafstrom
Recorded services are available on-demand on the church website and will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm. gracelutherangrygla.weebly.com
Wednesday, March 16
11am Bible Study, 5:30pm Lent Supper, 6pm Grace Choir, 7pm Lent Service
Thursday, March 17
Grace Quilting 9am
Sunday, March 20
Grace: 9am Worship, 10:15am SS
OS: 9:30am SS, 10:30 Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, March 16
Lent Service at Bethany 7pm w/ 6:15 meal
Sunday, March 20
Faith: Worship 8am, 9am SS
Bethany: Worship 9:30am, 10:30am SS
Ekelund: 10am SS, Worship 11am with Burger Dinner after
Monday, March 21
Faith Quilting 9am

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Wednesday, March 16
7pm Midweek Service at Riverside

UNITED LUTHERAN PARISH Gatzke
Pastor Tim Lundeen
Wednesday, March 16
Lent Worship at 5pm
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Wednesday, March 16
WS 5-6pm; Nazareth meal 6pm, Lent Worship 7pm
Thursday, March 17
Mt. Olive Lenten Service 5pm, Ladies Aid 7pm
Saturday, March 19
Mt. Olive Worship 9am
Sunday, March 20
St. Petri: 8am Worship, 9:15am SS
Nazareth: 8:30am SS, 9:45am Worship
OP: 9:45am SS, 11am Worship
Tuesday, March 22
St. Petri Lent Service 6:30pm

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Community Calendar

Wed | March 16
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla Archery League 6:30pm
Thurs | March 17
St. Patrick's Day; Grygla/Gatzke School Board Meeting 7pm
Fri | March 18
Senior Meals at Grain Bin Café 11am
Sat | March 19
Grygla Merchant Breakfast 7-10am; Grygla/Gatzke Food Shelf open 8-10:30am
Sun | March 20
First Day of Spring
Mon | March 21
Senior Meals at Grain Bin Café 11am
Tues | March 22
Grygla Lion's Club March Meeting/Potato Klub Supper 6pm; Grygla High School PT Conferences 4-8pm

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Lion's Klub Supper

The Grygla Lion's Club will be holding their March meeting/Klub Supper on Tuesday, March 22nd, at the Grygla Community Center. Potato Klub and Side Pork will be served at 6pm with the meeting to follow. Please RSVP to Sherry Woods at 218-434-1822 or email woodssherry54@gmail.com by March 15th.

Blood Drive

Help save a life and join in the Blood Drive on Wednesday, March 16th, from 9am-1:30pm at the Goodridge Community Center.

Elementary basketball/ECFE fundraiser

The Grygla School ECFE will once again be holding their BBQ fundraiser supper on the same night as Elementary Basketball Night which is set for Thursday, March 24th, at 5:30-7pm. The ECFE Fundraiser supper allows them to pay for their programming for the year, as well as fund our area's share of the Dolly Parton's Imagination Library, which provides age-appropriate books for our youngest Chargers at no cost to families.

In conjunction with the supper, there will be a raffle as well; tickets will be \$1/each. If your business or organization, family or any individuals would like to donate an item or a basket for the raffle, or make a monetary donation to the ECFE program, please contact Brooke Olson, Megan Larson or Travis Smith at the Grygla School.

The basketball schedule for the night is also included here:

6:00: ECFE Activity; 6:05: Kindergarten; 6:25: 1st & 2nd Grade; 6:50: 3rd Grade; 7:15: 4th-6th Grade Girls; 7:40: 4th-6th Grade Boys

Northern Lights fishing report

Written by Ben Kucera
On this week's report I was on Lake of the Woods from Monday-Sunday. Lots of snow and some flooding with a side of slow fishing.
Monday-Thursday we started off in a sleeper with Twin Island sleepers. Fishing was slow and we caught a few fish and managed a couple of fish fries. The best was a small jig and rattle reel with a small minnow. To make the few bites we had on the rattles, we had to run around the house before we could catch it....even at 2am. The biggest fish was 16" and almost all of the saugers were 11" or less.

Thursday we decided to switch things up and hit the ice on sleds from Rocky Point. The target was tullibees with the hopes of a little faster action. We managed 12 and headed back to the hotel room to plan for Friday.

On Friday we faced 35+mph winds and caught 8 fish - 1 15" walleye and a sauger we couldn't revive. I never had a bite. Saturday looked to be a little better. Weather-wise, it was -19 when we hit the ice. We made it to 16-mile and wanted

to venture out, but with incoming weather we played it safe.
We set up on a hot tullibee bite catching over 150 between 3 of us. I also got a nice jumbo perch and a small walleye. The other house caught a 14" sauger, 2 9lb pout, and a solid 26" walleye. The walleye fishing wasn't we had hoped for, but the tullibee made up for it, especially being able to get my brother-in-law his first tullibee.
I'm not sure what to think of Lake of the Woods, and with gas prices on the rise, I don't know if I will be making the trip north again or not. If I do it will be to chase tullibee, I think.
If you are hitting the ice this coming week good luck and stay safe.
Ben Kucera is the owner and creator of Northern Lights Tackle & Custom Rods. He is also a Marshall County Sheriff's Deputy residing in Grygla with his wife and children. Ben is an avid fisherman who will be writing and submitting a fishing report weekly. You can follow his Facebook page at Northern Lights Tackle and/or contact him at 218-684-0588.



Deadline to remove ice shelters in northern Minnesota is March 21

The Minnesota Department of Natural Resources reminds anglers the upcoming deadline to remove ice shelters from lakes in the northern one-third of the state is quickly approaching. Heavy snow and slush in some areas means conditions on the ice might be challenging, so the DNR urges anglers to plan ahead to ensure they're able to meet the deadline.

The removal deadline in the northern one-third of the state — which is defined as north of the east-west line formed by U.S. Highway 10, east along Highway 34 to Minnesota Highway 200, east along Highway 200 to U.S. Highway 2, and east along Highway 2 to the Minnesota-Wisconsin border — is by 11:59 p.m. Monday, March 21. The removal deadline for Minnesota/Canada border waters is March 31.

Anglers are responsible for removing their shelters by the deadline and ensuring no trash is left behind. Commonly left items include bait, blocking material, bottles, cans, cigarette butts and plastic bags filled with waste. As use of wheelhouses has increased, there also have been additional instances of people dumping their sewage atop the ice.

"There is simply no excuse for littering our lakes," said Capt. Robert Gorecki, DNR Enforcement Division regional manager in northeastern Minnesota. "Anything left on the ice ends up in our waters and conservation officers will not hesitate to issue citations for littering."

If shelters aren't removed by the deadline, owners can be prosecuted, and structures may be confiscated and removed by a conservation officer. If conditions or other circumstances are making it difficult for people to meet the deadline, they should contact their local conservation officer to explain the situation.

The removal deadline does not mean anglers no longer can use shelters on the ice. After the deadline, shelters may still be on the ice, but they must be occupied if they're out between midnight and one hour before sunrise. Shelters may not be left or stored at public accesses.

Anglers always should keep in mind that ice conditions vary widely, and that ice is never 100% safe. For more information, check out the ice safety page of the DNR website (mndnr.gov/IceSafety).

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HAPPY SPRING!
OK, so it doesn't exactly LOOK like spring, but this Sunday is the official first day of spring so let's all just turn our thoughts to the sunny new season that's on its way!



Mike and Lynette Englund are pictured above with their family. A benefit was held on February 13th in Warroad for Mike who is currently undergoing treatment for Stage 4 cancer. Mike is a 1979 Grygla High School graduate who resides in Warroad, Minn. *Photo courtesy of Lynette Englund*

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Thank you for your generosity and thoughtfulness. It made my benefit a huge success and is appreciated so much. Also thank you to everyone that donated merchandise. Without you all, this would not have been possible.
Thank you again!
Mike & Lynette Englund (and family)
G52C

U.S.P.S. No. 002330
Grygla Eagle
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Karl Sundberg - EDITOR
Phone 294-6220
—SUBSCRIPTION RATES—
\$30 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$40 per year outside of the area
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The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Conville, MN 56644. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

NOTICE OF ANNUAL MEETING OF THE STOCKHOLDERS OF THE FARMERS UNION OIL COMPANY OF GRYGLA, MINNESOTA

NOTICE IS HEREBY GIVEN that the annual meeting of the stockholders of Farmers Union Oil Company of Grygla, Minnesota will be held at the Community Center in Grygla, Minnesota on Monday the 28th day of March, 2022 at 10:00 a.m. For the election of two directors whose terms expire. Also for the transaction of any other new/old business that may properly come before the meeting and a reading of the financials.
Rolls will be served. Door Prizes to everyone attending meeting. The meeting is very important and your presence is urgently requested.
Dated: Marb 2, 2022
Mike Englund
Secretary
Farmers Union Oil Company
Grygla, Minnesota
G52-1C

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Saturday, March 19, 2022

7:00-10:00 am

The Grygla Merchants' Association appreciates all of our customers for shopping locally.

NATIONAL AGRICULTURE WEEK

The Farmers Union Oil Company and Ag Division of Grygla would like to honor our area farmers during National Agriculture Month.

Creating a caring community

Written and submitted by Dave Hill, TRF Times/Northern Watch Editor

At long last, organizers of Creating A Caring Community hope they will finally be able to connect the dots and host the event Sunday, March 20, at Marshall County Central High School in Newfolden. The event, which would focus on suicide and other mental health issues, has been postponed several times in the past two years because of the coronavirus pandemic.

The public is invited to attend the event for a community discussion with parents, grandparents, family and friends who want to increase awareness for those they are accompanying through life's challenges. The goal is to increase knowledge of risks, warning signs and resources for suicide awareness and other mental health issues.

Supper begins at 5 p.m., and the presentation, which features Tim Denney, northwest regional coordinator of the Crisis Text Line, begins at 6 p.m.

This event is being hosted by the HOPE Coalition, Sanford Behavioral Health and Marshall County Central Schools. All area communities are invited to attend. Childcare for children ages infant to sixth grade, will be available.

Tim Denney

Known for being a passionate speaker, Tim Denney has given presentations at many area schools. Denney is the principal trainer and consultant at Level 5 Services in Crookston. A graduate of Biola University and Fresno State University, he has worked as a vocational rehabilitation counselor, training director and administrative staff member at Northwestern Mental Health. Currently, he provides training to school teachers and administrators, law enforcement, corrections and probation professionals, primary care professionals, college and university staff and others in the community. He is a certified trainer in Mental Health First Aid, Youth Mental Health First Aid, Psychological First Aid, Skills for Psychological Recovery, and Question, Persuade, Refer (suicide prevention). He also provides training in several non-mental health related areas such as leadership development, community development and operational security.

Panel members at the event include: Steve Stone, veteran service officer; Miranda Solem, LADC, Sanford Behavioral Health director; Pastor Kevin Hall, Westaker Free Lutheran Church; Patsy Kuznia, LGSW, Sanford Behavioral Health therapist; Ashley Fredrickson, RN, North Valley Public Health; Laura Underdahl, LSW, Marshall County Central Schools; and Ashley Wavra, youth mental health advocate.

Sponsors of this event include: Marshall County Social Services, Newfolden Evangelical Free Church, Westaker Free Lutheran Church, Crisis Text Line, North Valley Public Health, and NW8 Adults Mental Health Initiative.

Mental Health

One in five Minnesotans faces mental illness each year, according to the Minnesota Department of Human Services. Getting the right care at the right time not only helps individuals and families, it saves money.

DHS also reports that one in 25 people live with a serious mental illness, such as schizophrenia or bipolar disorder; and, one in 10 young people experienced a period of major depression.

In Minnesota, people with mental illness can and do recover. Studies show that people with mental health problems get better and many recover completely. There are more treatments, services and community support systems than ever before and they work.

DHS acknowledges, however, that there are gaps across the state. "While much progress has been made in the past few years, most areas of the state do not have the range of services needed to meet the need. As a result, people travel long distances or receive inappropriate levels of care."

For more information, log onto mn.gov/dhs/mental-health.

Suicides in Minnesota

Suicide, or death by intentional self-harm, is the eighth leading cause of death in Minnesota, according to the Minnesota Department of Health. For the past 20 years, the number of suicides in Minnesota has steadily increased, mirroring patterns across the United States and contributing to a decline in average life expectancy. Other factors contributing to this life-expectancy decline include alcohol-attributable deaths and fatal drug overdoses. Collectively, these are referred to as "Preventable Deaths of Substance Use and Suicide," though they have also been called deaths of despair.

Based on preliminary data, suicide was the only category of these preventable deaths that did not increase in 2020. As of March 31, 2021, death certificates show 723 Minnesota residents died by suicide in 2020, which is lower than the 830 suicide deaths recorded in 2019. However, this represents the sixth year in a row in which over 700 Minnesotans died by suicide.

The age distribution of suicides shifted towards older age in 2020 compared to 2019. Among youth (age 24 or younger) there were 98 suicides in 2020, down from 124 in 2019. There were also fewer suicides for adults age 25-64. The largest decreases occurred in people age 45-64 years. However, there were more deaths by suicide among people 65 years of age or older. In this age group, there were 147 suicides in 2020 compared to 123 in 2019.

Minnesota's Suicide Prevention Efforts

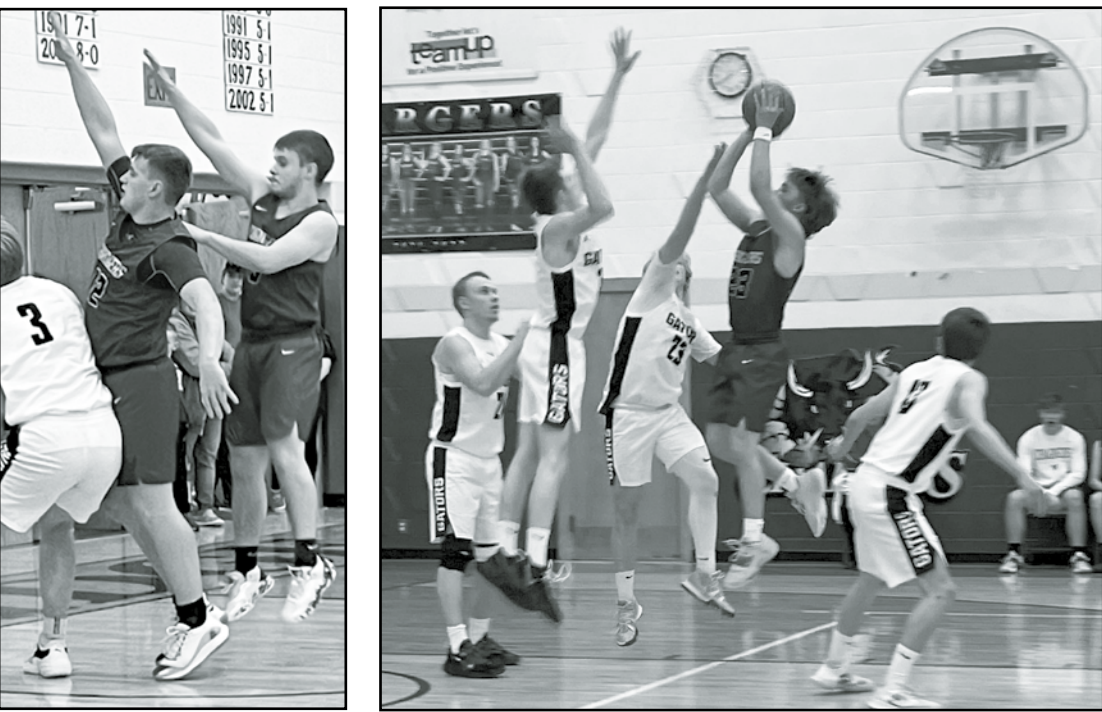
Minnesota's suicide prevention efforts are based on the belief that suicides are preventable, mental illness is treatable, and recovery is possible.

The goals of the Minnesota Suicide Prevention Plan include:

- Supporting healthy and empowered individuals, families, and communities to increase protection from suicide risk.
- Coordinating the implementation of effective programs by clinical and community preventative services providers to promote wellness, build resilience, and prevent suicidal behaviors.
- Promoting suicide prevention as a core component of health care services.
- Increasing the timeliness and usefulness of data systems relevant to suicide prevention and improving the ability to collect, analyze and use this information for action.
- Sustaining suicide prevention efforts.



Grygla Elementary Intramurals have been in full swing every Friday since January, but this week marks the end with their playoff games! See page 2 for the game schedule. Photos by Grygla Eagle Newspaper



Chargers vs. Gators last week in Goodridge. Photos by Grygla Eagle Newspaper



Chargers vs. Sacred Heart last Saturday at the Ralph Engelstad Arena in Thief River Falls. Photos by Grygla Eagle Newspaper

