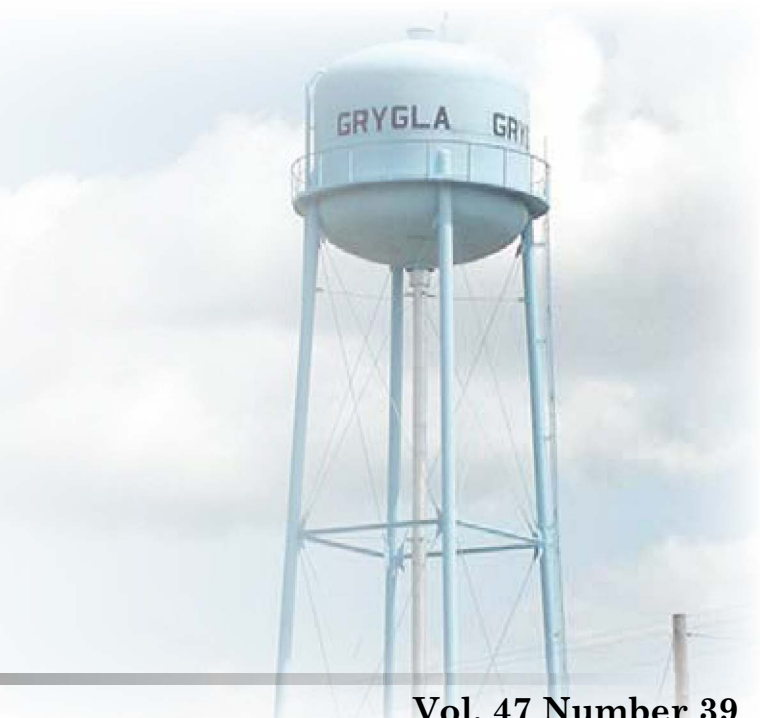




 Today Cloudy H 38 L 23	 Thurs Partly Cloudy H 45 L 30	 Fri Snow H 34 L 15	 Sat Partly Cloudy H 31 L 11	 Sun Mostly Cloudy H 35 L 25
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In this issue ... Goodridge/Grygla High School Release Day is coming up (see page 2).



Grygla Merchants serve breakfast to the community

The Grygla Merchants held their appreciation breakfast last Saturday, March 19th, at the Grygla Community Center. Merchants from American State Bank & Agency, Sue's Beauty Shop, Machinewell, Inc., Grygla Eagle Newspaper, Stanley Farms, Grygla Seed, and Northland Grain served free pancakes, sausage, coffee, milk and juice from 7-10am. *Photos by Grygla Eagle Newspaper*



Mental health stigma and why we need to talk about it

Written by Destiny Brown
Mental illness is not something that many want to talk about, but we all are exposed to. Mental illness is common, nearly, one in five Americans live with mental illness. Reducing the stigma around mental illness/mental health starts with a simple conversation. It's OK to not be OK! Mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Mental illness is treatable. Talking about mental health does not make one weak. It is not imaginary, a character flaw, or something to "get over". Mental illness can be caused by trauma, chemical or biochemical changes in the brain, genetics, and/or environmental.

Join us in a three-part series featuring trainings about mental health and suicide prevention, presented by Destiny Brown-Northern Pines Mental Health Center. Destiny's position with Northern Pines Mental Health Center includes:

- QPR (Question, Persuade, Refer) Suicide Prevention Instructor
- Make It OK-Stop Mental Illness Stigma
- MDH-Changing the Narrative on Mental Health and Suicide Prevention
- MN Board of Peace Officer Standards and Training (POST) Sponsor
- Trained in safeTALK-Suicide Alertness for Everyone
- Trained in Applied Suicide Intervention Skills Training (ASIST)
- Advocate for the American

Foundation for Suicide Prevention

The first part in the series:
Make It OK-Stop Mental Illness Stigma

- Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental health illnesses.
- o Date: Tuesday, April 5th, 2022
- o Time: 6pm
- o Location: Grygla School
- o Cost: free
- o Who should attend: anyone over the age of 18 years and wants to learn more about safe messaging, mental health illness, how to open the conversation about mental health
- o CEU's available for Law Enforcement
- o Resources and snacks will be provided

Second part of the series:
MDH-Changing the Narrative on Mental Health and Suicide Prevention

- TBD

For more information or questions, contact Destiny at (218)821-2501 or dbrown@npmh.org

Mental Health/Suicide crisis numbers:

- Marshall County Crisis Hotline: 800-282-5005
- National Suicide Prevention Lifeline: 800-273-8255 (Veterans press 1)
- Crisis Text Line: text 'MN' to 741741
- The TREVOR Lifeline (LGBTQ): 866-488-7386
- MN Farm & Rural Helpline: 833-600-2670

City Council approves February Minutes

The March meeting of the City Council was held at the Grygla Civic Building on Monday, March 14th. Council members approved the February minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

The regular meeting was called to order, at 7pm at the Civic Building by Mayor Mosher. The following council members were present: Devin Ruud, Gavin Nordby, Lindsay Oslund and Karla Byklum. Absent: None. Also present: Rose Aune.

Council approved minutes, along with receipts, disbursements, checking, savings & total balances for that month. The payment of all bills was also approved. Other items included:

WATER TOWER
Engineers have turned in the PER to USDA. Hoping to have the application turned in in April.

PLAYGROUND EQUIPMENT
Tabled until Spring.

FIRE HYDRANT BY COOP STORE
Tabled until Spring.

COMMUNITY CENTER
A committee has been organized to discuss the flooring for the CC. They have not met yet.

AIRPORT
Ruud talked to Rath and they might be able to work a 16x20 building into the school schedule next fall. We'll contact Aaron Peterson for options for an upgrade at the airport that we could get grants for.

TRES
Looking into other options for the lot.

SAWMILL LOT
There was nothing new to report.

TRAP RANGE
Nothing new to report at this time.

DIAMONDS INSURANCE CHECK
Mosher is to discuss with the bank and the foundation about the insurance check that Diamond 4Js received and cashed that was made out to all of these three organizations.

CLERK'S CONFERENCE
Oslund made a motion, seconded by Ruud, for Rose to go to the MCFOA Clerk's Conference March 21-25 in St. Cloud. Motion carried unanimously.

APARTMENT ALLEY
Ruud will talk to Tinnes about getting Stark's unlicensed trailer moved from the driveway by Waterworth Apts

FALL FEST LIQUOR PROVIDERS
Tabled until March.

Grygla/Gatzke February School Board Minutes

Wednesday, February 16th, 2022, 7:00 p.m. Chairperson of the board Jeremy Rychlock called the meeting to order at 7:00 pm with James Verbout, Tera Nordby, Luke Nordvick, Clinton Brobst, Gretchen Smeby, Principal Gieseke and Superintendent Jamie Lunsetter present.

Pledge of Allegiance
Motion by James Verbout, second by Jeremy Rychlock to approve the agenda as presented/amended. Passed 6-0.

Minutes of the 1-20-22 regular school board meeting are approved as printed/amended. Approve payment of bills: Motion by Gretchen Smeby, second by Luke Nordvick to approve payment of the bills check #38657 through check #38720 and wire payments. Passed 6-0.

Finance Report: Bills: General Fund \$145,192.41

School Board Mins...
Continued on page 2



The Grygla Elementary School held their Intramural playoffs last Friday. The Champions were Miracles, on the left, who were coached by Tucker Verbout. The Flaming Bears came in 2nd; they are pictured on the right with their coach, Andrew Loken. *Team photos courtesy of Brady Olson*

Elementary Intramural playoffs



Stars and Scars, left, took 3rd place. They were coached by Justin Thompson. 4th place went to the Goal Diggers coached by Katelyn Larson.

• 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 23
11am Bible Study, 5:30pm Lent Supper, 6pm Grace Choir, 7pm Lent Worship
Thursday, March 24
9am Grace Quilting
Sunday, March 27
Grace: 10:30am Worship OS: 9am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Osercamp

Sunday services are posted online on the Parish YouTube channel. They are rebroadcast on the GVTV Channel 36 on Wednesdays at 9am and 6:30pm.

Wednesday, March 23
Lent Service at Ekelund 7pm (6:15 meal)
Sunday, March 27
Faith: 8am Worship, 9am SS
Bethany: 9:30am Worship, 10:30am SS
Ekelund: 10am SS, 11am Worship
Monday, March 28
Faith Quilting 9am

THE CATHOLIC COMMUNITIES OF

St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sundays:
St. Clement's: 11:45am Worship.
St. Ann's: 10am Worship

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Wednesday, March 23
7pm Midweek Service at Bethesda
Sunday, March 27
8am Worship

UNITED LUTHERAN PARISH Gatzke
Pastor Tim Lundeen
Wednesday, March 23
Lent Service at 5pm, Supper at 5:45pm
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseeth
Wednesday, March 23
WS 5-6pm, OP Meal 6pm w/ Lent Service 7pm
Thursday, March 24
Mt. Olive Lent Service 5pm
Saturday, March 26
Mt. Olive Worship 9am
Sunday, March 27
8am St. Petri Worship w/ 9:15am SS
9:45am Nazareth Worship w/ 8:30am SS
11am OP Worship w/ 9:45am SS

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MEMBER
NNA
NATIONAL NEWS-PAPER ASSOCIATION

.....
Mark your calendars

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.

Paraprofessional Needed

The Grygla School is looking for a Paraprofessional to work one-on-one with a high school student. Please contact Derek Gieseke, Principal, if interested. 218-294-6155

G1-3C

Community Calendar

Wed | Mar 23
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla Archery League 6:30pm

Thurs | Mar 24
Grygla Elementary Basketball/ECFE Fundraiser night

Fri | Mar 25
Senior Meals at Grain Bin Café 11am

Sat | Mar 26
Goodridge Lion Tamers "Spring Opener" 7pm-12am at Goodridge Lion's Hall

Sun | Mar 27

Mon | Mar 28
Senior Meals at Grain Bin Café 11am

Tues | Mar 29
Grygla High School PT Conferences 4-8pm

High School 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 Grygla and Goodridge. 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.

Little brother/Little Sister program

The Marshall County Little Brother/Little Sister program 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 Little Brother/Little Sister Program of Marshall County is a youth mentoring program sponsored by Marshall County Social Services. We provide services to children in need between the ages of 4-18. Our goal is to match a child in need with a role model to provide a positive relationship that values and supports the child and encourages positive development. If you are able to help and interested in learning more about being a mentor, please call Stacey Urbaniak at 218-745-5124 or email stacey.urbaniak@co.marshall.mn.us

Grygla rabies clinic

Mark your calendars and spread the word. Rabies Clinic is set for May 18th from 5-7pm at the Grygla City Garage. Watch for your reminder cards from the vet. Please bring the cards with to help speed up the process.

grygla.govoffice2.com
City of Grygla
Minutes/Agendas avail.

School Board Mins...
Continued from front

M S D L A F + C h e c k i n g \$1,289,180.76 Food Service \$5,086.62 Community Service \$8.44 Trust Scholarship \$6,000.00 Student Activity \$6,693.86 Total \$163,481.33 Total \$1,289,180.76
Student Report: Given by Reece Sundberg and Justin Thompson. The Student Council will be attending a Regional Summit on March 4th in Thief River Falls. The Robotics team has qualified for the State and National competitions. The Drone team has qualified for the World Championships and would like to thank everyone who has donated. The Peer Helpers made Valentine's Day cookies. Sophomores, Juniors and Seniors are selling Post Prom pizzas. The Knowledge Bowl team will be attending the sub-regional meet. February is I Love to Read month and there are many activities planned for this.
Teacher Report: Given by Mr. Olson. The fourth grade class has started the River of Dreams project. Mr. Olson is working with the elementary classes to participate in Jump Rope for Heart. The Scripps Spelling Bee was organized and completed by Jana Nelson. Emma Sundberg moved on to the Regional competition. Thank you to Lynn Anderson, Laurie Polansky and Betsy Saurdiff for judging. The high school Science classes are doing a lot of hands-on activities including dissections. The school celebrated the 100th day of school today. There are many planned activities for I Love to Read Month. The 6th grade is planning their class trip to Duluth. The Seniors have been working on a checklist to prepare them for next year. The High Mileage preparations are going well. The actual event will be held on May 9th and 10th.
Principal Report: Given by Mr. Gieseke. Mr. Gieseke, Mr. Grandstrand and 7-8 students will be traveling to Wahpeton to tour the North Dakota State College of Science on March 22. Mr. Gieseke also presented information regarding E-Learning days, and what the process looks like to get set

up with this for next year.
Superintendent Report: Athletic Update-Nearly all scheduling of athletic events is complete for next year. Bus Log-No major issues reported. Other-Robotics and Drone-Teams have qualified for State, National and World Championships. School Make Up Days-The students will make up the days on the planned Storm Day make-up dates. They will be forgiven additional days, but the teachers will need to make up all days. A sincere thank you to all of our snow removal people. The State, County and Township plows have done an excellent job of keeping our roads open for our buses. The Seniors are planning their class trip to Duluth. Motion by James Verbout, second by Clinton Brobst to approve the resignation of Jamie Lunsetter, Athletic Director. Passed 6-0.
Trustee Reports: None Meeting Closed for Personnel. Adjourn: Meeting Adjourned at 8:35. Next Meeting is 3/17/22, 7:00 p.m.

Full-time Sales Agronomist

Farmers Union Oil Co of Grygla is looking to hire a full-time sales agronomist to promote and maintain a reputable agronomy business. A successful candidate would sell and service a full lineup of agronomic products and services including fertilizer, crop protection, seed, field scouting and consulting, and be involved in the day-to-day operations of the business. An Ag Degree is preferred, or previous experience in this field. Applicant must have good communication skills as well as excellent public relations and be highly motivated with good work ethic. Send resumes to: Farmers Union Oil Co. Attn. Bob Thompson, PO Box 48 Grygla, MN 56727 or phone 218-689-1374 for more information.



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

Minn. Northern Galaxy Conference All-conference team
Sacred Heart -- Grace Vonesh; Red Lake Falls -- Gabby Casavan; Red Lake County Central -- Cari Bachand and Carlee Whalen; Warren-Alvarado-Oslo -- Lily Bayne and Annika Magnusson; Stephen-Argyle -- Riley Mooney and Grace Carlson; Goodridge-Grygla -- Caitlyn Jacobson and Katelyn Larson; Northern Freeze -- Brooke Olson
Honorable mention
Sacred Heart -- Ava Knudson; Goodridge-Grygla -- Kylie Delage and Hannah Wilebski; Northern Freeze -- Rhiannon Horien; Red Lake County Central -- Marissa Thomas; Stephen-Argyle -- Greta Weber and Marey Kazmierczak; Warren-Alvarado-Oslo -- Elise Oberg and Hannah Pederson
Offensive player of the year -- Caitlyn Jacobson, Goodridge-Grygla
Defensive player of the year -- Caitlyn Jacobson, Goodridge-Grygla
Coach of the year -- Heidi Carlson, Stephen-Argyle

Congratulations to the following Lady Chargers who received athletic honors on the list above!



A group of FournTown/Grygla Sportsman's Club members hit the trails for one last ride up to Waskish. The warmer weather is great, but it's deteriorating the trails fast. Photo courtesy of Robert Sundberg
Wednesday, March 23, 2022



Protect Yourself From Scams

Scammers are getting more sophisticated in their attempts to get your money or personal details. **Be alert and protect yourself from being scammed by following these tips.**

- Be alert to the fact that scams exist.
- Know who you're dealing with.
- Beware of any requests for personal info or money.
- Keep your personal details secure.
- Choose your passwords carefully.

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Only in Minnesota: a weekly feature in the Eagle

The 10 best day trips you can take in Minnesota

It's nice to be at home but, every once in a while, most of us crave a little excitement. It's only natural to want to get out and explore, especially when you live in a state as great as Minnesota. Lucky for us, there are lots of great day trips in every part of Minnesota. We've compiled a few of our favorites here. Each of these will help you get out and explore the Land of 10,000 Lakes!

Take a wine trolley tour

This wine trolley tour starts out in Rochester and takes guests on an unforgettable tour through Minnesota's Bluff Country. But it's not just a window tour. The wine trolley stops at several wineries along the way, giving you an opportunity to taste some Minnesota made wine.

Explore the ice cream trail

For being such a cold place, Minnesota has a lot of great ice cream shops. To help you along the way, is an ice cream trail. It visits six great ice cream shops over 150 miles of eastern Minnesota. If you're looking for

a delicious day trip, this is it. To see the trail, visit Onlyinyourstate.com/Minnesota and search The Ice Cream Trail.

Take a road trip to a hidden restaurant

Here's another day trip that involves eating. But this one's not a tour. In fact, it's pretty difficult to find. Nestled deep within the Superior National Forest, the Trestle Inn Restaurant & Saloon is a bit out of the way, but it is definitely worth the stop.

Explore one of Minnesota's coolest small towns

Beyond the Twin Cities and Duluth, Minnesota is riddled with towns waiting to be explored. This day trip takes you to Luverne, an historic town complete with a cute downtown and lovely nature scenes

Visit Minnesota's Statue of Liberty

Here's a quirky day trip that you'll love if you're a sucker for roadside attractions. In the 1930s, a Minnesota man created several interesting sculptures out of local rocks. You can still visit them today, including a 7-foot-tall Statue of Liberty. In tiny Arco, Minnesota – a



The Northwest Minnesota Arts Council is pleased to announce the NW Annual Art Exhibit is in Thief River Falls until April 27

Adult artists from our 7 county- service region (Kittson, Marshall, Norman, Polk, Pennington, Roseau, and Red Lake Falls) have entered 60 pieces of art, including photography, sculpture, drawings, and paintings, into this exhibit and are competing for \$2,300.00 in cash awards. Attendees at the exhibit can vote for People's Choice. Exhibit cash award winners will be chosen while the exhibit is on display by a qualified juror. They will be recognized and receive their check at the Artist Reception.

Student art will be included in the exhibit on April 11 and will also be eligible for cash awards.

The exhibit is at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls and will be open for the public to view art during the week from 8:30 am - 5 pm and at other times when events are held at the college. Enter through Door A. Visitor parking is free in the large end lot.

There will be a reception and program on April 27 at the gallery. According to NWMAC Director Mara Hanel, "Our artist reception is a great time to celebrate our award winners and the talented residents from our area. Please attend to show your support and see the high-quality art on display. Reception day this year, includes an art creation workshop from 4:00 - 5:30. Come early to make a piece centered around the theme of nature and nature's offerings. Pieces created will remain at our gallery and be part of our next showcase. Registration for the workshop is encouraged so we can prepare correctly. I look forward to this reception each year since it is an annual highlight!"

Mingling, dessert, and live music begin at 7:00 pm and the program at 7:30 pm in the auditorium.

Of the Year Awards, the NW Star Award, Lifetime Achievement, Artist of the Year, and Arts Advocate of the Year will be presented. The Exhibit and Reception are open to the public and free to attend. Many pieces of art are for sale and the public is encouraged to shop. Purchases can be marked as sold and picked up on April 27 at the reception. The reception is a wonderful day of celebrating the arts in our region.

To sign up for the art creation workshop around the theme of nature within the visual art classroom, email nwartscouncil@gmail.com. Visit our website for more information at www.NWArtsCouncil.org. Funding for these awards is provided by the McKnight Foundation and the Minnesota State Legislature.



Grygla Archery League took a break from their normal league night and held a game night for all the participants. The Grygla Coop and Farmer's Union provided generous donations of gift certificates for prizes. Shooting games included Tic Tac Toe, Texas Heart Shoot and Shoot Your Hand Poker. Regular season resumes this week. Photos courtesy of Grygla Archery League

town of just 75 people – a stone replica of the Statue of Liberty stands as a beacon for travelers looking for something a bit different.

Relax at a quiet, out-of-the-way winery

Want to get out of the house but still kick back and relax? This winery will probably do the trick. Sit on the outdoor patio, sip local wine, and take in the sight of a gorgeous vineyard. It's the perfect summer day trip. Minnesota actually has quite a few great wineries in every corner of the state. All are beautiful, including the lesser-known wineries that escape most people's notice. One example is this North Folk Winery, a small place in tiny Harris, Minnesota. It may be a bit remote, but you can't beat the taste.

Take a ride on a mountain coaster

This day trip is one for those who crave a bit more excitement. Venture up to Spirit Mountain in Duluth for an exhilarating ride on their mountain coaster. Feel the wind through your hair and take in amazing views. What could be

better?

Explore a lesser-known animal park

Animal lovers will be happy to know that the Minnesota Zoo and Como Zoo are not the end of wildlife viewing in Minnesota. The Hemker Zoo near St. Cloud has a surprising variety of animals for being so far from the cities.

Explore a small town with incredible natural scenery

If you can't get enough of small town road trips, a visit to Pipestone may be in order for you. The town is charming on its own, but when you add in the incredible natural surroundings, it's a real winner. Head downtown for local shops, then venture over to Pipestone National Monument for some nature and history.

Meander along the North Shore

If you've lived in Minnesota for a while, you've probably already been to the North Shore. But it's a Minnesota classic and there's a lot to discover. And let's face it: who could get tired of staring at Lake Superior?



The Northwest Minnesota Arts Council is offering Art Creation Workshop April 27 in Thief River Falls

The Northwest Minnesota Arts Council is pleased to announce a FREE Creative Art Session Workshop to create work for an upcoming exhibit – Nature's Offerings in June and July. The workshop will be held at Northland Community and Technical College in Thief River Falls from 4 to 5:30 pm on April 27. RSVPs are required.

Nature's Offerings is a broad concept. Everything we need as human beings has been given to us by Nature. Food, water, shelter, medicine, resources for creating our homes, our smartphones, and every material object we have ever created or will ever create as human beings. Nature provides natural cycles of the year, warmth and coolness, fire and water, oceans and rivers, and the air we breathe. Nature offers us the natural cycles of the seasons so that we can plant and harvest. All our canning, baking, seasoning, and meals we prepare and eat are ultimately given from Nature.

Besides the tangible offerings, Nature also provides intangible qualities of healing, rejuvenation, and inspiration. When we spend time by a river, take a walk in the snow, look at a sunset, catch a glimpse of the Northern Lights we receive healing. Nature helps lower blood pressure, calm our anxious minds, cause us to stare in wonder and awe, and brings connection and consolation when we feel alone and distant.

During this free session, attendees will be able to create a 3-dimensional creative piece that represents what "Nature's Offerings" means to them. Participants don't have to consider themselves an artist to join this workshop. Artwork created in the workshop will become part of the gallery exhibit for June and July. Supplies will be provided, but participants are welcome to bring items from nature if they like. Examples include deer antlers, animal skulls or bones, branches, dried fruit, rocks, and dried grasses or flowers. This is a low stress, fun time to create whatever inspires at NO cost.

Space is limited for this free class. RSVPs are required. Sign up by emailing Trey Everett at treyeverettcreates@gmail.com.

Following the workshop, the NW Art Exhibit reception and program will be held. Come to experience the NW Art Exhibit and celebrate the exhibit's artists and Of the Year awardees. For more information, visit our website at nwartscouncil.org.



Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Behooove

\Bih-hoov\

Verb (used with object)

To be worthwhile to, as for personal profit or advantage.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Philly Cheesesteak Stuffed Rolls

There are rolls and then there are rolls stuffed with the cheesy, beefy, caramelized onion deliciousness of a Philly cheesesteak. I'm including the link here so you can check out the video on this recipe; it's the video that did it for me, so have at it. Please.

https://www.tastemade.com/videos/philly-cheesesteak-stuffed-rolls/

- Ingredients**
- 3 tablespoons olive oil
 - 1 red bell pepper, sliced
 - 1 yellow bell pepper, sliced
 - 1 onion, sliced
 - 2 cloves garlic, minced
 - Salt, to taste
 - Pepper, to taste
 - 1/2 pound thinly sliced rib-eye steak
 - 2 (6-ounce) cans refrigerated dinner roll dough
 - 1/2 pound provolone cheese, shredded
 - 1/4 cup butter, melted
 - 1 teaspoon minced garlic
 - 3 tablespoons chopped parsley
 - 1 1/2 cups Cheez Whiz cheese dip

Instructions

Preheat oven to 375 degrees, and grease a 10-inch cast-iron skillet with butter. Heat a griddle pan over medium-high heat. Add olive oil and cook peppers and onion, stirring often, for about 8 minutes, until slightly caramelized. Add garlic and season with salt and pepper. Cook for another minute then push to the cooler side of the griddle.

Place steak slices on griddle in one layer, and cook for about 2 minutes, flipping the meat while it cooks until it is no longer pink.

Roll out one piece of dinner roll dough to flatten.

In the center place 1 1/2 ounces of shredded provolone cheese. Top with a spoonful of the pepper and onion mixture and a few slices of the cooked steak. Seal the filling inside the roll dough, and place in the cast-iron skillet seam side down.

Continue with remaining roll dough and filling.

In a small bowl, whisk together melted butter, minced garlic and parsley. Brush the rolls with the butter mixture and bake until golden brown, about 15 to 20 minutes.

When baked, remove the rolls and brush them with more garlic butter. Garnish with parsley, and serve immediately with Cheez Whiz cheese for dipping.



BIO Girls: I am strong

That was the theme of BIO Girls Session 3 last week! The Goodridge BIO Girls is a 12-week program that builds self-worth in girls grades 2-6 through life-skills curriculum, mentoring and non-competitive physical activity.

(Taken from the BIO Girls Facebook page)

Mantra: I am strong

Girls with high self-esteem are more likely to make value-based decisions, rather than falling victim to peer pressure, and avoid destructive behaviors like drugs, alcohol, and risky relationships.

While BIO Girls is proven to increase self-esteem in participants, the program is also teaching valuable skills such as value identification - the first step in helping girls stand up

to peer pressure.

In last week's lesson we discussed peer pressure and the difference between positive and negative peer pressure. We helped the girls identify their values and to learn to listen to their gut! Both of which come into play when making decisions. The girls got to role-play common peer pressure scenarios so they can access their self-esteem 'toolkit' when the scenario arises in real-life.

We also played a challenging but fun workout where we tried out mountain climbers, frog hops and supermans.

Walk your own road. Follow your gut. Be your own person. BIO Girls are leaving today more prepared to make positive choices and confidently stand up for themselves.



GOODRIDGE GRYGLA-GATZKE



Congrats on the 2021/2022 Basketball Season!

All photos courtesy of Thoele Photography



Boys Basketball 7th grade (JH Record 19-12)

Front row, L-R: Jens Oslund, Easton Parnow, Cash Johnsrud, Evan Rubischko, Landon Nordby. Middle row, L-R: Blake Stanley, Connor Boutain, Brayden Nordby, Ian Micholio. Back row, L-R: Brett Rychlock, Joseph Stinson, Coach Cole Halvorson, Ryelin Stanley, Hank Jones.



Girls Basketball Junior High

Front row, L-R: McKenna Parnow, Izabel Horning, Norah Philipp, Marissa Parnow. Middle row, L-R: Nevaeh Kotrba, Taylyn Banasau, Janessa Torgerson. Back row, L-R: Coach Justyne Klasen, Kiana Carpenter, Emma Seyller, Mylee Sjulestad, Torii Anderson, Sophia Beck, Coach Jason Salo.



Boys Basketball 8th grade (JH Record 19-12)

Front row, L-R: Raymond Moe, Sawyer Jacobson, Jennings Johnsrud. Back row, L-R: Sebastian Groven, Owen Larson, Trustin Wiseth, Carter Horgeshimer, Coach Cole Halvorson.



Girls Basketball C Team

Front row, L-R: Nevaeh Kotrba and Janessa Torgerson. Middle row, L-R: Kinsley Oslund, Ashlyn Nelson, Anna Sundberg. Back row, L-R: Brooklyn Kriel, Coach Ryan Kriel, Taylyn Banasau.



Boys Basketball Junior Varsity (JV Record 16-9)

Front row, L-R: Brody Saurdiff, Spencer Coan, Payton Dougherty. Middle row, L-R: Rease Stratton, Brennen Parnow, Christian Loken, Donald Johnsrud, Chase Manderud. Back row, L-R: Coach Brady Olson, Anton Schmiesing, Russell Rian, Thor Henrikson.



Girls Basketball Junior Varsity

Front row, L-R: Ashlyn Nelson, Chesney Salo, Emilea Johnson. Middle row, L-R: Molly Cullen, Payton Homme, Morgan Underdahl. Back row, L-R: Kinsley Oslund, Coach Ryan Kriel, Callie Loken, Aaliya Smith, Brooklynn Kriel, Presley Kramer, Anna Sundberg.



Boys Basketball Varsity (Varsity Record 17-11)

Front: Allie Sundberg, Manager. Kneeling, L-R: Lewis Jones, Matt Busse, Sheldin Sundberg, Elliot Philipp. Middle row, L-R: Coach Andrew Sundberg, Justin Thompson, Kaylor Torgerson, Andrew Loken, Carson Rubischko, Tucker Verbout, Coach Brady Olson. Back row, L-R: Jordan Coan, Reece Sundberg, Blake Rychlock, Nick Groven, Coach Cole Halvorson.



Girls Basketball Varsity (Record 18-8)

Front row, L-R: Payton Homme, Chesney Salo, Caitlyn Jacobson. Middle row, L-R: Kjerstin Nelson, Katelyn Larson, Hannah Wilebski. Back row, L-R: Coach Ryan Kriel, Molly Cullen, Kylie Delage, Manager Presley Kramer, Sadie Anderson, Morgan Underdahl, Coach Elroy Johnsrud.

Advantage Ag Air

Fourtown/Grygla Sportsman's Club

American State Bank & Agency

Garden Valley Technologies

Community Bible Church

Goodridge Area Fire & Rescue

Northland Grain

Goodridge Lions

Farmers Co-op Creamery

Goodridge Municipal Liquor Store

Farmers Union Oil Co., Grygla

Grain Bin Cafe & Gift Shop

Farmers Union Oil Co.-Goodridge, TRF

Grygla Co-op Store

Grygla Fire & Rescue

Grygla Lions

Roseau Electric Cooperative, Inc.

Grygla Seed & Services, LLC

Salo Signs & More

Grygla/Gatzke JCC's Club

Saurdiff Trucking

Holthusen Construction, Inc.

Skime Store, LLC

Machinewell, Inc.

Stanley Farms Drainage

Monson Electric

Sue's Beauty Shop

Northern Ag, Inc.

William Stanley Spray Service

Rain Care Co.

