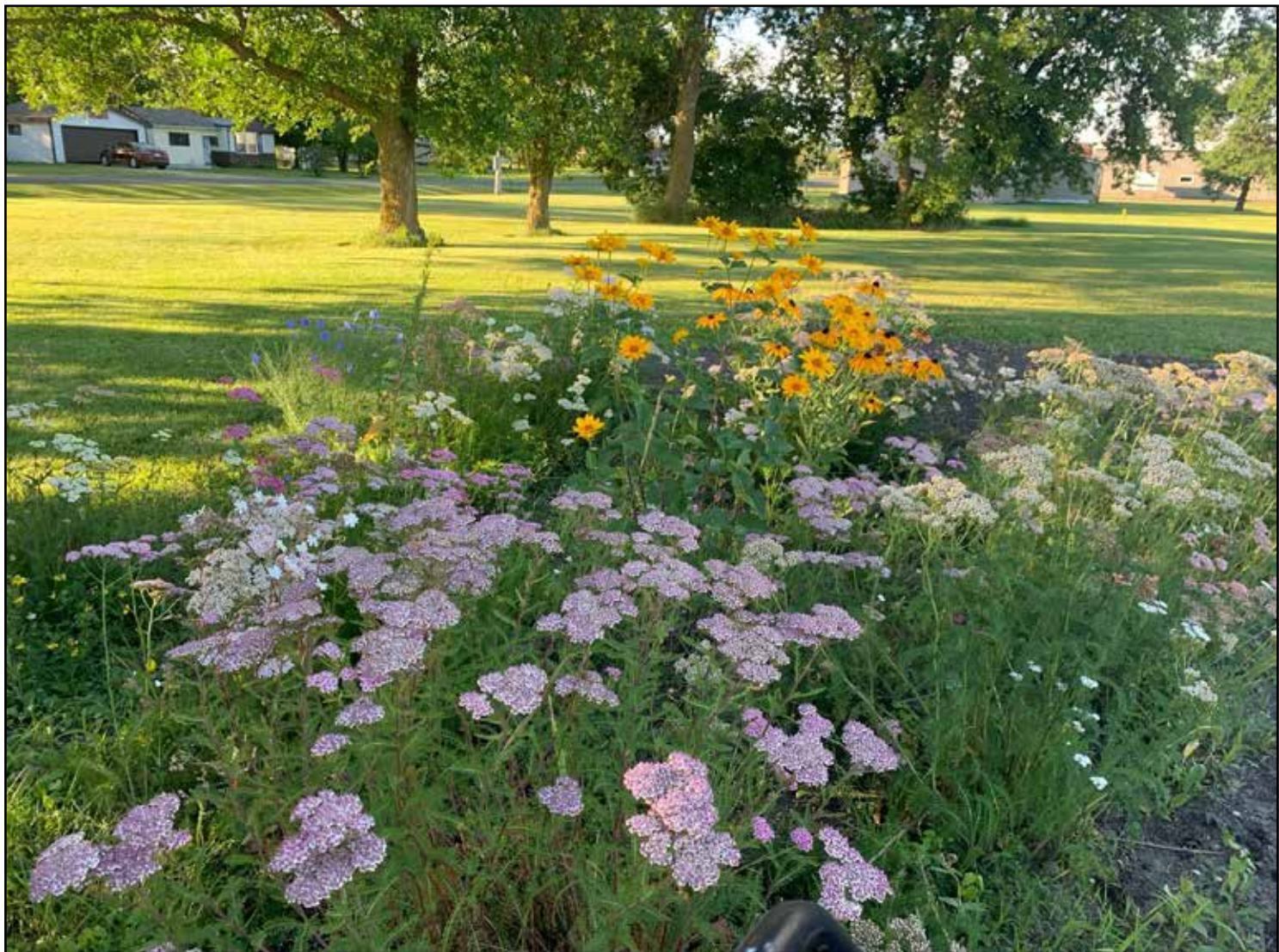




 Today Mostly Sunny H 74 L 49	 Thurs Partly Cloudy H 75 L 56	 Fri Partly Cloudy H 77 L 59	 Sat Sunny H 80 L 59	 Sun Partly Cloudy H 78 L 60
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A look at next week ... Everything you need to know about heading BACK TO SCHOOL!



The Grygla Garden Club shared a photo of the little wildflower garden that is planted in town. Their hope is it'll be even bigger by next summer! *Photo by Grygla Garden Club/Joni Anderson*

Now through Oct. 1, apply to Extension Master Gardener volunteer program

The application period to become a University of Minnesota Extension Master Gardener volunteer is open through Oct. 1. Extension Master Gardeners bring science-based horticulture knowledge and practices to Minnesota, promoting healthy landscapes and building communities through volunteer efforts. "Our understanding of the benefits of gardening is expanding to include personal and community wellbeing, pollinator health, the importance of climate resilient landscapes and more. Becoming a Master Gardener volunteer is a great way to invest time and energy in local activities and efforts that support healthy people and a healthy planet," said Tim Kenny, statewide director, Extension Master Gardener Volunteer Program. Master Gardeners are respected as reliable sources of gardening information for Minnesotans. What many don't know is that becoming a Master Gardener gives volunteers a chance to expand

their interests in areas including sustainability, local foods, pollinators and climate change. Master Gardeners also put their skills to work conserving green spaces, native plants and clean water. The University of Minnesota has trained thousands of Master Gardeners; each year, they contribute more than 140,000 hours of service in Minnesota communities. This year, the training will be all online and spread out over 14 weeks, making the program more student-friendly than ever. To become a Master Gardener, individuals commit to complete online training and 50 hours of volunteering in the first year. After the first year, they commit 25 hours to annual volunteer work; many choose to devote more time to the program. Master Gardeners come from all ages and backgrounds. To learn more about the program and apply, visit z.umn.edu/MG info or call 612-625-9864.



The City of Grygla has gotten new playground equipment set up at the city campground. Last Saturday, volunteers were needed to help assemble the new playground. The progress is shown below! Helping out and volunteering their time were Devin Ruud, Robbie Anderson, Justin Stanley, Ethan Schulz, Lucas Thomas and Lynn Anderson. *Photos by City of Grygla*



The Hound opens Friday



Sneak peek photos by The Hound.

The Hound Pub & Dining will be opening on Friday, August 12th at 5pm with a limited bar menu as more items will be added to the menu in the near future. A dinner menu will not be available at this time but is also in the making and will be made available in the near future.

Charger Chairs

The following businesses and individuals have purchased a Charger Stadium chair, which will be set up as the players bench in the Grygla School gym. The first line is how the back of the chair will read. If you notice an error in your name, please contact Kari Sundberg at 218-689-6901 or email grygla.eagle@gmail.com. **Advantage Ag Air** purchased by Aaron Peterson/AAA **American State Agency** purchased by American State Agency **American State Bank of Grygla** purchased by ASB **Anderson-Oslund Farms** purchased by Andy Oslund **Angle Wood Builders** purchased by Ward Knight **Bakken Red Angus** purchased by Brandon & Jeff Bakken **Border Bank Services** purchased by Tim Laven **Charger Sports Boosters** purchased by Sports Boosters **CHS Northern Grain** purchased by CHS Northern Grain/Ron Kiesow **Coach Sparby** purchased by Sparby Farms **Farmer's Union Oil Co.** purchased by Farmer's Union **Fourtown Store & Tavern** purchased by Karla Byklum **Grain Bin Café** purchased by Clevens **Grygla Eagle Newspaper/Richard's Publishing** purchased by Richard's Publishing **Grygla General Store** purchased by Grygla General Store **Grygla Lion's Club** purchased by the Lions (Qty: 2) **Grygla Seed & Services** purchased by Andy Oslund **Hagen Farms/W.J. Herfords** purchased by Hagen Farms **Holte Farms** purchased by Steve Holte **Holthusen Construction Co.** purchased by Holthusens **Ila Hagen** purchased by Ila Hagen **Kiesow Farms** purchased by Ron Kiesow **Lonbolt and A Nett** purchased by Lon Englund **Lunsetter Farms** purchased by Lunsetter Farms **Lyle & Joni Anderson Farms** purchased by Lyle Anderson **Machinewell, Inc.** purchased by Machinewell **Monson Electric Services, Inc.** purchased by Brad Monson **Larson Farms** purchased by Larson Farms **Rubischko Farms** purchased by Joe Rubischko **Satre Farms Seed** purchased by Satre Farms **Skime Ranch** purchased by Skime Store **Stanley Farms, Inc.** purchased by Todd Stanley **Vern Johnson** purchased by Vern & Patti Johnson

Public input wanted as county updates Multi-Hazard Mitigation Plan

Marshall County residents, business owners, nonprofit members, and community leaders now have an organized opportunity to share how severe weather events impact their property and lives. There is also an opportunity to share their ideas on how to reduce the impact in the future. The Marshall County Office of Emergency Management is working with U-Spatial at the University of Minnesota Duluth to update the county's Multi-Hazard Mitigation Plan (MHMP). The plan assesses the natural hazards that pose risk to the county, such as tornadoes, straight line winds, ice storms, blizzards, wildfire, flooding, and extreme temperatures and identifies ways to minimize the damage of future events. As the county works to update the plan, it wants to hear from the public. The Marshall County MHMP is a multi-jurisdictional plan that covers Marshall County, including the cities of Alvarado, Argyle, Grygla, Holt, Middle River, Newfolden, Oslo, Stephen, Strandquist, Viking, and Warren. The Marshall County MHMP also incorporates the concerns and needs of townships, school districts, and area agencies or organizations participating in the plan. The plan will be updated by a planning team made up of representatives from county departments, local municipalities, school districts and other key stakeholders. "Hazard mitigation planning is a central part of our emergency management program," said Josh Johnson, Marshall County Emergency Management Director. "Understanding the natural hazards that can cause serious impact to our communities and taking action to reduce or eliminate the impact of future disasters makes us more resilient. Hazard mitigation helps us to break the cycle of damage and repair caused by things like flooding, ice storms, and severe wind events that can damage property, stress economies, and threaten life safety in our county." Examples of hazard mitigation include:

- improvement of roads and culverts that experience repetitive flooding
- construction of safe rooms at campgrounds, public parks, mobile home parks or schools to protect lives in the event of tornadoes or severe wind events
- burying powerlines that may fail due to heavy snow, ice, or windstorms
- ensuring timely emergency communication to the public through warning sirens and mass notification systems
- conducting public awareness and education campaigns

Public input wanted... **Continued on page 2**

• 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, August 10
11am Bible Study, 6pm Grace Choir, 8pm Grace Council
Sunday, August 14
Grace: 9am Worship
OS: 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Pastor Kristin Dahlen Ostercamp
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.
Sunday, August 14
Bethany: 8am Worship
Ekelund: 9:30am Worship
Faith: 11am Worship

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Bryan Kujawa
Sundays:
St. Clement's: 10:15am Worship.
St. Ann's: N/A

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

UNITED LUTHERAN PARISH
Gatzke
Pastor Tim Lundeen
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseeth
Saturday, August 13
Mt. Olive Worship 9am
Sunday, August 14
St. Petri: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship

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

Lido
Noun
A fashionable beach resort.

THANK YOU
We would like to thank each business and individual for the great response and support regarding the new Charger stadium chairs, which will be set up as the players bench in the Grygla School Gym. Hopefully by basketball season, the 34 chairs will be ready & lined up for our student athletes! Thanks for your continued support.
Wayne Warne (in conjunction with the Charger's Sports Boosters)

G21C

Farmers Market

Support local small businesses.
There will be a Farmers Market at the Grygla Fall Fest on Saturday, August 27th, from 9:30am-3:30pm on Main Street east of the Veterans Memorial. To reserve a spot, contact Rose Hanson (218-280-5944) or Rose Aune (218-689-0416). The cost is \$10 a table with set up beginning at 7:30am.

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Monuments
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Red Lake Falls • 218-253-2128
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G46TFC

DITCH MEETING
on
Tuesday, August 9th
JD 11 at 9:30 a.m.
JD 21 at 10:00 a.m.
Grain Bin Cafe in Grygla

G2021C

Community Education

Class: IDEAS WELCOME
Where: Grygla School
When: Upcoming school year
Time: Flexible
If you have any ideas, interests or classes you'd like to see offered through Community Ed., please call Jamie Lunsetter at 294-6155.

Author

BRIAN FREEMAN

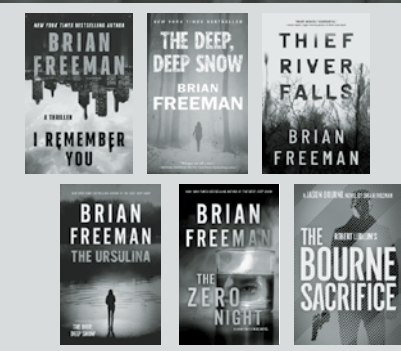
will be speaking, followed by a Q&A session, reading from several of his books and concluding with a book sale and signing.

Thursday, Aug. 18
6:00 p.m.

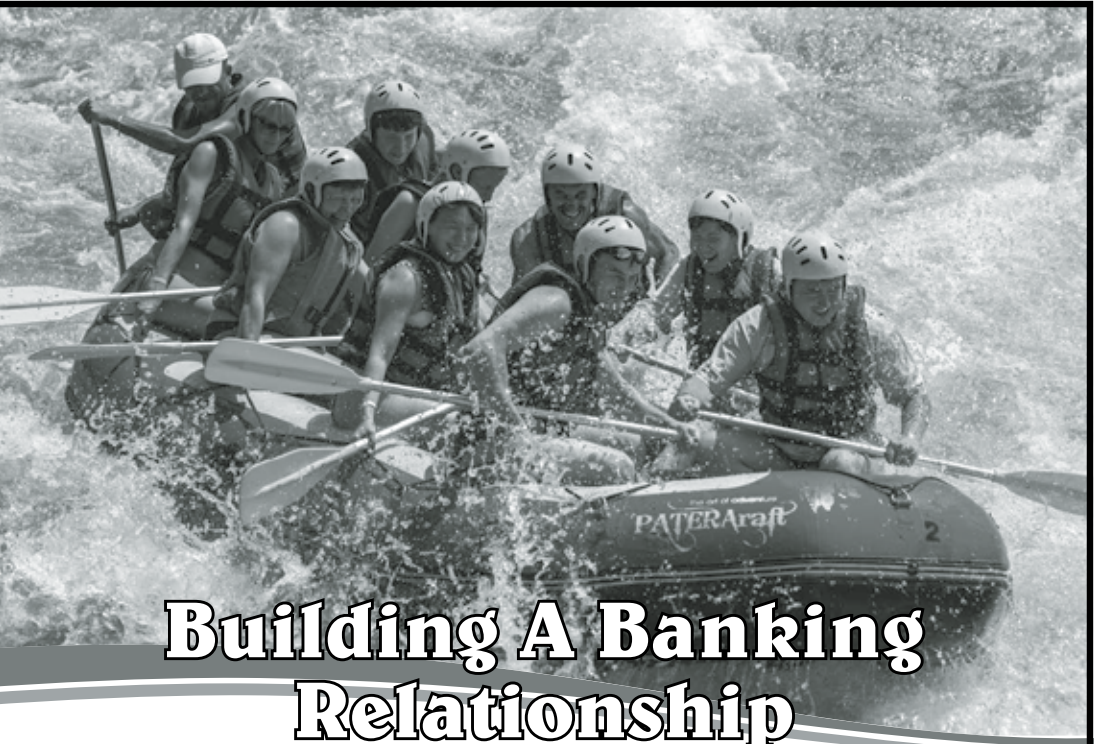
Ralph Engelstad Arena
Thief River Falls

Brian Freeman is a New York Times and USA Today bestselling author of more than two dozen psychological thrillers. Since 2005, Freeman has sold books in 46 countries and 24 languages. He was an Edgar Award finalist in 2021 for his novel THE DEEP, DEEP SNOW, and his novel SPILLED BLOOD won the award for Best Hardcover Novel in the ITW Thriller Awards. Kirkus Reviews named his novels among their Best Mysteries and Thrillers of the year in both 2020 and 2021 (for THE BOURNE EVOLUTION and INFINITE). He is a two-time winner of the Minnesota Book Award.

G20-22C



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G21C

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13						14			15				
16						17			18				
	19				20		21	22					
		23				24							
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	57	58	59					60			61	62	
63					64	65			66				67
68					69				70				
71					72				73				

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STATEPOINT CROSSWORD

Theme: BACK TO SCHOOL

ACROSS

- 1. *Beginning of a computer class?
- 6. Mandela's org.
- 9. Horned birds
- 13. Silly and insignificant
- 14. U.S. counterpart to British M15
- 15. Inuit skin boat
- 16. Long oar
- 17. Acronym, abbr.
- 18. Movie "___ Day Care"
- 19. *End of a pencil, sometimes
- 21. *"Back to School" star
- 23. Asian restaurant frying pan
- 24. Anne ___ of gothic fiction fame
- 25. ___ Beesly of "The Office"
- 28. Cote d'Azur city
- 30. Opposite of comic

- 35. Major mountain chain in Russia
- 37. It launched Columbus, acr.
- 39. Walk through slush
- 40. Lindsey Vonn's prop
- 41. *Geography class prop
- 43. Bear in the sky
- 44. Idealized imaged of someone
- 46. Reflect deeply
- 47. Stake driver
- 48. Dismiss (2 words)
- 50. Not want
- 52. Albanian money
- 53. *Cafeteria ware
- 55. Rare find
- 57. *Paper holder
- 60. *Fictional high school in "Grease"
- 63. Pope's court
- 64. Barley brew
- 66. Run-of-the-mill
- 68. Boat contents
- 69. Little bit
- 70. Tale, in France
- 71. Small island
- 72. I, to Claudius
- 73. Terminated

The Marshall County Highway Department is currently accepting applications for the following full-time positions:

Survey Crew Leader

Primary duties include highway/bridge design and construction surveying and inspection, AutoCAD Civil 3D, other computer applications, and applicable engineering duties. A diploma or AAS degree in Civil Engineering Technology or related field from an accredited post-secondary institution or equivalent training and experience is preferred but not required.

Applications are available on the Marshall County website (<http://www.co.marshall.mn.us/>) and at the Highway Department office, 447 So. Main, Warren, MN 56762.

Pay range is set by the County Board, depending on experience from \$23.71 to \$32.09, plus \$0.71/hour hazard pay. This position is open until filled.

Engineering Technician I & II

Primary duties include highway/bridge design and construction inspection, AutoCAD and other computer applications, and other applicable engineering technician duties. Job related experience and/or Civil Engineering Technology degree is preferred, but not required.

Applications are available on the Marshall County website (<http://www.co.marshall.mn.us/>) and at the Highway Department office, 447 So. Main, Warren, MN 56762.

Pay range is set by the County Board, depending on experience. **Engineering Technician I:** \$22.63 to \$30.44, plus \$0.71/hour hazard pay

Engineering Technician II (Certified): \$23.71 to \$32.09, plus \$0.71/hour hazard pay
This position is open until filled.

G21-24C

MARSHALL COUNTY RESIDENTS

2022 Household Hazardous Waste, Appliance, Television, Fluorescent Lamp, and Tire Collection

Marshall County will collect at a charge of **\$5.00 per item**: Unusable Freezers, Clothes Washers and Dryers, Dishwashers, Air Conditioners, Furnaces, Microwaves, Dehumidifiers, Stoves, Water Heaters, Refrigerators, TV's and Computer Monitors (Computer towers and printers are to be disposed in your regular garbage). Fluorescent Lamps are also accepted at a charge: 4' bulbs are **\$0.50**, all other bulbs are **\$0.75**. Oil and Latex Paint, Solvents, Acids, Caustics, Adhesives, Home and Garden Pesticides will be collected **at no cost**. Tires will be accepted at a variable rate depending on size. Following is a list of the locations, dates and times at which you can bring in materials for disposal.

Materials are to be delivered during the hours stated for each drop-off site. If you cannot come to the drop-off site on these days, we will take the materials listed above at the Marshall County Demolition Landfill every Wednesday from 8:00 a.m. – 4:30 p.m. May through October.

Monday, August 22

Grygla – City Shop
10:00 a.m. to 10:30 a.m.
Gatzke – United Lutheran Church
11:00 a.m. to 11:15 a.m.
Middle River – Community Center
11:45 a.m. to 12:30 p.m.
Newfolden – City Parking Lot - Behind Fire Hall
2:00 p.m. to 3:00 p.m.

Wednesday, August 24

Oslo – by Fire Hall
12:30 p.m. to 1:00 p.m.
Alvarado – Marshall County Garage
1:15 p.m. to 1:45 p.m.
Stephen – Community Center
2:30 p.m. to 3:30 p.m.

Argyle & Warren – Marshall County Demolition Landfill
Located 4 miles south of Argyle on Hwy 75 or 5 miles north of Warren on Hwy 75
3:30 p.m. to 5:30 p.m.

For More Information Contact Josh Johnston
or Scott Jorgenson
Marshall County Environmental Services
218-745-5841

G21-22C

DOWN

- 1. Fleur-de-___
- 2. Sometimes it's enough
- 3. Wild ox of India
- 4. On spouse's side
- 5. Infamous Baby Face
- 6. A long way off
- 7. Network at 30 Rock
- 8. Wispy clouds
- 9. Yemen's neighbor
- 10. ___ receiver
- 11. The Tramp's spaghetti-slurping companion
- 12. Limit, to some
- 15. Bovine milk dispensers
- 20. Increasing
- 22. Month X
- 24. Reverberate
- 25. *Student
- 26. Scent, usually pleasant
- 27. Malaysia native
- 29. "Keep ___ and Carry On"
- 31. *One at high school reunion
- 32. Small Asian ungulate
- 33. September edition, e.g.
- 34. *Dry-erase marker predecessor
- 36. Toy construction set
- 38. Having the know-how
- 42. Lament for the dead
- 45. When one is not oneself (2 words)
- 49. Joker to Batman, e.g.
- 51. *Do this in Math class
- 54. *Do this in Speech class
- 56. Subatomic particle
- 57. Sable and beaver, e.g.
- 58. *Type of exam
- 59. Like SNL
- 60. *Grader's suggestion
- 61. City in Sweden
- 62. "A day ___ and a dollar short"
- 63. Some special effects, acr.
- 65. Fall behind
- 67. Type of Christmas lights

CITY OF GRYGLA FILING

City Council filings open
August 2-August 16 by 5pm
Mayor: 2-year term
2 council members:
4-year terms
Applications can be received by contacting Rose Aune cityofgrygla@gvtel.com or 218-689-0416. \$2 filing fee.

Public input wanted... Continued from front

to help people be prepared to take safe action before, during, or following a hazard event.

Some mitigation activities may be eligible for future FEMA Hazard Mitigation Assistance grant funding.

Public input is an essential part of the plan update. As part of the planning process, Marshall County is seeking feedback from residents and businesses from across the county to incorporate into the plan:

- What are the natural hazards you feel pose the greatest risk to your community?
- What concerns do you have, and what sorts of actions or projects do you feel would help to reduce the damages of potential future events for your personal property, your community, or the county as a whole?

Comments, concerns, or questions regarding natural disasters and potential mitigation actions to be included into the plan update process should be submitted to Marshall County Emergency Management by phone or email. Comments may also be submitted on the Marshall County Emergency Management Facebook page where this news release will also be posted.

A draft of the plan will be made available for public review prior to submission of the plan to the State of Minnesota. The Federal Disaster Mitigation Act of 2000 (DMA 2000) requires counties to update their plan every 5 years to maintain eligibility for FEMA's Hazard Mitigation Assistance (HMA) grant programs.

Contact Josh Johnson
Marshall County Emergency Management Director
Phone: 218-745-5841
Email: josh.johnston@co.marshall.mn.us

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)
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POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

Minnesota’s historic northwest celebrates 25 years

Submitted by Marshall County Historical Society

One of the things we appreciate most about small-town and rural life in northwest Minnesota has to be the way we can join with our neighbors to get things done. A very successful example of this concept is a regional historical society known as The Minnesota’s Historic Northwest, which is noting its 25th birthday this summer.

This group, which includes historical museums in twelve counties, including: Marshall County Historical Society and The Old Home Town Museum in Stephen. The group takes an active role in bringing in grant funds and special projects that wouldn’t be easy to obtain if individual museums were on their own.

When the group first organized in 1997 it was known as Minnesota’s Historic Great Northwest, with the name being shortened in 2000 to its current one. The organization’s mission is “to routinely join together our historic and cultural organizations in order to promote our area’s history. Our focus is to plan group events and projects that celebrate our area’s richness and diversity.”

To that end, the group sponsored annual “Preserving A Sense of Place” seminars with themes like Community, Culture and the Visitor; Portraying History to The Traveler and Through Living History. The group has also hosted

workshops presented by the Minnesota Historical Society on collections care, displaying Native American artifacts, and archive and library techniques. A summer two-day auto tour was promoted in 2003 where participants traveled to museums in the northwest and at each location enjoyed a special tour and a meal or treat before heading on to the next location. Recently the group has partnered with Minnesota Historical Society and the Minnesota Alliance of Local History Museums for on-going workshops and events.

Currently twelve county and a half dozen local museums make up the Northwest group: the county museums of Becker, Beltrami, Clearwater, Kittson, Lake of the Woods, Marshall, Mahnomen, Roseau, Red Lake, Norman, Pennington, and Polk. In these twelve counties there are over 50 historic sites ranging from county museums to a Wilderness Drive to more than a dozen National Registry Historic Sites, including two locations in Marshall County. The local museums who are active include: the East Polk Heritage Museum, The Sand Hill Settlement Society, the Oklee museum, the Tri-River Pioneer Museum, The Warroad Heritage Center, the North Beltrami Heritage Center, and The Old Home Town Museum.

In 1998 the Historic NW was honored with an Achievement Award at the Red River Valley Heritage Society Awards.

The group frequently publishes an area brochure available to travelers in the northwest region. For many years, participating museums have submitted stories and information about upcoming events at their museum that are compiled into a newsletter. It is mailed to all members and friends of each participating museum so that it reaches over 2,500 people nation-wide.

One of the largest projects completed was a 2008 Minnesota Sesquicentennial project that included developing a traveling exhibit and accompanying book that celebrated the northwest regions shared and individual histories. A total of 150 Photographs from ten counties traveled the region during 2008 to celebrate the 150th Birthday of Minnesota. Those same 150 photographs were bound into a “coffee table” book as a sesquicentennial keepsake. This project won a Merit Award from the American Association of State and Local History.

In 2010 the partners developed a new traveling exhibit: Faith Matters: Churches of Minnesota’s Historic Northwest. It is a photo exhibit of the area’s historic churches, which traveled throughout the region in 2010 - 2012. This project was funded by a grant from the Hartz Foundation. Also, in 2010 the group received a grant from the Minnesota Historical Society for a series of workshops on collections care

and proper storage of artifacts. Participating museums received training from peers and an assortment of storage materials and boxes.

In 2014 travelling exhibit was developed that features the Inventors, Innovators and Entrepreneurs of Northwest Minnesota. Funded in part with Hartz Foundation grant funds and a grant from the Minnesota Historical Society, the exhibit is currently traveling around the region. “Innovators, Inventors and Entrepreneurs” won a Minnesota History Award in the Public Programs division from the Minnesota Alliance of Local History Museums.

The group networks with non-museum organizations as well. “The King of Trails” a group that promotes Highway 75; area chambers of commerce, the Minnesota Department of Tourism, arts groups, The Pembina Trail RC&D and area economic development organizations have all been partners with the Historic Northwest in its various projects. The Northwest Regional Development Commission facilitates meetings and assists with many aspects of the newsletter and workshop planning.

The Historic NW partners adopted a policy and code of conduct in 2001 where each participant agreed to conform to three codes of conduct: to make a good effort to attend meetings; to follow through on commitments made to particular assignments; and to abstain

from interference with one another’s policies. In 2009 the group applied for and received a 501c3 non-profit designation, so a more formal set of bylaws and constitution was adopted at that time.

The group has changed and evolved slightly over the years. At any given time six or more organizations may be participating, while others may opt out of a particular project. Each project interests different organizations at different levels so it is a true collaboration every time a project is undertaken.

The group maintains a web site, mnhistorienw.org which lists our museums, information about hours and events, and will soon have a blog component.

There is a small annual membership fee to belong, which pays for the web site costs. Organizations with paid staff pay \$25.00 per year and all-volunteer organizations pay \$15.00. Each organization paid a \$100.00 one-time initial fee to join. As each new project is implemented, participants pay an equal share of costs. Meetings are held on an “as needed” basis, usually quarterly, with an annual meeting in the early Spring (usually February) and a fall meeting to plan the next year’s events.

In 2018 the Historic NW received a large grant from the Minnesota Historical Society Legacy Grant program to create a traveling exhibit on the Fur Trade. Fifteen stories were

developed that travel quarterly to locations to tell the story of the fur trade in our region. This exhibit will be traveling around the region for the next two years.

Officers in the organization come from all of the counties. Ethel Thorlacius from Marshall County was its founding member and longtime president. Dean Vikan from Polk County, Solveig Kitchell from Norman County, Tamara Edevold from Clearwater County, and Marlys Hirst from Lake of the Woods have all served terms as president of the Historic Northwest.

Others who have served as officers of the organization include: Amy Degerstrom from Becker county, Cindy Adams from Kittson County, Kent Broten from Marshall County, the late Norma Hanson from The Goodridge Area Historical Society, Diane Mostad, North Beltrami Heritage center, Lindsay Marshall from Lake of the Woods, Charleen Haugen and Britt Dahl from Roseau County, Ann Lindblom from Mahnomen County and Alden Anderson from Norman County,

Current officers are Tamara Edevold, Clearwater County, President; Lindsay Marshall, Lake of the Woods County, Vice President; Britt Dahl, Roseau County, Treasurer and Diane Mostad, North Beltrami Heritage Center is Secretary.

August is National Breastfeeding Month

Submitted by Connie Hagen, Inter-County Nursing Service

In July, The American Academy of Pediatrics published their updated their policy statement on breastfeeding, including a recommendation to support parents who choose to breastfeed their infant to age 2 and beyond.

In the AAP news release, “AAP recommends:

- Exclusive breastfeeding for the first 6 months. There is no need to introduce infant formula or other sources of nutrition for most infants. Beyond 6 months, breastfeeding should be maintained along with nutritious complementary foods.
- AAP recommends that birth hospitals or centers implement maternity care practices that improve breastfeeding initiation, duration, and exclusivity.
- There are continued benefits from breastfeeding beyond 1 year, and up to 2 years especially in the mother. Long-term breastfeeding is associated with protections against diabetes, high blood pressure, and cancers of the breast and ovaries.
- Mothers who choose to breastfeed beyond the first year need support from their medical care providers, as well as protections against workplace barriers.
- Policies that protect breastfeeding, including universal paid maternity leave; the right of a woman to breastfeed in public; insurance coverage for lactation support and breast pumps; on-site child care; universal workplace break time with a clean, private location for expressing milk; the right to feed expressed milk; and the right to breastfeed in child care centers and lactation rooms in schools are all essential to supporting families in sustaining breastfeeding.”

<https://www.aap.org/en/news-room/news-releases/aap/2022/american-academy-of-pediatrics-calls-for-more-support-for-breastfeeding-mothers-within-updated-policy-recommendations/>

The Minnesota Dept of Health promotes that breastfeeding is best for your baby
Breastmilk has everything your baby needs to grow and be healthy.
Breastmilk is easy to digest. Your baby’s stools will be soft and easy to pass.
Breastmilk protects babies from ear infections, colds, allergies, diarrhea and constipation. Your baby will be sick less and have fewer doctor visits.
Breastfeeding helps baby’s eyes and brain develop.

Breastfed children are less likely to have diabetes or be overweight or obese in later years. Breastfeeding is great for mother-baby bonding.
Breastfeeding is good for moms
Baby smells sweet and diapers smell less.
Breastfeeding saves time. No messy bottles to fix at night, so everyone sleeps better.
Breastfeeding helps you lose weight.
Breastfeeding lowers your risk of breast and ovarian cancer, osteoporosis, diabetes and heart disease.
Women enjoy breastfeeding. Hormones your body makes during breastfeeding help you relax and feel close to your baby.
Breastfed babies are easy to take on trips. Just grab the diapers and go!
Breastfeeding saves money (no formula or bottle costs, fewer doctor bills and medication costs).
<https://www.health.state.mn.us/people/breastfeeding/aboutbf.html#benefits>
Minnesota Milk Bank For Babies helps babies close to home with donor human milk.
LifeCare Medical Center in Roseau, MN, opened a Milk Depot in 2019.
A milk depot is a milk collection site in the community that stores human milk from approved donors in a freezer. The milk is then transported to the milk bank for processing. Only approved donors may drop off milk at a depot.

What is a donor human milk bank?
A milk bank is a facility which processes donor human milk for distribution to medically fragile infants. The donated milk comes from a lactating mothers who have extra breast milk beyond what their children need. To ensure the safety of the milk, donors are approved through a process that includes a health and lifestyle screen and a blood test. Once approved, the donor’s frozen milk is transported to the milk bank where it is pasteurized, tested, and frozen until it is shipped to hospitals for medically fragile babies in NICUs, Special Care Nurseries, and other inpatient settings. If available, infants can also receive donor milk after leaving the hospital.
“There is a high demand for milk donors and every drop of your precious milk counts!” states the website

Throwin’ it back to the summer of 1986



Billy & Phyllis Wikert

Wikerts celebrate Silver Wedding

Billy and Phyllis Wikert celebrated their 25th Wedding Anniversary on July 26 at the Grygla Community Ceneter. The evening began with a social hour, followed by a dinner served to approximately 150 friends and relatives. Following dinner, a program was presented with Charles Boyer as Master of Ceremonies. Program included a gymnastic dance by Sherry Omlid, several songs were sung by Vernon Iverson and Anna Kriel, reading by April Holthusen and a slide show of the passing years while Wendy Boyer and Penny Wikert sang “Through the Years.” The remainder of the evening was spent visiting and dancing to the music of the Red Eye Revue.

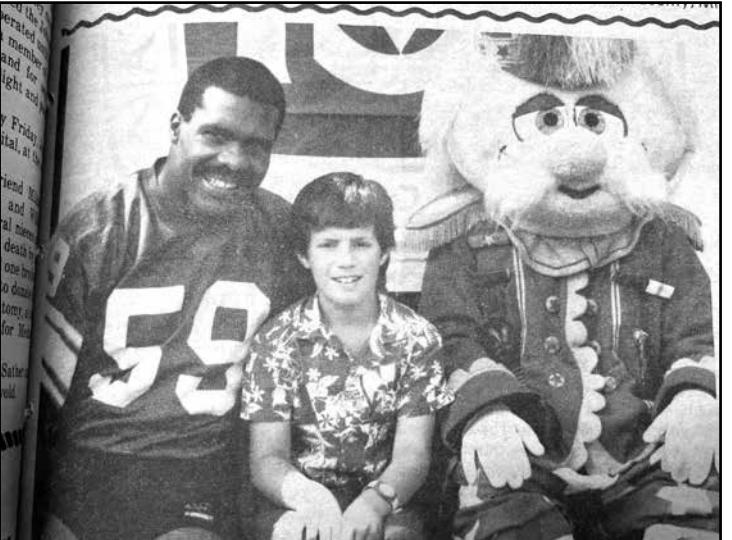


From left to right are Krista Hvidsten of Stephen, first runner-up; Derel Engelstad of Grygla, the new Miss Marshall County; Coleen Engen, former Miss Marshall County; and Yvette Schiller of Argyle, second runner-up.



Rod Holte, above left, presented a plaque to the three Grygla businesses who bought his steer at the 4-H county livestock show. Shown accepting the

plaque are Laurie Polansky of the American State Bank, Lynette Jelle of the Hartz Store, and Wally Sistad of the Farmers Union.



Anthony Holthusen is pictured with Minnesota Viking Matt Blair and Valleyfair mascot Ohoompapa.



The City of Grygla has installed sewer pipes in the ditch on the south side of town which is normally filled with standing water and cattails. They are now in the process of filling the ditch and sloping it toward a catch basin connected to the city storm sewer. In the background here is the new 8 unit MarBell Homes apartment building which was completed this spring.

Throwin' it back to the summer of 1996

Chicago business relocates to rural Fourtown area

His business card reads: Ray McKown & Associates, Sales & Marketing, Rt. 1, Box 58A, Grygla. At that address, deep in the jack pine forest northeast of Fourtown, Ray's chief associate is his wife, Judy, who handles most of the paper work for the marketing business.

The question people ask is: Can a successful business survive in a remote area, far away from the sophistication of the business world?

"It doesn't matter whether you're in Chicago or Fourtown, as long as you're getting the job done," Ray says with a smile.

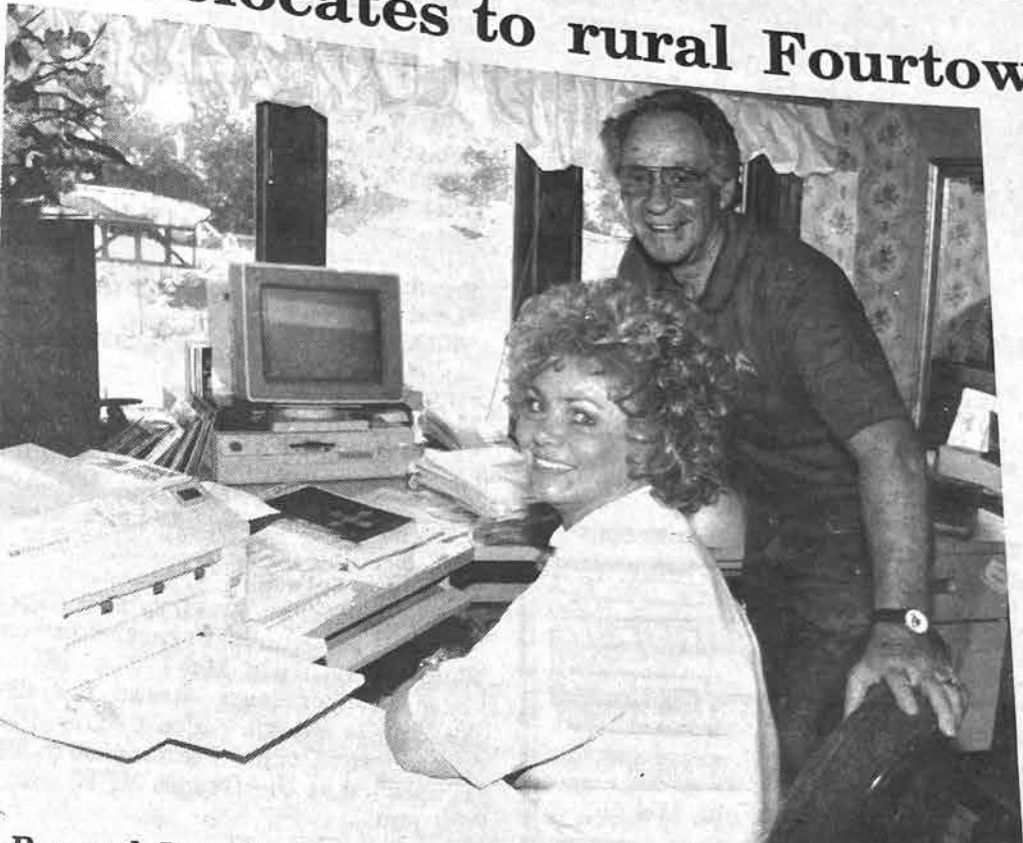
Ray's job, marketing food products, keeps him on the road about 50 percent of the time. Before moving to the Grygla area a couple of years ago, his home base was Chicago. He started working as an independent marketing agent back in 1981, after gaining expertise in food sales and business development as an employee and eventually vice president of a frozen food company.

Ray, born and raised in Kansas City, joined the U.S. Navy when he was 17 and got a chance to see many parts of the world as an aviation electrician. After his discharge he started working in the retail food business at Kansas City, where he met his wife, Judy, who then worked in the alterations department of a clothing store. The McKowns moved to Chicago when Ray's company, Morton Frozen Foods, had him transferred there.

After working in corporate offices for about 12 years, Ray had decided to get away from the rigid routine and try going into business for himself. "It was a big gamble," Ray said, "But I knew a lot of people and I got some good breaks in the beginning."

Ray's contacts in the business world were already coast-to-coast. After starting his independent business he was able to gain clients, hire food brokers, and get in contact with distributors all across the United States.

Currently he markets products for four different companies and works primarily in the mid west states. As a marketing expert his job is to introduce new food products to food companies and distributors and to build sales.



Ray and Judy McKown, rural Grygla, conduct a sales and marketing business from their home northeast of Fourtown.

Working strictly on commission, he has to plan his expense budget with regard to a return on his investment.

"If I do the job right, I eventually sell myself out of a job," Ray remarked. He said when a company's sales are large enough, it becomes more feasible for them to hire a salaried marketing employee. At that point Ray is open to accepting a new client.

From his home office on the edge of the Beltrami Island Forest, Ray keeps in contact with his clients and food brokers by phone and Fax. On the road, he visits distributors, shows his product at food shows, and meets with his food brokers. Currently he has 27 food brokers working for his Barkman's Busy Bee Honey account, 10 brokers for a dry tomato product, 10 on salsa, and 12 for a turkey product. Food brokers, in turn, may work for as many as 50 companies all at the same time, so long as their products don't compete with one another.

Food products are packaged and distributed in retail quantities (for stores) and in food service quantities (for restaurants, nursing homes, etc.). When Ray is out on the road he shows food samples in various size packages to a variety of potential buyers. His car phone keeps him in contact with other business associates.

At Fourtown, Ray's working environment is quite different than a typical work-place in Chicago. His office is a patio, enclosed with windows and screens, in the middle of a yard, overlooking a garden and pond. Judy's office, upstairs in their modern home, has a copy machine, fax, computer and printer, and everything she needs for bookkeeping and handling correspondence.

The McKown home in the jack pine area started out as a summer cottage, where Ray and Judy would come to relax now and then when they wanted to get out of the city. Judy was born and raised in the Fourtown area and her father, Nilo Jokela, and brother Dick Jokela lived near there when she first purchased the land for the cottage. The house in Minnie Township is on land once owned by Carl Ahola, an early Grygla settler. Judy said the first Jokela's came to that area in 1905.

Here the McKowns are 25 miles from Grygla, 65 miles from Thief River Falls, 80 miles from Bemidji, and 40 miles from Warroad (through forest roads). A sign at the beginning of the road near their home reads "5-Town". Ray said they chose that name for the street because there are many more people living there than in Fourtown. In fact, there are a total of 40 cabins of "squatters" living within a square mile in that area.

Last winter, during the deep, drifting snows and extreme cold, Fivetown was sometimes cut off from the rest of the world. When the road was blocked, the mail carrier was able to make a walking path in order to reach their mailbox, Judy said, an effort she very much appreciated. When their road isn't blocked with snow, even Federal Express and other delivery companies are able to find the McKowns at their Fivetown address.

The McKowns have found that modern technology and communication can take them wherever they need to go in the business world, even when they are far away from the city lights. Here, instead of getting caught in a traffic jam on the way to work, they may have to just shoo away a deer or two. And, they've found, if you're a business man and a nature lover, it is possible to have the best of both worlds.

Grygla Days coming soon

The 3rd annual Grygla Days have been set for Friday, July 26. The event is designed as a customer appreciation affair.

Grygla Days is co-sponsored by the Grygla merchants and the Grygla Gatzke Jaycees. A picnic type meal planned, with games, contests, and drawings included in the activities.

Watch for further details.

Sjulestad Store, Goodridge, robbed Monday at gun-point

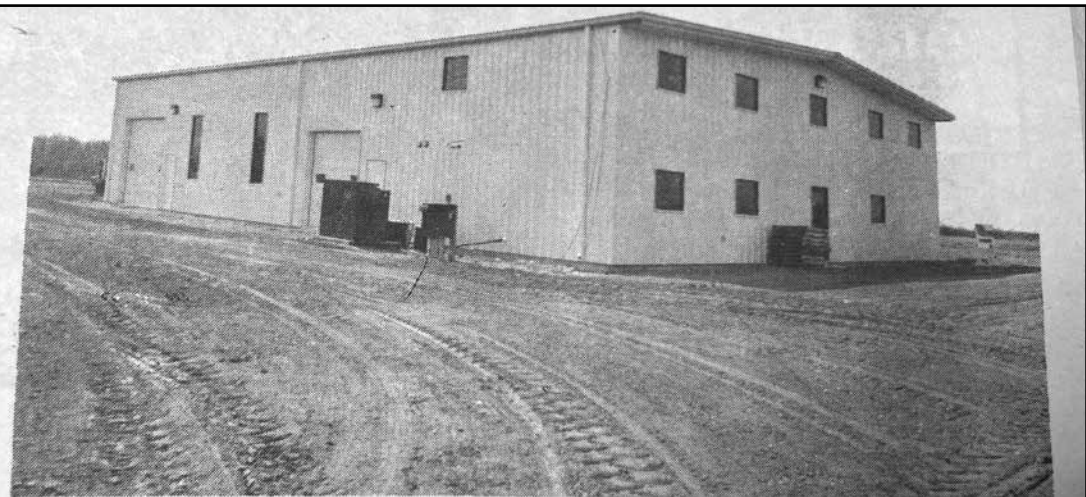
Gerald Sjulestad of Sjulestad Store, located southeast of Goodridge, reported an armed robbery at the store Monday evening.

Sjulestad told the **Eagle** that two men who had visited his store the previous week, entered about 7:00 pm. One of the men shoved a revolver in Sjulestad's face while the other man opened up the till. After removing the cash from the till, the man searched Sjulestad's pockets and removed a billfold containing about \$400. In all, Sjulestad said they took about \$800.

The two men, believed to be Native Americans, had been in the store last week, purchasing pop and gas, Sjulestad said. He also saw them drive by the store several times after that, on occasions when other cars were in the yard. On the night of the robbery, Gerald was alone in the store.

The men escaped driving a red Ford pickup. Sjulestad said two young women, possibly teenagers, were also in the pickup when it left his store. The pickup was found abandoned the next day at Red Lake.

Pennington County police are investigating the incident.



Welltek, newest manufacturing plant in Grygla, was completed early this year. Owned by Terry Wells, Mike McKeever and Curt Forsland, the company manufactures tools used in assembling various machines and vehicles. The plant is located in the Industrial Park on the south side of Grygla. The building has about 6,000 feet of working space.

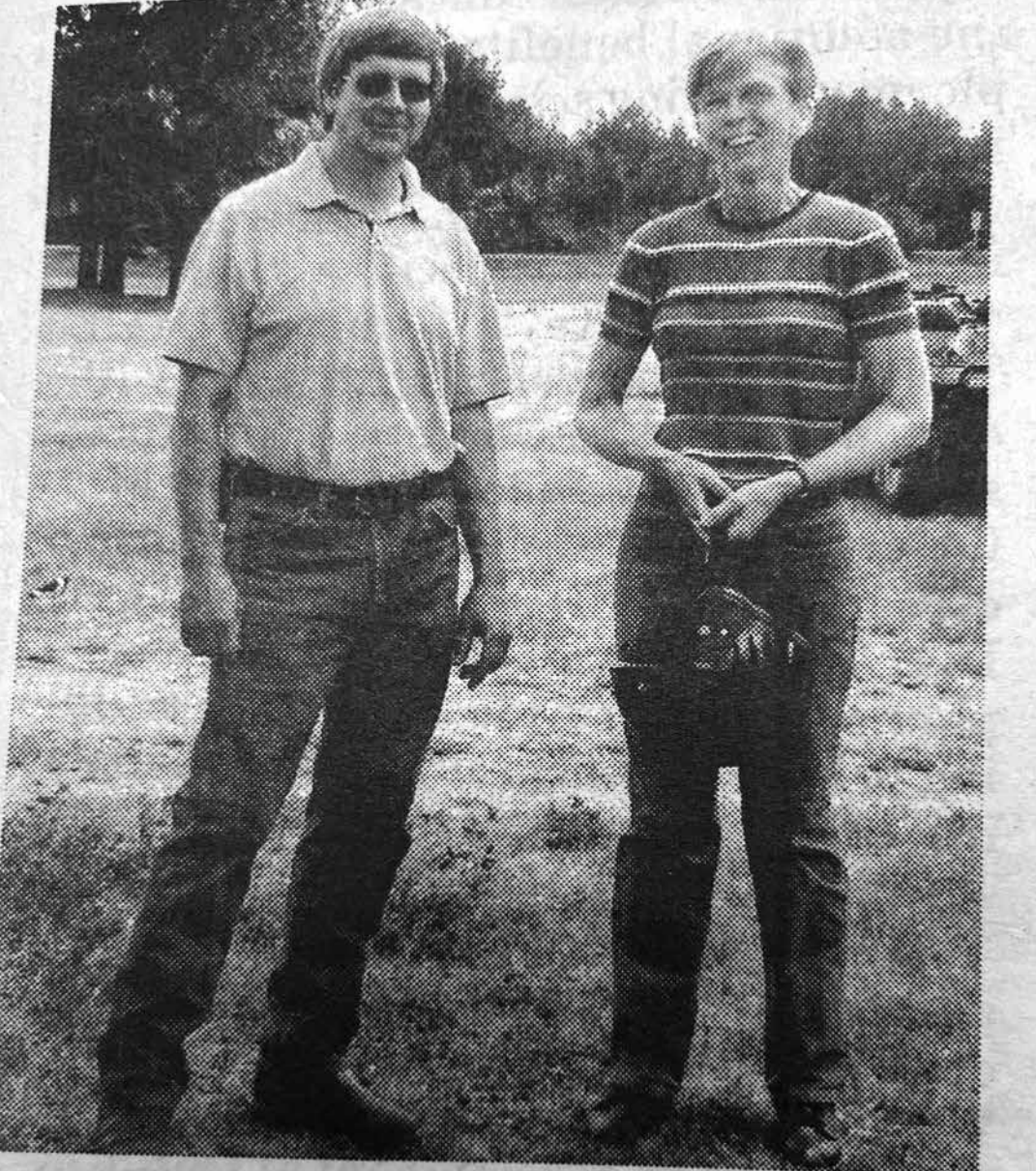
Throwin' it back to the summer of 2006



These six members of the Grygla school staff recently traveled to Las Vegas, Nevada for a conference. They will take what they learned there and share it with their fellow teachers for the new school year. Back: Kandi Sundberg, Vern Johnson and Patti Johnson. Front: DelRay Sannes, Travis Smith and Deb Hansen.



Scotty Torgerson and the Straight Shot Band, with singer Jennifer Sundberg, played at American State Bank's 30th anniversary celebration at the park in Grygla.



Sportsman's Club Pres. Jack Nelson and State Rep Maxine Penas took a moment to talk at the ATV trail grant signing at Grande Corner.