

Grygla Eagle

Newspaper


Today
Scatt. Tstorms
H 65 L 52


Thurs
Cloudy
H 72 L 52


Fri
Partly Cloudy
H 74 L 53


Sat
Mostly Cloudy
H 73 L 57


Sun
Showers
H 76 L 56

Wednesday, June 3, 2015

NOW ONLINE www.tricocanary.com

Vol. 41 Number 48

A look at next week...Grygla's 'Chix from the Stix' participate in the Marshall County Relay for Life



Community style acupuncture is available this summer in Grygla

Great North Acupuncture has been open for business since early March. You may recall the Grygla Eagle featuring a story a few months ago on the local business, which is owned and operated by Rachel Rychlock, L.Ac. (Licensed Acupuncturist)

The private practice, which is located in Thief River Falls, provides Complementary & Alternative Medicine to its patients. Rachel practices Traditional Chinese Medicine, which includes acupuncture and herbal medicine. TCM is a medicine of restoring balance by treating the cause of the imbalance. All parts of the body, mind and spirit are looked at and treated in such ways to promote self-healing.

When Rachel, and her husband, moved from California to Grygla last winter, her goal was to open her own acupuncture clinic, which she accomplished last March, but she also wanted to offer area residents community acupuncture. The idea behind community style acupuncture is to offer a more affordable option for anyone that wants to receive acupuncture. In larger cities all over the U.S., there are clinics that offer strictly community

style acupuncture. That model works well because they are highly populated areas, open several days a week, and have multiple practitioners. "The community style acupuncture model isn't exactly ideal for a town the size of Grygla, but since Grygla is the 'biggest town of its size', why not give it a try," Rachel recognized.

As mentioned, Rachel has her private acupuncture office in downtown Thief River Falls, located on Labree Avenue, in the Professional Building. She earned her Master of Science in Traditional Chinese Medicine from the American College of Traditional Chinese Medicine in San Francisco, CA, and is a Licensed Acupuncturist (L.Ac.) with the Minnesota Medical Board.

Patients might wonder how community acupuncture differs from private acupuncture. There are a few differences when opting for community style acupuncture vs. visiting Rachel in her Thief River Falls office. First of all, as expected, the treatments aren't as private. Patients are in a shared space with at least three other individuals. Both types can treat a numerous amount of symptoms and is-

sues, but community acupuncture is less expensive; the time spent with the patient is less. Patients still get a therapeutic response, however, which is the ultimate goal.

When visiting Rachel privately, she is able to use more tools and techniques, of course. She adds, "The more complex the patient is, the more I would need additional time with them. If someone is not sure what is appropriate, they can always call me and we can talk through it prior to a visit."

Each treatment session is very individual, based on what problems the patient is experiencing. Although the space is shared, the room is quiet, and the atmosphere is relaxed. Patients can expect to meet briefly with Rachel, discussing what they'd like to be treated for.

A health history and consent for treatment form is filled out (online prior to the appointment, or on paper when the patient arrives) and the session can begin. Because of the community-style setting, it's more fast-paced and no body work is

Comm. Acupuncture...
Continued on page 4

Fourtown area gets hit with break-ins and cemetery vandalism

The Beltrami County Sheriff's Department is currently investigating cabin break-ins around the Fourtown area. It is believed that the incidents took place within the last few days. Various properties have had their gate locks cut with entry onto the premises.

Several residents around the Fourtown area noticed that some things looked out of place. Property gates, along with the gates at both ends of the dike, were standing open and it was found that the locks had been cut. Also, some of the property owners that had arrived at their cabins for the weekend,

found evidence of a break-in, however, no further details are being released at this time. Sgt. Robert Carlson from the Beltrami County Sheriff's Department stated, "We have no comment at this point other than it's currently under investigation and we are in the process of identifying the property owners."

In addition to the break-ins, there was also a local cemetery vandalized. Saturday morning, driving past the Wildwood Cemetery, west of Fourtown, in Spruce Grove Township, a passerby had noticed that various memorial flags, adorning

veteran gravesites, had been broken in half. The rural resident had also noticed that a floral memorial cross had been broken in half and thrown into the ditch. It is unknown at this time if other cemeteries around the area were vandalized.

The community is urged to keep an eye out for anything that looks suspicious. If you find that your property has been broken into and/or anything has been disturbed, including any type of vandalism, please call the Beltrami County Sheriff's Department at 218-333-9111.



The Beltrami County Sheriff's Department was visible around the Fourtown area over the weekend, as the cabin break-ins and vandalism incidents are currently being investigated. The community is urged to contact law enforcement if you notice anything suspicious looking around the area.



Yard of the Week is back for the season

Yard of the Week is back for the summer! The first yard featured for the season belongs to Shane and Lea Ann Torgerson of rural Grygla. The Torgersons have a well-maintained lawn with a very neat appearance in the front. When you take the sidewalk to the back of their home, you are greeted with quite a summer sight. Rock beds, flower & veggie gardens and numerous well-landscaped areas catch the eye, including this beautiful water fountain that sits in the middle of it all. Congratulations, Shane and Lea Ann, it's clear you've put time and

effort into your yard.

If you think someone has a yard worth seeing, you can nominate them by getting in touch with Trystan Jelle, the Grygla Eagle summer intern, at 218-294-6220 or email grygla.eagle@gmail.com.

Yards have to have a Grygla/Gatzke/Goodridge address and although no prizes are awarded – bragging rights are yours for an entire week!

Please keep in mind that the list gets long fast and although many people have picture worthy yards, not all will be able to be featured.



Chix from the Stix head to Warren this Friday

The Marshall County Fairgrounds will once again host the Relay for Life this Friday, June 5th, in Warren. Grygla's Chix from the Stix team will be one of the county teams in attendance. Survivor registration begins at 4:30pm with a community supper from 5-6:30pm. The free-will donation menu includes pulled pork sandwiches, baked beans, chips and bars. The opening ceremony begins at 7pm followed by the survivor's lap and a dusk Luminary Ceremony. There will also be a silent auction taking place from 6pm until midnight.

Featured in next week's paper will be photos from the Relay event, along with the dollar amount raised by both the Chix and the entire county.

The local Chix have been busy in their fundraising efforts. The team is holding an upcoming entertainment evening at the gazebo in Grygla on Thursday, June 18th. Supper will be served at 6:30pm, with fun entertainment for the entire family, including local talent, to follow! The occasion will be a free-will donation with all proceeds going to the American Cancer Society, Marshall County Relay for Life. Mark this date on your calendar and plan to attend – just don't forget to bring your lawn chair.

Having cancer is hard. Finding help shouldn't be. Call 1-800-ACS-2345 or www.cancer.org. For more information on the Relay, call Amber at 689-9405.

Fall Festival Updates Committee looking for volunteers

The Grygla Fall Festival Logo Contest is now open! You have until June 20th to submit your design.

The contest is open to all ages and if chosen, your design will be featured as the 2015 Grygla Fall Festival logo featured on the buttons and mugs. A cash prize is also awarded. Logos can be dropped off at American State Bank of Grygla, with Kari Sundberg, Eagle

Editor, or mailed to PO Box 181, Grygla, MN 56727.

The Fall Fest Committee is looking for a chairperson, secretary, treasurer and volunteers to serve on the committee.

The next meeting will be June 23rd at 6:30pm at Yo-Hawn's. Please consider attending and help plan a fun 2015 festival.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Sunday:
Grace: 9am Worship
Our Savior's: 10:30am Wor-ship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Sav-ior's – Thief Lake
Pastor Craig Bowyer
Wednesday:
(Wednesday Worship for the Summer, no Sundays)
United: 6:30pm
Our Savior's: 8pm

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Richard W. Dahlen
Sunday:
Ekelund: 8:30am Worship
Faith: 9:45am Worship
Bethany: 11am Worship

THE CATHOLIC COMMUNITIES OF St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Rick Lambert
Sunday:
St. Clement's: 8:30am Wor-ship.
St. Ann's: 10:30am Worship.

BETHESDA LUTHERAN CHURCH
Skime
Rev. Paul Koch
Sunday:
9:30am Worship

COMMUNITY BIBLE CHURCH
Christian & Missionary Al-liance of Grygla
Pastor Clark Hjelle
Sunday:
9:30am Worship, 11am SS and Adult Bible Class.
Wednesdays:
7pm Bible Study and Prayer.

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Ol-ive, Nazareth – Trail; Oak Park – Oklee
Pastor Joseph Abrahamson
Saturday:
8:30am Mt. Olive
Sunday:
St. Petri: 8am
Oak Park: 9:45am
Nazareth: 11am

LIBERTY CHAPEL Grygla
Fellowship of Christian As-semblies
Sunday:
10:30am Worship.

Letter to the Editor

Representatives Dan Fa-bian and Deb Kiel did an excel-lent job this session represent-ing the people and priorities of Northwest Minnesota. Work-ing to garner a bipartisan legislative compromise, they voted to invest in our schools, provide stable, long-term nurs-ing home funding, limit state government spending growth and put a stop to a regressive gas tax hike.

First, for education, they voted for \$400 million in new money for our schools and also supported additional fund-ing for facilities maintenance which will help local school districts cover costs for neces-sary fixes like roof repairs or new boilers. They also sup-ported teacher licensure re-form, which will help address the critical educator shortage in our part of the state.

Additionally, for Minneso-ta's seniors, they advocated for \$138 million in nursing home funding which will help protect the quality of life and quality of care for aging Minnesotans. This reform will offer increased reimbursement rates, long-term financial stability for lo-cal care centers and increased wages for the hardworking folks in this field.

Finally, Reps. Fabian and Kiel listened to the overwhelm-ing opposition in Northwest Minnesota and stood strong against a regressive gas tax in-crease, which would have hurt middle class families, seniors on a fixed income and small businesses in our area. Liv-ing in Greater Minnesota, we already have to drive farther to get to the grocery store, to church, etc. Ensuring the state doesn't impose a costly new gas tax saved people like me hun-dreds of dollars each year and protected the taxpayers of our state.

I am proud to have two rep-resentatives in our community who fight for the people and priorities of Northwest Min-nesota. Thanks for standing up for us in St. Paul!

Sincerely,
Ron Lorensen

Karlstad, MN

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SUMMER HOURS

The Grygla School Office will be open for business Monday through Thursday, and closed Friday during the summer months.

Thank you,
Galen Clow, Supt.



Have you "liked" the Grygla Eagle Newspaper on Facebook yet?

NOTICE OF MINNIE TOWNSHIP BOARD MEETING

Minnie Township Board will meet at the Minnie Town Hall 65964 Fourtown Road NW on June 12th, 2015. Meeting will start at 7:00 PM.
MINNIE TOWNSHIP
RAY HENDRICKSON,
CLERK

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WANTED: JANITOR/CLEANER

American State Bank is looking for a janitor/cleaner for the Grygla Branch. After-hours cleaning, 5 days a week; hours flexible.

Call 294-6111, ask for Kim on details.

What a joke!

This was taken from the UFDDA! column in the Septem-ber 4, 1975 issue of the Grygla Eagle.

Toads

A he toad loved a she toad that lived in a tree.

He was a two toed tree toad, but a three toed tree toad was she.

The two toed tree toad tried to win the three toad tree toad's friendly nod.

For the two toed tree toad loved the ground that the three toed tree toad trod.

But vainly the two toed tree toad tried, he couldn't please her whim.

In her tree toad bower, with her veto power, the tree toed she toad vetoed him.

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PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg- EDITOR
Phone 294-6220

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\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska ad-dresses)
\$30 per year outside of the area

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

GRYGLA LIBRARY LINK

By: Karen Olufson

Hello Wonderful Readers! Hope you have a beautiful day today and you are enjoying it to the fullest! Of course to do that you have to spend some time reading, so don't forget! (Smile!) Do we really, finally have spring (now that it's al-most summer)? I hope all the frost is over with so I can fi-nally put my plants outside to stay! Of course if the frost is over I suppose those dreaded creatures (mosquitoes) will come out now, but I guess we have to take the bad with the good. (Smile!)

Don't forget the summer reading program starting this week. Please bring all your children and grandchildren into the library to get signed up on the third of June. Last week's paper had an overview of the program so you can take a look at it to see what the prizes are and how things will be done this year. It's a little different than in the past and maybe a whole lot more fun!

Also, you might like to take a look at the library homepage. There's a list there of the sum-mer programming at the dif-ferent Northwest Regional Li-braries there. This year, Yo-yo artist Britton Pankratz will be featured in June and humorist Duke Otherwise will be fea-tured in August. The home-page has a list of dates and the different libraries where you can see these entertainers and also a little explanation of what each one does. Pick the one that's most convenient for you and enjoy! (Smile!)

Please don't forget this sum-mer that you can download e-books and e-audio books from Overdrive and they count as li-brary checkouts for us too. Just go to the homepage and click digital content on the top of the

page and you're off!

Here's a fun thing you might like to do one day. It's also on the homepage. Click on "Us-ing the library," on the top of the page. When that comes up, click on "What is your library worth to you?" Then click on "Library use value calculator." Input the number of items you borrow from your library or use at the library and the calcula-tor will calculate their value. The total is what your library is worth to you. You might be very surprised at the number! I know I was the first time I did it.

Just thought you might like to know too, that we have the movie MORTDECAI in the library now. I can't promise you it will still be on the shelf when you come in, but you can try and see. I can always put a hold on it for you if you'd really like to see it.

For the book suggestion of the week I'm going to suggest another book on CD that I just listened to although we also have the actual book in the li-brary, too. (Well not right at the moment because someone just took it out. Smile!) The book is Karen Kingsbury's THE CHANCE. It is a Christian Fiction story and the sto-ryline was quite riveting. I couldn't wait to get in the car again so I could listen to find out what happened next! I like those kind of stories!

Well Dear Readers, I hope you've learned something this week from this column that might bring you to the library! We love having you come! Also, please have a safe and super week and read a good book for yourself and to the little ones in your life. We'll see what hap-pens next week. Until then ...

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

agog

\uh-GOG\
adjective - highly excited by eagerness or curiosity
adverb - in a state of eager desire; excitedly

Fourtown Grygla Sportsman's Club happenings

The Fourtown Grygla Sportsman's Club will be hold-ing their June monthly meeting in TRF at The Legion, Tuesday, June 16th at 7pm.

No registration weekend - The Commissioner has desig-nated June 5 through June 7, 2015 as the annual "No Reg-istration Weekend" for All-Terrain Vehicles. During the designated "no registration weekend", an all-terrain ve-hicle may be operated on state and grant-in-aid all-terrain ve-hicle trails without the regis-tration required by Minnesota

Statutes. Nonresidents may operate an all-terrain vehicle on state and grant-in-aid all-terrain vehicle trails without possessing a state trail pass issued under Minnesota Sta-tutes.

The Fourtown Grygla Sportsman's Club would like to encourage all riders to partici-pate this weekend. It is a great experience that the community is invited to be a part of. Trail maps can be found at most lo-cal establishments and also online at the MN DNR website.

Grygla Eagle summer office hours

The Grygla Eagle would like to note their summer of-fice hours. The summer intern, Trystan Jelle, will be starting her job on Monday, June 8th. She will be working in the of-fice every Wednesday from 10am-4pm. Kari Sundberg,

Editor, will be working in the office every Thursday from 9am-3pm. Please make note of these hours for the summer. The Grygla Eagle loves to hear from you, and can be reached at 218-294-6220 or grygla.eagle@gmail.com.

Take a kid fishing and fish free June 5-7

Minnesotans age 16 or older don't need a fishing license to take a child age 15 or younger fishing this Friday, June 5, to Sunday, June 7, during Take a Kid Fishing Weekend.

"This is an annual opportu-nity to introduce a child to fish-ing without the prior purchase of a fishing license," said Mike Kurre, mentoring program coordinator with the Minne-sota Department of Natural Resources. "It's a great week-end to make some memories and go fishing with family and friends."

For those new to fishing, the DNR's Fish Minnesota Web page at www.mndnr.gov/ fishmn answers basic fishing qhestions and explains fish-ing terminology. The site also includes links to a beginner's guide to fishing, fishing regu-lations and information on

where to fish.

"It is incredibly rewarding to watch a kid smile ear-to-ear while they reel in a fish," Kurre said. "Kids love fishing, and at your fingertips there are resources that make it easier to learn how to fish and teach others."

Fishing classes from the DNR's I Can Fish! program run throughout the summer at state parks. And even when it's not Take a Kid Fishing Week-end, Minnesota residents gen-erally can fish in state parks without a fishing license if the body of water doesn't require a trout stamp.

For links to state park fish-ing information, the beginner's guide to fishing and more, see the DNR's Take a Kid Fish-ing page at www.mndnr.gov/ takeakidfishing.

Food preservation workshop

The University of Minne-sota Extension Service will be sponsoring a food preservation workshop on Friday June 19 in Thief River Falls at the C'Mon Inn from 9-11am. Whether you are new at preserving food or have been preserving for years, you will learn what's safe, what's not, along with the latest research and resources available to help you explore the options in food preservation today.

Pre-registration is required by June 12. The instructor will be Suzanne Driessen, Food Safety Educator from U of M Extension.

Send your name, address, phone number and email with \$10 payment (payable to Uni-versity of Minnesota) to: Uni-versity of Minnesota Exten-sion, Attention: Connie,
1424 E. College Drive Suite 100, Marshall, Minnesota 56258.

Wednesday, June 3, 2015

Ad deadline:
Noon Friday

Community Calendar

Wed | June 3

Youth baseball prac-tice 10am-noon in Gry-gla; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | June 4

Grygla Eagle office open 9am-3pm; Youth baseball practice 10am-noon in Goodridge

Fri | June 5

Senior Meals at Grain Bin Café 11am; Marshall County Relay for Life in Warren (see article on pg. 1 for times)

Sat | June 6

Sun | June 7

Mon | June 8

Youth baseball prac-tice 10am-noon in Gry-gla; Senior Meals at Grain Bin Café 11am; Grygla City Council Meeting 7pm

Tues | June 9

Youth baseball prac-tice 10am-noon in Go-odridge; Grande Corner Softball 7pm

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EXTENSION NEWS

By: James Stordahl

Rhubarb and Frost Damage
Over the past two weeks, I have received numerous calls regarding the danger of eating frosted rhubarb. Rhubarb is one of the first plants in the garden to green-up and tolerates mild frosts nearly every year; frost on rhubarb is very common.

Rhubarb is a hardy perennial that grows from underground rhizomes. It produces distinctive large leaves on long edible leaf stalks. The leaf stalks are similar in size to celery but have a distinctive tart taste. Typically, the stalks are consumed in many forms with ample amounts of sugar. Although we consider is an ingredient for dessert, it's been widely used for centuries in Chinese medicine as a laxative. Maybe this is one reason Minnesotans love their rhubarb.

The recent flurry of concern was generated from a news release in Illinois, after receiving unseasonably cold temperatures. In her article, Martha A. Smith, Extension Educator, said, "Rhubarb should not be harvested when the leaves are wilted and limp after a hard freeze. After a hard frost, oxalic acid may move from the leaves into the leafstalk. When consumed the oxalic acid can crystallize in the kidneys and cause permanent damage to the organs. In addition to the potential toxicity, the rhubarb leaf stalks will be of poor texture and flavor."

Rhubarb is quite hardy and tolerates typical mild spring frosts and can be eaten provided the stalks are still firm and upright. Leaves with obvious frost damage (brown or black after a few days) that have leaf stalks that are soft or mushy are best removed and composted; do not eat them. It is looks damaged, tastes bad, don't eat it. And of course, never eat the leaves, which reportedly taste

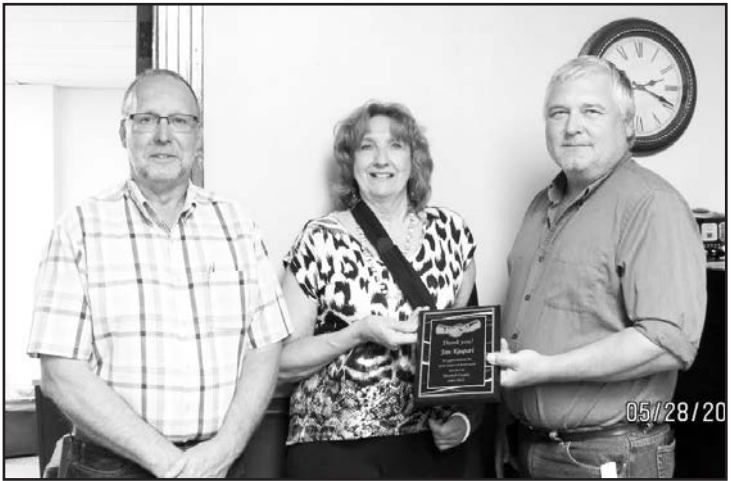
terrible anyway. As with most things in life, let common sense be your guide.

Rhubarb can be harvested through the end of June, picking as many stalks as desired. After this time period, rhubarb can still be harvested however the plant will need to maintain a good portion of leaves to photosynthesize. Another reason to decrease the amount harvested is because late season stalks become tougher than spring season harvest and simply don't have the desired taste.

Rhubarb seems to do best in well-drained soils, but is not picky about the pH of the soil. The best growing environment for rhubarb also is a sunny area with rich composted or fertilized soil. Water the plant thoroughly to a depth of one inch a week for good production. It is good practice to annually amend the soil with a balanced fertilizer or rich compost. Make note of the plant's reaction and adjust accordingly. Soil testing can also be done to determine a more specific current state and application.

No matter the time of year, remove the seed stalks that emerge. This returns the plant's energy to the edible stalks or the plant's reserves for next year. Occasionally, seed stalks will appear early in the season and should be removed by twisting and pulling just like other stalks being harvested. Rhubarb can be transplanted or divided very early in the season. As soon as new growth starts use a clean, sharp shovel and split the plant, or dig the entire plant up and divide it with a sharp knife or saw.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Sources: Beth Berlin, University of Minnesota Extension and Martha A. Smith, University of Illinois Extension.



Jan Kaspari retired from her position as Water Plan Coordinator and Zoning Administrator for Marshall County on June 1, 2015. Pictured L-R: Commissioner Gary Kiesow, Jan Kaspari and Commissioner Rolland Miller. For any shoreland, floodplain and septic system permits or any water quality programs, call Josh Johnston at 218-745-4851.

Police warn of counterfeit \$20s in the area

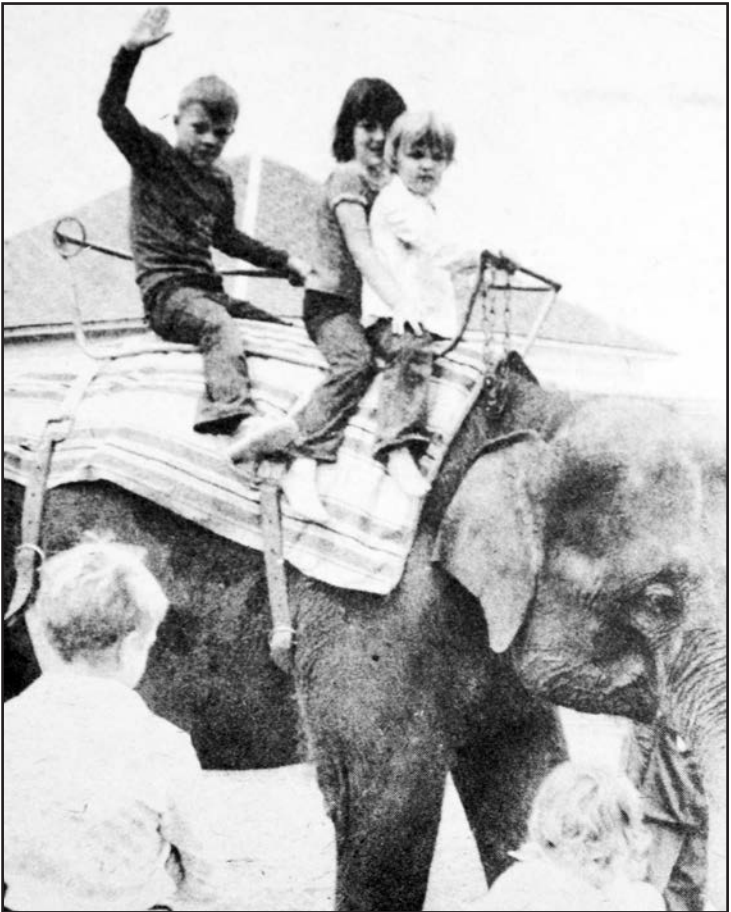
A rash of counterfeit \$20 bills have been reported in Bemidji and Beltrami County the past week, officials have said.

The Bemidji Police Department said the counterfeit bills have been reported by numerous businesses in the Bemidji area, according to a press release, and officials also received information from area banks that report the bills are coming from businesses throughout Beltrami County.

Police are encouraging local businesses to become familiar with identifying counterfeit

bills— identification tips may be reviewed at the U.S. Secret Service website at www.secretservice.gov/money_detect.shtml.

Officials urge individuals and businesses to report any suspicious activity to the Bemidji Police or Beltrami County Sheriff's Office immediately. If you suspect a counterfeit bill is being presented, attempt to gather as much information as possible; including time of incident, suspect description and any vehicle information available, the release said.



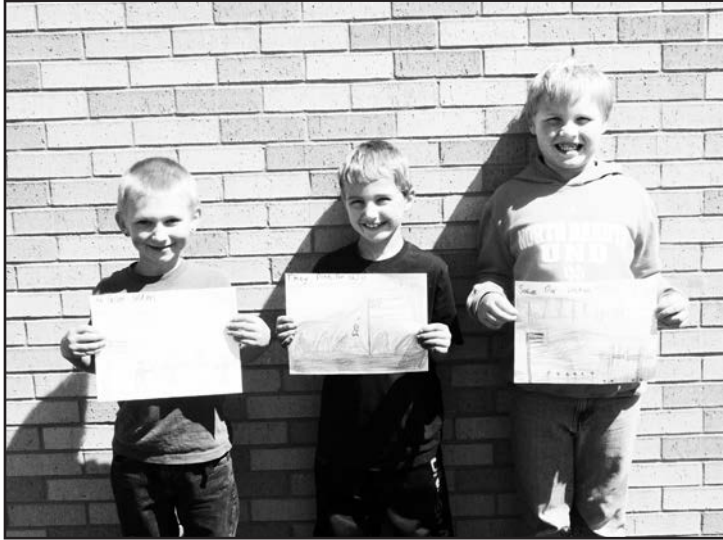
?Mystery Photo?

Poppy Poster winners announced

The Grygla VFW Ladies Auxiliary Post 3858 would like to congratulate the Poppy Poster winners from the Grygla Elementary School and thank all of the students for participating. More than 11 million dollars is raised each year through the distribution of Buddy Poppies – all of it strictly accounted for and dedicated entirely to veteran's welfare. Poppy Poster winners are named in order of 1st, 2nd, 3rd place.



Grade 1: Janessa Torgerson, Harlie Hagen, Raymond Moe



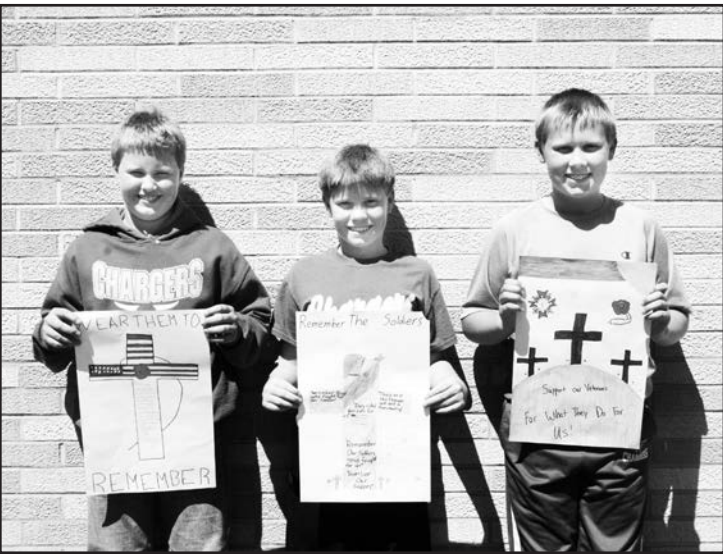
Grade 2: Rease Stratton, Payton Dougherty, Gavin Aune



Grade 3: Lewis Jones, Taylor McManus, Callie Loken



Grade 4: Kia Klein, Sheldin Sundberg, Emily Carlson



Grade 5: Walter Jones, Nolan Anderson, Avery Moe



Grade 6: Hailey Knutson, Jamie Dougherty, Gracie Lunsetter

Left: Could this be YOU? If you know who this is, please contact the Grygla Eagle at 218.294.6220 or email grygla.eagle@gmail.com. We would love to share with our readers who this turned out to be!
Thursday, September 4, 1975 issue: Greetings from Grygla, MN. This happy trio, mounted on an Indian elephant, were photographed at the annual Grygla Fall Festival a couple weeks ago. The elephant proved to be a very popular addition to the festival.

Coffee Talk

By: Kari Sundberg, Editor

This week, I sat down for coffee with the Mayor of Grygla, Richard Mosher. Except I should mention that neither one of us actually had any coffee because we had both had enough during the morning hours. But we're not going to be too technical here.

As you probably read last week, I'm changing up my coffee talk a bit. I want to keep my professional voice in the paper, but take my personal voice out – which means I don't really want to share random, pointless stories about my life anymore. I'd rather have a point to this column and that point is about CONNECTING.

As the editor of our local newspaper, I want to sit down and visit with people. I want to hear what they have to say and write about our coffee date. We're really going to keep things casual. I'm not going to bring my notebook or laptop and start typing up notes. I'm not going to "interview" anyone for a front page story during this. It's simply "Coffee Talk".

Anyway, I sat down with the Mayor of Grygla, who is always fun to visit with. He's always up for a good laugh, which makes him easy to approach. I was able to hear about some projects that have been going on around our city lately, which included a lot of maintenance work. The sewers have all been cleaned 100% and work has been done on the lagoon...projects that have both taken a lot of time, work, and dollars...but projects that definitely needed to be done.

Mayor Mosher was saying the biggest project ahead of the city is to figure out how they can affordably fix all of the streets around town – to get all of the bumps out! This is especially important when considering the timeline for the upcoming 2017 Grygla Centennial celebration!

There has been some talk recently about the financial state of the city. I asked Mayor Mosher if he could describe, in one word, where we are sitting as a city, and he said "GOOD." (So that's good, right?)

He did say that the city has spent a lot of money, but it's all been spent on taking care of things that have been left behind – things necessary to tend to.

One concern a few people have been wondering about is the city wages. A couple of weeks ago, the April City Council minutes were in the paper.

There's good and there's bad with that. The good news is, residents of Grygla get to see what our council talks about and see what progress has been made. Meetings are, of course, open to the public (but hardly ever are there community members in attendance). So that's the good thing about the minutes – to keep everyone in the loop.

The bad thing is not all of the information is there, included for your pleasure. The monthly minutes are simply a brief recap of what agenda items were discussed, but sometimes people wish certain topics were recapped more in depth. Well, that's not going to happen in the minutes necessarily.

So Mayor Mosher wanted to shed some light on the 25,000 increase in city wages over the last couple of years – that was one thing weighing heavy on some minds around town.

He basically just told it like it was, saying that maintenance around our city isn't dictated by anyone except nature. The hours put in are unpredictable. As far as the minutes went, it made it sound like that \$25,000 spent was solely on overtime, which was not the case. Our city maintenance worker is averaging only 2.69 hours of overtime a week. Mayor Mosher said the numbers rose because when they hired for the new maintenance position, the city had to hire a licensed water & sewer guy to come in and train the new position, which cost the city over 600+ dollars a month. He closed the conversation by saying, "We have nothing to hide. Anyone is welcome to come to our council meeting."

So that's that. It's easy for people to talk about the concerns, but if you truly have concerns - - hit up a meeting!

I appreciate the work the city council members and our Mayor do for our city. If you have ideas/improvements, our council members are always willing to listen. In addition, Mayor Mosher was saying that he hasn't heard from a lot of people in the community on things, but he wishes that were different. He voiced being open to new ideas and urging folks, especially the younger generation, to come forward, because after-all, the future of our city lies in their hands.

Touché, Mayor...touché. Thanks for the coffee.... wait...thanks for the TALK.

SIMPLY DELICIOUS

Tomato, Avocado & Cucumber Salad

Today's recipe is a simple summer salad – a tomato, avocado & cucumber salad. This is a quick and easy salad to put together that uses just a couple of summer ingredients. Juicy cherry tomatoes, cool, crunchy cucumber and creamy avocado. Add some feta, red onions and a little minced parsley and you've got a simply delicious salad. Toss with a simple red wine vinaigrette and it's ready in under 15 minutes.

Serves: 2
Ingredients
1½ cups of cherry tomatoes
1 cucumber - peeled and diced
1 avocado - diced
4 oz feta cheese - cubed



2 tbs minced red onion
2 tbs minced parsley
1 tbs red wine vinegar

Homeowners reminded to be bear-aware this spring

Wildlife managers remind homeowners who live near bear habitat to be bear-aware and check their property for food sources that could attract bears.

Allowing bears to forage for food in a yard can present dangers to bears and people, according to the Minnesota Department of Natural Resources.

Bears that have emerged from hibernation begin looking for food at a time when berries can be scarce. Bears may be tempted by dog food, livestock feed, birdseed, compost or garbage. Although bears are normally shy and usually flee when encountered, they may defend an area if they are feeding or are with their young.

Never approach or try to pet a bear. Injury to people is rare, but bears are potentially dangerous because of their size, strength and speed.

The DNR does not relocate problem bears. Relocated bears seldom remain where they are released. They may return to where they were caught or become a problem somewhere else.

The DNR offers some tips for avoiding bear conflicts.

Around the yard

Do not leave food from barbecues and picnics outdoors, especially overnight.

Replace hummingbird feeders with hanging flower baskets, which are also attractive to hummingbirds.

Eliminate birdfeeders or hang them 10 feet up and 4 feet out from the nearest trees.

Use a rope and pulley system to refill birdfeeders, and clean up seeds that spill onto the ground. Where bears are a nuisance, birdfeeders should be taken down between April 1 and Dec. 1.

Store pet food inside and feed pets inside. If pets must be fed outdoors, feed them only as much as they will eat.

Clean and store barbecue grills after each use. Store them in a secure shed or garage away from windows and doors.

Limit compost piles to grass, leaves and garden clippings, and turn piles regularly. Adding lime can reduce smells and help decomposition. Do not add food scraps. Kitchen scraps can be composted indoors in a worm box with minimal odor.

Harvest garden produce as it matures. Locate gardens away from forests and shrubs that bears may use for cover.

Use native plants in land-

Bear-aware..
Continued on back

