



				
Today Cloudy H 39 L 30	Thurs Snow H 37 L 18	Fri Partly Cloudy H 34 L 26	Sat Partly Cloudy H 47 L 32	Sun Scatt. Showers H 44 L 28

Wednesday, April 6, 2016

NOW ONLINE www.tricocanary.com

Vol. 42 Number 40

A look at next week... Grygla High School hosts 'Evening with the Arts' with the Drama Club performing two different plays.



Grygla Fire & Rescue hosted their annual Firemen's Supper on Sunday evening, serving 'all you can eat' roast beef, ham, and all the fixings! Volunteer firemen, front row, L-R, include: Andy Oslund, Jason Woods, Greg Monson, Paul Nordby, Geoff Satre, Brad Monson and Chris Jelen. Back row: Carson Saurdiff, Owen Hagen, Rodney Hagen, Lynn Anderson, Ryan Sorvig, Bob Thompson, Travis Dougherty, Richard Davenport and Jeff Lund. Not pictured: Mike Jelle, Mark Severts, Dave Dunrud.



'Blind Joe' made a stop in Goodridge last Friday night! The talented country singer was on season 9 of The Voice last fall. He was on Team Blake with country superstar Blake Shelton as his coach and made it to the top 32 before getting eliminated. Residing in Grand Rapids, MN, 'Blind Joe' came to Goodridge and visited the kids at the school in the afternoon, then put on a performance for fans at the Goodridge Liquor Store.

Donna Jelle receives Tanks of Thanks

Tanks of Thanks is a program through Cenex that rewards those who go the extra mile by giving them free fuel. Each month, 100 people win a \$50 Tanks of Thanks gift card. In March, Donna Jelle, of Grygla, was one of them.

"I'm humbled that I got it and talk about a nice surprise, but I want to give CHS/Cenex more of the credit. I think it's so great that they give support and recognition to people," she said.

Jelle was nominated by Pam Mostrom to receive free fuel in

the Cenex Tanks of Thanks program. She received a letter, along with a \$50 Cenex Gift Card that she can use on fuel, convenience store purchases or anything else you can get at our Cenex location.

Anyone can give the gift of free fuel by nominating someone else in the community who's doing good and serving their neighbors at tanksoft-hanks.com. Cenex believes if everyone started performing these small and simple acts of kindness, together we could change the world.

Summer Intern Wanted

If you are interested in a fun, flexible and energetic part-time summer job, go and see Kari at the Grygla Eagle Newspaper. Experience a balance between being in an office setting and being out & about talking to people and snapping pictures. You're guaranteed to take away many new skills by the end of your 10-week internship!

You must be a high school student between the ages of 16-19 (recent high school grads are eligible) and be an enthusiastic, flexible person with 'OK' communication skills. 'OK' is good enough for us! Why? Because you don't have to be a great communicator - that's the point of the internship program - to help you learn and benefit from such skills over your 2 months with the newspaper.

The summer position will be 10 weeks long at up to 20 hours per week. Start & end dates are flexible according to your schedule.

A few of the job duties will include: office hours, conducting interviews for news stories, along with writing one human interest story a week (to be featured on the front page)! You would also be attending various community events to be featured in the Grygla Eagle and can explore your creativity by finding fun, fresh and interesting tidbits to include in the paper.

To learn more about the part-time summer intern job, or to apply, please email Kari at grygla.eagle@gmail.com or call 218-294-6220.

Since 2005, Minnesota Newspaper Association has partnered with the Pohlad Family Foundation and its Summer Youth Employment Program to offer high school students across Minnesota an opportunity to experience employment at a community newspaper. Last year, 56 high school-aged interns were employed by their local, community newspaper!

Time is running short to submit info for new Grygla history book

Information is being gathered for a history book to be printed in connection with Grygla's 100 year anniversary. Stories in the book that were published in 1992 centered around the earliest pioneers who settled the land and started the town. Material for the new book could include stories from the next generation of natives who lived here or from people who moved to Grygla later. These stories could include memories of events and happenings in the decades that followed the early settlement.

For instance, do you have any particular memory of modernizing from gas lamps to electric lights or from the outhouse out back to indoor plumbing? Do you remember when loved ones came home from the war? What did you do for entertainment before television? Do you recall any memorable events at the old Mar-bel hall? Who played for most of the dances in the old hall? Do you have any memories regarding the former bowling alley, the old adult baseball team or the drug store in Grygla? Did you tip toilets on Halloween? Did you get stuck in the mud or have to fix old fashioned car tires on a road into town? What did you learn from the old party-line telephones? Do you remember riding the bus to Goodridge High? Do you remember when the road was finally paved all the way into Grygla, connecting Thief River Falls, Roseau and Bemidji? Do have any stories to tell about the big flood in the spring of 1950, or the blizzard of 1966? What do you remember about the progress of the 70s? Were you among those who traveled to the state capitol to urge the state legislature to give approval for the high school in Grygla? Did you watch the progress when the city water and sewer project was underway? Remember the outlandish clothing of the 70's (mini's and maxi's, huge bell bottoms and pastel leisure suits)?

Everyone has stories: some hilarious, some mysterious or unusual, some just interesting. These stories would not only make good reading in our history book, but would also give a lasting picture of what life has been like here in decades past.

Photos of interest are also welcome.

Time is running short, though. Information needs to be gathered soon so that the book can be organized. Please call Joy Nordby at 218-294-6122 or Sheldon Peterson at 218-294-6176. You can send photos and texts to Joy Nordby, PO Box 13, Grygla, MN 56727 or email joynordby@gvtel.com.

The following is a clip from Joy's story about the old Gamble Store:

When news reached us (by radio) that work was underway to put up a television transmitting tower at Fargo, my dad ordered an RCA television set from Gambles and put it on display in our store. He also installed an extra high antenna on our two-story building that was way above the trees and chimneys. People around Grygla were very skeptical. They would look at the television set, shake their heads and say "we'll never get a picture here, it's over 90 miles as the crow flies." Dad was optimistic about it and ordered a couple of different TV models that people could look at. I was in eighth grade at the time and I remember that there was a discussion about the TV question in school. My teacher, Mr. Stennes, was one of the unbelievers. I remember that for weeks all we could see on the display model was a test pattern, but even that seemed miraculous. Every once and awhile we would receive a freak picture from Minneapolis/St. Paul, probably when the wind was strong in the right direction. At last the day came (in 1953) when the power was to be turned on. That evening the store filled up with people to see "I Love Lucy" on WDAY television. It seemed utterly amazing. The first people in Grygla to buy television sets from our Gamble Store were the owners of the three "beer joints," as they felt it would be an attraction for customers. Most days you couldn't watch a program for very long before the TV screen would be covered over with what looked like a snow storm. Still, we couldn't take our eyes off of the TV set and waited for the storm to pass over so the picture could return. Every once and awhile dad would go up on the roof and turn the antenna just a bit in one direction or another.



LYO kids served the crowd ice cream sundaes and root beer floats at the annual Firemen's Supper. L-R: Nolan Anderson, Elise Monson, Maci Bakken, Alaina Monson and Justin Thompson.

GHS hosts 'Evening with the Arts' this Thursday

The Grygla Drama Department will be performing two plays this year. This Thursday afternoon, April 7th, the group will be putting on a play for students in grades K-5 called 'Mixed-up Fairy Tale'. In the evening, at 7pm, the public is invited to come and watch another show titled 'Seeking Asylum'.

Here's a world where one set of delusions is cured by another; where real life and infomercial join together for a skewed sense of reality. Seeking Asylum is a fast-paced romp between imagination and reality, between laughter and tears, and in its own way, tells a moving story on the values of love, friendship, truth and honesty.

The public is invited to attend the performance, which begins at 7pm. Grygla Art and Shop students will have displays open for public viewing at 6pm.

ATV Safety Training will be held on April 16

The Fourn town Grygla Sportsman's Club will be putting on an ATV Safety Training on Saturday, April 16th, from 9-11am at the Grygla School. Instructors ask that you please arrive early to complete necessary paperwork.

Students must be 11 years of age or older, certificates become valid at 12 years of age. The online course will need to be completed in advance as pass Certificates will not be

provided without online paperwork.

Visit <http://www.dnr.state.mn.us/safety/vehicle/atv/index.html>

Pass Certificates will provide a pass code and directions to pay the DNR directly. No money will be accepted by instructors. If you have any questions, please call Kyle Haack at 218-686-5583 or Nick Harris at 218-688-0037. Remember to bring a helmet if you have one.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 8pm Interfaith Bible Study
Sunday:
9am Worship at Grace w/ 10:15 SS, 10:30am Worship at OS w/ 9:15am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Pastor Craig Bowyer
Sunday:
United: 11am Worship, No SS
Our Savior's: 9am Worship w/ 10:15am SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Interim Pastor Phil Johnson
Sunday:
Ekelund: 8:30am Worship w/ 9:45am SS
Faith: 9:45am Worship w/ 11am SS
Bethany: 11am Worship w/ 9:45 SS

THE CATHOLIC COMMUNITIES OF St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hamness
Sunday:
St. Clement's: 11:45am Worship
St. Ann's: 10am Worship.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship, 11am lunch

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

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseeth
Wednesday:
5-7pm Wed. School/Confirmation
Saturday:
Mt. Olive 9am Worship w/ 10:15am SS
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Nazareth: 9:45am Worship w/ 8:30am SS
Oak Park: 11am Worship w/ 9:45am SS

LIBERTY CHAPEL Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

Grygla Blood Drive

The Grygla Lion's Club is sponsoring a blood drive coming up on Wednesday, April 20th from 11:30am-5:30pm at the Community Center. For an appointment, contact: Ralph at 294-6177, Sheldon at 294-6176, Mildred at 459-3436 or Nadine at 459-3315. You can also go to www.bloodhero.com and put in sponsor code: grygla.

GRYGLA LIBRARY LINK

Written by: Karen Olufson

Hello Dear Readers! I'm saying this very cautiously, but I think it's finally spring! Of course we could have a blizzard that would wipe out that thought, but I think it's pretty safe to say. I know the fresh air, sunshine and things sprouting makes you want to get outside but I wonder if you're still doing some reading on the side. Did you know it's extremely dangerous to quit reading cold turkey ... or actually to quit reading at all?! I'm sure I've heard there are all kinds of dangerous side effects if one even considers such a thing! (Smile!) Just thought I'd better warn you! (Smile!)

Now, what can I share with you today? Let's start with this: Did you know that the week of the 15th of each month we have a tub of new items delivered to put out on the shelves and share with you? I know some of you know that because I see your smiling faces each time we get a delivery because you want to have first pick of the new items that have come in ... or maybe you've already read all the books from last month! (Smile!) I want you to know that because I want you to know that our library collection here isn't stagnant. Some of you may think that because we're a small library we don't have anything fresh and inviting. You couldn't be more wrong! Besides, if you were tired of what we have on the shelves, all you have to do is ask us to order something specifically for you. Most ordered items are here by the next week. You also might want to know that the items we receive in rotation are from the Thief River Library so you have access to the very items you would have access to there. I hope you'll stop in and see that these things are true, for yourselves.

I know I mentioned them a few weeks ago, but I'm going to mention Tumble Books again today because some of you

may have seen bookmarks that mentioned them coming home with your children from school. Tumble Books are animated, talking picture books for children through 6th grade. Go to www.nwrlib.org on your computer and use your library card number to sign in. (Of course, if you don't have a library card you'll have to come and see me to get one! Smile!) I just want to let you patrons who are in the Kitchigami Library system know that unfortunately your card numbers will not work with this program. You would have to go to their website and see if they offer the same program. Anyway, Tumble Books will either read the books to your children or your children can read them for themselves. There's even a read along feature! Tumble Books has many old favorites as well as new books to learn from. I hope you'll try it with your children.

For my book suggestion of the week I want you to know that I actually READ a book this time and I am not recommending another book on CD. (Smile!) The book is IF I RUN by Terri Blackstock. It is a Christian fiction book and the beginning of a series. I have to admit that I haven't read many series and I was frustrated when I got to the end of the book and everything wasn't resolved, but maybe the rest of you are more used to that. It was a good book though and I think you would enjoy it. Just a warning in case you don't like that kind of thing ... it is a suspense book.

Well Dear Readers, I hope the sun is shining where you are today and you're having some precious reading time. Remember to share your love of reading with the children in your life. They'll never forget it! Hope you have a safe and super week and that it stays nice weather for all your activities. We'll see what next week brings. Until then

Community Calendar

Wed | April 6
Senior Meals at Grain Bin Café 11am; Grygla Library 2-6pm
Thurs | April 7
Grygla Eagle office open 9am-3pm; Goodridge National Honor Society Tapping Ceremony 9am; Evening with the Arts - displays open at 6pm, play to follow at 7pm
Fri | April 8
Foot Care Clinic at Grace Lutheran Church 9am; Senior Meals at Grain Bin Café 11am
Sat | April 9
Sun | April 10
O.S. Lutheran Church Raffle after 10:30am Worship
Mon | April 11
Senior Meals at Grain Bin Café 11am; City Council Meeting 7pm
Tues | April 12
Facebook 101 Community Ed class 6:30-8pm

Board of Review for Lee Township

April 11th at 1pm
Our Savior's Lutheran Church
-Karol Byklum, Clerk

VALLEY TOWNSHIP REGULAR MEETING SCHEDULE FOR 2016

The Valley Township will hold their regular meetings on the following dates in 2016. All meetings will be held at the Grygla Community Center starting at 7:00pm.
April 12th
June 14th
August 9th
October 11th
December 13th

NOTICE: Benville Township

Notice is hereby given, that the 11th day of April, at 10:00 AM, has been fixed as the date for the meeting of the Board of Equalization for Benville Township. This will be held at Benville Townhall.



Gene and Ann Peterson

Position Open

1.0 FTE grades 7-12 social studies, possible additional duties. Letter of application, resume, credentials, letters of reference to Jamie Lunsetter, K-12 Principal, Grygla Public Schools, PO Box 18, Grygla, MN, 56727. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Open until filled.

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

HELP WANTED
Farmer's Union Oil Company of Grygla Ag Product Department
Seeking seasonal full-time laborer. Duties will include operating forklift, skid-steer loader and plant maintenance.
Contact Bob Thompson at 294-6153 for application/more information.
CDL license preferred but willing to train.

TAN for \$4/session - or - \$30 package of 10
Tanning appointments from 9 am-7 pm
Call Motel 89 at 218-294-6158 to schedule an appointment!

HELP WANTED:
2 Social Workers needed for mainly a caseload of Adult/Children Mental Health. A Degree from an accredited four year college with major in Social work, Sociology or Psychology, or a closely related field is required. Minnesota Merit System certification is necessary. Starting salary is \$21.36 to \$30.01 depending on level of experience. If interested please send your resume and references to 208 Colvin Avenue, Suite 14, Warren, MN 56762 and complete an application on line at http://agency.governmentjobs.com/mnmeritsystem/default.cfm. If you have any questions, please contact Lisa at Marshall County Social Services in Warren, MN at 218-745-5124. Marshall County is an Equal Opportunity Employer. Deadline to apply is 4/15/2016

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CHIX FROM THE STIX RELAY FOR LIFE RUNDRAISER WITH HICKORY BACKROADS
Tuesday, April 19th 7:00 p.m.
Yohawn's Bar, Grygla, MN
\$40 PER PERSON
40 PEOPLE MAXIMUM
TO PREREGISTER PLEASE CALL Nikki Leach @ 218-686-5586 or Maureen Monson @ 218-689-4781
JOIN US FOR A NIGHT OF PAINTING FUN AS WE RAISE MONEY FOR RELAY FOR LIFE!

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www.asbgrygla.com

2016 Grygla Lions Annual
SMELT FRY
Saturday, April 16th
SERVING from 4:00 pm - 8:00 pm at the Grygla Community Center
All You Can Eat!
Menu: Smelt, baked potato, baked beans, cole slaw, dinner rolls, beer, milk and coffee
PRICE: \$12.00 - Adults \$6.00 - Age 12 & under Preschool Free
Sponsored by Grygla Lions Club
Everyone Welcome!

EXTENSION NEWS

Written by: James Stordahl

Keeping Chickens
With such a beautiful spring unfolding before our eyes; it's a good time for an annual reminder about getting started with a small flock of chickens.

Keeping a small poultry flock can be a fun and rewarding experience for anyone interested in producing their own food. Chickens can be kept by just about any member of the family and make great 4H projects.

Chickens are typically kept for eggs or meat, but they are also great for pest control, they love all bugs, including wood ticks. Indeed, it's joy to have colorful animals around the home that provide healthy, nutritious homegrown food.

The first decision to make is whether your flock will produce eggs or meat – or both. Once that decision is made, selecting a breed is the first task. Although some breeds are considered dual purpose, breeds are typically divided into two groups, breeds best adapted for the production of either eggs or meat.

Most store-bought eggs have white eggshells, but most farm flocks are comprised of breeds that produce eggs with brown shells. Brown egg layer breeds are generally a better fit for small flocks because they tend to be hardier, more docile and colorful.

Although some layer breeds can be used for meat production, most chickens destined for meat production tend to be a crossbred. The most common one is a Cornish x Rock cross that lives to eat – and gain weight. Some of the fastest growing crosses can be ready for the freezer in a little as eight weeks. The slower growing crosses may take ten to twelve weeks, while a dual purpose breed takes up to 20 weeks.

Getting started is as simple as a trip to your local feed store, hardware store or grain elevator. In fact, most of our area communities will have someone that sells day-old chicks. If not, they can be ordered and delivered through the mail or purchased in a nearby town.

Newborn chicks require additional heat since their mommy is not there to keep them warm and safe nestled under her wings. Typically a simple heat lamp and a small pen is all that is needed to get started. The chicks should be “brooded” at 92-95° for the first week, followed by a reduction of 5 degrees per week until a steady 70° is reached.

Once the birds get larger, they need housing that will allow about 4-5 square feet of space when they reach the age to lay eggs – typically at about

five months of age. A corner of the barn, an unused out-building or even an abandoned playhouse can be adequate. Chicken housing is limited only by your imagination.

Most small flock owners feed a completely balanced feed ration. However, most flock owners utilize table scraps, garden waste, and whole grains to supplement purchased feed. During the summer, chickens allowed to roam will find about one-third of their ration from grass, weeds and bugs. These pigment rich feeds create a darker yolk richer in the healthy omega-3 fatty acids and carotenoids both of which are beneficial to human health. In fact, a recent study in Pennsylvania found pastured chickens produced eggs that contained 10% less fat, 34% less cholesterol, 40% more vitamin A, and four times as much omega-3 fatty acids compared to standard values reported by the USDA. Indeed, this is why eggs often referred to as nature's multivitamin.

Waterers and feeders can be purchased or made with the most basic carpentry skills. The investment in equipment can literally be nothing if you can scrounge-up makeshift feeders and containers for waterers. If you would rather purchase these, the investment is minimal, typically less than \$50.

If you would like to have maximum egg production during the winter, laying hens require at least 14 to 16 hours of light each day. This can be accomplished with a simple timer and a small light bulb. So as you consider housing options, consider the need for electricity, for light as well as a small heater to keep the water from freezing in the winter. Electricity in the coop is convenient but not an absolute necessity.

Predators may be your greatest production challenge. Chickens allowed to roam will head for the chicken coop to roost as the sun begins to set, but you still need to protect them from various critters. The most common predators are skunks, raccoons, raptors, weasels and foxes – as well as domestic dogs. Indeed, protecting your chickens from someone's meal will be a primary concern and should be high on your “to-do” list. We're not the only ones that like chicken.

Keeping a small flock can be rewarding on many levels, but will be most evident when you begin to eat the fresh eggs or meat. You'll marvel at the flavor of free-range eggs and will wonder when commercial chicken lost some of its flavor.

For more information contact me at stordahl@umn.edu or 800-450-2465.



The Grygla Firemen once again manned the kitchen at the Community Center last Sunday evening, serving residents a delicious meal for their annual Firemen's Supper.

DO IT YOURSELF

Crafts for kids – Painted rock garden markers

Summer is just around the corner, which means it's time to start thinking about your flower, herb or vegetable gardens! This 'DIY' is a great weekend project for you and/or your kids.

To make these garden markers you will need some smooth stones. You can find them in your yard or garden, or you can buy a bag from the craft store. Obviously, some plants will require a larger rock because of the number of letters in its name, so it's a good idea to plan that ahead of time.

Wash the rocks and dry them thoroughly. It may be necessary to let them sit for an hour or so as rocks are porous and can absorb water. Paint the top of each one with outdoor craft paint, let them dry, and paint a second coat. It's not necessary to paint the bottoms as they will be touching the ground anyway.

Once your rocks are painted and dry, it's time to write the plant names on the rocks. De-

coArt glass paint markers seem the best, but you could also use a Sharpie. However, if you use a Sharpie, be sure to allow it to dry for a good hour before adding the clear coat over the top. Sharpies are notorious for bleeding.

To decorate, use the handle end of a large craft paintbrush to dot on various spots in different colors. Use a smaller paintbrush handle to add smaller spots. Finally, use the tip of a pencil or a toothpick to add tiny white dots to the center of the larger dots. Allow the rocks to dry for 2-3 hours. Apply a clear coat and allow them to dry overnight.

(You might be wondering how these survive outside in the rain and unpredictable weather. If you use Patio Paint, which is found at most hobby stores, it's specifically formulated for outdoor projects. You can also use the Patio Paint clear coat and DecoArt glass paint markers, which hold up better than Sharpies and can survive quite a few rainstorms!)

WHAT A JOKE



Maxine says...

The only time I go the extra mile is when I don't want to show up early for work.

If each day is a gift, I'd like to know where to return Monday.

I can't afford a cashmere sweater, so I glued cat hair to an old t-shirt.

If you need a shoulder to cry on, pull off to the side of the

road. Recipes are like a dating service. They never end up looking like the picture.

Everyone seems normal until you get to know them.

Age doesn't make you forgetful. Having too many stupid things to remember makes you forgetful.

Right wing? Left wing? Both taste good to me with enough hot sauce.

When you're feeling stressed out, I think it helps to make a nice hot cup of tea and then spill it in the lap of whoever's bugging you.

There should be support groups for women who can't put their dishes in the dishwasher dirty.

SIMPLY DELICIOUS



Pan Fried Cinnamon Bannanas

Quick and easy recipe for overripe bananas and perfect for a special breakfast or an afternoon snack!

INGREDIENTS

2 slightly overripe bananas
2 tablespoons sugar (you can

substitute granulated Splenda, if you like)

1 teaspoon cinnamon
¼ teaspoon nutmeg

Olive oil spray

INSTRUCTIONS

Slice the bananas into rounds. In a small bowl, combine the sugar, cinnamon, and nutmeg. Set aside. Spray a large skillet with olive oil spray. Warm over medium heat. Add the banana rounds and cook for about 2-3 minutes. During the last minute of cooking on the first side, sprinkle about ½ of the cinnamon mixture over the banana rounds. Flip the rounds, sprinkle with the remaining cinnamon mixture, and cook about 2-3 more minutes, until the bananas are soft and warmed through.

AROUND THE AREA

Minnesota's state parks, other recreational facilities in disrepair

The Minnesota Department of Natural Resources is requesting \$33 million from the 2016 Legislature to pay for crucial building and infrastructure upgrades and restoration projects that require immediate attention.

Recommended by Gov. Mark Dayton, the request is part of the administration's commitment to fixing the state's aging infrastructure and creating jobs.

"We're committed to taking care of what we have, and this year's bonding request is a good step in that direction," said DNR Commissioner Tom Landwehr. "With this investment now, we can potentially avoid severe disruptions to public services down the road."

While the iconic Itasca State Park celebrates its milestone 125th anniversary this year, many of its buildings and infrastructure are showing their age. Serious erosion threatens the headwaters of the Mississippi River, the park's sewer system is failing and the historic buildings need urgent upgrades.

Repairs at Itasca, a park that attracts more than 500,000 visitors each year, are one part of the agency's \$33 million "asset preservation" proposal in front of the Legislature that would pay for upgrades at parks, trails, water access sites, roads and bridges across the state. The proposal is the keystone of the DNR's overall \$72.5 million capital bonding request.

The need is great. The DNR owns and actively maintains more than 2,700 buildings statewide. Historically, building maintenance has been significantly underfunded. A recent report found that 737 DNR buildings are either in "crisis" condition or "poor" condition. One third of Minnesota state parks buildings are on the National Register of Historic Places and need specialized rehabilitation.

The report also found 100 miles of the state's 620 miles of

paved trails need repair.

If the bonding proposal is passed, the DNR will be able to make the most critical of these upgrades and repairs at Itasca. Repairs needed at the park include the aging sewer system at the historic Douglas Lodge, beginning rehabilitation of Nicollet Court, improving park safety and upgrades to public water accesses. The agency would also be able to repair serious erosion at the Mississippi headwaters where heavy foot traffic causes the eroded soil to enter the river and be carried downstream. It would also be able to reforest 175 acres inside the park's borders.

"The time has come to address serious, long-deferred rehabilitation needs within Itasca State Park and other statewide facilities," said Erika Rivers, director of the DNR's Parks and Trails Division. "Minnesota's oldest state park and one of its busiest celebrates its 125th anniversary this year, and it is showing its age. We need to preserve and maintain this park and ensure a sustainable future of the parks and trails system as a whole."

Other statewide DNR capital projects that are part of the \$72.5 million request include:

- Campground renovations at Jay Cooke State Park.
- Improvements and upgrades to fish hatcheries throughout the state.
- Rehabilitation of substandard building components and accessibility improvements.
- Reforestation on about 12,500 acres of state land.
- Acquisition and development of key recreational features in state parks and state trails, including design of the Lake Vermilion-Soudan Underground Mine State Park visitor center.
- Acquisition of key land parcels for the state's scientific and natural areas, native prairie bank and wildlife management areas for pheasant habitat.
- Flood hazard mitigation.

TRF Home, Sport & Family Show to be held April 9-10

The Thief River Falls 24th Annual Home, Sport and Family Show will be held Saturday, April 9, and Sunday, April 10, at Ralph Engelstad Arena in Thief River Falls. Hours are 10am-6pm Saturday and 11am-5pm Sunday.

"With over 150 exhibits, everyone visiting the show will surely find something to suit their needs," said Randy Hultgren from the Times. "We have recreational vehicles, home builders, landscaping, patio, golf carts, ag equipment, home party products, crafts and lots more."

Presenters throughout the weekend include:

- Young Living Essential Oils 101 (at 11am Saturday) – Jeri Nomeland, Young Living Essential Oils
- Is Health Coaching Right for You? (at 12pm Saturday) – Staci Jensen, Newtricity Health coach
- Youth Trapping (at 1pm Saturday) – Dana Klos, Pennington County Sportsmen's Club
- Food Combining for Digestive Health & Weight Loss (at 2pm Saturday) – Wendy Scramstad, Turning Point Nutrition
- doTERRA Essential Oils 101 (at 3pm Saturday) – Sara Aarhus

- doTERRA Essential Oils Spa & Skin Care Event (at 4pm Saturday) – Sara Aarhus
- Container Gardening (at 11:30am Sunday) – Kim Swanson, Pennington County Master Gardener

"A Treasury of Old Souls" (at 1pm Sunday) – Eric Berge-son, author

- Youth Hunts and High School Trap Teams (at 2pm Sunday) – Red River Valley Pheasants Forever
- Gun Safety in the Home (at 3pm Sunday) – Bill Barthold, Pennington County Sportsmen's Club

- Silencers (Suppressors) on Guns (at 3pm Sunday) – Chuck Kimbrough, Pennington County Sportsmen's Club
- How to Detox Your Home (at 4pm Sunday) – Jeri Nomeland, Young Living Essential Oils

Sunday Diane Back will be available on the main floor to discuss the new developments in Kayak Fishing.

Motorized scooters will also be available at the east entrances for those who wish to use them free of charge.

For additional show information visit the event's website at www.trfhomeshow.com or call (218) 681-4450. Mark this event on your calendar and plan to attend.

Word of the Week

...enhancing vocabularies
one Grygla Eagle at a time.

Intransigent

\in-TRAN-si-juh-nt\

Adjective

Refusing to agree or compromise; uncompromising; inflexible

Noun

A person who refuses to agree or compromise, as in politics

House Republicans launch MNsure comment website to gather feedback from Minnesotans

On Thursday, House Republicans launched a website to gather comments and feedback from Minnesota families, taxpayers and small business owners affected by MNsure. The most recent concerns revolve around the thousands of Minnesotans who are waiting on their 1095-A form to file their taxes, an issue that MNsure has promised to finally resolve by the end of this week.

"Folks across the state are facing problems with MNsure and are shocked by the agency's continued lack of competence when it comes to serving

the people of Minnesota," said Rep. Dan Fabian (R-Roseau). "MNsure must be held accountable, and this website will give people a chance to share their story and help legislators better understand the issues Minnesotans are facing."

The new website can be found at <http://www.house.leg.state.mn.us/cmte/comment> and is also linked on the House State Government Finance Committee page. Minnesotans are encouraged to share their personal experiences with MNsure on the website.



Above: The Grygla/Gatzke Lion's Banquet was held on March 23rd at Yo-Hawn's. New Lion members were installed and are pictured along with their sponsors. L-R: Lon Englund, Jim Nordby, Kris Monson, Brad Monson, Carol Aune, Nadine Wold, District Governor Gerry Fontaine, President Jim Hest.

Right: Charter Members receiving 45 years of service awards, presented by District Governor Gerry Fontaine, are Ron Engelstad & Ralph Rundell. Not pictured: Roy Nordby, Richard Engelstad, Sheldon Peterson & Billy Wikert.



Getting better in time

Written by Trystan Jelle
Drew Kjono, the English teacher of two years at Grygla School, has started to make a change in the Charger athletics program. Recently Kjono has become more involved with the weight room program and is working to get as many kids involved as he can. He has been working on the program since last year trying to find something to help them improve.
On average there are around 10-12 kids attending the weight room every morning and 2-4 in the afternoons. The weight room is open to mostly the community during the afternoon but kids are also welcome, if supervised by a staff member. Most of the kids going are athletes in the Charger programs but anyone is welcome who is willing to try.
There are two organized programs to choose from in the weight room. Although you don't have to follow a program it is widely recommended. The program Kjono runs was given

to him by Coach Mumm from Thief River Falls, who has been using this program for many years now. It features an all-around workout for your legs, arms, and core. "I think them doing this program shows dedication" quotes Kjono in an interview Wednesday afternoon.
Often in the past kids would go in the weight room and just sit around and not get much done but with a program to follow they are seeing much better results. A routine is much easier to work with and keeps kids on task and organized the whole time they're in there. It's not just Grygla using this program either. Coach Grandstrand has also enforced the program in Goodridge. Both schools already claim to have seen results from this program.
The newest equipment in the weight room includes a squat machine purchased a few years ago. Although they aren't looking into getting any new big machines they are looking to purchase some new medicine

balls. Even if they don't have any problems they are always accepting donations to buy new equipment.
Along with future goals for new equipment he also has goals for the kids attending. Although the turnout of kids is significantly better now than it was a few months ago he's looking to get more kids young and old in the weight room. "I just want to get more kids involved." This program is not only for the morning either! The track team will also be using the program every day during practice.
Lucian Tinnes, one of the many kids using the new program for the weight room can also support it. "I enjoy it very much, I feel as if it is easier to work out when you have guidelines instead of trying to do it on your own." With the organization that comes with it Tinnes also says he can see and feel the results. The program should be a great benefit to future athletes and anyone just willing to get in shape!



Above: About a dozen kids hit the weight room every morning at GHS and follow the routine mentioned in the article above.
Below: Jordan Hagen sticks to a program that works for him in the weight room.



Pictured above is Lucian Tinnes; below is Levi Kiesow, both of whom are involved in the weight room program introduced by Kjono.



Head Start/Early Head Start recruitment

Northwest Head Start and Early Head Start are currently recruiting children and families for the 2016-2017 program year. Head Start and Early Head Start are operated by Northwest Community Action, Inc. and serve low income families in Marshall, Roseau, Lake of the Woods, and Kittson Counties.
Head Start and Early Head

Start are family focused, comprehensive, child development programs which provide activities, information, and assistance in the areas of education, health, family services, and parent involvement. Head Start serves eligible families with children who are 3-5 years old on or before September 1, 2016. This is a primarily center-based preschool program.

Early Head Start is for eligible families who are expecting or have children birth to 3 years old. The EHS program consists of weekly home visits and socializations twice per month.
If you are interested in learning more about Head Start and Early Head Start, call the Head Start office in Badger at 528-3227 or call toll free at 1-800-568-5319.

Grygla Garden Club hosts Spring Luncheon on Saturday, April 16

A reminder that the Grygla Garden Club will be holding a Spring Luncheon on Saturday, April 16th, 11am-2pm, at Yo-Hawn's in Grygla.
Registration cost is \$15 at the door, which includes a soup

and sandwich lunch and a presentation on Fairy Gardens by Diane Lee of TRF.
To reserve your spot, pre-register for this event by contacting Joni Anderson 689-7418 or Lisa Newton 686-7330.

Anyone interested in learning about fairy gardening is welcome to attend. New members to the garden club are welcome. Yearly dues are \$10.



The Grygla Centennial Committee puts on a painting fundraiser for kids (and their chaperones) last week. The classes were open to kids grades K-6 and were taught by local artist, Betsy Saurdiff.



Left: Caitlyn Rath concentrates on her cat painting. Right: Sam Nordby, with her mom, Jessica, attended night 2 of the class and painted birch trees on a canvas.



Grygla and Goodridge Art students attended a Visual Arts Festival in Fosston on March 23rd. Included is their ratings and photos of their artwork, which will be displayed this Thursday night at Grygla School's Evening with the Arts.
Grygla: Ashley Moe - 3 excellent ratings in drawing, sculpture and printmaking; Anthony Loken - excellent in printmaking; Matt Aune - 2 excellent ratings in drawing and painting; Olivia Tykward - 2 excellent ratings in crafts and mixed media.



Samantha Kraulik - 3 superior ratings 2 in painting and 1 in printmaking; Arman Duyar - superior in printmaking; Katrina Smith - 2 superior ratings in printmaking and sculpture.
At the Visual Arts Festival, Samantha Kraulik, Grygla Senior, was also awarded the best of show in the painting category for "Rage and Guidance." One piece of artwork was chosen in each category for the Spotlight on the Arts Award. Congratulations, Samantha!



Goodridge - Benji Wilebski - 1 superior in craft, 1 excellent in drawing; Heather Glenn - 1 excellent in drawing; Katrina Jensen - 1 excellent in ceramics, 1 excellent in printmaking; Kristin Farris - 1 excellent in mixed media, 1 excellent in ceramics; Alexis Kiesow - 1 excellent in ceramics, 1 excellent in drawing; Hannah Dietsch - 1 excellent in ceramics, 1 excellent in printmaking; Jeremy Wiskow - 1 excellent in ceramics, 1 excellent in craft