



 Wed Partly Cloudy H35 L22	 Thurs Partly Cloudy H44 L30	 Fri Partly Cloudy H36 L13	 Sat Mostly Sunny H38 L24	 Sun Mostly Cloudy H43 L30
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Wednesday, March 19, 2025

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Vol. 49 Number 5



The Youth Hockey Day that was scheduled for last Saturday in Grygla had to be cancelled due to the deteriorating ice conditions. The warm temps last week made the ice too soft with standing water all over it. The Grygla Ice Devils love to promote hockey and get the youth involved, so they look forward to doing this earlier next winter.



DNR postpones elk research project in northwest Minnesota



The Minnesota Department of Natural Resources is postponing the elk research project in northwest Minnesota due to scheduling delays and unfavorable conditions to safely and successfully capture and collar elk.

Capture efforts were planned for January 2025, when temperature and snow conditions are typically optimal for spotting and capturing elk. Scheduling delays by the contracted helicopter capture company pushed captures to mid-March and currently, the project area has no or minimal snowpack. Both near- and long-term forecasts predict above average temperatures and inadequate snow accumulation.

"The decision to postpone the project was difficult and made out of an abundance of caution for the health and well-being of the elk," said Amanda McGraw, DNR deer, moose and elk scientist. "Not only were we facing challenging conditions due to higher temperatures and lack of snow cover, but the delays had pushed the capture window into the late-term pregnancy period for cow elk, where capture and handling present the greatest risk to both cows and calves."

The project is rescheduled for the winters of 2025-2026 and 2026-2027. Researchers plan to capture 25 adult cows and up to 15 adult bulls each

of these two winter seasons and fit the animals with GPS collars that will collect their locations every three hours and alert researchers of potential mortality events. Biological samples will also be collected to assess herd health and genetic diversity.

Cow elk will also be fitted with transmitters so researchers know when they give birth, allowing researchers to quickly locate newborn calves. Up to 25 calves each spring will be fitted with GPS collars to monitor their survival and assess what habitat types they are using.

The research will allow managers to better understand the state's elk population and address interest in maintaining and strengthening the resiliency of the elk population and the potential for future growth of Minnesota's elk herds.

Funding for the elk research project comes from the Minnesota Environment and Natural Resources Trust Fund as recommended by the Legislative-Citizen Commission on Minnesota Resources and approved by the Minnesota Legislature. The DNR is also providing in-kind support.

More information on elk research and management in Minnesota or how to sign up for the DNR Elk Notes quarterly newsletter is available at the DNR elk management webpage (mndnr.gov/elk).

City Council approves Feb. Minutes

The March meeting of the Grygla City Council was held at the Grygla Civic Building on Monday, March 10th. Council members approved the February minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com.

The regular meeting on February 10th was called to order at 7pm at the Civic Building by Mayor Devin Ruud with the following council members present: Dave Dunrud, Dustin Nelson, Karla Byklum and Gavin Nordby (by phone). Absent: None. Also present was Rose Aune.

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

CHLORINE SMELL AT PINE CONE APTS
There was a call from a concerned citizen at Pine Cone Apts about a chlorine smell outside and the water was tasting like it. Rocky did go over and test it and it was low, within range. He didn't smell any chlorine outside.

AIRPORT RUNWAY
There was nothing new to report at this time.

WATER TOWER/LAGOON GRANT

USDA is waiting for Congress to approve the farm bill. Hoping to know what kind of funding will be available in March.

SAFE ROUTES TO SCHOOL
Reminder that the Public Hearing for the Safe Routes plan is Thursday, Feb 13th, at 6 PM at the school.

BOND PAYOFFS
Both the 2003 Street Project for \$333,000 and the 2017 street repair loan for \$99,500 had their final payments made this month.

SAFETY & LOSS CONTROL WORKSHOPS
Ruud and Rose will be attending the Safety & Loss Control Workshop, through the

League of MN Cities, in Bemidji March 25th.

AMERIPRIDE SETTLEMENT
A proposed class action Settlement has been reached with AmeriPride Services, LLC to settle a lawsuit over allegations that AmeriPride did not provide notice of price increases as required by the AmeriPride Legacy Agreement on Contract. This is for current and past customers on or before Sept 19, 2024. The city was a customer and may receive a small payment, minimum of \$10.

EXTRA MEETINGS
There weren't any extra meetings last month.

March campaign for Hunger Awareness



Although the month of March is almost over, The March Campaign for Hunger Awareness continues until April 6th. The Grygla-Gatzke Food Shelf is participating in this event in order to qualify for some matching funds from the state. There is still time to donate non-perishable items or give a monetary donation to Treasurer, Lori Thompson, 222 Evelyn Avenue, P.O Box 105, Grygla, MN 56727.

Here is a list of popular items to donate if anyone needs suggestions: coffee, juice (espe-

cially orange and apple), breakfast cereals, ramen noodles, elbow macaroni, spaghetti and spaghetti sauce in a jar, canned stew, chili, meats, sardines, etc. Things like olive oil and honey are also great and go fast.

Food donations can be left at The General Store in Grygla. Monetary donations allow the food shelf to purchase food from the North Country Food Bank at a greatly reduced cost, so funding can be stretched further.

Next food shelf day is Saturday, April 19th, 8-10:30am.

Grygla Merchants host free pancake breakfast

The Grygla Merchants invite the community to enjoy a morning of good food and great company at their annual Customer Appreciation Breakfast! This free event will take place this Saturday, March 22nd, from 8:00 to 11:00 AM at the Grygla Community Center.

All are welcome to stop by and fill up on delicious pancakes and sausage while connecting with friends and neighbors. This event is the merchants' way of saying thank you for the continued support of local businesses. Don't miss out on this tasty tradition—come hungry and enjoy a morning of community spirit.

Grygla's Evening of the Arts showcases student talent

Get ready for a night filled with creativity, talent, and entertainment as Grygla High School presents its Evening of the Arts on Friday, April 4th. This special event will showcase the incredible skills of local students through art, woodworking, music, and theater—a true celebration of artistic expression in the community.

The festivities kick off at 5:30 PM in the gym lobby, where attendees can admire stunning pieces crafted by the High School Art and Woods Classes, guided by Tausha Severts and Gabe Rath. At 6:00 PM, the focus shifts to the small gym, where talented student musicians, under the direction of Gene Lunsetter, will perform a selection of musical pieces sure to delight the audience.

Capping off the night is the highly anticipated High School Play, directed by Tina Taus, at 7:00 PM. Whether you're a fan of the arts, a supporter of local talent, or simply looking for a fun night out, this event has something for everyone.

Admission to the play is \$2 per child/\$5 per adult. Mark your calendars and don't miss this fantastic Evening of the Arts—a night where creativity takes center stage.



The Grygla Lion's Club will be holding their March meeting this Thursday, March 20th, at The Hound Pub & Grill. 6pm supper on your own with the meeting starting at 6:30pm. Please try to attend as this is the meeting to plan and discuss the upcoming Smelt Fry, which is set for Saturday, April 12th. The picture above is from 2019, which was a record breaking year with the Lion's serving over 550 people! Pictured is Marshall County Commissioner Gary Kiesow, left, and Greg Sparby, right, who is now the current Lion's President.

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Grace Live Stream will play on Garden Valley Channel 36 on Sundays 9am (9:30am last Sunday of the month).
Wednesday, Mar 19
11am Bible Study, 2:15pm Release Time, 3:30 FFF Night, 5:30pm Lent Supper, 7pm Lent Service
Thursday, Mar 20
9am-12pm Grace Quilting
Sunday, Mar 23
Grace: 9am Worship
OS: 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Wednesday, Mar 19
Lent 6pm Meal, 7pm Worship at Bethany
Sunday, Mar 23
Faith: 8am Worship, 9:30 SS
Bethany: 9:30am Worship, 10:30 SS
Ekelund: 10am SS, 11am Worship
Monday, Mar 24
Faith Mission Monday - Quilting 9am-2pm
Tuesday, Mar 18
Faith Bible Study 9:30am

THE CATHOLIC COMMUNITIES OF

St. Clement's - Grygla; St. Ann's - Goodridge Fr. Bryan Kujawa
Sundays:
St. Clement's: 11:45am Worship
St. Ann's: Worship time N/A

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Sundays
8:30am Worship

UNITED LUTHERAN PARISH Gatzke
Pastor Tim Lundeen
Wednesday, Mar 19
Lent Worship 5pm, supper to follow
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeffrey Merseth
Wednesday, Mar 19
5-6pm Wed. School, 7pm Vespers at OP
Sunday, Mar 23
Nazareth: 9:45am Church
St. Petri: 9:45 Livestream
Oak Park: 8:45 SS, 9:45 Livestream

Community Calendar

Wed | Mar 19
Grace Lutheran hosts High School Release Day; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Mar 20
First Day of Spring; Grygla Elementary Night/ECFE Fundraiser 5:30-7pm

Fri | Mar 21
No School in Grygla; Senior Meals at Grain Bin Café 11am

Sat | Mar 22
Grygla/Gatzke Food Shelf 8-10:30am; Grygla Merchant Breakfast 8-11am; Bingo at The Hound 6:30pm

Sun | Mar 23

Mon | Mar 24
Senior Meals at Grain Bin Café 11am; Chargers Winter Sports Banquet in Goodridge 6pm

Please email events to: grygla.eagle@gmail.com

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

NOTICE IS HEREBY GIVEN that the annual meeting of the stockholders of Farmers Union Oil Company of Grygla, Minnesota will be held at the Community Center in Grygla Minnesota on Monday the 31 st day of March 2025 at 9:00 AM. Business will include the election of two (2) directors whose terms expire, the transaction of any other new/old business that may properly come before the meeting and a presentation of the financial reports.
Rolls and coffee will be served starting at 8:30 AM, and drawings will be held for door prizes. The meeting is very important and your presence is requested.
Dated: 3-11-2025

Michael Hanson, Secretary
FARMERS UNION OIL COMPANY
GRYGLA, MINNESOTA

G1-2C

Goodridge/Grygla Chargers Coaching Positions Open

The Goodridge/Grygla Chargers are accepting applications for 1 Summer Rec Baseball/Tee-Ball Coach and 1 Summer Rec/Tee-Ball Student Assistant. Please email letter of application and resume to tomas.loberg@goodridgeisd561.org or jmumm@grygla.k12.mn.us. Please contact AD Tom Loberg at 218-378-4134 or AD Jeff Mumm at 218-294-6155 if you have any questions.

G2-1C

Footcare clinics

North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:
Oslo Community Center: Tuesday, March 25th, 2025 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154
Grygla Community Center: Thursday, March 27th, 2025 at 9:30 a.m. Contact: North Valley Public Health at 218-745-5154.
Please call to cancel if you feel ill. Please call the person

listed above to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel. Please arrive 15 minutes prior to your scheduled appointment time. The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.
The North Valley Public Health staff will do free blood pressure checks upon request.

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Upcoming community meals

Spring Opener
The Goodridge Lion Tamers "Spring Opener" is set for Saturday, March 29th, at the Lion's Hall. Refreshments and Hors d'oeuvres from 7pm-12am. Tickets are being sold for \$30. Ticket holder must be 21 or over. Need not be present to win.
Firemen's Supper
GOOD GRAVY! Literally. Those Grygla Firemen sure know how to do it. Along with the gravy, you'll get mashed potatoes, roast beef, ham, coleslaw and corn. The annual supper will be on Sunday, April 6, from 4-7pm at the Grygla Community Center. This year's cost has not been set yet – watch for

more information to come.
Grygla Lion's Smelt Fry
The Grygla Lion's Smelt Fry is happening on Saturday, April 12th, from 4-8pm at the Grygla Community Center - ALL YOU CAN EAT! In addition to smelt, your meal ticket also gets you baked potatoes, baked beans, coleslaw and dinner rolls.
Goodridge Lion's Smelt Fry
The 43rd Annual Goodridge Lion's Consignment Auction Sale and Smelt Fry will be held on Saturday, April 26th. The Auction begins at 9am with the Smelt Fry starting around 4:30pm. More details to come when the date gets closer.

Hoops, hot plates and helping hands

The Grygla School ECFE is once again be holding their BBQ fundraiser supper on the same night as Elementary Basketball Night which is set for this Thursday, March 20th, from 5:30-7pm! The meal begins at 5:30pm with games beginning at 6pm; game schedule is shared below.
The ECFE Fundraiser supper allows the organization to pay for their programming for the year, as well as fund our area's share of the Dolly Parton's Imagination Library, which provides age-appropriate books for our youngest Chargers at no cost to families.
In conjunction with the supper, there will be a raffle as well; tickets will be \$1/each.
Elementary basketball games will be played all evening with a schedule to come. Please come in the gym lobby entrance.
6:00-ECFE Activity
6:10-Kindergarten/1st Grade
6:30-2nd/3rd Grade
6:55-4th-6th Grade Girls
7:20-4th-6th Grade Boys

Charger Volleyball Camp

There is a 4-day camp coming up March 31st (Grygla), April 1st (Grygla) and April 3rd-4th (Goodridge) from 4-6pm all days. This is for 3rd-6th graders. Camp fee is \$25 with a tshirt included. Must register by Friday, March 14th in order to get the tshirt.
You can register with the Grygla or Goodridge Schools or there is a QR code on the poster found on the Goodridge/Grygla School Facebook pages that allows you to register directly online. Forms will also be sent home with your kids this week.

3RD ANNUAL GOODRIDGE-GRYGLA SENIORS VS. PARENTS AT THE GOODRIDGE SCHOOL

FRIDAY APRIL 11TH

Goodridge K-3rd Grade
3:30- Goodridge Kindergarten
3:45- Goodridge 1st Grade
4:00-Goodridge 2nd Grade

All Goodridge 3rd-6th Graders
4:15- 3rd Grade Girls
4:30- 3rd Grade Boys
4:45- 4th Grade Girls
5:00- 4th Grade Boys
5:15- 5th Grade Girls
5:30- 5th Grade Boys
5:45- 6th Grade Girls
6:00- 6th Grade Boys

6:15- 8th Grade Girls Basketball Team vs. 8th Grade Boys Basketball Team
7:00- G-G Seniors vs. Parents

SMALL GYM

- 3-Point Contest (\$1.00 Per Entry)
- Free Throw Contest (\$1.00 Per Entry)
- 4:45 - K-3rd Grade Lightning (\$1.00 Per Entry)
- 6:15 - 4th-6th Grade Lightning (\$1.00 Per Entry)

• Concessions
• Pulled Pork Meal
• Silent Auction
• 50/50

All 3rd-6th Grade Basketball Players from Grygla are invited to join in the fun!

Winter Fun Run

The Fourtown/Grygla Sportsmans Club is hosting their 7th Annual Winter Fun Run on Saturday, March 29th. With the lack of snow, rangers, jeeps and vehicles are welcome to participate again this year! All proceeds will go to the Grande Corner Playground.
Fun Run game stops include: Browley Grade (Dike Dam), The Hound, Grande Corner, Linder Tower, Dike Outlet and Fourtown (meal starts at 5pm at this location). Registration is \$20/entry, which also gets you

the meal. You can start at any location and time; registration is open until 6pm.
In regards to the playground project, over \$6,000 has been raised thus far with members drawing up plans and doing the build/install when the time comes to help cut down the cost of this project. Grants are also being applied for, townships are offering support and club reps say they've got some amazing momentum to get this project kicked off.

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Grace LYO events

There are a couple of really rewarding and engaging LYO events coming up, hosted by Grace Lutheran Church.
First, the field trip that was originally scheduled for Saturday, March 15th, to Evergreen Youth & Family Services, in Bemidji, has been changed to Saturday, April 5th; it was cancelled due to weather.
Students will be presenting the family service center with a check in the amount of \$650.00 - the amount that was collected in the Souper Bowl of Caring free will offering in January. The center provides emergency food and shelter, mentoring, counseling, independent living skills training, and transitional housing to youth and families in our area.
Following the visit, students will spend the afternoon bowling at Bemidji Bowl. The cost of bowling is \$30.00/hour with 6 students per lane. Students can also order sandwiches and pizza at the bowling alley. Students need to contact Ruth Anderson if they plan on attending so enough rides can be lined up for the trip.

The next event is the High School Release Day, which has been scheduled for Wednesday, March 19th. Grygla students will take a bus to Goodridge to listen to Tim Denny, from Hallock, MN. Tim is the NW MN Regional Suicide Prevention Coordinator, a wilderness guide & dog rescuer. He is also an inspirational speaker with a meaningful message for the students about "braving the dark" and finding their redemption through their faith. Get ready to explore what courage really is, how we grow courage, what kinds of darkness we face most often and how you can brave your dark!
Grygla students will then travel on to Falls Cinema in TRF where they will watch the movie "Brave the Dark" about a teacher who finds out one of his students is living out of his car and gets arrested. What started as a good deed becomes a desperate fight to save the student from his own demons.
Goodridge students will head to Falls Cinema the next day, Thursday, March 20th.



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4 ways financial pros recommend you spend your tax refund

(StatePoint) Receiving a tax refund this year? While it can be tempting to impulse spend, if you want to really treat yourself, financial professionals recommend using the payout for practical expenses.
According to CERTIFIED FINANCIAL PLANNING® professionals, here are smart ways to spend your tax refund that will improve your life:
1. Build an emergency fund: Unexpected circumstances, such as illness or job loss, can leave you with more bills and less income. Not having an emergency fund puts you at risk of having to take on high-interest debt to meet expenses. Use your tax refund to create some peace of mind for yourself and your family. And now that you've started the emergency

fund, consider using direct deposit to funnel a portion of each paycheck into this account.
2. Reduce debt: Paying down debt can feel like an insurmountable challenge. And if it's a challenge you've been avoiding, you can use your tax refund to kick-start your journey. Not sure where to start? A CFP® professional can help you identify which debt to prioritize first, as well as help you craft a repayment strategy moving forward.
3. Save for retirement: No matter your age or stage in life, a tax refund offers a great opportunity to give your retirement account a boost. Thanks to compounding, the money you set aside today in an investment account, such as a 401(k) or Roth IRA, will exponentially

grow between now and when it's time to tap your nest egg.
4. Set financial goals: From planning a vacation or wedding to becoming a homeowner, your goals are worth investing in. Put your tax refund toward something that matters to you.
The best thing you can do may be avoiding future refunds. While it feels great to receive a big check during tax time, a tax refund is effectively an interest-free loan you have made to the government. You're much better off keeping more of your money throughout the year so you can invest it or use it on things you need. Consult a CFP® professional on how to adjust your withholdings to get closer to breaking even next year.

Only in Minnesota: a weekly feature in the Eagle

This is Minnesota's most overlooked old-growth forest
George H. Crosby Manitou State Park is home to one of the most impressive and overlooked old-growth forests in Minnesota. Although there are more than 44,000 acres of state-managed old-growth forest in Minnesota (and there are certainly more on other public and private lands), it's estimated less than 5 percent of the total forested area in the Land of 10,000 Lakes consists of such areas. As you're certainly aware, the main reason for the dwindling amount of old-growth forest in our state was poorly managed timber harvesting in the late 19th and early 20th centuries. Fortunately, we now understand the ecological importance of managing our use of forest resources to preserve as much old-growth forest as possible. Some of the best-known examples of these groves include the Lost 40 and Itasca Wilderness Sanctuary SNA. Another incredible example of old-growth forest is one that you may have visited and not even realized what you were seeing. One of the state's best preserved swaths of old-growth forest is hiding in plain sight at Crosby Manitou State Park - and because many visitors don't know it's there, it's one of the most overlooked old-growth forests in Minnesota. George H. Crosby Manitou State Park is the namesake of a wealthy mining executive who amassed an large tract of pristine

Northwoods wilderness during the early 1900s and left it intact. Crosby donated more than 3,300 acres of the rugged wilderness to the state, which formally established the park in 1955. The park is managed as a "wilderness park" - no visitor center, no plumbing, no paved roads, no developed campgrounds. To access any of the park's dispersed campsites, visitors must hike or paddle in. Within the park, you will find a 166-acre stand of northern hardwoods forest containing sugar maples as old as 200 years and, even more impressive, individual yellow birches that were already saplings when the pilgrims arrived at Plymouth Rock in 1620. Another 196-acre grove of upland white cedar forest contains individual trees estimated to be 300 years old. The aptly named Yellow Birch and Cedar Ridge Trails - a rugged, moderately-challenging 8.5-mile loop - will take you through these tree temples. If you haven't visited this incredible old-growth forest in Minnesota, I think George H. Crosby Manitou State Park should definitely be on your bucket list. Visit the park's page on the DNR website for more information or to make camping reservations. Be sure to bring AllTrails Plus with you when you go. It has downloadable maps of the park's trails that can be used offline, which is a good thing because cell service ranges from spotty to nonexistent in the park.



Local students attend Young Author's Conference

Northwest Service Cooperative hosted a Young Authors Conference on March 12th for area students in grades 5-8. This event was held at Northland Community and Technical College in Thief River Falls from 9am-2pm with Mercedes Coan and Sadie Miller, both employees of Northwest Service Cooperative, coordinating the annual event. The Young Authors Conference is designed to encourage and inspire young writers, promoting student enthusiasm and competence in written communication. Through interaction with established authors, poets, playwrights, storytellers, illustrators, journalists and teachers of writing, students discover and explore their writing talents and potential. Every year, stuents are able to attend 3 different sessions throughout the day and participate in a book fair and autograph session with authors and illustrators. The YAC had 456 students registered from 23 area schools and five home schools. Below is the list of the presenters from the day, along with their sessions. The Young Author's Conference included local presenter Kari Sundberg. Her session was titled, "Write It, Feel It: The Power of Your Pen." This was a gratitude journaling workshop using fun prompts, creative writing exercises, and journaling

techniques to show kids how putting their thoughts into words can brighten their day and inspire positivity. This session showed young writers how journaling can boost happiness, develop creativity and improve writing skills. The full presenter line-up from the day included: Jessica Lundeen: Illustration Techniques Kari Sundberg: Write It, Feel It: The Power of Your Pen Deb Hoven: Keep Your Light on and Write Steve Maanum: Blending Wildlife Photography with Nature Writing Deb Mercier: Choose Your Path Bill Durbin: Viewpoint: Finding Your Voice Destiny Walker: The Self-Publishing Journey Rowan Pope: Heros & Villians Clarrisa Odin: The Art of Superhero Creation Bly Pope: Writing a Movie Scene Roxane Salonen: The Watchful Bird Gets the Worm: How Observing Nature Can Feed Our Stories Saphire Brown: The Art of Song Writing Susan Hawkinson: Riddles, Chants, Tongue Twisters Bob Gasch: There's a Skunk in my Tent



Many area schools attended the Young Author's Conference last week at NCTC in TRF. Pictured in the front row are Grygla 5th grade students, Kyla Nordvick and Maria Blair, both of whom were working on their gratitude journals in Kari Sundberg's session.

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Alee

/uh-lee/

adverb

Away from the wind.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor
Keto Philly Cheesesteak Skillet using Ground Beef
This Keto Philly Cheesesteak Skillet using ground beef is a keto dinner you can whip up any day of the week. Eat it as is, on top a salad or even on a roll for those not counting carbs. Each serving only has only 3.9g net carbs. Yield: 6
Ingredients
1 1/2 lbs ground beef
1 cup sweet peppers strips (red, orange and/or yellow peppers)
2 cups green bell pepper strips
1/4 cup onion, sliced
1/2 cup mushrooms, thinly sliced
3 oz provolone cheese
3 oz gruyere or swiss cheese
1 tablespoon steak seasoning
1 tablespoon olive oil
Instructions
Heat up a large oven proof skillet (like a cast iron skillet) and add in the ground beef. Sprinkle the steak seasoning on top and brown the meat. In the meantime, heat up another large skillet and add in the oil and vegetables. Saute until the vegetables are cooked through. Pour the cooked vegetables onto the ground beef and mix well. Sprinkle cheeses over top and set under the broiler. Broil until the cheeses are melted and starting to brown. Serve as is, over lettuce, or if not low carb, use buns or rice.



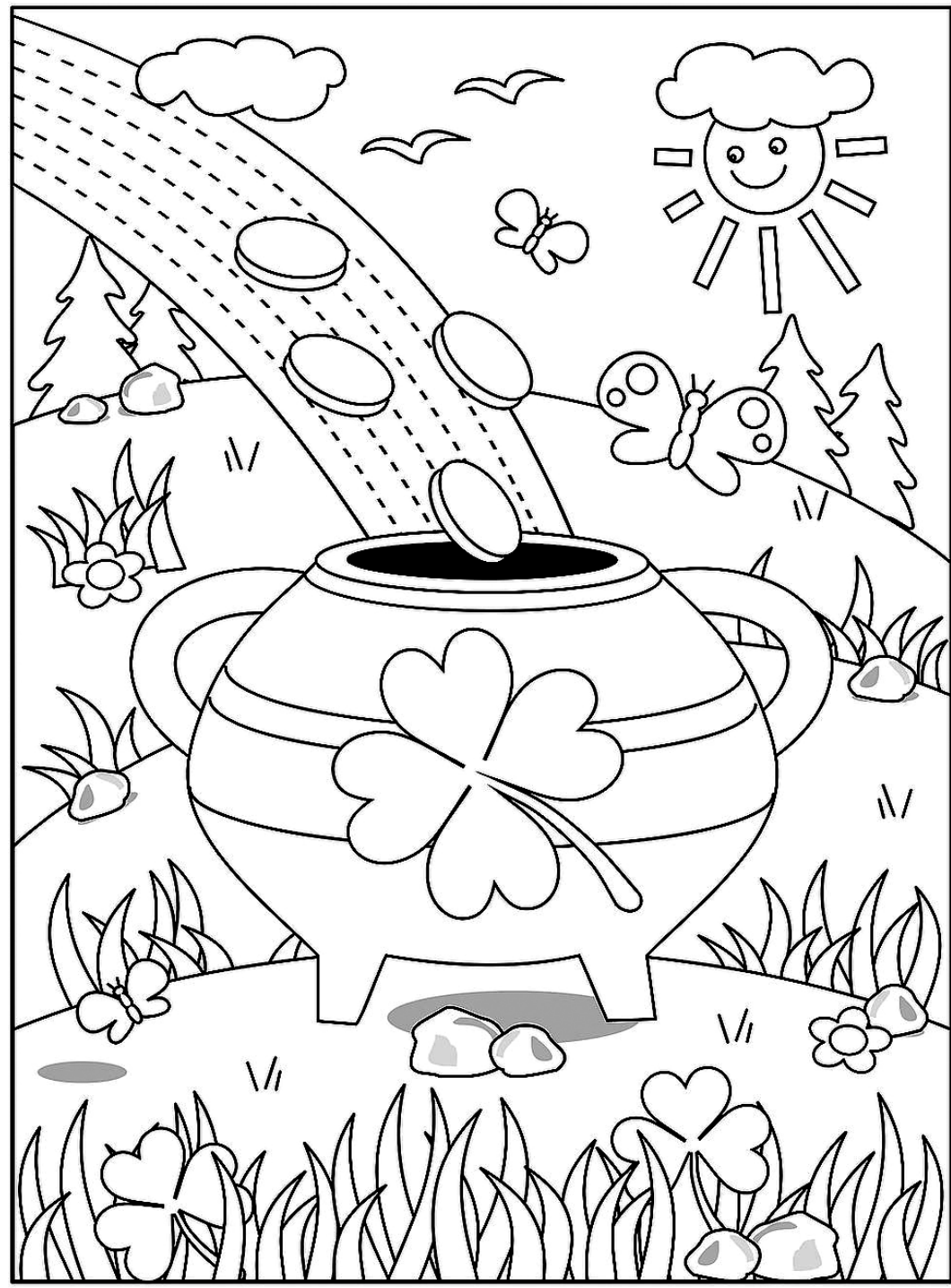
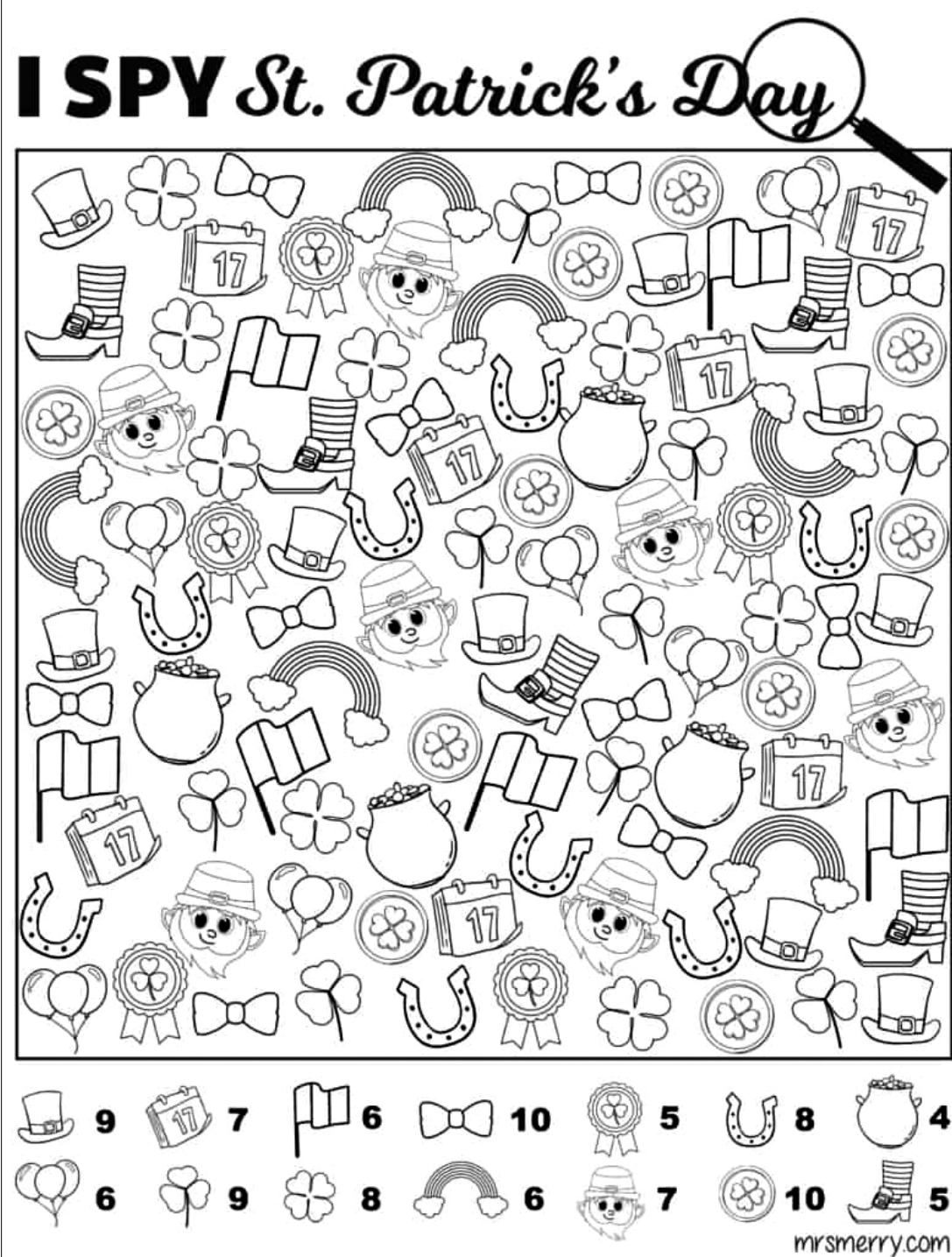
Mud River Report



The Grygla 3rd grade class spent a little time outdoors last week while the 60-degree weather was here! They headed down to the Mud River to do a "River Report" and document everything they witnessed from the banks.



The Grygla Junior High Knowledge Bowl team took third and fourth place out of the 8 teams competing at the home meet last week. They only have one more regular meet this week in Roseau and an all-day meet in TRF on March 25th. At the all-day meet, 30+ teams will compete with one written round in the morning followed by four oral rounds.



In honor of St. Patrick's Day that was on Monday, March 17th, here are a couple of activity pages for the youngsters...and a traditional Irish blessing for everyone: *May your troubles be less and your blessings be more, and nothing but happiness come through your door!*

Meanwhile, gracing the pages of the Grygla Eagle in 2015....



Let's turn the Eagle pages back ten years! In honor of the Grygla Elementary Basketball & ECFE Night coming up this Thursday, let's look back on that night ten years ago when Keith Lorentzen won both the girl's and boy's bikes! The Grygla/Gatzke Jaycee's Club had purchased and donated each of the bikes and Keith was the lucky winner of BOTH! Being the nice guy that he always was, he gave away both bikes to two lucky kids; Grayden Hagen was the lucky boy and Brianna Severts was the lucky girl! Keith passed away the next year in January of 2016. May his memory be a blessing.



The Stanley boys got some dribbling practice in during the Elementary basketball night! This was back in 2015, of course, when Blake and Ryelin were just little guys!



(2015) Grygla third graders (from L-R) Blake Rychlock, Christian Loken and Lewis Jones battle for the ball during the Elementary basketball night.



(2015) Mauer Nordby, son of Gavin and Tera Nordby, won a fun prize on the ECFE drawing! He got a mini camping chair with everything one would need to roast some marshmallows!