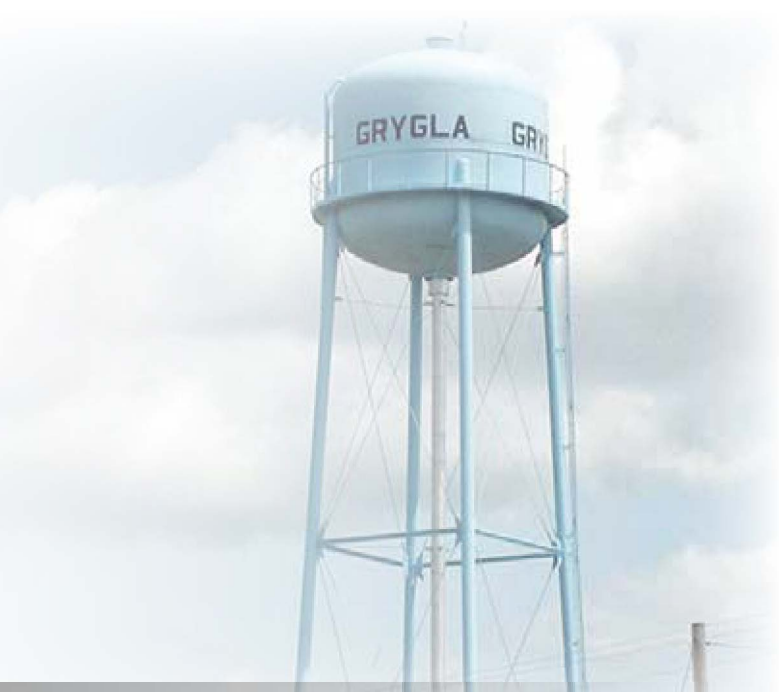


GRYGLA EAGLE



Wed Scatt Tstorms H 81 L 55	Thurs Scatt Tstorms H 73 L 50	Fri Mostly Sunny H 75 L 57	Sat Showers H 73 L 60	Sun Scatt Tstorms H 78 L 57



Wednesday, June 12, 2024

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Vol. 48 Number 17

Grygla School: Part 3 "Planning for the future"



The Grygla School held a community forum on Tuesday, May 21st, that was open to the public. Items discussed included the current budget cuts the school has put into place, along with discussion on the upcoming referendum that will be voted on in November.

The presentation at the community forum was broken down into three parts: Our current financial situation, What we are doing now and Planning for the future.

Part 1 "Our current financial situation" was shared in the May 29th issue. Part 2 was shared last week, June 5th. Part 3 "Planning for the future" runs this week and concludes the 3-part write-up.

Grygla School Principal and Superintendent Derek Gieseke

suggested the Grygla Eagle Newspaper share the information in three different parts. As mentioned in the other articles, the Facebook Live recording is available on the Grygla School Facebook page and gives all of the in-depth information, especially when it comes to the financial aspect, which is broken down with the help of some great, informative charts and graphs.

Planning for the future

In his presentation, Gieseke stated that the capital project levy is expiring this coming year (\$138,071), which is generated locally. That was approved by 2014 voters with the school looking to renew that; it was always going to be on the ballot this fall.

"The operating referendum

is currently bringing in \$62k annually and was passed a few years ago. The problem is, we need to create sustain ability so around \$250k is our proposal," Gieseke stated. He said that number would give the school enough to operate and get them out of debt.

If this referendum didn't pass this fall, Gieseke went on to explain, "It wouldn't be too long after that where we'd have to borrow money from the bank to make ends meet while we look at going in the hole. We'd be heading into SOD if we weren't there already. All of this also means more cuts. At that point, it gets pretty difficult until we pass a referendum."

Last April, administration the business manager and the school board all sat down and went over all of the budget numbers together, coming up with a hopeful solution. The ballot this fall will consist of three questions that are currently being reviewed and considered by the board:

1. Renewing the capital project levy at \$156k.
2. Revoke the existing operating referendum and replace it with the \$1,848 per pupil.
3. Adding an additional 100k to the capital project levy.

If this referendum is voted on and passed, what will this cost taxpayers? Gieseke simply explained that a taxpayer with a house valued at around \$150k would be in the neighborhood of or around \$1100 annually vs. the current total tax amount of \$570 annually, which breaks down to an additional \$44 a month.

Looking ahead in the near future, the Grygla School will be sharing more information on tax impacts, upcoming meetings and more information about the proposed referendum. They are also interested in putting together a "VOTE YES" committee to keep the community outreach going and help spread the word. If any community members are interested in serving on this committee, please contact the Grygla School at 218-294-6155. Gieseke concluded by saying, "Moving forward, I want to focus on why we need this referendum." At that, a community member in attendance supported him and urged others to do the same, "If we want to save our school and our town, we better open our pocket books and pass this referendum."



Father's Day is this Sunday, June 16th. Happy Father's Day to all the dads out there!



Blake Rychlock, who golfs with the Roseau Rams team, competed in the Section Meet last week which was held in Bemidji. Rychlock finished 23 out of 89. The Rams finished 3rd overall out of 18 teams. That concluded the season for the group of golfers. Photo courtesy of Elaine Rychlock



Possible tornado in Skime last week

Last week (Tuesday, June 4th), a storm rolled through the Grygla area, bringing some dark skies and more rain, but was it more than that in certain spots?

Heather Morey and her family live three miles north of the Skim Store and of that storm she says it was a crazy six minutes! A lot of damage was done in their yard in Skime. In fact, so much damage was done, Heather reached out to weather officials in Grand Forks to see if a tornado had been on the radar. The storm took their pole barn out and scattered it in the field. At least 40 trees were uprooted, bird feeders were 30+ feet away, and debris even landed over at the neighbors. "We think it was a tornado," stated Heather, who said the poles from the shed were just pulled out of the ground. "There was also suction inside the

house," she said. During the storm, Heather and her son had gone inside to close a bedroom window but had a really hard time even getting the door open due to the wind blowing through. She said the weather officials got back to her and claimed the storm was most likely straight-line winds, estimated at 70-80 mph. However, they acknowledged that it is possible there could have been a brief tornado embedded in the down burst winds and sent her a detailed explanation of the weather pattern that they had on record for her location.

Straight-line winds, a tornado, or whatever that storm brought to Skime, it sure caused a lot of damage. The clean-up process has begun, but Heather shared these photos that show some of the damage.



As you can see, the poles were literally just pulled out of the ground by the strong winds last Tuesday.

Opportunities available to hunt elk in Minnesota

Hunters have through this Saturday, June 15, to apply for one of the 10 elk licenses offered this year by the Minnesota Department of Natural Resources. Licenses offered this year include two landowner permits, two 10-year history permits, and six general lottery permits. All three seasons will be conducted from Saturday, Sept. 21, through Sunday, Sept. 29.

There are currently three recognized herds in northwestern Minnesota: Grygla, Kittson Central and Caribou-Vita. The Grygla area zone remains closed to state-licensed elk hunters.

Hunting season details including license types and how to apply are available on the DNR's elk hunting webpage (mndnr.gov/hunting/elk).



The Grygla Library hosted some fun and laughter last week by bringing in Ventriloquist James Wedgwood, who provided a lot of entertainment for the audience of all ages! The next library program is a play called Country Mouse and City Mouse. It's scheduled for Wednesday, June 26th, at 1pm. Everyone is encouraged to attend.

Photos courtesy of Betsy Saurdiff



• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
 Grace and Our Savior's, Grygla
Pastor Marilyn Grafstrom
Grace Live Stream will play on Garden Valley Channel 36 on Sundays 9am (9:30am last Sunday of the month).
Wednesday, June 12
 11am Bible Study; 6pm Grace Choir; 8pm Church Council
Sunday, June 16
 Grace: 9am Worship
 OS: 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
 Bethany, Ekelund, Faith
Sunday, June 16
 Faith: 8:30am Worship
 Ekelund: 10am Worship
 Bethany: 7pm Worship

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: 10am Worship

BETHESDA LUTHERAN CHURCH
 Skime
Pastor Steve Bliss
Sundays
 9:30am Worship, 11am You-

Tube LIVE broadcast

UNITED LUTHERAN PARISH
 Gatzke
Pastor Tim Lundeen
Wednesday, June 12
 Church Council 6pm
Sundays
 8:30am Worship

CLEARWATER LUTHERAN PARISH
 St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Saturday, June 15
Pastor TBD
 Mt. Olive Worship 9am
Sunday, June 16
Pastor TBD
 St. Petri: No Worship
 Nazareth: 9:45am Worship
 Oak Park: 11am Worship

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 Website: <https://www.nwmnhra.org/>
 NW MN Multi-County HRA abides by Fair Housing practices.
 G12-13C

Monson given honors at BSU

Local student, Elise Monson, of Grygla, was named to the Spring 2024 President's Honor Roll at Bemidji State University. To be eligible for the BSU President's Honor Roll, students must earn a grade-point average of 4.0 for the semester and be enrolled in at least 12 credits of coursework. Monson was one of 390 students who earned Spring 2024 president's list honors at BSU.

FOOTBALL COACH NEEDED
 The Goodridge/Grygla Chargers are accepting applications for 1 Junior High Football Coaching Position. Please email letter of application and resume to tomas.loberg@goodridgeisd561.org or jmumm@grygla.k12.mn.us. Applications are due on June 27th at 4:00PM. Please contact AD Tom Loberg at 218-378-4134 or AD Jeff Mumm at 218-294-6155 if you have any questions.
 G12-14C

Stepping Stone AND Bench Orders...
 ...will be due August 9th, 2024
 Veterans Memorial PO Box 45 Grygla, MN 56727
THANK YOU for your support!
 Please call: **Lyle Nelson at 294-6433**
 ~~ FOR GOD AND COUNTRY ~~
 G13-17-18C

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Drinking water report

The Consumer Confidence (Drinking Water) Report for 2023 can be found on the city website at <https://rb.gy/4u68v>. In the city clerk's office or call 218-294-6292.

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Strategic Farming: Field Notes talked a tale of two springs and weed management

After a dry winter and early growing season start, rain has turned this into a tale of two springs. In west central and northwestern Minnesota, early-seeded small grains and corn were planted before the frequent, heavy rains started in mid-May. Since then, planting soybeans and other crops has been a challenge, according to Dr. Joe Ikley, Extension weed specialist at North Dakota State University.

Although corn and soybean planting is on track with the 5-year state averages, cool weather, rain and a lack of sunshine have limited crop and weed growth in the entire region. When sunshine and warm temperatures return, weeds like waterhemp can grow an inch every day. It won't take long for them to exceed recommended treatment heights, so fields need to be watched closely.

"Weeds will continue to emerge because we have so much soil moisture," states Dr. Debalin Sarangi, University of Minnesota Extension weed specialist, "so adding a Group 15 residual herbicide like Warrant, Dual or Outlook to the postemergence herbicide tank mix will help with control."

Where growers had an opportunity to apply preemergence (PRE) herbicides they have been working very well. In contrast, where only early postemergence herbicides were applied, herbicide activity has been slow and fields tend to be weedy.

With a contact herbicide, you should have a sense of how well it's working within 3 to 4 days. Weeds may not be dead, but you can still gauge effectiveness. Systemic herbicides work best when weeds are actively growing, so conditions

that delay growth also delay translocation and control. If you normally expect activity within 5 days, you may need 7-10 days or more to gauge how well it's working.

Herbicide drift is a concern with wind speeds trending upward, especially in this tale of two springs where crops are at varying stages of development. There are still relatively good, although small, application windows at either end of the day when wind speeds are low enough. When spraying near sunrise or sunset, it is important to pay attention to low level temperature inversion conditions as they increase your risk of herbicide drift.

While end-of-day applications minimize drift, herbicide activity is less effective. If wind speeds allow, it's best to apply herbicides near midday when it's sunny and weeds are growing fast. Check your weather app to find the best time for postemergence applications.

Where PRE application windows were limited in corn, growers will be relying on early POST applications. While many products recommend application at V2 or 12-inch corn, height restrictions vary depending on the premix. Read the label for growth stage cut-offs.

Many corn herbicide products can be applied either as a PRE or POST application. Because of this, growers can likely stick with their weed control program. In contrast, if PREs didn't get applied in soybeans and the field was rained out, herbicides may need to be switched.

Dr. Sarangi's team surveyed waterhemp populations for herbicide resistance and what they found was alarming. Multiple herbicide resistance is

spreading in Minnesota, with some waterhemp populations surviving six different sites of action. Liberty is the only post-emergence herbicide that waterhemp is not resistant to, so it's important to preserve its effectiveness: Spray smaller weeds, use multiple herbicide sites of action, rotate crops and herbicide traits, and consider using cover crops and tillage.

"Most kochia populations have glyphosate resistance and there are increasing pockets of dicamba resistance," states Dr. Ikley. He also focuses on Group 14 resistance, since these herbicides are important for burn-down in no-till and kochia control in dry beans and sugarbeets. They still have good activity, but kochia control decreases rapidly when weeds exceed two inches. "For the best control, at least three effective active ingredients should be applied," he adds.

Neither weed scientist is a fan of rescue treatments. The herbicide application will kill off the most susceptible of the tall weeds, but given their size, there will likely be survivors. They would at least be more herbicide-tolerant, which can become problematic long term as populations shift toward resistance.

For more information from University of Minnesota Extension, visit extension.umn.edu/crop-production.

Thanks to the Soybean Research and Promotion Council and the Corn Research and Promotion Council for their generous support of this program.

For more news from U of M Extension, visit <http://www.extension.umn.edu/news> or contact Extension Communications at extdigest@umn.edu.



We will be closed all day on Wednesday, June 19th, in observance of the Juneteenth holiday.

June is Dairy Month

While many of us are still in bed at 4:30 a.m., dairy farmers are already hard at work. Dairy farming requires long workdays, 365 days a year. June is Dairy Month. We thank the dairy farmers of our area for their outstanding efforts and their contributions to our local economy.

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Summer fun activities

Summer Medium I-Spy!

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 Wednesday, June 12, 2024

Only in Minnesota: a weekly feature in the Eagle

Visit 6 of the best Paul Bunyan-themed attractions in Minnesota on one road trip adventure

Anyone who's lived in the Land of 10,000 Lakes for any amount of time knows that we Minnesotans have a bit of a thing for a certain large lumberjack and his blue bovine companion. So much so, in fact, that you'll find plenty of sights, businesses, landmarks, and attractions bearing the Paul Bunyan moniker. To be honest, though, I'm not so much fascinated by Paul Bunyan, himself, as I am by our fascination with the famous Northwoodsman. And that's why I thought it'd be fun to put together a road trip to six of the best - or at least, the best known - Paul Bunyan attractions in Minnesota that celebrate the big man and our state's fandom of him.

Starting at Paul Bunyan Land, just east of Brainerd, you could do this whole road trip in just over three hours of driving

time. But you'll certainly want to take a little time to explore as you go. I think it works best as a weekend adventure.

Paul Bunyan Land - Brainerd

You'll start your journey at an amusement park located just outside of Brainerd. Open seasonally, this theme park and heritage village has much to offer those interested in the history of the region, as well as Paul Bunyan buffs and amusement park lovers.

Explore Brainerd Lakes Welcome Center and Gift Shop - Brainerd

The city of Brainerd has cycled through a few famous Paul Bunyan statues, some of which - like certain infamous Minnesota sports teams - were dismantled and shipped off to other states. But we think the waving Paul at the Explore Brainerd Lakes Welcome Center and Gift Shop will probably stick around for awhile.

Lucette (Paul Bunyan's

Sweetheart) - Hackensack

The charming town of Hackensack, Minnesota, is home to Paul Bunyan's sweetheart, Lucette Diana Kensack. Coincidentally, it's also the birthplace of Paul, Jr. You'll find a statue memorializing Lucette at a lakeside park in this quaint Northwoods town.

Paul Bunyan Historical Museum and World's Largest Paul Bunyan Statue - Akeley

If you truly geek out on all things Paul, then our stop in the town of Akeley will get your heart a-pumpin'. Akeley is home to the largest Paul Bunyan statue in the world, which sits next to the Paul Bunyan Historical Museum. The museum houses many Paul Bunyan-related artifacts and exhibits, as well as plenty of information about the history of the town and the region. Make the trip over the last full weekend in June, and you'll hit Akeley in time for its annual Paul Bun-

yan Days festival.

Paul Bunyan and Babe the Blue Ox - Bemidji

Bemidji is home to the best-known statues of Paul and Babe in Minnesota, if not the world. If there's one Paul Bunyan statue that every Minnesotan must visit at some point in their lives, it's this one.

Paul Bunyan Memorial Park - Kelliher

The last stop on this road trip is, appropriately, the final resting place of our favorite lumberjack. That's right, our journey ends where his did: at Paul Bunyan Memorial Park in Kelliher. There, you'll find Paul Bunyan's grave, complete with a marker that reads, "Here lies Paul, and that's all."

So, there you have it: six of our state's best Paul Bunyan attractions in 171 miles. There aren't too many other adventures that scream Minnesota! Quite like this one.

Word of the Week

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

Acumen

uh-kyoo-muhn, ak-yuh-

noun

Keen insight; shrewdness.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

Honey Chipotle Chicken Rice Bowls

These Honey Chipotle Chicken Rice Bowls are topped with the most delicious, sweet and spicy grilled chicken and avocado corn salsa. They're hearty, healthy, and perfect for weeknight dinners.

Ingredients

Honey Chipotle Chicken
1 pound boneless skinless chicken breasts
1 tablespoon olive oil
1 chipotle Chile in adobo sauce + 1 tablespoon of adobo sauce, finely chop the chipotle
1/2 of a lime, juiced
1 tablespoon honey
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin
1 tablespoon chopped fresh cilantro

Salt and freshly ground black pepper to taste
Avocado Corn Salsa
1 cup grilled fresh corn or defrosted frozen corn
1 avocado, peeled and diced
1 jalapeño, seeds and vein removed and finely diced
1 tablespoon chopped cilantro

1/2 of a lime, juice
1/2 teaspoon ground cumin
Salt and freshly ground black pepper to taste

Other Ingredients
2 cups cooked rice
Crumbled queso fresco or cotija cheese
Lime wedges and cilantro for garnish

Instructions

Honey Chipotle Chicken
Whisk together the olive oil, chipotle, adobo sauce, lime juice, honey, garlic powder, cumin, cilantro, salt and pepper in a bowl or glass measur-

ing cup. Add the chicken to a freezer bag and pour in the marinade. Seal the bag and massage the marinade into the chicken. Let the chicken marinate for at least an hour and up to 4 hours.

Preheat grill or skillet to medium-high heat (about 400-425° F. on the grill). Oil the grill grates or skillet and add on the chicken breasts. Cook for about 5-6 minutes on the first side and then flip them over and grill until the internal temperature is 165° F.

Remove the chicken from the grill and let it rest for 5-10 minutes before dicing or slicing it.

Avocado Corn Salsa

In a bowl add the corn kernels, diced avocado, jalapeño, cilantro, lime juice, cumin, salt and pepper. Stir everything together and taste it for seasoning.

Assembling the Bowls

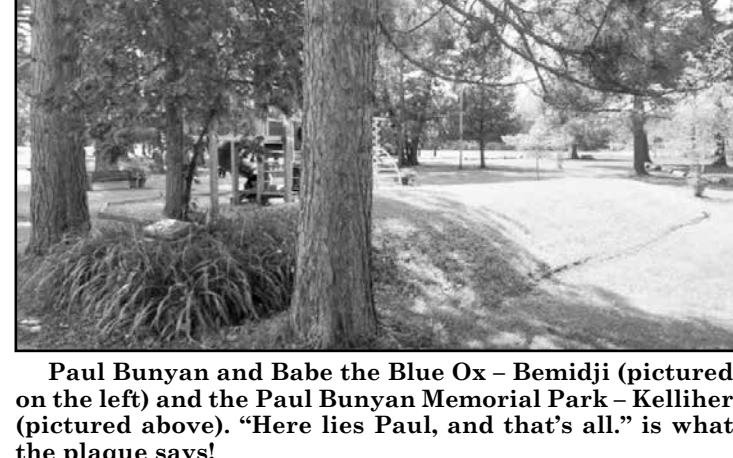
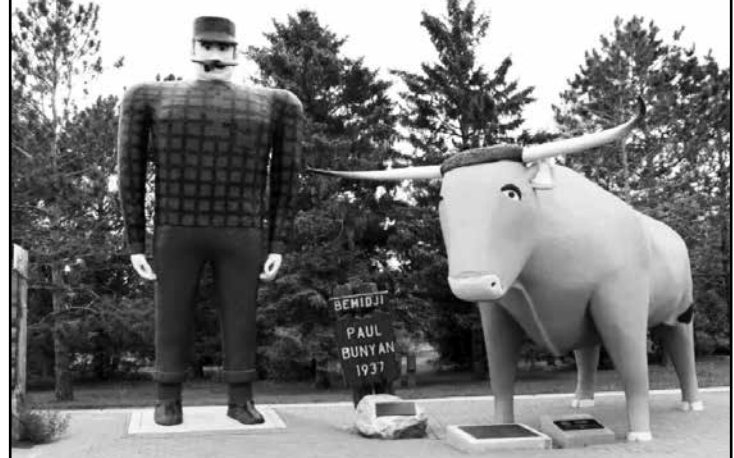
Divide the rice evenly into the bowls. Top the rice with some of the chicken, salsa, and cheese. Garnish with extra cilantro and a lime wedge.



When you start at Paul Bunyan Land in Brainerd (left) don't forget to explore Brainerd Lakes Welcome Center and Gift Shop (right).



Lucette (Paul Bunyan's Sweetheart) - Hackensack (above left) and Paul Bunyan Historical Museum and World's Largest Paul Bunyan Statue - Akeley (above right).



25th Annual ALS Walk/Run

Submitted by Connie Berg

The annual Roseau ALS Walk/Run is scheduled for July 20th at 8:00am in the Roseau City Park. This year we are celebrating the 25th anniversary of this event; and the Roseau ALS Fundraising Team is going all out with a huge celebration. The races start at 8:30; kicked off with the Kids Fun Run Dash and the 5K Walk/Run, followed with the 10K Run. The praise band from First United Lutheran will be leading in praise and worship songs. There will even be a bouncy house to keep the kiddos entertained! Lunch will be provided for all registered participants and volunteers. You are not going to want to miss this celebration! Registration deadline is July 1st to be guaranteed a t-shirt and goodie bag. You can still register up to the day of the event, but we won't be able to guarantee a t-shirt; we can, however, guarantee a very fun time.

Prizes will be given to the top fund-raising earners. A few ideas for fund-raising activities: Lemonade Stand, Bake Sale, Car Wash, ask your church if a fund-raising meal can be held, talk to co-workers and friends about ALS and ask them to donate. The top prize for the person who raises the most money is a \$500 Amazon gift card. Prizes go out to the top ten earners. Registration forms have been distributed to many local businesses. Or call Connie Berg at 218-242-0803.

The first Roseau ALS Walk/Run was held July 1999 and was the brainchild of Lenni Billberg. Lenni is an avid sports enthusiast and, at the age of 12, rather than watch tv shows she watched sports. Lenni learned of Lou Gehrig and his journey with ALS; the disease that is nick named after him. While a young 6th grader she approached her mother, Arlene Billberg, and

requested that \$50 dollars be sent to the ALS Association in lieu of her Christmas gift. Such a beautiful sacrifice from someone so young! This took place in 1987; I believe God was preparing Lenni's heart for something huge. In October of 1998 our Roseau Community was devastated when two of our very own were diagnosed with ALS just 3 days apart. Wes Blakeslee, a young engineer at Polaris Industries, was diagnosed October 23rd and Nancy Burggraf was diagnosed October 26th in 1998. Nancy was well known in the sports community with the training clinics that she held in Roseau, Thief River Falls, and the Grand Forks area. Wes was well known in the Polaris community. Both were respected and loved. The communities these two individuals touched were reeling in shock. Lenni felt compelled to do something to fight ALS and bring awareness to the disease and the Roseau ALS Walk/Run was born. Lenni's goal for that first event in July of 1999 was to raise \$1,000. Lenni and the team raised over \$20,000! Over the past 25 years the ALS Fundraising Team has raised over 2 million dollars; all from the heart of a young girl who was determined to 'Make a Difference'.

Amyotrophic lateral sclerosis (ALS) is a fatal neurodegenerative disease characterized by the death of motor neurons in the brain and spinal cord. The destruction of the motor neurons results in the progressive wasting away of voluntary muscles. The life expectancy of a person living with ALS is 2-5 years from diagnosis. An estimated 30,000 people in the United States are living with ALS at any given time. There is no known cure for ALS ... yet. The ultimate goal of the Roseau ALS Walk/Run is to fight this disease until a cure is found.

This year's event is in honor of the following currently suffering with ALS: Joshua Proulx, Bea Kruse and Norm Opdahl. The event is in memory of the following who have suffered and died from ALS: Edwin Anderson, Eldon "Eldy" Anderson, Wendy Blais, Wes Blakeslee, Nancy Burggraf, Margie Douglas, Francine Fish, Abe Foss, Dorothy Dirrikson Grotte, Mavis Johnson, Janet Jensen, Sylvia Jensen, Bob Kauppila, Ray Carlson, Kris Jensen, Jeffrey Bruha, Annette Bruggeman, Dale Hillstead, Lynn Sabourin, Evangeline "Vany" Larson, Clifford Nordine, Richard "Dick" Novacek, Marlow Martin, Melvin Mortensen, Silvia Raymond, Larry Rislov, Jack Ritteman, Wayne Hites, Chad Schmitz, Ellen Smith, Delsie Thiessen, Orville Dybedahl, Danny John-

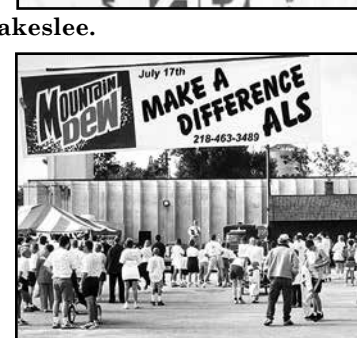
son, Father Don Braukmann, Bill Sindelir, Mark Olson, Sheldon Peterson and Barb Jensen.

The funds earned at this event are given to Never Surrender, Inc; the organization that determines how the money will be used. The following is their tenet, "Never Surrender Inc. has one simple goal: to help people living with ALS. All net proceeds stay LOCAL to the Midwest area, supporting our local communities. We believe that every person who has ALS deserves the same access to critical care and treatments as someone who lives near a major medical facility."

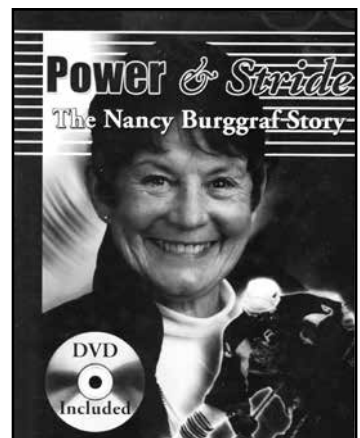
Please join us July 20th for a morning of celebration and fun to fight for a cure for ALS so that it is no longer a killer. Never Surrender!



Lenni Billberg and Wes Blakeslee.



Nancy Burggraf (left) and also a photo from the 1st event ever in 1999 (above). Photos and article submitted by Connie Berg



• DO IT YOURSELF

In case your children are already bored, teach them something new and important. 😊

40 Old-Fashioned Skills That Kids Need to Know

- How to write a letter
- How to make a phone call
- How to take a message
- How to converse with an elder
- How to play with a baby
- How to sew on a button
- How to genuinely apologize
- How to hammer a nail
- How to introduce yourself
- How to notice the needs of others
- How to make scrambled eggs
- How to balance a checkbook
- How to write a thank you note
- How to do laundry
- How to garden
- How to fix something
- How to plan a healthy meal
- How to hang a picture
- How to wash dishes
- How to budget
- How to wait and save for something
- How to check tire pressure
- How to ask questions to get to know someone better
- How to read a map
- How to find a book in the library
- How to seek counsel from someone more experienced
- How to care for a pet
- How to select a thoughtful gift
- How to admit a mistake
- How to set the table
- How to iron a shirt
- How to give someone the benefit of the doubt
- How to weigh pros and cons
- How to have good table manners
- How to dust
- How to read a recipe
- How to vacuum the stairs
- How to change a lightbulb
- How to open, close, and lock windows
- How to use a fire extinguisher
- How to make a salad
- How to make a smoothie
- How to clean the refrigerator
- How to clean the bathroom
- How to clean the kitchen
- How to address and stamp an envelope
- How to write a check
- How to refill a stapler
- How to put air in a bike tire
- How to pump gas
- How to change a flat tire



Another little DIY activity/reminder - remember to check your dryer hose and vent! The birds sure love to build nests in there, like the one pictured above! Photo courtesy of Jenny Woods

Gordy Henrickson named Goodridge School's Friend in Education



Gordy Henrickson has been named Goodridge School's Friend in Education. He received his award at the Kramer Brown Recognition Dinner last month. He is pictured here with his wife Sandy and also with Mrs. Lacey Hruby, who is a teacher in Goodridge.

The Friend of Education award is an honorable award given by the Goodridge Education Association (GEA). The Association nominates and votes for individuals who have contributed significantly to education and the Goodridge School. *Photos courtesy of Goodridge School*



PTSD statue dedication

June is Post Traumatic Stress Disorder or PTSD Awareness Month. The United States Senate established June 27th as PTSD Awareness Day in 2010 to raise awareness of the mental health issues that can develop after exposure to traumatic events. PTSD can be triggered by various events and may show up immediately thereafter or after a period of time has elapsed. The month of June being designated is an attempt to emphasize the need to diagnose and treat those individuals and families impacted by PTSD. While as many as 44 million Americans are believed to have suffered a traumatic event in their lives, approximately 6 to 8% will develop PTSD. While there are numerous events that trigger the disorder, the rate is generally higher among certain groups of the population.

June 27th of this month the Marshall County Area Veterans Memorial Committee will have a program to further recognize PTSD with added emphasis on military veterans effected. The program will begin at 7:00 P.M. Part of the program will be the dedication

of a bench and statue in honor of the Military men and women who have had or are currently suffering with symptoms of PTSD. The general public is invited to come out to join in the dedication of this special statue. It will be held on the west lawn of the courthouse in Warren surrounding the park. You will need to bring your own lawn chair for seating or just sit or stand on the lawn. The program will last approximately 30 minutes but will include legion clubs and military honors.

Please plan to join in the events on the 27th. It is a chance to support one another as we acknowledge the need to better treat our emotional and mental health. If you need help or support dealing with mental health issues there are agencies available to assist you in northwest Minnesota. The Department of Human Services number is 1-800-282-5005. The Crisis/Suicide Prevention line you can call, text, or online chat by dialing 988. For military veterans the Wounded Warriors PTSD number is 1-888-997-2586.



The Summer Reading Programs at the Grygla Library aren't just for kids! Adults are invited, too. Pictured above is Jerry Sistad getting in on the ventriloquist fun last week!



June is JO Volleyball month



Junior Olympic Volleyball is underway this month for Charger High School Athletes. Pictured is the 18U team who traveled to Bemidji last week for a full day of volleyball! *Photos by Grygla Eagle Newspaper*

2024 Minnesota Trap Shooting State Tournament



The 2024 USACTL (Clay Target League) State Tournament is taking place in Alexandria this week. The Grygla team has 7 shooters who competed on Monday, June 10th. No results were available as of press time, but we'll be sharing those next week. The 7 shooters include Matthew Brown, Caydun Dybedahl, Cooper Aune, Gavin Aune, Jens Oslund, Brett Rychlock and Rease Stratton. The team is coached by Kenny Lunsetter, Shannon Nelson, Dustin Nelson and Destiny Tinnis. *Photos courtesy of Destiny Tinnis*



Fun Facts about SUMMER

Summer is one of the _____ seasons.
(noun; number)


The other three seasons are _____,
(noun)

_____, and _____. Two major
(adjective) U.S. summer holidays are _____ Day
(adjective) and _____ Day. Summer is a(n)
(adjective) _____ time of year, when the days
(adjective) are _____ and the _____
(adjective) _____ s in the sky all day long. One
(verb) of the most popular summer treats is ice
(noun; type of food) _____, with _____ gallons sold
(noun; number) each year.




SUMMERTIME FUN!


A drawing of my favorite summer activity:



This summer I will:



My favorite summer treat:



My summer goals:

