



				
Today	Thurs	Fri	Sat	Sun
Cloudy	Cloudy	Partly Cloudy	Mostly Sunny	Scatt. Showers
H 37 L 27	H 37 L 25	H 48 L 26	H 51 L 30	H 48 L 31

“It was a terrible accident, but there is a lot to be thankful for.”

Written by Kari Sundberg, Eagle Editor

Last week marked 26 years since a favorite community member of ours was in a terrible accident that would forever change his life.

It was April 17th, 1991. Lon Englund was at a work party in Duluth, MN. He was living with his brother, Kelly, at the time and working as an industrial heating & air conditioning parts man. His work party was breaking up about 9pm, but Lon wasn't ready to call it a night. “A couple of my coworkers said they knew I had drank too much, but also knew I liked to have fun. No one tried to stop me when I left,” he admitted.

Lon had been drinking all evening at the party, but decided to drive to a bar about 10 miles away.

He was going over the speed limit in his 1980 Mustang. There was a curve in the road and a gas station on the corner. People inside of the gas station heard a crash and called 911. Lon had t-boned an oncoming pickup that had swerved to miss him. It took emergency responders 45 minutes, using the Jaws of Life, to remove him from his mangled up car.

Luckily, and by the grace of God, Lon was alive.

So were the two people inside of the other vehicle. “I have the accident report still today. It says the names of the people I hit, but I have never looked them up. I am lucky I didn't get Vehicular Manslaughter and kill someone,” Lon choked up.

With life threatening injuries, Lon was pulled from his car after it had rolled 5 times and came to a stop in a ditch next to a transformer. Not wearing the lap belt inside of his Mustang Hatchback, he ended up underneath the dash and steering wheel. Every bone in his face was either broken or crushed, along with a broken leg and a variety of other injuries. Lon would lay in a coma for approximately 3 weeks at St. Luke's Hospital in Duluth.

The two people inside the pickup walked away from the accident with only sore backs.

“I go over it in my head all of

the time,” Lon described. “It's a traumatic event in my life. If I ever want a drink, I just think back to my accident.”

Lon was invited to speak to Mr. Gast's Driver's Education class in Grygla on the anniversary of his accident last week. He has been speaking to students in the training for about 15 years now. He explained to the young adults the consequences of drinking and driving, saying, “I couldn't stop drinking until I blacked out or it was all gone.”

Lon has been sober for 26 years now. Prior to his accident, he already had two DUI's on his record and admitted he should have stopped drinking at that point in his life, but he didn't. He was never charged with a third DUI from the accident that fateful night because his injuries were too severe for doctors to submit a blood sample to the authorities.

As mentioned, Lon was in a coma for a few weeks. He doesn't remember anything from the night of the accident until his birthday in June. He turned 25 years old in the hospital on June 8th, 1991. Undergoing multiple surgeries to reconstruct his face and fix the broken femurs, Lon's brother Kelly kept a medical journal throughout the process. On the 6th day of the accident, it was written that doctors placed 5 plates of titanium to Lon's face, which was also wired with approximately 50 wires. He had broken eye sockets and his nose was destroyed. The accident pushed his entire face about an inch back into his head. Doctors also began to repair the left femoral fracture at that same time. An incision was made to the left thigh to remove a muscle mass from a splintered section of bone. A stainless steel rod was inserted through Lon's hip, running it the length of the femur and pinning it at the knee.

Sharing these details with the 8th and 9th graders in Driver's Ed, Lon teared up. He shared with the students that he first started drinking when he was 16-17 years old and was headed down a bad road. “I

have to say that I'm glad this happened to me. It changed my life. I quit drinking and I became a better person. I care more about people and that's why I share my story. I like this community and this school, and I care about you guys. You don't have to drink to be a cool guy,” he shared.

After his therapy was complete, about a year after his accident, Lon moved back home to Gatzke. He lived with his folks for a bit, then with Vince Hagen. “Vince got married and kicked me out,” he laughed. “I bought my own place...it was the best thing I ever did.”

Lon has been working at Polaris for 23 years. He still suffers the consequences of his actions to this day as he has no sense of smell or taste and also has some short term and long term memory problems, saying he writes a lot of things down. “I know that was a result of my traumatic brain injury, but age sneaks up on a person, too,” he joked.

In fact, that's one of the things everyone loves about Lon the most...his ability to joke around. “I crack jokes all the time. Some are funny, some aren't,” he says. “That's life. You just have to make the most of things.”

Lon spoke to Mr. Gast's students about the importance of the decisions you make and if you every find yourself in a similar situation, to please call for a ride. Mr. Gast has listened to Lon tell his story for 15 years now. He said, “Lon, you are a huge leader, inspiration and outstanding member of the community. But I have to ask, what do you think your life would have been like if you hadn't gotten into your car accident?”

Lon replied, “I think I would have been dead from alcohol poisoning the way I carried on.” He later said, “Back when I was drinking, I didn't have a pot to piss in. Now I have a job that pays my bills. I have land and a home. I've become a lot more religious, too. God put me in this world to do something. Maybe it's to talk to you guys.”

Journal entries by Lon's brother, Kelly

April 20th, 1991 (Day 3)

Larry, Lori, Lance, Kurt and I went to look at Lon's car last night. I didn't notice that the pickup that was involved in the accident was right next to Lon's car...hard on Lance and Kurt to see that...hard on all of us.

April 21st, 1991 (Day 4)

Lon is still alive...a miracle in itself. Approximately 96 hours have passed.

April 23rd, 1991 (Day 6)

6pm...Lon is back in ICU unit with packs of ice surrounding and covering his head. He also has a bandage wrap on his left leg. Lon's face was terribly swollen. This was too much for me, and Lon also needs to rest.

April 29th, 1991 (Day 12)

Lon is still comatose. They had him in a chair when I arrived. Hard to believe they have placed him in a chair and consider him still comatose. He has progressed on a coma scale from a 4 to 11...it almost appeared as if Lon was trying to cry. He is agitated and angry. When I see him in the chair, it's hard not to wonder if Lon will ever be the same. Will he be the person we knew and loved? Or has that person disappeared? How much of Lon's “old personality” will return? What changes will last?

May 3rd, 1991 (Day 15)

Lon is still comatose, but lighter. This level is called a stupor. At this point, Lon responds to commands such as “squeeze my hand” and “lift your legs.” Lon is finding pathways in his brain that are working for him.

May 4th, 1991 (Day 16)

12pm...Kurt and I arrived to see Lon. He was awake and appeared cognitive. We asked Lon if he could give us the “thumbs up” and he raised his right hand with thumb extended!

7:30pm...Lon wiped a tear from his right eye with his right hand. Lon looks scared.

May 8th, 1991 (Day 20)

Lon's neurological assessments are improving. He is going to be transferred to Miller Dwan Hospital tomorrow morning. This is progress!



Mr. Arn Kind was at the Grygla Community Center last Friday evening giving a presentation on ‘Minnesota in the Great War.’ Northwest Regional Library sponsored the program, which was hosted by the Grygla Library. Mr. Kind, a teacher of 38 years, came in the authentic uniform of an American Doughboy to speak about “the war to end all wars.” 2017 is the 100th anniversary of the America's entry into the Great War, now known as World War I. This presentation was a wonderful way to commemorate the contributions and sacrifices made by Minnesotans during WWI.



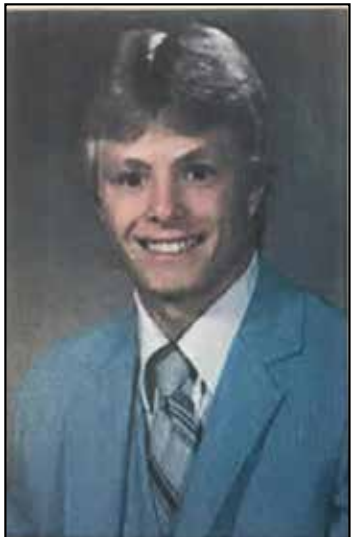
The multimedia presentation used power-point, video, music, drama, role-playing and living history experiences, to give an understanding of this turbulent time and make history come alive for the group.



One of the reasons Mr. Kind's presentation really makes history come alive for his audiences is because of his realistic and colorful portrayal of the people who participated in these events. Another reason is because of the maps, posters, clothing and artifacts he brings and displays for his audience to see.



Arn and audience member, Gloria Sistad, look over some family history/documents that Gloria brought in dating back to WWI.



Above: When Lon had his accident in 1991, the doctors asked his mom to bring in a photo of him so they could reconstruct his face. Lon's mom brought in this senior photo from 1984.



Lon Englund spoke to the Grygla High School Driver's Education class last week on the 26th year anniversary of his drinking and driving accident. Below, he is posing with the rod that was once in his leg.



Right: It took emergency responders 45 minutes using the Jaws of Life to get Lon out of his 1980 Mustang Hatchback. He was pinned beneath the dash and steering wheel area of his car. He has been speaking to Grygla's Driver's Ed students for 15 years now about his accident.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm 7th grade Confirmation, 8pm Interfaith Bible Study
Sunday:
Grace: 10:30am Worship, 9:15am SS
OS: 9am Worship w/ no SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor TBA
Sunday:
OS: 9am Worship w/ 10am SS
UL: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday:
Faith: 8:30 Worship, 9:45 SS
Bethany: 9:45 Worship, 11am SS
Ekelund: 11am Worship, 9:45 SS

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm

U.S.P.S. No. 002330
Grygla Eagle

NNA

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Serving Eastern Marshall & Northern Beltrami Counties

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\$30 per year outside of the area

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An Evening with the Arts

The annual "Evening with the Arts" has been scheduled at the Grygla High School for Friday, May 5th, 2017.

Art, Wood Shop, FACS & Science displays open at 6pm. GHS Drama Department presents: The Great American Talent Show and County-Ella, directed by Jessie Nordby, which begins at 7pm. All are welcome to attend this enjoyable evening at the school.

Annual picnic

The Fourtown/Grygla Sportsman's Club are having their annual picnic on Saturday, May 6th. The day starts out with a 10am ditch cleaning, wheeler ride and a potluck lunch. (Meat and beverages are provided.) All are welcome.

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

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseeth
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Oak Park: 9:45am Worship w/ 8:30am SS
Nazareth: 11am Worship w/ 10am SS

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

NOTICE

Reiner Township will be accepting bids for ROAD MAINTENANCE and SNOW REMOVAL for the 2017 year. Bids can be submitted to:

Cherie Sigerud,
Township Clerk
388287 State Hwy. 1 NE
Goodridge, MN 56725

For more information, call 218-378-4200, ask for Cherie. G4-5C

Land Lease out on Bid

The City of Grygla is accepting Sealed Bids for 46.57 tillable acres on the North & South side of US Hwy 89, on the west side of city limits.

This is for 2018-2020 crop season. (Note this is not for this summer's crop season!) The sealed bids are due by the 7:00 PM City Council meeting on Monday, May 8th.

Anyone that turns in a sealed bid prior to the meeting will be allowed to bid higher at the meeting. G5-6C

School Lunch Menus

Grygla School

Wednesday, April 26: Italian Spaghetti, Garlic Toast, Fruit, Salad Bar

Thursday, April 27: Popcorn Chicken, Fruit, Salad Bar

Friday, April 28: Meatballs in Gravy, Mashed Potatoes, Broccoli, Fruit, Salad Bar

Goodridge School

Wednesday, April 26: Italian Dunkers, Cheesy Buns, Green Beans, Apples

Thursday, April 27: Hamburger in Gravy, Mashed Potatoes, Steamed Carrots, Fruit Salad

Friday, April 28: Hot Dog on a Bun, French Fries, Baked Beans, Broccoli, Carrots, Celery w/ Dip, Oranges

Monday, May 1: Tacos with Lettuce & Cheese, Green Beans, Seasoned Rice, Peaches, Bread

Tuesday, May 2: Pulled Pork on a Bun, Baked Beans, Corn, Mixed Fruit, Bread

Community Calendar

Wed | April 26
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Senior Citizen's Bingo Day at Grain Bin Café 12pm; Grygla Library open 2-6pm

Thurs | April 27
Senior High Track Meet in Warroad 4pm

Fri | April 28
Senior Meals at Grain Bin Café 11am; Kindergarten/5th Shrine Circus Trip; LYO Middle School Gathering in Detroit Lakes

Sat | April 29
Earth Day; LYO Middle School Gathering in Detroit Lakes; Grygla Prom Grand March 6pm

Sun | April 30
Chix from the Stix host Spring Ball at Grygla School 2-4pm

Mon | May 1
May Day; Senior Meals at Grain Bin Café 11am; Junior High Track Meet in Warren

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Bingo planned for Senior Citizens

The Living at Home Programs of Central/ East Marshall County are hosting an 'Info and Bingo' session for Grygla area senior citizens. The event is scheduled for Wednesday, April 26, at the Grain Bin Café at 12pm. First, a bit of info will be presented to the seniors, then Bingo will start! Bingo will be especially enjoyable as it's an April Fools version - don't miss it!

The event is free and all area seniors are encouraged to attend. For more information, call Middle River/Thief Lake Living at Home Program office at 222-4466 or the Tri-Community Living at Home Program office at 874-2256.

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

By now you are probably aware that Grygla has a Teen Book Club! We have a few books under our belts now and really enjoy getting together to discuss the novels we have read. Last week, we changed things up a bit and met at the Grygla Campground for a bonfire! It was the last night of

the nice weather, before things turned cold, so it worked out perfect. We had ice cream floats and great conversation.

The bookclub is hosted by me and members include: Alaina Monson, Taylor Berberich, Julianne Nordby, Abby Kiesow, Carlye Kiesow, Trystan Jelle and Brooke Limesand.

We just started reading "Water for Elephants" and are

pretty excited to discuss it and see the movie.

We'll keep things short and sweet this week and just share a couple of photos with you from our fun night. Make sure to stop in and see me this Wednesday from 2-6pm. We'll have lots of new stuff on the shelves for you as they deliver a new tote of items every Tuesday!



Kids in grades 0-6 invited to attend Spring Ball

The Chix from the Stix, our local Marshall County Relay for Life team, will be hosting a Spring Ball this Saturday, April 30th from 2-4pm in the Grygla High School small gym. All boys and girls, ages 0-6th grade are invited to attend the event, which will include a grand march, a dance, snacks, \$1 activities and a \$10 professional photo by Coan Photography. All boys and girls attending must be accompanied by an adult. A free-will donation area will be set up by the door.

This is a formal/dress attire event. Both the child and adult are encouraged to walk through the Grand March.

Come out for a fun afternoon in support of a great cause!

Relay for Life information
American Cancer Society Relay for Life of Marshall/Pennington Counties will be held on June 9th in Warren, MN. You are invited to attend the 2017 event that Friday evening from 5pm to midnight at the Marshall County Fairgrounds in Warren, MN.

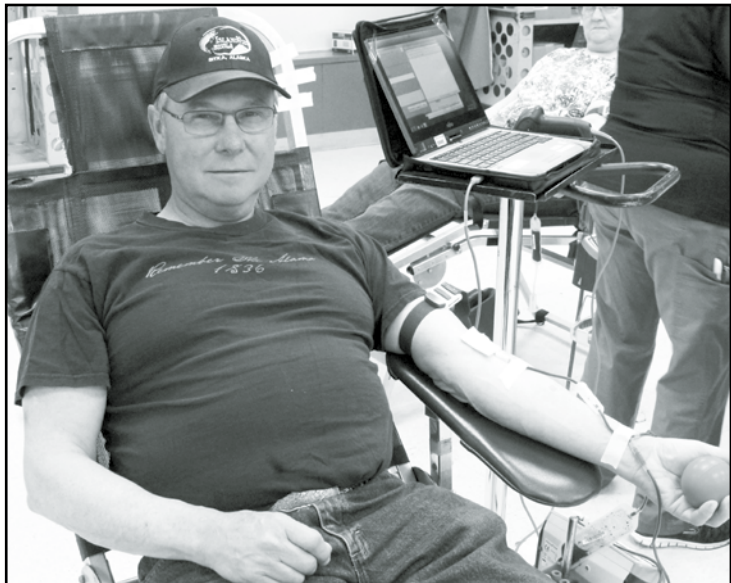
Everyone is invited to join the festivities and help support the American Cancer Society save more lives from cancer.

Some exciting changes have been made to this year's event - the Relay for Life events of Marshall and Pennington counties have decided to merge together as one event, the Relay for Life of Marshall/Pennington Counties! This is sure to

be one of the biggest and best years yet.

Along with the food, activities and entertainment, the event will also include the traditional Relay elements of a survivor recognition, luminary bags and a luminary ceremony, as well as the walking path for community members to walk throughout the evening. During the luminary ceremony, we will honor those who have survived cancer, while also remembering loved ones we have lost. All cancer survivors who attend the event will receive a t-shirt and be recognized during the survivor lap of the opening ceremony. Funds raised from this event helps the American Cancer Society provide free information and support for people facing cancer, and funds cancer research that will help protect future generations. On top of the lifesaving research the funds support, local funds also helped provide more than 350 patient survivors and programs to Marshall and Pennington County residents in 2016.

Visit RelayForLife.org/marshallcountymn to learn more about the event, or contact Amber Holtan at 218-689-9405 or amber.trfradio@gmail.com. Services and support from the American Cancer Society are available to all community members in Marshall and Pennington Counties. You can contact the American Cancer Society at any time 24/7 at 1-800-227-2345 or by visiting www.cancer.org.



Darald & Lorraine Holthusen made a trip into the Grygla Community Center last Wednesday. While Darald donated at the Blood Drive, Lorraine checked out some books in the library!

Chargers Track Meets

Junior High Meets
Monday, May 1st Warren
Tuesday, May 16th Roseau
Monday, May 22nd LOW
Senior High Meets
Thursday, April 27th Warroad

Thursday, May 4th Mahanomen

Tuesday, May 9th Park Rapids

Friday, May 12th Warren
Thursday, May 18th Ada
Thursday, May 25th Sub-Section Meet-Roseau

Right: Results from last week's StatePoint puzzle.

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Wednesday, April 26, 2017



Make Your Farm Safer

- Install Rollover Protection Structures on tractors.
- Use seat belts while operating all farm equipment, especially tractors.
- Don't allow passengers to ride on the tractor with you.
- To prevent entanglements don't wear loose clothing when entering confined spaces such as grain bins, silos and hoppers.
- Be alert, be aware, be alive.



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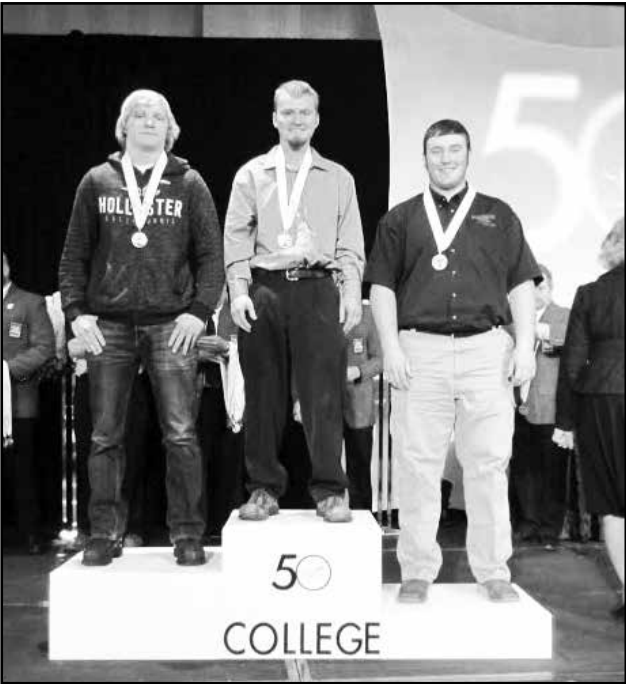
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2

THE GRYGLA EAGLE



Chris Kiesow recently placed 1st in a Skills USA Competition for Machine Tooling. The Grygla alumni will earn his Machine Tool Technology degree from Alexandria Technical College in May. He competed in a state competition and placed 1st in Milling, 2nd in the Turning and Team Automated Manufacturing Contest. Chris will advance to the National Competition in Louisville, Kentucky, June 19-23. After graduation, he will move back to Grygla and work at Machinewell and farm with his family.



Marshall County Social Services hosts annual Volunteer Recognition Party

(Submitted by request) On Wednesday, April 5th, Marshall County Social Services hosted their Annual Volunteer Recognition Party. Volunteers, County Commissioners and staff gathered in appreciation of the county volunteers. The theme was “Yee-Haw for our Volunteers.”

A western theme was used for the event and the first grad-

ers from Stephen Argyle School entertained the group with a square dance routine. The students were directed by Renee Jensen; they did a great job, and the entertainment was enjoyed by everyone.

Marshall County Staff and County Commissioner, LeRoy Vonasek, thanked the volunteers for the time and dedication they have given this past year,

in making services such as the Visiting Friend Program, Little Brother/Little Sister Program, Volunteer Driving Program and the Christmas Food Basket and Sharing Tree Projects possible. It was stressed that because of volunteers, these programs are possible, and because of their caring and dedication so many in the county receive the help they need. The

volunteers at Marshall County Social Services have helped many people throughout the county over the year, their time and compassion to help others is greatly appreciated. If you would like to learn how you can make a difference by volunteering, contact Stacey Urbaniak at Marshall County Social Services 218-745-5124.



Front, L-R: Dale Cole, Beverly Fulks, Vance Lefrooth, Adrienne Lefrooth, Ellen Strickler, Mona Rae Fagerstrom, Helen Gruhot, Yvonne Kroll and Sylvia Cole. Back, L-R: Karen Michalski, Theresa Nelson, Gertrude Praska, Joni Ranstrom, Marlene Omdahl-Horgen, Marshall Fulks, Donald Capistran, Darlene Gruhot, Rita Chwialkowski, Lois Pagnac, Doris Nelson, Arlyne Cote, Larry Nelson, Virginia Field, County Commissioner LeRoy Vonasek, Tim Kiviaho and Carl Kroll.



The first graders from Stephen Argyle Central entertained the group at the Volunteer Appreciation by performing a square dance routine. The group was directed by music teacher Renee Jensen.



Grygla 3rd and 4th graders have been pen-pals with residents from the Thief River Care Center. They write back and forth throughout the year, and last Tuesday, April 18th, they went to visit them face-to-face! Students got to play bingo with their pen-pals, as well as visit with them and see where they live. 4th grade teacher, Abby Sundberg, says, “I enjoy doing the pen-pal project with my students because it is so much fun to see how much the residents inspire the students, as well as how much the students inspire the residents. The kids just wait for their pen-pals to respond to their letters, and love hearing about how life was when they were younger and learning about their pen-pals. It’s equally as fulfilling to see the faces of the residents light up when we get off the bus at the Care Center.”

Senior trip to Jasper Theater

The Senior Citizens are planning a trip to Jasper’s Theater in Park Rapids on July 20th. If you would like to go, please let Thelma know by May 18th at 294-6386. Jasper’s Theater is air conditioned and

offers comfortable cushioned seating for 380 guests. They have an all new show in 2017 that features music, magic and comedy, celebrating 13 years of fun family entertainment!

WHAT A JOKE

What do you call an over-weight psychic? A four chin teller. What do you call a man who never toots in public? A private tutor. My friend and I often laugh about how competitive we are. But I laugh more.

What do you call a person who has no body or no nose? Nobody knows. What do you call a fly without wings? A walk. Why do math books look so sad? Because they have so many problems inside.

A HIPPIE’S HEALTH

Written by Tara Waltman The new hippy thing to do is take a bath with Epsom salts. Why you ask? Epsom salts are high in magnesium. A lot of us know about the importance of iron and calcium for our bodies, but what about magnesium? It is the second most abundant element in human cells and the fourth most important positively charged ion in the body. It helps the body regulate over 325 enzymes and plays an important role in organizing many bodily functions, like muscle control, electrical impulses, energy production and the elimination of harmful toxins (found on Care2healthy living website).

I have also read to use Epsom salts and baking soda and your favorite essential oil, after you fly to pull out toxins in your body from going through xrays and such. I have seen some recipes for a bath detox that includes apple cider vinegar in with the Epsom salts and baking soda. You can google and find some recipes. The hot water in the bath helps to release toxins because when we are hot and sweat we release toxins. So many of us maybe don’t like to get sweaty but this is actually very important for us! Get sweaty, it releases toxins from our bodies! There are so many natural ways to get toxins out of our bodies and one way you don’t have to pay anything you just have to sweat! It is quite

amazing what our bodies can do! It’s also important to drink plenty of water before detoxing. So, what I do is use about 1/2 cup to a cup of Epsom salts and then add about 4 drops of lavender. I have made bigger batches like 5 pounds of Epsom salts and then used about 20-30 drops of young living lavender essential oil. Putting this in your bath leads to a relaxing experience. You may also just use one of your favorite essential oils.

Remember take time for yourself. Take time to relax and do pleasant things for yourself like an Epsom bath or meditating while drinking one of your favorite beverages. We deserve to take care of ourselves. To do things that help us relax and bring us joy. This is very important for emotional and mental health.

If anyone has any ideas or topics they would like to read about in the column please feel free to email me at tseverts@gmail.com.

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and wellness for people. She is also a Young Living Essential Oils consultant. She is the daughter of Darell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.



Word of the Week

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

Mensch \ˈmɛnʃ\ noun

1. Informal. a decent, upright, mature and responsible person.



Kian Ahlbeck, Grygla 4th grader, is a pen-pal to Sammy Hermanson, formerly of Goodridge. Sammy lives at the Thief River Care Center and has been writing letters back and forth to Kian and also to Raymond Moe, Grygla 3rd grader. The boys enjoy writing back and forth with him! Wednesday, April 26, 2017

NCTC and VIP partner to increase awareness and prevention of sexual assault

(Submitted by request) To support Sexual Assault Awareness month, occurring in April, and increase awareness of services and safe policies for students and their parents, Northland Community and Technical College and Violence Intervention Project provided two viewings of The Hunting Ground at the college, on March 30. Both organizations recognize the importance of awareness in preventing sexual assault and the need to support victims when it occurs. The numbers are staggering when looking at the nationwide statistics. One in five women and one in sixteen men in college are sexually assaulted, yet only a fraction of these crimes are reported, and even fewer result in punishment for the perpetrators.

The Hunting Ground documentary follows undergraduate rape survivors pursuing both their education and justice to create awareness of an endemic system of institutional cover-ups, rationalizations, victim-blaming, and denial that creates an unsafe environment and devastating effects on survivors and their families. Two student survivors take matters into their own hands researching and networking to find a staggering number of sexual assault victims in colleges across the nation. They work diligently to find a way to legally challenge policy and legislation, to ensure justice for victims and survivors and safer college campuses. The full version of The Hunting Ground may be viewed on Netflix.

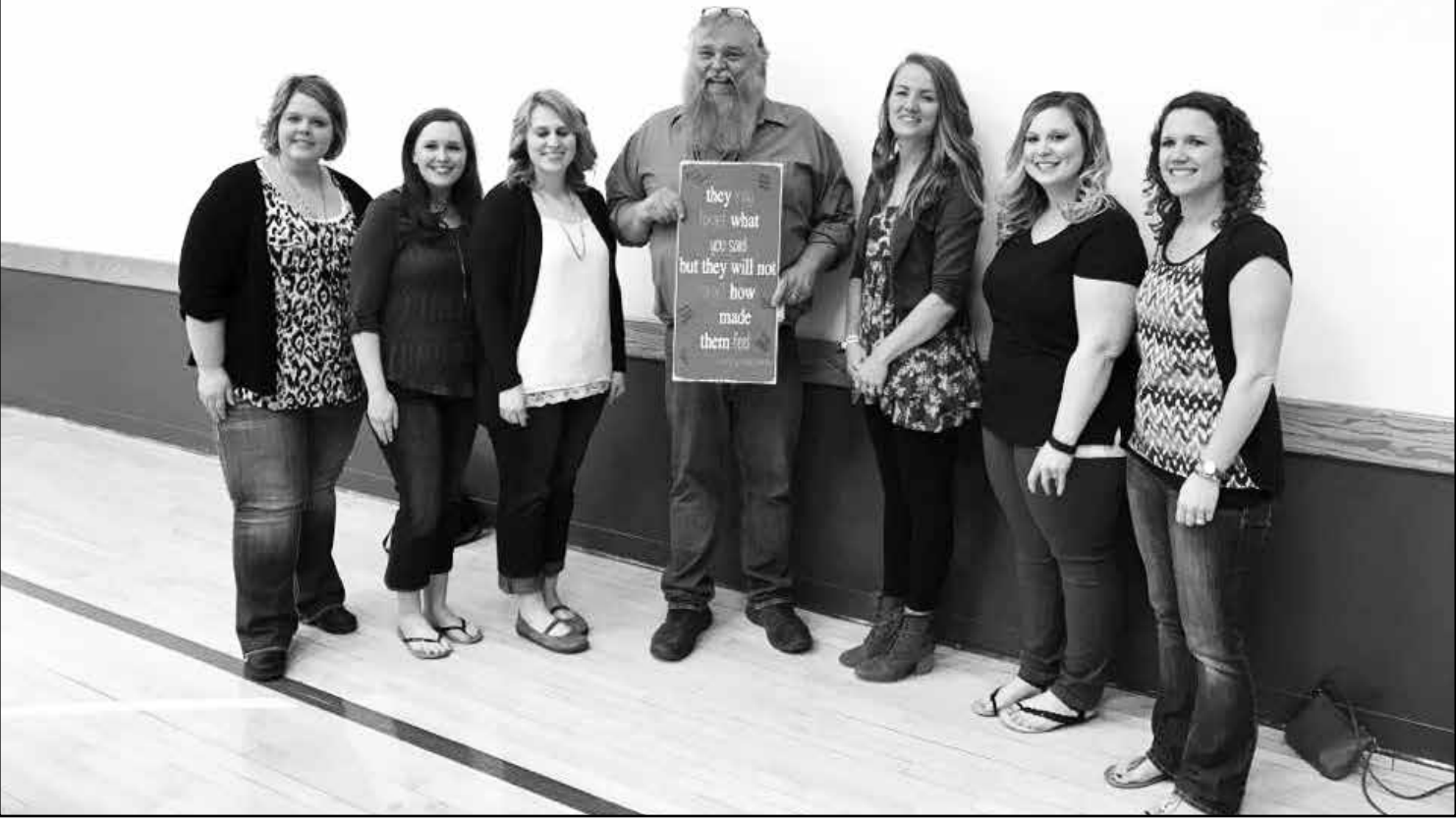
After the screening, Kelly Taggart, VIP advocate and Kelsy Blowers, Counselor at Northland Community and Technical College presented information about available support services. Taggart said that VIP advocates are available 24/7 and are there to support victims at the hospital if they choose to do a sexual assault kit to collect evidence if needed. She further explained

that even if a victim chooses to do a sexual assault kit, they could still decide not to bring charges. The kit will be saved by the appropriate agency for a specific amount of time in case the victim chooses to bring charges at a later time. Steve Moeller, Assistant County Attorney was also in attendance and answered questions about the process if someone did want to report a crime of sexual violence. He explained that the statute of limitations doesn't apply until the crime is officially reported to law enforcement. There is no time limit to report to law enforcement. And added that his office is there as a resource to help victims bring criminal charges if that is their choice. Sandi Bentley, Executive Director of VIP, further explained and stressed the importance that VIP advocates are trained and have confidential privileges, which means that whatever is discussed with a VIP Advocate is confidential and private. She added, "We are here to support victims of sexual and domestic violence. Even if someone doesn't want to report a crime for their own reasons, they can come to us to talk or get information on community resources, support and choices for moving forward." Several laws have recently been enacted to create safer campus environments and to help ensure justice for victims of sexual assault, including Title IX that ensures gender equality and equal treatment; Clery Act, a federal law enforced by the U.S. Department of Education that requires colleges and universities that receive financial aid in the U.S. to disclose information about campus crime; the Campus Sexual Violence Elimination (SaVE) Act was signed into law as part of the Violence Against Women Act (VAWA) Reauthorization. The SaVE Act is an amendment to the Clery Act and requires that all institutions of higher learning must educate students, faculty, and

staff on the prevention of rape, acquaintance rape, domestic violence, dating violence, sexual assault, and stalking. This legislation increases standards of campus response, disciplinary proceedings, and prevention education. Sexual violence affects communities and society, in addition to survivors and their loved ones. Schools, workplaces, neighborhoods, campuses, and cultural or religious communities may feel fear, anger, or disbelief if a sexual assault happens in their community. Additionally, there are financial costs to communities. These costs include medical services, criminal justice expenses, crisis and mental health service fees, and the lost contributions of individuals affected by sexual violence. Studies find sexual assault and the related trauma response can disrupt survivors' employment in several ways, including time off, diminished performance, job loss, and inability to work. It is estimated that women in the U.S. lose about 8 million days of paid work because of violence perpetuated against them by an intimate partner (National Center for Injury Prevention and Control, 2003). As individuals, all of us have a role to play in creating safe environments. We can all intervene to stop problematic and disrespectful behavior;

promote and model healthy attitudes, behaviors, and relationships and believe survivors and assist them in finding resources. Employers, schools, and community settings can create proactive policies to promote a safer environment. For example: conduct trainings on how staff can contribute to positive workplace norms through bystander intervention and display prevention messages and promote community resources at your school or business. Violence Intervention Project may assist workplaces in accomplishing these objectives.

Violence Intervention Project in Thief River Falls serves 5 counties (Red Lake, Pennington, Marshall, Kittson and Roseau Counties) and provides support to victims of domestic and sexual assault. Their service is free and confidential. They also offer education materials and presentations to promote safe behaviors and safer environments. Victims of domestic or sexual violence, who reside in Minnesota, or anywhere in the United States, have access to the VIP's crisis line at 1-800-666-6667. Further, shelter may be provided to victims coming from any location, and victims may access advocacy services at VIP's office in Thief River Falls on a 24/7 basis.



In conjunction with this year's play, there was also a 15 year reunion of the "Hollywood Hillbillies" which was director Eric Mickelson's first performance at the Goodridge School. Cast members of the play were recognized and admitted for free. Members of that first play attended and showed their support to Mr. Mick and presented him with a gift. Front L-R: Mindy (Kotrba) Dunrud, Alisha (Downs) Walseth, Andrea (Marquis) Halvorson, Mr. Mick, Rozlynn (Haugen) Johnsrud, Katie Jo (Johnson) Marquis and Kelsey (Johnsrud) Dondelinger.



The Grygla 4th grade class has been participating in the University of Minnesota Extension Health & Nutrition Program taught by Kristina Kaml. Kristina visits the 4th and 5th grade classes once every two weeks. She challenged the 4th graders to make a chain of their fruits/vegetables eaten at home in the evenings for two weeks. Each student made their own individual chains and the class was encouraged to keep up! At the end of the two weeks, Mrs. Sundberg put the chains together to see how long it was. "This was a great activity because I feel like it really encouraged the kids to eat better and to choose healthier snacks," she said. Placing 1st in the challenge was Kinsley Oslund. Anna Sundberg placed 2nd.

A Note from Principal Lunsetter's Desk

"It is not knowledge, but the act of learning, not possession but the act of getting there, which grants the greatest enjoyment." ~ Carl Friedrich Gauss

Goal setting is great. I've often felt that without a goal to work towards we're simply treading water. The goal, however, should not be the main focus. All of the steps in the process are what we should be focusing on, because if any of those steps are missed, then the goal falls apart. When we are able to narrow our focus, and think about what is happening right now, at this minute, and continue to do that throughout the process, then as a by-product, the goal is achieved. Life works a lot in the same way. We set priorities, we plan trips and we save to buy a new house or a new car. Those are all good things, but they should never be the main goal. When we focus on the shiny ring, or the new car, we often forget about the journey. We miss the special moments, and our relationships with friends and family are never as strong as they should be. Make an effort to slow down and enjoy the journey. Focus on right now and enjoy the time you have with the people you love. Make that your priority: focus on the process, not the product, and you'll always be successful!

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The Goodridge High School Drama Department performed "The Wonderful Wizard of Oz" last Thursday and Friday. Pictured here is Ashlyn Henrickson as Dorothy and Tanner Wellman as the Scarecrow.