



				
Today	Thurs	Fri	Sat	Sun
Mostly Sunny	Mostly Cloudy	Mostly Cloudy	Mostly Cloudy	Partly Cloudy
H 67 L 46	H 66 L 49	H 69 L 49	H 67 L 48	H 68 L 48



A look at next week... Marshall County Sheriff's Department to be featured as the first "business spotlight" - a new summer series in the Eagle!

Congratulations, Graduates!



A big "congratulations" goes out to the Goodridge and Grygla Graduates! Best of luck in your future endeavors! (See the back page for more graduation photos.) Goodridge Graduation was held last Saturday, May 20th; Grygla held their ceremony on Sunday, May 21st.

Correction

There will be an open house in honor of Otto Hagen's 100th birthday this Saturday, May 27th. However, the address has changed. What was previously scheduled at Connie Hagen's home has been moved to the Rocky Hagen residence at 72266 Marshall 54 NW (8 1/2 miles north of Grygla). The open house is from 2-5pm.

School's out for summer

It's the last week of school in Grygla and Goodridge. The Grygla Eagle wishes you all a sunny, smiley and safe summer! Goodridge School dismisses at 12:30pm this Thursday. Grygla School dismisses at 11am this Friday.

The Grygla Eagle

will be **CLOSED** on **Monday, May 29, 2017** in observance of **MEMORIAL DAY**

One day late

The Grygla Eagle Newspaper will be delivered one day late next week due to the Memorial Day holiday.

"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me."

-Lee Greenwood

GRYGLA CENTENNIAL SNEAK PEEK



REMEMBERING THE PAST
CELEBRATING THE PRESENT
EMBRACING THE FUTURE

AUGUST 25-27, 2017

All-School Reunion



Friday, August 25th, 5-7:30pm

The school will be open on Friday night from 5-7:30pm. Alumni are invited to stop by the open house and take a self-guided tour of the school. A slide show will be set up and continuously played for your viewing pleasure, and will include photos from past-present day.

Reminder: Alumni are encouraged to enter a class float in Saturday's parade.

STAY UP TO DATE BY LIKING THE "GRYGLA CENTENNIAL 2017" PAGE ON FACEBOOK!

Another sneak peek to come next week!



Grygla City Council approves April minutes

The May meeting of the City Council was held at the Grygla Civic Building on Monday, May 8th. Council members approved the April 10th 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

April 10th minutes

The meeting was called to order, at 7pm by Mayor Mosher with the following council members present: Gavin Nordby, Lindsay Oslund, and Robert Thompson. Absent: Dave Dunrud. Also present were Lyle Nelson, Mike Strodman from MN Rural Water Assoc, Devin Ruud, Rocky Hagen and Rose Aune.

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

WELLHEAD PROTECTION PLAN

Mike Strodman was present to go over the Wellhead Protection Plan part 1 with the council.

oil and Lyle Nelson for Valley Township.

BUILDING VARIANCE

Devin Ruud was present to ask for a variance on being able to add on to his house at 122 W State St. He said if he were to be only able to add on up to the current required setback line he would still be building back further than other houses and garages on that street. It was approved to give Ruud a variance to go less than the 30' required setback to add onto his house.

STREET REPAIRS

Northwest Asphalt to start filling the cracks and finish the project later this spring.

WATERTOWER

Shawn from KLM Engineering said he will try to get a crew up here to check the water tower in May.

VEHICLE USE

REIMBURSEMENT Council approved to pay for vehicle use reimbursement when city pickup is in for repairs (\$150/mo and prorated out.)

FINISHING MOWER

Rocky will look into a finishing mower for the NH tractor.

Need to check on government bids.

COMMUNITY CENTER

Looking into getting the south side resided or painted. Need to get the carpet off the stage, possibly before Jason Moe's benefit.

PLAYGROUND EQUIPMENT

Haven't heard back on grant. Looking into fixing posts on the fence around tennis court. Also checking on prices for resurfacing the tennis court.

CAMP SITE

ADDITIONAL HOOKUPS There is nothing new to report at this time.

AIRPORT

ELECTRICAL HOOKUPS There is nothing new to report at this time.

RADAR SPEED LIMIT SIGNS

Thompson sent for a current quote on the signs and hasn't heard back.

FF ELECTRIC POLE

There is nothing new to report at this time.

REVOLVING LOANS

Waiting to hear back from Jeff Burgess.

LAND LEASE

AGREEMENT

Bids will be opened at the May 8th meeting for the land lease agreement that Rick Neushwander currently is leasing on the west side of town. Will be advertised as: anyone that turns in a sealed bid before the meeting is able to raise the bid in person at the May 8th council meeting.

SPRING CLEANUP WEEK

Spring cleanup week is set for May 15-19.

RABIES CLINIC

The rabies clinic is set for May 25th, 5:30-7:30 pm at the City Garage.

AFTER HOURS WATER HOOK-UP

Council approval to charge \$100 if someone needs water hooked up after hours in the evenings or on weekends.

MARSHALL COUNTY FAIR

It was approved to give a donation of \$500 to the Marshall County Fair for the new Grandstand.

EXTRA MEETINGS

Mosher had a meeting in Newfolden and Oslund had and NWRD meeting in Warren.

Grygla Library to host numerous entertainment acts this summer



The Grygla Library is gearing up to start its summer reading program soon, but things are going to work a bit different this year. Take away the reading logs, add in more prizes and numerous entertainment acts and you've got yourself a fun time at the local library!

The theme for this year's summer reading program is "Reading by Design." The event kicks off on Wednesday, June 7th, featuring Sean Emery; a funny guy who juggles stuff!

The show starts at 4pm and you're invited to attend! Every kid who is in attendance that Wednesday, and signs up for the reading program, will receive a goody bag and t-shirt. The program is open to youth and teen readers through age 17.

How does the summer reading program work? Easy. Each participant is asked to come into the library on Wednesdays from 2-6pm. You won't be asked to complete a reading

log, but you will sign a poster that says you will commit some time to books this summer. Every week that you visit the library and check out books, you will be rewarded with a small prize! At the time of checkout, your name will also go into a weekly drawing to win (2) movie passes, courtesy of Falls Cinema in Thief River Falls.

The program will run for 8 weeks, beginning June 7 and ending on July 26th. At the end of the 8 weeks, participants' names will be entered into the grand prize drawing, which is a Kindle, courtesy of Northwest Regional Library. All you have to do is visit your local library & check out items to get your name entered.

The grand prize drawing will be held Wednesday, July 26th, which is the same day "Robert the Magician" will be performing out on the side lawn at 4pm.

Cool prizes, good books and lots of entertainment at the Grygla Library are sure to add some fun to your summer.

Entertainment acts scheduled at the library this summer include:

Sean Emery, "funny guys who juggles stuff" - Wednesday, June 7th, 4pm

Robert the Magician - Wednesday, July 26th, 4pm

Jared Sherlock, "Illusionist & Comic Magician" - Thursday, August 3rd, 4pm

Wild Things Zoo Attraction - coming in August

The Grygla Library is open every Wednesday from 2-6pm. Call 218-294-6612 for more information.



CHURCH CALENDARS

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

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

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

THE CATHOLIC

U.S.P.S. No. 002330
Grygla Eagle
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Karl Sundberg - EDITOR
Phone 294-6220

SUBSCRIPTION RATES
\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$30 per year outside of the area

PUBLISHER'S LIABILITY FOR ERROR:
The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.
The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

COMMUNITIES OF St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship w/ 9am SS

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
Oak Park: 9:45am Worship
Nazareth: 11am Worship

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

Local students named to NDSU Dean's List

Area students were among the 3,808 North Dakota State University students to be placed on the Spring 2017 Dean's List.
A student must earn a 3.50 grade point average or higher and be enrolled in at least 12 class credits to qualify for the spring list.
The dean's list also can be found at www.ndsu.edu/register.
Daniel Polansky, Gatzke, Electrical Engineering
Alan Prestebak, Goodridge, Crop and Weed Sciences

Community Calendar

Wed | May 24
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Bill Jamerson to perform a "Tribute to Lumberjacks" musical at the Grygla Community Center 1pm; Grygla Library open 2-6pm

Thurs | May 25
Senior High Track Sub-Section Track Meet in Roseau; Rabies Clinic at Grygla City Garage 5:30-7:30pm; Grygla Preschool Graduation 6pm

Fri | May 26
Senior Meals at Grain Bin Café 11am

Sat | May 27
Otto Hagen's 100th birthday celebration at the home of Rocky Hagen 2-5pm

Sun | May 28

Mon | May 29
Memorial Day; Senior Meals at Grain Bin Café 11am

Chargers youth baseball to soon begin

The chargers youth baseball program will soon begin for the season. Below is the June schedule.
Monday, June 5: Baseball practice in Grygla from 10-12pm. Tball in Grygla 9-10am.
Tuesday, June 6: Baseball practice in Grygla from 10-12pm. Tball in Grygla 9-10am.
Wednesday, June 7: Baseball practice in Goodridge from 10-12pm.
Monday, June 12: Baseball practice in Goodridge from 10-12pm. Tball in Goodridge 9-10am.
Wednesday, June 14: Baseball game vs. Karlstad in Goodridge 9am. Tball in Goodridge 9-10am.
Friday, June 16: Baseball game in Newfolden at 9am. Bus leaves Grygla at 7:30am.
Monday, June 19: Baseball game vs. Hallock in Grygla 9am. Tball in Grygla 9-10am.
Wednesday, June 21: Baseball game vs. Argyle in Goodridge 9am. Tball in Goodridge 9-10am.
Friday, June 23: Baseball game in Warren at 9am. Bus leaves Grygla at 7:30am.
Monday, June 26: Baseball game in Middle River at 9am. Bus leaves Grygla at 8am.

JOHNSON FUNERAL SERVICE, INC.
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Grygla area residents receive capital credits from Garden Valley

Over 20,200 checks, totaling more than \$502,000, were issued on May 18 to Garden Valley Telephone Company members who had service with the cooperative in 2000 and/or 2016, including over \$26,000 for members with Grygla, Gatzke and Goodridge addresses. More than \$12.6-million of capital credits have been authorized by the board of directors for payment to Garden Valley members over the last ten years. Article VII of the co-

operative's By-Laws provides that capital credited to members may be retired and paid if the financial condition of the cooperative will not be impaired. Garden Valley's 112th annual membership meeting will be held in the auditorium of the Win-E-Mac Public School near Erskine on Tuesday, June 6, beginning at 10:30am. Registration starts at 8:30am and "The WoodPicks" will entertain during registration.

Teacher/Educator Position Open
Northwest Community Action Early Head Start has a Teacher/Educator position open in Lake of the Woods County. Northwest Early Head Start provides home-based services to children from birth through age three and their families. The program also includes prenatal services. Qualifications include a Bachelor's Degree in Early Childhood Education with focus/experience with infants and toddlers and their families. Applicants with a degree in related fields such as education, health, or family services will be considered. The position is a full-time position with benefits.
To apply or for more information, contact Mark Carlson, Northwest Head Start, 312 North Main Street, PO Box 67, Badger, MN 56714, 218-528-3227 or 800-568-5319 or mcarlson@nwcaa.org. Position open until filled. We are an Equal Opportunity Employer.

Make a Difference for ALS Walk/Run July 15

The ALS Walk/Run team would like you to save the date July 15, 2017, for this year's walk/run for ALS (Lou Gehrig's disease). You can help make a difference for a family with an individual diagnosed with ALS and for research. The event will take place on the Roseau High School track and the streets/walking paths of Roseau.
This year's event is in honor of Larry Rislov and in memory of everyone that has passed away from ALS. Come support Larry and all those who have passed away from this horrible disease that has no cure. One day, we hope our fundraising efforts will lead to a cure and give "hope" to those afflicted with this disease.
How can you help?
1. Sign up to walk/run one of the events on July 15: 5k, 10k or the 1-mile fun walk/run.
2. Raise funds and come join us on July 15, as a walker/run-

ner or spectator and you could win an awesome prize. Right now we have 10 prizes: \$500, \$150, \$100 gift certificates, Milwaukee Tools, Garmin Watch, 40" TV, a Drone and a Gizmo.
3. Ask your friends, family, co-workers to support you, have a rummage sale, lemonade stand, car wash, bake sale or other fundraising event.
4. Become a sponsor of the event by making a monetary donation or donating a prize or door prize.
5. Become a volunteer and help at the event, call Jane at 218-469-3053 and leave a voice mail message.
6. Be a spectator and encourage the walkers and runners on the course or at the start/finish line.
You can register on-line at <http://www.tempotickets.com/RoseauALS2017>, pick up a registration blank at a local store or email Evansjaneec@gmail.com.

No elk hunt for Grygla area this year



(May 17, 2017 by MN DNR Reports)
Hunters have through Friday, June 16, to apply for one of 13 elk licenses offered this year by the Minnesota Department of Natural Resources.
Licenses will be available for two concurrent elk seasons in Kittson County's central (zone 20) and northeast (zone 30) zones. The Grygla area elk zone will not be open to hunting in 2017 because that area's elk population is below the population goal level outlined in the elk management plan.
The first 2017 elk season runs from Saturday, Sept. 9, to Sunday, Sept. 17, in both

open elk hunt zones. Three bulls-only licenses and one antlerless-only elk license will be available in the Kittson County central zone (zone 20) and two bulls-only licenses will be available in the Kittson County northeast zone (zone 30).
The second 2017 elk season runs from Saturday, Oct. 7, to Sunday, Oct. 15. Three bulls-only licenses and one antlerless-only elk license will be available in the Kittson County central zone (zone 20) and three bulls-only licenses will be available in the Kittson County northeast zone (zone 30) for the second season.
Hunters may apply indi-

There will be a
RABIES CLINIC
held at the
Grygla City Garage on
Thurs., May 25th
from 5:30-7:30

WANTED
Tire truck operator. Also, help in shop. Full time. Benefits included ... vacation, 401K and health insurance. Call or stop in office for an application.
Farmers Union Oil Co.
Grygla, MN
Phone: 294-6117

Centennial cookbooks are here

The Grygla Centennial cookbooks have arrived! They can be picked up at American State Bank in Grygla.
About 200 extra were ordered if anyone is interested in purchasing one; they are \$20/each and contain hundreds of recipes from past and present Grygla residents. These make for a great keepsake or gift!

Position Available
Northwest Community Action Head Start is looking for a full time Head Start teacher for our Badger classroom. This position will teach Head Start children ages 3-5 in our center in the Badger School 3 days/week. Additional time is utilized for prep, training and homevisits.
Qualifications include a Bachelor's degree and licensure in Early Childhood. Applicants with a related Bachelor's degree and/or teaching license may be considered. This position is a full-time, school year, permanent position.
To apply or for more information, contact Mark Carlson, Northwest Head Start, 312 N. Main St., Box 67, Badger, MN 56714, 218-528-3227 or email at mcarlson@nwcaa.org. Position open until filled. We are an Equal Opportunity employer.

BELTRAMI COUNTY/MARSHALL COUNTY NOTICE OF PUBLIC HEARING
Notice is hereby given that the Beltrami and Marshall Counties Joint Ditch Authority for Judicial Ditch 11 and its branches will hold a public hearing to make findings on the consideration of abandonment of the following ditch segments:
A portion of Branch 97 constructed between section 7 of Benville Township and Section 12 of Valley Township. Beginning at a point located at the SE corner of Section 12, Township 156 N, Range 39 W and extending approximately 1/2 mile north to its termination near the NE Corner of the SE 1/4 of Section 12.
The public hearing will be held to take public comment related to the consideration of abandonment of ditch segments as described above. The hearing will be held on June 7th, 2017 at 9:30 am at the Grain Bin Café meeting room located at 119 E. State Street Grygla, MN 56727.

JOHNSON FUNERAL SERVICE, INC.
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Memorial Day
We celebrate this important holiday each year the last Monday in May. It's a day to give thanks, to pay tribute, and to remember those servicemen and women who made the ultimate sacrifice and gave their lives to protect our country.
"And now I'm proud to be an American where at least I know I'm free. And I won't forget the men who died, who gave that right to me."
-Lee Greenwood
In two locations
BANKING On A First Name Basis
FDIC
ASB AMERICAN STATE BANK
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328
www.asbgrygla.com



Track & Field Day was held last week for Grygla Elementary students. Pictured above is Jeff Lund, Garden Valley employee, helping out at the event. GV has developed a new program where they allow their employees 12 hours of volunteer work per year within their community!



Wednesday, May 24, 2017



Last Thursday, May 18th, there was a Senior High Track meet in Ada. Trystan Jelle, Karlee Johnson, Mercedes Coan and Liberty Johnson broke the 4x200 record with a time of 2:02! Liberty also tied the 100m record of 13.67, pictured right!



Left: Anthony Loken throwing Discus at the Ada track meet last week. Right: Jaden Kiesow in the Triple Jump.

Northwest Minnesota Art Exhibit winners announced, include local GG students

The Northwest Minnesota Arts Council is excited to announce the Northwest Minnesota Art Exhibit Winners. Student and adult artists residing in a seven-county region including Kittson, Marshall, Norman, Polk, Pennington, Roseau and Red Lake recently entered into the Northwest Minnesota Art Exhibit and competed for \$2,300.00 in cash awards. The winners were recognized at the Northwest Minnesota Artist Reception in Halstad, Minnesota recently.

Exhibit cash award winners were chosen while the exhibit was on display at Norman County West High School in Halstad from April 20 to 30 by qualified juror and area artist Jessica Pribula. "It was a great pleasure to view the artwork and to see so much diversity in both adult and student categories. We are incredibly lucky to have so many talented artists with such a wide range of interests working in this region," Pribula said.

Exhibit Awards include:

Adult Winners

1st Place \$500 Rick Jensen of Crookston for a wood carving

2nd Place \$300 Susan Neufeld of Beltrami for a watercolor

3rd Place \$200 LaVonne Forsberg of Thief River Falls for a watercolor

Merit \$100 Lucille Nelson of

Argyle for a drawing

Merit \$100 Jan Osborn of Thief River Falls for a pastel drawing

Merit \$100 Jodi Peterson of Halstad for a glass mixed media

Merit \$100 Irene Bertils of Crookston for an oil pastel

Merit \$100 Elijah Neufeld of Beltrami for a mixed media painting

People's Choice \$100 Dale Mackowick of Fertile for a painting

Student Winners

1st Place \$300 Jessica Ross of Fisher for a drawing

2nd Place \$150 Teagan Carlstrom of Crookston for a drawing

3rd Place \$100 Olivia Tykward of Grygla for printmaking

Merit \$50 Michelle Cuno of Crookston for a textile

Merit \$50 Jordan Nelson of Goodridge for printmaking

Merit \$50 Taylor Wynn-Skalet of Halstad for sculpture

Merit \$50 Svetlana Stoen of Ada for a mosaic

Merit \$50 Josiah Dyrud of Thief River Falls for a painting

People's Choice \$50 Teagan Carlstrom of Crookston

A dozen exhibit pieces of art were chosen to be included in the Traveling Art Exhibit, which will travel from May until November to area libraries. Watch for it to arrive in your community.



The National Honor Society Banquet was held last week on Tuesday, May 16th. Alaina Monson provided the entertainment, singing "Bubbly" by Colbie Caillat, accompanied by Gene Lunsetter. NHS Advisors are Jamie Lunsetter and Beth Kucera. Drew Kiono will be taking over for Kucera next year.

Word of the Week

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

Sophistry

noun

1. a subtle, tricky, superficially plausible, but generally fallacious method of reasoning.

\sof-uh-stree\



Brooke Limesand with her dad at the NHS banquet.



Cheyenne Irlbeck with her family at the NHS banquet.

DO IT YOURSELF

Worm Farm

Younger kids love to play with worms. Now you can turn their curiosity into a science project with just a few items from your house and garden! Here are a few things you'll need:

Clear, empty glass vase (or clear 2-liter pop bottle)

Clear, plastic water bottle

Sand

Dirt

Layer the sand and dirt between the water bottle and the vase. Optional: Use an old tutu or some kind of netting/tulle and rubber band to make the top for your worm farm. Of course, worms are used to darkness so you can cover the container with a piece of black construction paper, making sure it's loose enough to slide right off when you want to view your little worm friends!

You can also layer in grass clippings and/or kitchen compost (apple peelings, etc.) if you wish!

If you are lucky enough to have worms in your yard, help your child dig a few worms for his or her worm farm! (5-10 worms) If you can't find any, go to your nearest bait shop and buy a small package of night crawlers.

This is also a great time to check out some books about worms or talk to your kids about how a worm's job is to eat waste and mix it into our soil to fertilize it!



SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

This taco salad recipe was actually featured last summer by Intern Carlye! It's the perfect side dish for burgers/brats on the grill or compliments ANY meat on the grill, for that matter. It's definitely worth sharing again. Enjoy!

Ingredients

1 lb ground beef

½ c ketchup

1 tsp oregano

1 tsp chili powder

½ tsp salt

¼ tsp pepper

1 head lettuce

2 medium tomatoes, diced

1 c shredded Mexican blend cheese

1 can sliced ripe olives,

drained

½ c mayo

¼ c taco sauce

1 pkg corn chips

Directions

Brown your ground beef and drain. Stir in ketchup, oregano, chili powder, salt and pepper. Reduce heat and simmer for 10 minutes. (Let cool in refrigerator.)

Once meat mixture is cool, take a large bowl and combine your washed/torn lettuce, tomatoes, cheese, olives and meat mixture. Combine mayo and taco sauce, pour over salad and toss to coat. Sprinkle with corn chips or stir the corn chips in – however you'd prefer. Serve immediately.

A HIPPIE'S HEALTH

Written by Tara Waltman

You know what I think is important? To try something new, fun and to step out of our comfort zone. So a couple weeks ago, we (my spouse and I) decided to go out on a limb and learn how to make kombucha! This is much easier to do than it sounds and what I thought it would be. You only need a few ingredients!

You need black tea, sugar (I personally use organic unrefined sugar) and a SCOBY! Not to be confused with Scuba. SCOBY is symbiotic culture of bacteria and yeast. This is what makes kombucha good for your gut. It's good bacteria, kind of like what you would find in yogurt or kefir. The SCOBY is what turns the tea into a fizzy, fermented drink. You know what the SCOBY needs to survive, sugar! That's what you feed it! The yeast in the SCOBY consumes the sugar as fuel. The longer you brew it, the less sugar is in it.

So why drink kombucha? The most common benefits include better digestion, increased energy and a clearer mind. Now who doesn't need that? So in a nutshell, kombucha is fermented tea that is

good for your gut! I drink it almost daily.

Just so you know, though, kombucha has a small percentage of alcohol, like .5% if you brew it at home due to the naturally occurring sugars reactivating the yeast.

So where do you get a SCOBY? We got ours at the class we were at. So you may have to attend a class or ask around to get your own SCOBY. They can multiply quickly! It's so fun and so good for you!

Kombucha recipe

1/4 cup sugar

Tea (black or green) 1-2 tea bags per quart or 3-4 tea bags per 2 quart jar

1 SCOBY

1/2 cup starter (this finished kombucha, what your SCOBY would come in)

Water (not chlorinated public water) filtered or distilled water

You put the water from your tea in the jar and fill up the rest of it with the water. You can flavor your kombucha with fruits, herbs or other spices or drink it plain.

This hippie needs to make and flavor her kombucha today!





Ashlyn Henrickson, left, and Kristin Farris, Valedictorian, right.

Goodridge High School Commencement Saturday, May 20th



Tommy Quam and his mother, Donna Quam, present the Jacob Quam Successful Youth Education Scholarship to Brooke Anderson, in the amount of \$1000, and Cameron Naeseth, in the amount of \$500. Tommy's son, Jacob, was killed in a car accident on April 13th, 2017, at the age of 16. As past Goodridge community members, Jacob's family wanted his memory to live on by paying forward scholarship dollars to two Goodridge High School graduates. Recipient, Brooke Anderson, daughter of Brent and Stacy, is pictured below.



Alexis Kiesow and Alec Kiesow proceed to the stage.



An emotional flower presentation between Cameron Naeseth and his mother, Denise.



Karlee Johnson gives her mom, Jennifer Sargent, a hug!

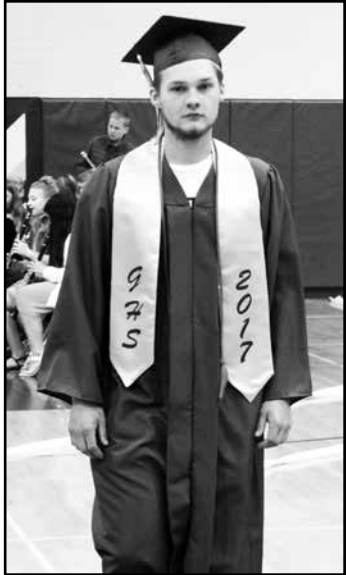


Goodridge-Grygla Superintendent, Galen Clow, presents Jeremy Wiskow, Salutatorian, with his diploma. Wiskow also gave the Graduation Address at the ceremony.

Honor guards at Saturday's Commencement program were Dylan Manderud, Ben Groven, Blake Nerhus and Jordan Skibicki.



Kameron Dahl and Ashley Moe walk up to the Grygla High School Band playing "Pomp & Circumstance."



Tanner Anderson, left, walks up to the stage last Sunday. Kaitlyn Olson, right, during the Presentation of Scholarships.



Kristy Satre gives her daughter, Alison, a hug!

Grygla High School Commencement Sunday, May 21st



The nine graduates from Grygla High School Class of 2017 include, front row, L-R: Alison Satre, Katrina Smith, Ashley Moe and Kaitlyn Olson. Back row, L-R: Kameron Dahl, Layne Hlucny, Ryce Skime, Tanner Anderson and Michael Jelen.

The seniors sang "You're Gonna Miss This" for their musical selection, accompanied by Mr. Gene Lunsetter.



Ryce Skime in the receiving line after the ceremony.



Michael Jelen with Senior Class Advisor, Brady Olson.