



 Today Scatt Showers H 77 L 55	 Thurs Mostly Cloudy H 72 L 52	 Fri Sunny H 77 L 55	 Sat Partly Cloudy H 82 L 62	 Sun Scatt Tstorms H 77 L 55
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Wednesday, June 7, 2017

NOW ONLINE www.tricocanary.com

Vol. 43 Number 49

A look at next week... Chix from the Stix attend annual Relay For Life event

'Yard of the Week' is back for the summer

This season we are switching things up a bit by featuring TWO yards! One with a Goodridge address and another with a Grygla/Gatzke address.

Send your 'Yard of the Week' nominations by email to grygla.eagle@gmail.com or text/call 218-689-6901. You can nominate a friend, neighbor,

family member or even yourself! A BEAUTIFUL YARD DESERVES TO BE SEEN!

Please keep in mind that the list gets long fast and although

many people have picture worthy yards, not all will be able to be featured.



The first Grygla 'Yard of the Week' goes out to Sheldon and Janice Peterson at 119 S Marshall Avenue. You've maybe noticed this immaculate yard as you've driven into town, so it should leave no questions as to why the Petersons are worthy of the honor. Their front yard is neat, tidy and trimmed with beautiful shrubbery along the edges. As for the back yard, between the swing set, pool and screen porch, it looks as inviting as can be. Congratulations, Sheldon and Janice!



The Goodridge 'Yard of the Week' goes out to Robert and Deanna Coan at 30784 130th Street NE. A lot of TLC and extra effort has went into landscaping around this rural property. Notice the rhubarb in the bottom photo, too. It's at least three generations old, stemming from Deanna's grandparents farm (Myrtle and Vernon Nelson). Deanna says it was there even before her grandparents moved to the property, when it was owned by Joseph Rivet in the 1940's. Now THAT'S a hearty perennial!

Behind the Scenes at Yo-Hawn's Bar & Grill



Written by Kari Sundberg, Eagle Editor

Last week a new summer series started that I'm hoping you enjoyed. Each week, I'll be giving you an up close and personal look into a local business or organization after spending some time on the job with them. I hope you enjoy a more personalized, inside look and going "Behind the Scenes" of our local entities.

When you head into Yo-Hawn's Bar and Grill in Grygla it's easy to see what's happening. People are eating, drinking and (hopefully) being merry. But what goes on BEHIND THE SCENES? That's what we really want to know....

Between preparing numerous items from scratch, placing multiple orders a week and getting as many as 10 gallons of homemade salads ready weekly, it's safe to say that owners, Darell and Karen Severts, have their hands full at Yo-Hawn's.

"It's like having a graduation party every week," Karen laughed!

Let's dive right in. A typical Thursday, which is the day I spent with Karen, involves a few different things. First, the bar opens at 10am, however, it's not uncommon for Darell to arrive around 6am. Meat needs to be prepared and those buns aren't going to cook them-

selves! Karen heads in about 9am. Thursdays are her day to prepare homemade salads so they are fresh for Friday's Fish Fry! (Have you been? If not, you should. The Fish Fry is every Friday from 5:30-9:30pm - ALL YOU CAN EAT and it's delicious!) Anyway, Karen makes 6-10 gallons of salads every week. In addition to the salads, all the dressings, croutons and garlic toast are also homemade.

Yo-Hawn is busy in the back cooking; the lunch crowd shuffles in about 11:30am. Between taking orders and preparing food behind the scenes, Karen also oversees the delivery, which comes weekly. Every other Thursday, Northwest Beverage, out of Thief River Falls, delivers beer. Every other Wednesday, McKinnon, out of Grand Forks, also delivers beer. It's set up on a schedule where the beer delivery happens weekly. The bar orders groceries from two different companies that also come in weekly - Food Services out of Fargo and Henry's out of Alexandria. They will also purchase some supplies locally.

Right now, the help is a bit short-handed and Karen says it's hard to find people that are willing to work - a problem a lot of bars have to deal with, unfortunately. The staff at Yo-Hawn's includes Darell and

another cook (ideally 1 more would be great), 2 dishwashers and 8 part-time workers between the bar and dining room.

This fall marks 13 years since the Severts have owned Yo-Hawn's. It's currently for sale, but until that time comes, the two just keep on keepin' on. With Sunday and Monday being their only days off, it doesn't leave the couple much time to spend at their cabin on Island Lake, which is where they'd one day like to retire.

Yo-Hawn's is open every Sunday from 12-8pm. They are currently closed Mondays. Tuesday-Saturday the hours are 10am-1am with the kitchen closing at 9:30pm.

Between the two back rooms, there is seating for about 160 people. The dining room alone is always set for 62 people. In addition to the bar patrons, and the fish fry frequenters, Yo-Hawn's also hosts wedding receptions, retirement parties, birthday and anniversary parties, graduation celebrations and meetings galore! They also do off-site catering and take special orders from businesses and individuals, including setting up their bar for wedding dances off site.

When it comes to running the business, the most profitable part of owning the bar is the on-sale, Karen offered. "Having food isn't as profit-

able, but it's just a nice bonus for our customers," she said. Speaking of the food, when I was visiting last Thursday, the soups of the day were: Vegetable Beef Dumpling, Chili and Chicken Tortilla - all homemade. Yo-Hawn also concocted a new homemade sauce that sounds excellent - a horseradish garlic mayo! He is also the one who decides the daily specials. Karen said there are people who would like to see desserts offered on the menu, but there just isn't the time (or help) to take on another homemade item.

When it comes to on-sale alcohol, though, a piece of information I thought you'd be interested in knowing is which beer is the most popular! Karen says it's a tie between Busch Light, Coors Light, Bud Light and Michelob Golden Light. But when it comes to off-sale, Busch Light wins by a long shot!

Do you have a favorite beer or menu item at Yo-Hawn's? I definitely do and I'll let you in on the secret. It's Darell's homemade Tomato Bisque soup. If you've tried a bowl, you know exactly what I'm talking about. Head in for a bowl or whatever floats your boat and I hope you enjoyed this "Behind the Scenes" look at one of our local hot spots. Next week, I head to Motel 89...



Yo-Hawn's makes and serves 6-10 gallons of homemade salad per week. They also make all their own dressings, croutons and garlic toast from scratch.

GRYGLA CENTENNIAL SNEAK PEEK



REMEMBERING THE PAST
CELEBRATING THE PRESENT
EMBRACING THE FUTURE

AUGUST 25-27, 2017

Street Dances under the big tent



Friday and Saturday night

October Road will be playing the most current, and classic, country, pop and rock tunes under the big tent on Friday night, entertaining the crowd from 8:30pm-12:30am. In addition to classic cover tunes, the group has also released four albums of their own music!

Taking the stage Saturday night, again under the tent, performing from 9:30pm-12:30am, will be 32 Below. The street dance starts an hour later Saturday night because the band's infectious pop country music is delivered via non-stop, three-hour sets. 32 Below's five albums have sold more than 25,000 copies!

The street dances are open to all ages. Alcohol sales on site with food stands open until midnight.

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

[f Like](#)

Another sneak peek to come next week!

American State Bank hires summer intern



Alaina Monson has joined the "TEAM" at American State Bank for ten weeks this summer. TEAM Future Bankers is a guided high school internship offered by Independent Community Bankers of Minnesota and supported by the Pohlad Family Foundation. TEAM (Training, Educating and Mentoring) Future Bankers is a paid educational opportunity for high school students, ages 16-19, and is an excellent community outreach tool geared to introduce students to community banking and provide valuable work experience.

Alaina, daughter of Greg and Maureen Monson, will be a senior at Grygla High School in the fall. She started her internship at American State Bank last week and will be working 8:30am-3pm four days a week. When asked what she thinks of the job so far, she offered, "It's a lot to take in and a lot to learn, but I'm getting the hang of it and starting to do some of it on my own already!" Alaina thought the internship at the bank would be a great intro-

duction to the working world. This is her first job, in addition to baby-sitting. She is looking forward to bettering her customer service and financial skills and loves that she lives close enough to walk to work.

In addition to her summer internship, Alaina's schedule is full of a variety of summer activities, including: JO Volleyball and Girls State. She also hopes to squeeze in time for kayaking and spending time at her family's cabin on Union Lake. During the school year, she stays busy, too, being involved in Band, Choir, River Watch, Envirothon, Student Council, Volleyball, Basketball Manager and National Honor Society.

Make sure to stop by the bank and give Alaina a warm welcome!

American State Bank is a locally owned institution, providing banking and insurance to Grygla, Erskine and the surrounding area. For more information, visit www.asbgrygla.com

One Vegetable, One Community begins in Grygla

See article on the back page to find out our featured veggie!

CHURCH CALENDARS

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

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

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

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

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

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

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Grygla, MN
Phone: **294-6117**



Community Calendar

Wed | June 7
Youth baseball practice in Grygla 10am-12pm; Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 12-6pm; Grygla Library open 2-6pm; Sean Emery (Funny guy jugglin' stuff!) to perform at the Grygla Community Center 5pm; Grygla Centennial Meeting at the Community Center 7pm

Thurs | June 8
Sand Volleyball in Goodridge 6:30pm; Jordynn Johnsrud, of Goodridge, performs at Gazebo Night in the Floyd B. Olson Park in TRF at 7pm

Fri | June 9
"Take a Kid Fishing" weekend; Senior Meals at Grain Bin Café 11am; Relay for Life at Warren Fairgrounds (see page 4 for times)

Sat | June 10
"Take a Kid Fishing" weekend

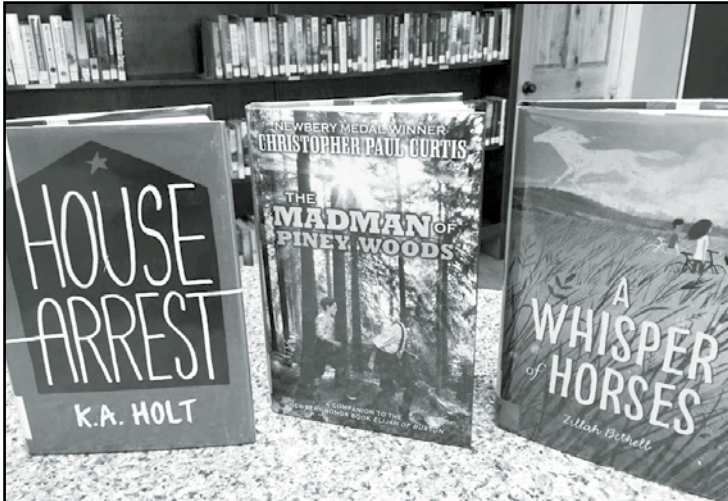
Sun | June 11
"Take a Kid Fishing" weekend

Mon | June 12
Senior Meals at Grain Bin Café 11am; Grygla City Council Meeting at Civic Building 7pm

Tues | June 13
Tball in Grygla 9-10am; Youth baseball practice in Grygla 10am-12pm; Public information meeting at the Grygla High School at 6pm in regards to a Level 3 Sex Offender moving to the Grygla area.

Please submit all of your Community Calendar items to grygla.eagle@gmail.com or call 218-294-6220 Thanks!

GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

We recently put all new kid's books on the shelves. Whether it's board books or easy readers geared towards younger kids, or chapter books that appeal to the older kids, we've got something for everyone, indeed. Pictured are three chapter books that are geared towards kids in grades 4-6. Do any sound of interest to the young minds in your house?

In House Arrest, a preteen boy makes a bad decision to steal, but he feels his reason was legit. You see, his brother needed medication in order to survive...but the boy is sent to court and has to journal while under house arrest. He shares all of his feelings, reasons and consequences in this novel. Will you agree with the decisions he has made?

The Madman of Piney Woods is about two boys, Benji and Red. They couldn't be more different; they aren't even friends

nor do they live in the same town. A chance meeting leads the boys to discover that they have more in common than meets the eye. Both of them have encountered a strange presence in the forest. Could the Madman of Piney Woods be real? This book is filled with intrigue and adventure.

Finally, A Whisper of Horses might appeal to you. This adventurous and moving story is about friendship, perseverance and resilience that readers won't soon forget. Serendipity lives inside a walled city where horses no longer exist. She discovers a map that may lead her to real horses and starts on a journey that will take her far from everything she knows.

Make sure to stop in to the library Wednesdays from 2-6pm. Our summer reading program "Read by Design" starts this week and many great prizes are up for grabs. Stop in for more information!

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Grygla, MN 56727

THANK YOU
for your support!

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.

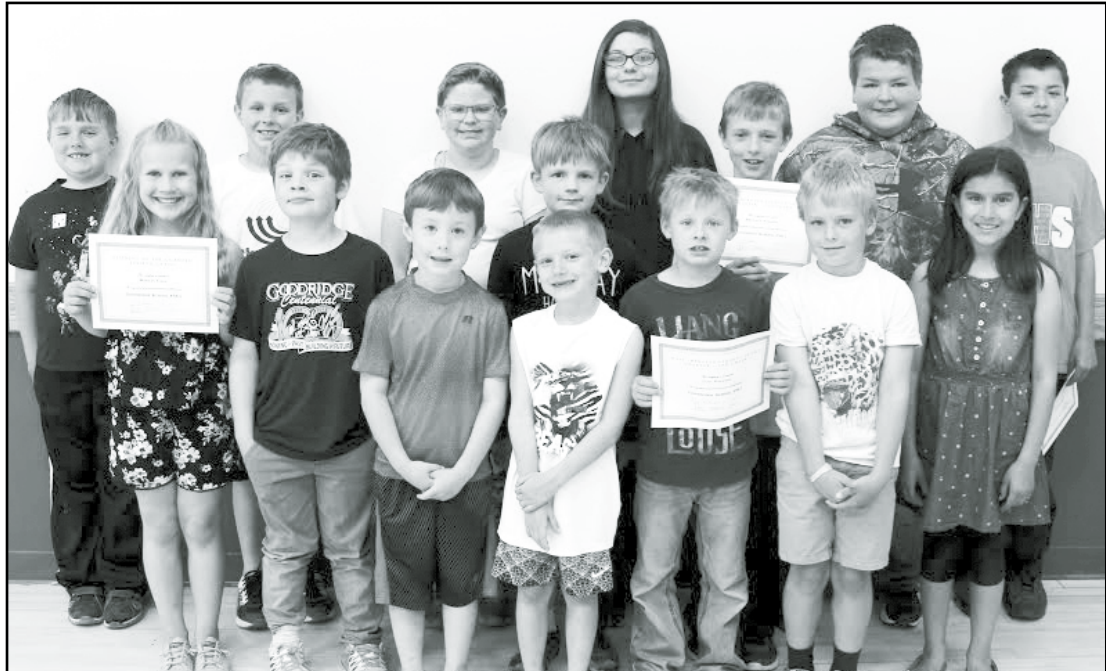
Qualifications include a Bachelor's degree and licensure in Early Childhood. Applicants with a related Bachelor's degree and/or teaching license may be considered. This position is a full-time, school year, permanent position.

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.

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.



Goodridge Elementary School 'Students of the Quarter' for Quarer 4 - above
Back row: Karson Nerhus 2nd grade, Brandon Burns 3rd grade Most Improved, Kennedy Panek 5th grade, Chantel Grindeland 6th grade, Brennen Parnow 4th grade Most Improved, Caden Marquis 5th grade Most Improved, Justin Jourdain 6th grade Most Improved
Middle Row: Morgan Coan 4th grade, Conor Dale 3rd grade Most Improved, Theodore Groven 1st grade
Front Row: Teagan Marsden Kindergarten, Lucas Stanley Kindergarten Most Improved, Luke Paulson 2nd grade Most Improved, Sawyer Carlson 1st grade Most Improved, Taylyn Banasau 3rd grade

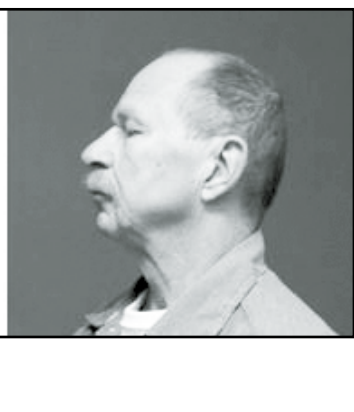
Level Three Sex Offender moving to Grygla area – public meeting to be held

Marshall County Sheriff's Office issues a Notification of Release for Jack Warren Nomeland. DOB: 01/18/1954. Nomeland is 5'11" and weighs 192 pounds. Race: White, Eyes: Hazel, Hair: Brown, Build: Medium.

Offender has a history of sexual contact with minor female victims (age 5-12). Contact included sexual touching and attempted penetration. Offender gained access to victims by enticing them into his residence. Offender was not previously known to victims.

Address: Moylan Township, rural Goodridge, MN 56725
Date of Address Change: June 3rd, 2017

A public informational meeting will be held at the Grygla High School on Tuesday, June 13th at 6pm. All are invited to attend. The Marshall County Sheriff's Office is releasing this information pursuant to Minnesota Statutes 244.052. This statute authorizes law enforcement agencies to inform the public of a sexual or predatory offender's release from prison or a secure treatment facility when the Marshall County Sheriff's Office believes that the release of information will enhance public safety and protection.



Youth baseball activities now held in Grygla only

The Chargers youth baseball program started this week. There have been a few changes to the schedule. Due to the large number of kids (73) this year, all practices, home games and tball will now be played in Grygla as there is a need for 2 fields. Below is the June schedule with all of the changes for your reference.

Wednesday, June 7: Baseball practice in Grygla from 10-12pm.

Tuesday, June 13: Baseball practice in Grygla from 10-12pm. Tball in Grygla 9-10am.

Wednesday, June 14: Baseball game vs. Karlstad in Grygla 9am. Tball in Grygla 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 Grygla 9am. Tball in Grygla 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.

Wednesday, June 28: Baseball practice in Grygla from 10-12pm. Tball in Grygla 9-10am.

Thursday, June 29: Baseball All-Star Game 5pm (location TBD)

Friday, June 30: Baseball game in Karlstad at 9am. Bus leaves Grygla at 7:45am.

Goodridge High School Honor Roll – Quarter 4

'A' Honor Roll

Grade 12: Kristin Farris, Ashlyn Henrickson, Jeremy Wiskow, Grade 11: Ben Groven, Dylan Manderud, Blake Nerhus, Jordan Skibicki, Grade 10: Mercedes Coan, Libby Johnson, Madilyn Race, Grade 9: Amy Wiskow, Grade 8: Shantel Horachek, Madison Paulson, Grade 7: Katelyn Colden, Nicholas Groven, Hannah Wilebski

'B' Honor Roll

Grade 12: Brooke Anderson, Hannah Dietsch, Karlee Johnson, Alec Kiesow, Alexis Kiesow, Blaine Kriel, Hogan Lundeen, Jordan Nelson, Dylan Walker, Kayla Walseth, Jesse Wiseth, Grade 11: Kendra Jensen, Logan Merrill, Brandon Stanley, Grade 10: Kaylee Amundson, Justin Anderson, Nichole Arveson, Kaleb Sjultad, Jacob Tharaldson, Grade 9: Morgan Burns, Jasmine Grindeland, Katerina Groven, Maloni Henrickson, Jordan Horachek, Blake Jensen, Jordynn Johnsrud, Kayla Kiesow, Zachary Marquis, Chantel Nerhus, Blake Passa, Hannah Seyller, Grade 8: Vivian Coan, Ian Haugen, Kansas Jensen, Riley Manderud, Trinity Walseth, Grade 7: Braden Carver, Isaac Johnson, Mason Laidley, Preston Moen, Jolson Sargent, Skya Wilson

Grygla High School Honor Roll – Quarter 4

'A' Honor Roll

Grade 12: N/A, Grade 11: Carlye Kiesow, Brooke Limesand, Grade 10: Abby Kiesow, Grade 9: Maci Bakken, Elise Monson, Grade 8: Mya Anderson, Madison Cullen, Hailey Knutson, Chloe Kuznia, Gracie Lunsetter, Grade 7: N/A

'B' Honor Roll

Grade 12: Ashley Moe, Kaitlyn Olson, Alison Satre, Grade 11: Taylor Berberich, Shawn-tel Ignaszewski, Trystan Jelle, Alaina Monson, Julianne Nordby, Hailey Vad, Grade 10: Jake Ashlbeck, Ethan Englund, Cheyenne Irlbeck, Jaden Kiesow, Sarah Suchoski, Lucian Tinnes, Peyton Verbout, Grade 9: Layla Jellse, Hudson McMillin, Bailey Watne, Grade 8: Jamie Dougherty, Evan Englund, Jared Haack, Levi Kiesow, Jacob Olson, Eli Sundberg, Courtney Vad, Grade 7: Nolan Anderson, Walter Jones, Avery Moe, Ellie Sabourin, Riley Saurdiff, Clayton Suchoski, Justin Thompson, Brigitte Watne

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Left to right: Kristin Farris, Ben Groven and Jesse Wiseth (Goodridge team) and Gracie Lunsetter (Grygla team)



Goodridge and Grygla Trap Shooting Teams

These photos are from the Goodridge and Grygla School's Trap Shooting day that was held at the TRF Trap Club recently. The groups normally shoot on Sundays or Thursdays, but due to graduation, they shot on Tuesday, May 23rd instead. Tim Anderson is the coach for Goodridge; Trevor Kiesow is the coach for Grygla.



Libby Johnson (Goodridge team)



Peyton Verbout (Grygla team)



There was a "fun shoot" held on May 31st at the home of Tim Anderson. Student shooters got 50 rounds of shells with more available to buy. The group grilled, played yard games and even shot against their parents and coaches. Pictured above are coaches Tim Anderson and Trevor Kiesow with student shooter Peyton Verbout - no pressure!



Pictured on the left: 1st place Champions for the Chargers 14U JO Volleyball team at Lake of the Woods School last Saturday! Front row, L-R: Brigitte Watne, Chloe Kuznia, Madison Cullen, Mya Anderson, Hailey Knutson

Back row, L-R: Coach Ashlyn Henrickson, Vivian Coan, Madison Paulson, Trinity Walseth, Jamie Dougherty

Pictured below that: The Chargers 12U team took 1st in the LOW tourney last Saturday, too! Front row, L-R: Callie Loken, Caitlyn Jacobson, Molly Cullen, Sadie Anderson.

Back row, L-R: Coach Karlee Johnson, Kylie DeLage, Riley Saurdiff, Hannah Wilebski, Payton Homme, Noelle Merrill

Note: The 18U team took home 2nd place with Mari-ah Coan as the coach.

JO Volleyball June tournament schedule

- June 13: 12U tourney at Roseau
- June 14: 14U & 16U tourney at Roseau
- June 20: 14U & 18U tourney at TRF
- June 21: 12U & 16U tourney at TRF
- June 22: 12U tourney at Greenbush, 16U tourney at Lancaster
- June 27: 14U & 18U tourney at Stephen
- June 28: 12U & 16U tourney at Stephen

'Take a Kid Fishing' weekend is June 9-11

See back page for more info!



Goodridge High School 'Students of the Quarter' for Quarter 4: Mercedes Coan (grade 10), Jeremy Wiskow (grade 12)

Word of the Week

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

Notabilia

\noh-tuh-bil-ee-uh\

plural noun

1. matters, events or items worthy of note

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

A quick and easy fruit dip to share with you this week that is SIMPLY DELICIOUS... emphasis on the SIMPLE. So you take a package of softened cream cheese. Mix that with a 7 oz. jar of the jet-puffed marshmallow crème. Add in about ¼ cup powdered sugar and mix together with your beater. No one is saying this is fat/calorie free, but I am telling you that it's delicious.



A HIPPIE'S HEALTH

Written by Tara Waltman

I was trying to decide what to write about today and it is a couple hours before this article is due. That's how I roll. I have a topic in mind, but don't have the book to write it this week. So I went with the other topic I had in mind.

Poop. Everybody Poops. Have you guys read that book? It's a kid one, but a good one! Let me tell you guys - if you're not pooping daily that's a problem. If you think about it...you eat three meals a day, well, most of us anyways. I eat about 5 meals a day myself. Where does that waste go if you're not pooping? That waste is going somewhere else in your body. Yuck! This might be TMI but when I did this 30 day detox thing I was pooping 2-3 times a day. The detox meant eating no processed foods and only natural sugar from berries and such. I tell ya what, though, I have never had so much energy as I did when I was doing that detox!

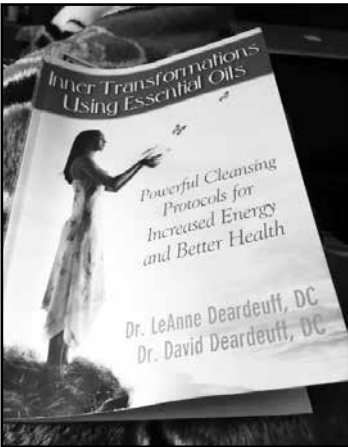
So what are ways to get the crap out of your body? Eat less processed foods. Less sugar. Some people use this potty stool thing you can put your feet up on while pooping. You guys know what I'm talking about? That's actually a more natural position for your body to do its business. I read an article on it once.

Another option is to get adjusted! I get adjusted by a chiropractor twice a month for health and wellness. I went more often than that at the beginning; it can really help!

People have also done colon cleanses or body cleanses that can help, too.

A really good book on cleansing is Inner Transformations using Essential Oils by Dr. Leanne Deardruff. I've read most of this book and it's very interesting! Very helpful information. There are a couple essential oils that I use to aid with digestion and healthy bowl function and those are peppermint and digize essential oils. These are just some ideas. If you want to talk more about it or have questions feel free to email me tseverts@gmail.com. Happy pooping, everyone!

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.



OF INTEREST



Gazebo Night in TRF

Jordynn Johnsrud, of Goodridge, will serenade you into summer with the first of many Gazebo Entertainment nights in the Floyd B. Olson Park in Thief River Falls! The music starts at 7pm this Thursday, June 8th. Head to www.visittrf.com for more information on this summer's performers.



Sand Volleyball started in Goodridge last week! Currently, 8 teams are signed up to play round-robin style games every Thursday beginning at 6:30pm. The weekly event is open to any team of at least 5 people; all guys, all girls or co-ed! There is no charge/fee to play. Sand volleyball will be held weekly on the courts in Goodridge with plans to play until Harvest time.
The Goodridge Municipal Liquor Store offers bar specials to all volleyball players, including half-price pizzas!



Grygla’s team will attend the Relay For Life event this weekend



All community members are invited and encouraged to attend the 2017 Relay For Life of Marshall Pennington Counties this Friday, June 9th from 5pm to 12am at the Marshall County Fairgrounds in Warren. The time frame has been shortened for this year's event, but more fun has been added!

New this year is the merge of Marshall and Pennington counties, and some new elements have been added to the night, including a live auction and live entertainment! The event is open and all are welcome and encouraged to attend! Funds raised help the Ameri-

can Cancer Society provide free information and support for people facing the disease today, and fund cancer research that will help protect future generations.

Other activities at Relay will include a free will donation community meal, silent auction, games, Luminaria ceremony, and more! The 2017 Honorary Survivor is Ashley Frederickson, with her sister, Laura Ondrovich, speaking as the Honorary Caregiver. They will share their stories during the Opening Ceremony.

The detailed schedule for Relay includes (schedule is

subject to change):

4:30pm: Survivor Registration

5:00pm: Community Dinner

6:00pm: Silent Auction Opens

7:00pm: Opening Ceremonies

7:45pm: Live Auction (Immediately after Opening Ceremony)

8:00pm: Survivor Reception (Immediately following Live Auction)

Dusk: Luminaria Ceremony

9:00 - 11:00pm: Jensen Sisters Perform

11:30pm: Silent Auction Ends

12:00am: Final Lap and Closing Ceremony

Tables are available for attendees, but everyone is encouraged to bring their own chairs to enjoy the music and festivities. If you would like to purchase a luminary in honor or in memory of a loved one to be displayed at Relay, you can stop at any of the following locations:

Thief River Falls: Border State Bank, Rehab Authority, Thrivent Financial – Kaylee St Germain, and The Shed

Warren: North Valley Health Center, Bremer Bank, and Simply

Grygla: Yo-Hawn's

Argyle: United Valley Bank

Luminaries can be purchased for a suggested donation of \$5 and will be available for purchase at Relay, as well.

In the case of inclement weather, the event will still be held with activities inside

the buildings at the Marshall County Fairgrounds, including the community supper and Silent Auction. Adjustments will be made for other activities, but rain or shine, Relay will go on!

More information can be found at www.relayforlife.org/marshallcountymn or by contacting Amber Holtan at 218-689-9405. All programs and services are free and available to all. The American Cancer Society can be reached 24/7 at 1-800-227-2345 or visit www.cancer.org.

About the American Cancer Society

The American Cancer Society is a force of 2.5 million volunteers saving lives threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 22 percent decline in cancer death rates in the U.S. since 1991, and a 50% drop in smoking rates. Thanks in part to our progress; 14.5 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continue to receive access to quality health care. For more information or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.

All are welcome to attend this annual event.

‘Take a Kid Fishing’ weekend is June 9-11

During ‘Take a Kid Fishing’ weekend, this Friday through Sunday, June 9-11, anglers in Minnesota can fish without licenses if they take children ages 15 or younger fishing, according to the Department of Natural Resources.

“We encourage adults to get out on the water and introduce a new generation to the fun of fishing,” said Jeff Ledermann, angler recruitment, retention and education supervisor.

“Teaching a kid to fish can be as easy as rounding up some basic equipment and casting a line, and we have lots of helpful information on the DNR website for learning about fishing.”

In Minnesota, children ages 15 and younger don't need fishing licenses any time of the year. ‘Take a Kid Fishing’ weekend is a way for adults and kids to fish together without the step of buying an adult license.

One Vegetable, One Community begins in Grygla

Grygla kicked off a One Vegetable, One Community (OVOC) program during the final week of school in May. One Vegetable, One Community unites local communities by encouraging gardeners of all levels to plant, grow, cook, and/or share a featured vegetable of the year, which each community chooses their own featured vegetable. The veggie Grygla choose for their first year is BEANS! Before school let out for the summer, students in grades 4 and 5, working together with the kindergarten students, were able to plant ‘purple’ green beans and use ice cream cones to start their seedlings. Each student brought the beans home with them and were encouraged to plant them in a garden at home.

OVOC starts conversations about food and how communities can support healthy lifestyles. The aim is to see the featured vegetables grow in each corner of the community. Gardens can be all shapes and sizes! Vegetables can be grown in your own garden, school gardens, community gardens, containers on front porches and kitchen gardens, as well as in front of businesses and faith-based organizations, among other locations.

University of Minnesota Extension SNAP-Ed and Northwest Regional Sustainable Development are partnering to fund the program. Snap-Ed educator, Kristina Kaml, is helping in the Grygla community. Supporters in Grygla include the Grygla Coop, Farmer's Union, Grygla School, School Food Service, Grain Bin Café, Grygla Garden Club, Statewide Health Improvement Plan (SHIP) and community members.

In regards to the community support in Grygla, Tami Irlbeck and Jann Landsrud represented the Grygla Coop and attended a workshop that was held in Thief River Falls last winter. Communities could apply for the funds to get the program started in their town; 23 communities in NW Minnesota are participating this year!

“Bean bags” have been made up and are currently being distributed at the Coop, the library and the café in Grygla. Each bag contains 10-20 purple beans, along with recipes. Kids (or adults) are encouraged to grow them and can even enter them in the Roseau Fair for judging!

In addition to the “bean bags” being distributed around town, Farmer's Union will also be planting purple beans in the Grygla Garden Club pots that are placed in front of the gas station and the grocery store. In the back of the flowers, a bean trellis will be planted.

For more information and to hear about the progress, the University of Minnesota Extension SNAP-Ed will have a booth at the Grygla Centennial the last weekend in August.

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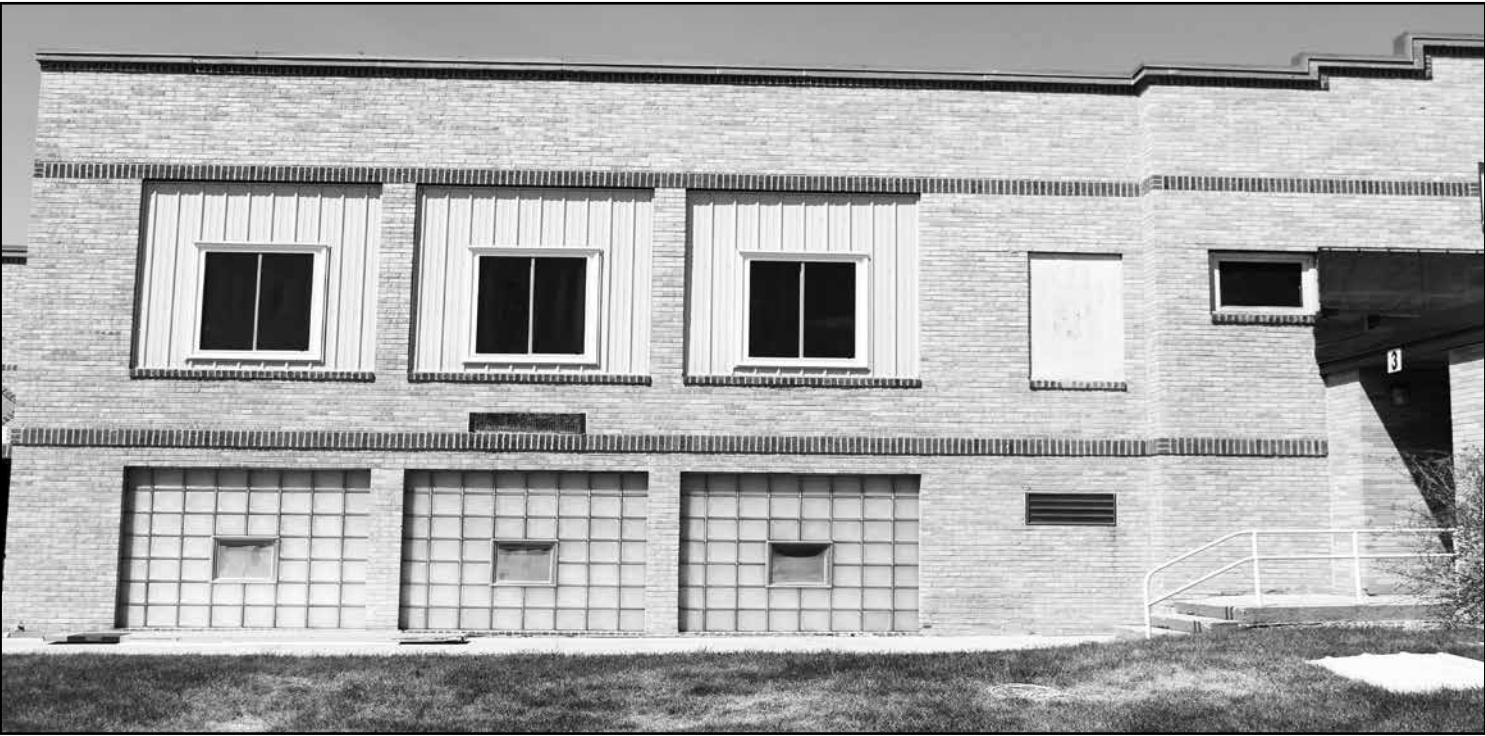
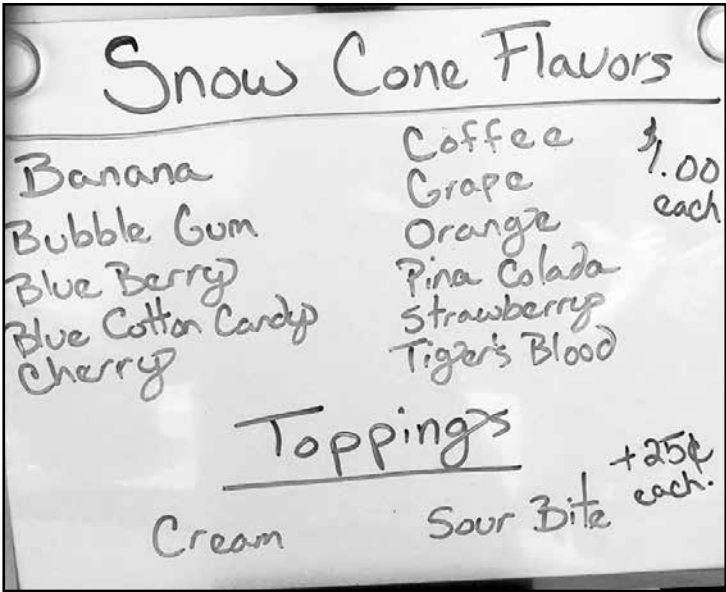
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Photos from when SNAP-Ed educator, Kristina Kaml, visited the Grygla Elementary classes during the last week of school.



The Yager family was set up and selling Sno-Cones last week outside of the Grain Bin Café! (Pictured is Bethany Yager.) Watch for the stand throughout the summer, which will always be set up by the café, across from the Community Center. Sno-Cones are reasonably priced at \$1/cone and come in a variety of flavors! What a fun summer treat...



Progress on the new windows at the Grygla School for your viewing pleasure! (Taken outside of the music room.)