



 Today Partly Cloudy H -5 L -22	 Thurs Partly Cloudy H 0 L -23	 Fri Sunny H -1 L -9	 Sat Snow H 18 L 11	 Sun Cloudy H 15 L 6
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A look at next week ... Fourn town/Grygla Sportsman's Club gathers for holiday party.



Inspired by the Season of giving

Jordynn Johnsurd says she had a fantastic time performing at Sanford Health in Thief River Falls on December 21st. The Goodridge Teen organized an event in the Sanford Clinic Lobby complete with live music, goodies and a free will tip jar with all proceeds going to Pathfinders. Jordynn's intention with her "Season of Giving" performance was to raise enough money to donate a guitar to the organization; enough was raised where she will be able to donate two Fender guitars to Pathfinders.

Sanford Health Pathfinders Children's Treatment Center is a place for children, teens and families who need help finding the path to healthy emotional well-being. Jordynn had her

first interaction with the group of teens when she spotted them at one of her Gazebo Entertainment nights at the park in TRF. "My mom explained to me what Pathfinders was and how it helps teens going through tough times. It really hit home for me because it can be hard being a teenager and not finding your group, or what you enjoy doing. I am not very athletic, so I am very thankful that I have music to keep me busy and as an outlet. I wanted to do something for these teens and the "Season of Giving" is what I came up with," explained Jordynn, who will visit Pathfinders next week, present the guitars and share how important music has been to her.

Thief River One Watershed One Plan open house meeting in Grygla

Public input meetings will be held for the Thief River One Watershed One Plan (1W1P). The vision of the 1W1P is to align local planning on major watershed boundaries resulting in a plan with prioritized, targeted, and measurable implementation actions. The Thief River 1W1P will show multiple benefits from implementation actions based on a systematic, watershed-wide, science-based approach to watershed management. The project was initiated in early 2017 to develop a plan to manage waters within the Thief River watershed located within the Red Lake Watershed District. This project is scheduled to be completed in early 2019, and will be implemented throughout a 10-year time frame.

Partners in the project include the Red Lake Watershed District and the following Soil

and Water Conservation Districts and Counties: Beltrami, Marshall and Pennington. These public input meetings will provide the opportunity to learn about the project and provide valuable input to the process. Information received at these meetings will help inform what water management actions are implanted over the next 10 years.

Public input meetings will be held at two locations and are scheduled as follows: January 9, 2018, 6-9pm at the Joint Use Facility (MNDOT, MNDNR, and Pennington County Joint Building) 250 125th Avenue NE, Thief River Falls, MN 56701, with a supper served at 6pm; January 10, 2018, 9am-12pm at the Grygla Community Center, 127 Main Avenue, Grygla, MN 56727, with a breakfast served at 9am.

Intramurals begin next week

The Grygla Elementary will be starting Intramural basketball games on Friday, January 12th. The games are for 4th-6th graders and are held every Friday from 1:30-3:30pm. The coaches will be the senior and junior basketball players. Family and friends are invited to come and watch! Below is the January schedule, along with the teams.

Dream Team, coached by Brooke Limesand: Lewis Jones, Tatum Carrlson, Kian Ahlbeck, Seth Kaczor, Ally Osse, Ava Sorvig, Lakylie Brobst, Janessa Torgerson.

Benchwarmers, coached by Carlye Kiesow: Blake Rychlock, Taylor McManus, Payton Dougherty, Robbie Mosher,

Callie Loken, Anna Sundberg, Samantha Nordby, Harlie Hagen, Lila Alten.

Fill in the Blank, coached by Jaden Kiesow/Peyton Kiesow: Christian Loken, Brody Saurdiff, Gavin Aune, Chelsie Nelson, Addi Severts, Emily Johnson, Kaylee Nephew, Mollie Lunsetter.

Beast Mode, coached by Lucian Tinnes/Cheyenne Irlbeck: Russell Rian, Hunter Vad, Rease Stratton, Raymond Moe, Molly Cullen, Kinsley Oslund, Allie Sundberg, Alivia Bourman.

January Schedule

Intramurals...

Continued on page 2

Eagle scratches from 2017

(July-December, continued from last week.)

July - Centennial keepsakes made by Betsy Saurdiff. The Rychlock boys were in it to win it, placing 1st for their age group in a tractor pull at 'Back to the 50's' car show. 'Behind the Scenes' with the Grygla Eagle, Grygla Post Office and Grygla Lion's Club. Northwood Church holds annual picnic. Garden Valley Education Foundation awards school technology grants, including Goodridge and Grygla Schools. Goodridge Summer Reading program holds many fun family activities. Youngsters attend numerous church, music and sport camps. Mavis Olson retires from the Skime store. Vandals destroy fencing on private property and Sem WMA in Marshall County. Goodridge Freedom Festival brings art and entertainment to our area. Gatzke All-School reunion is held at the Bruce and Diane Lunsetter residence. The 26th Annual Grygla Open is held at Oakcrest Golf Course in Roseau. Marshall County Fair is another success! Back Behind the Barn Boys: Part 1, The Early Years. Mike Mickelson performs in "The Boys Next Door" at NCTC in TRF. Goodridge 4H members enter projects at the Pennington County Fair, while Grygla 4H members enter items at the Roseau County Fair. Grygla organizations benefit from over \$94,000 in Beltrami County Con-Con funds.

August - An inside look into the Goodridge Historical Society and what they do. The "Because I can" project is a wonderful heartfelt way one local family turned a tragic situation into an amazing organization. Grygla Library hosts author Elisa Korenne at a book and ballad event. "Robert the Magician" puts on a show at the Grygla Library. Summer basketball league comes to an end. Anthony Loken, participating in summer Acceleration, sets a new school record in the deadlift with 570 lbs. Logan Tinnes shares his month-long European adventure with the Grygla Eagle. A rare snowmobile makes its way back to Gatzke after 25 years. Grygla

Library hosts Jared Sherlock, professional magician and illusionist. Carter Torgerson and Charlie Olson won 1st place and \$500 for biggest catfish caught during the EGF "Cats Incredible." Alicia Osse, Christian Loken and Blake Rychlock complete their School Patrol Captain training at Legionville, north of Brainerd. Local newspapers celebrate 150 years of community! Back Behind the Barn Boys: Part 2, The Later Years. Doris Cleven and Harold Klamar celebrate August Senior Birthdays. Grygla Fire & Rescue stay busy putting together 85 commemorative benches for the Grygla Centennial. Grygla resident, Lolit Neuschwander, becomes US Citizen. Two Goodridge alumnae, Ashley Nerhus and Amy Halvorson, combine lifelong friendship and professional expertise by running the TRF Chamber of Commerce together. Grygla Senior Citizens take a trip to Itasca State Park and climb aboard the Chester Charles II for a river cruise. Grygla Library hosts "Wild Things Zoo Attraction!" 100 years and counting...a week-end-long celebration is held for the Grygla Centennial!

September - Ralph Lee, 80, loses life in accident on his farm. School begins, in addition to the Chargers football and volleyball season! Sapphire's Courage tour includes a stop at the Goodridge School. Congressman Collin Peterson attends annual Fourn town/Grygla Sportsman's Club picnic. Andrew Sundberg and Jana Nelson begin teaching at the Grygla School. Amber Sundberg and Tomas Loberg begin teaching at the Goodridge School. Locals join in the fun by banding ducks at Agassiz National Wildlife Refuge. 17th Annual Saddle Up for St. Jude event at Bemis Hill. Shantel Verbout named MCAC North, Hitter of the Week. Alison Satre named MCAC North, Defensive Player of the Week. Nearly 100 years later, John Franzman's altars are still in use today. Grygla Coop mural painted in Hallock. LYO plays a big part in our small community. Grygla High School crowns Clayton Irlbeck

and Trystan Jelle as their 2017 Homecoming King and Queen. Goodridge High School crowns Ben Groven and Kendra Jensen as their 2017 Homecoming King and Queen.

October - Sapphire's Courage tour includes a stop at the Grygla School. Daniel Polansky in his 5th and final year with the Bison herd. Area youth celebrate National 4H Week. Gary Miller, Goodridge, has an impressive display of vintage gas pumps. Chief Master Sargent Mitch Johnson is in his 29th year of service in the United States Air Force - he presented an American Flag to the Grygla High School that flew over Afghanistan in support of Operation Enduring Freedom. Folks enjoy exploring Agassiz during National Wildlife Refuge week. Karen Longtin and Leland Thomas celebrate September Senior Birthdays. Grygla Merchants grill out for their annual tailgate party. Many attend the annual Lute-fisk supper in Grygla. The Jensen Sisters and Jordynn Johnsurd, all young musicians from Goodridge, have a busy performance schedule around the area. Erin Monson and Megan Thompson receive scholarships as part of the 2015 Staffing for Adequate Fire & Emergency Response grant. In recognition of National Fire Prevention Week, Smokey Bear visited the Grygla Kindergarten room and the Grygla Fire Department visited for ECFE family night. Shantel Verbout reaches 500 kill with the Northland Pioneer Volleyball team. Officer Kyle Lusignan is part of the Fridley Police Department and was selected to be a canine handler. Kids around the area have a successful youth-hunt weekend! Volleyball "Pink Out" night benefits four Charger family members. Marlyn Sistad celebrated October Senior Birthdays.

November - Grygla High School awards five students (Bailey Watne, Minnesota Mile; Maci Bakken, HOBY; Lucian Tinnes/Abby Kiesow, ExCEL; Lucian Tinnes, Boys State; Abby Kiesow, Girls State; Alaina Monson, AAA). Veteran's Day programs are held at

both the Grygla and Goodridge Schools. A special Veteran's Day article: Wally Byklum's time in service coincides with major historic events. CP Holiday Train to make a stop in TRF. The Fall Sports Banquet for athletes/families is held. American State Bank makes \$1000.00 donation to the Grygla/Gatzke Food Shelf. Chargers basketball jamborees kick off the 2017-2018 season. Many impressive bucks shot around the Goodridge/Grygla/Gatzke area this hunting season. Iron Chargers receive invite to State Robotics competition. Grygla and Goodridge Schools recognize American Education Week. Holiday craft and vendor shows are a hit at the Grain Bin Café and Yo-Hawn's. Hilda Rue celebrated her 100th birthday.

December - Grygla Jaycees plan Santa day, chili cook-off and Bingo night. Many families attend annual Santa Day in Goodridge. Partners for Fish and Wildlife program holds informational meeting in Grygla for private landowners. The Jensen Sisters travel to Tennessee to perform a Christmas Show at the Dollywood's DreamMore Resort. Betty Ostby, Gloria Sistad, Ernie Isum and Loren Lusignan celebrate November/December Senior Birthdays. Grygla ECFE holds Christmas supper for families. Grygla Lion's Club prepares a large spread and delivers meals for their yearly Christmas Eve dinner. Many donors show up for the Holiday Blood Drive at the Grygla Community Center. Grygla K-12 students take in a movie infused with kindness and acceptance. Longtime Machinewell employees are given service awards at their holiday party. Eva Hest, Rease Stratton and Billy Wikert are the winners in the American State Bank Christmas drawing. It's been 14 years now that "The Grinch" (Bryan Grove from American State Bank) has read "How the Grinch Stole Christmas" to the Preschoolers and Kindergartners at the Grygla Elementary School. The generosity of others makes Marshall County Christmas projects possible.



The New Year's Eve Bash at United Lutheran Church in Gatzke was another hit! 63 people were served during the pancake supper, which was followed by 25 games of Bingo! A prayer service was held right before ringing in the New Year.



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday: 6:30pm Confirmation (7th)
Sunday: Grace: 9am Worship OS: 10:30am Worship w/ 9:30am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Wed, Jan. 3: OS Ladies Aid Quilting 9am, OS Council Meeting 7pm
Sunday: UL: 9am Worship w/ 10am SS OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday: Faith: 8:30am Worship, 9:45am SS Bethany: 9:45am Worship, 10:45am SS Ekelund: 11am Worship, 9:45am SS
Monday, Jan. 8: Faith Quilting 9am, Ekelund Ladies Aid 1:30pm
Tuesday, Jan. 9: Shalom circle 6pm

THE CATHOLIC COMMUNITIES OF St. Clement's - Grygla; St.

Ann's - Goodridge Fr. Adam Hammess
Sunday: St. Clement's: 11:45am St. Ann's: 10am

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Sunday: 11am Worship, No SS, Annual Meeting w/ Potluck to follow

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
Wednesday: Wed. School/Confirmation 5-7pm, LYS meeting 7pm
Saturday: Mt. Olive: 9am Worship
Sunday: St. Petri: 8am Worship, 9:15am SS Nazareth: 9:45am Worship, 8:30am SS Oak Park: 11am Worship, 9:45am SS

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

Community Calendar

Wed | Jan 3
Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; BBB practice in Goodridge; GBB practice in Grygla

Thurs | Jan 4
BBB at RLC (No JH game); JH BBB in TRF

Fri | Jan 5
Senior Meals at Grain Bin Café 11am; BBB/GBB Double Header vs. WAO in Goodridge

Sat | Jan 6
Elementary Snowflake League game in Fosston (Time TBA); Fourtown/Grygla Sportsman's Club Annual Holiday/Membership Banquet at the Grygla Community Center beginning at 5pm w/ 6pm supper

Sun | Jan 7
Mon | Jan 8
Senior Meals at Grain Bin Café 11am; BBB vs. Northern Freeze in Grygla; City Council meeting 7pm

Tues | Jan 9
GBB vs Freeze in Goodridge

Below: Goodridge School went caroling at Digi-Key and Valley Home the week before Christmas.



HELP WANTED: IMMEDIATE OPENING

ELIGIBILITY WORKER.

Ability to: organize, make decisions, remain objective, accurately and rapidly process detailed information, strong team concept, comprehend and follow written and verbal instructions. Computer skills, relating to people, and writing skills are essential. Salary range \$19.74 to \$27.03 per hour. Will require being eligible for Minnesota Merit System. If interested please submit resume and references to Marshall County Social Services, 208 East Colvin, Ste 14, Warren, MN 56762. To complete an application, go online at <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>. If you have questions, please contact Lisa at 218-745-5124. Marshall County is an Equal Opportunity Employer. Deadline to apply is 1/5/18.

Donkey Basketball

Are you ready for a night of family fun? Donkey Basketball is back! The event will be taking place next week on Wednesday, January 10th, at 7pm in the Goodridge School Gym. Tickets are \$8 in advance and \$10 at the door. Advance tickets are available from the school or any CloseUp Student. Concessions will be available during the game. Come on out for some laughs and support the Goodridge CloseUp program.

THIEF RIVER FALLS RADIO
~ LISTEN LIVE ON TRF RADIO ~
FRIDAY, JANUARY 5
Chargers GBB and BBB Double Header vs. WAO in Goodridge
-AND-
MONDAY, JANUARY 8
Chargers BBB vs. Northern Freeze in Grygla

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GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

Happy New Year! Our "Hot Reads for Cold Nights" adult reading program starts this week! The 8-week program will run during January/February and will work like this: for every book you read, you'll put your name and title of book on a piece of paper that will go into the drawing. Every other week, we will be drawing for t-shirts and other fun prizes! Maybe you'll be one of the lucky winners? Make sure to swing in to the library on Wednesdays from 2-6 so you can get your name into the drawing.

Also, I mentioned this last week, but we have a new addition to our library. We have set up a light therapy lamp to help combat SAD (Seasonal Affective Disorder). Anyone is welcome to use it in the library while enjoying their reading materials.

Our teen book club met last week. Our goal is to read a book a month followed by a discussion get-together. The novel we just finished was, um, interesting. Personally, I didn't love it, but the girls all "liked" it. Although, they agreed a 3 out of 5 stars would be the highest they'd rate it. The book was called "We are the Ants." All of our books are Young Adult novels, which means the topics are a bit more thought-provoking, or even controversial, as some might say, but all deemed appropriate for high-school aged students.

Though I didn't care for the Sci-Fi angle in this book, nor the author's use of language, the topics at hand made for some in depth conversations. It deals with several heavy topics like depression, Alzheimers, suicide and bullying, as well as science, family, love and friendship. It was very much so a Contemporary Young Adult work of fiction. Mental health and suicide is a hard thing to read about and talk about, but my group of teens all shared that they wish the topic didn't seem so forbidden - that it's a common issue more people, especially teens, are facing in today's world and it can really be beneficial to talk about it openly. After all, book clubs are designed to create conversation and ignite one's thoughts and voice...this book definitely made that happen.

To me, book clubs are just so beneficial. You read books you wouldn't normally read and get exposed to material you might otherwise pass by. You meet interesting people and form a sense of community where you can be silly or serious. Book clubs give you a voice and the freedom to self-express and be honest. Spending time together as a group also forms great connections and most of the time, we always have great food. BONUS! (You can tell I love book clubs - probably why I belong to three different ones...)

Anyway, we are just starting our January pick so stay tuned for the reviews on that one and if you're reading anything good, send the title my way or stop in and I'll help you pick a great title.

Have a happy week.



Grygla's Teen Bookclub, led by the Grygla Library, met last week. Members include: Brooke Limesand, Carlye Kiesow, Trystan Jelle, Alaina Monson, Layla Jelle and Julianne Nordby. (Not pictured: Abby Kiesow, Hailey Vad and Taylor Berberich.)

Snowmobile Safety Training coming up

The Fourtown/Grygla Sportsman's Club has Snowmobile Safety Training scheduled for Sunday, January 14th. The course will be held at the Grygla School that day from 1-3pm.

This is an online course that MUST BE completed before the students arrive that Sunday for the field testing, which involves completing the safety course on snowmobile.

The club has purchased the online classroom software. To gain access, please contact Jack Nelson (218-689-8807), Bob Thompson (218-689-1374)

or Tonia Haack (320-761-6234) for the access code needed to begin the course. If you do not have the access code, the online course will cost you \$35. The club recommends calling to get the necessary code so this course will be free of charge to your child.

Students must be 11 years old to participate. Upon arrival on Sunday, January 14th, students will take a short written test, which is followed by the driving portion. Snowmobiles and helmets will be provided; students must come prepared in winter clothing.

Annual Holiday/Membership Banquet this Saturday

The Fourtown/Grygla Sportsman's Club will be holding their Annual Holiday/Membership Banquet this Saturday, January 6th, at the Grygla Community Center. The evening will start with a 5pm social hour and a 6pm dinner to follow; door prizes and dancing will begin at approximately 7pm. The prime rib meal will cost \$15/plate.

You are invited to attend and become a member of the active sportsman's club. A single membership is \$15/year

with a family membership costing \$30/year.

Upcoming events include Snowmobile Safety Training at the Grygla School on January 14th at 1pm, a club trip to Rainy River Resort in Baudette February 16-18. If you are interested in attending, contact a club member for more information or call Tonia Haack at 218-294-6101.

Make sure to check out "Fourtown/Grygla Sportsman's Club" on Facebook for photos and info on club happenings.

Foot Care Clinic - Grygla

North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:

Warren Community Center: Thursday, January 4, 2018, at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Argyle LAH/BNP in the Mall: Tuesday, January 9, 2018, at 9:00 a.m. Contact: Penny Korynta at 218-437-8431

Grygla Community Center: Friday, January 12, 2018, at 9:00 a.m. Contact: Marion Franzman at 218-294-6489

Please call the person listed above to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel.

Please arrive 15 minutes prior to your scheduled appointment time.

The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.

The North Valley Public Health staff will do free blood pressure checks upon request.

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Kari Sundberg, EDITOR
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Intramurals...

Continued from front

January 12th

1:30pm: Dream Team vs. Benchwarmers, 2pm: Beast Mode vs. Fill in the Blank, 2:30pm: Dream Team vs. Beast Mode, 3pm: Benchwarmers vs. Fill in the Blank

January 19th

1:30pm: Benchwarmers vs. Beast Mode, 2pm: Dream Team vs. Fill in the Blank, 2:30pm: Dream Team vs. Benchwarmers, 3pm: Beast Mode vs. Fill in the Blank

January 26th

1:30pm: Dream Team vs. Beast Mode, 2pm: Benchwarmers vs. Fill in the Blank, 2:30pm: Dream Team vs. Fill in the Blank, 3pm: Benchwarmers vs. Beast Mode

ARC/PLC enrollment contract signup

The Marshall County FSA Office would like to inform producers that they may enroll into the 2018 ARC/PLC program by signing a contract CCC-861 or CCC-862. This is a required annual contract to be eligible for any payments earned under the ARC/PLC program. Signup began November 1st, 2017, and will continue to August 1, 2018. We encourage producers to take the time to sign the ARC/PLC contract for 2018 now during the winter and early spring months. By coming in earlier will give us more time to make any changes that you may have such as landowner changes, new land interest and operating plan changes. Please bring a copy of any new land leases you may have with your landowners.

To better serve producers the contract enrollment process is being conducted by appointment.

Producers with questions about the Enrollment process or who wish to schedule an appointment should contact their local FSA County Office or the Marshall County FSA Office at (218) 745-4251 ext. 2.

Non-Insured Crop Disaster Assistance Program

The Minnesota Farm Service Agency would like to remind Producers of the following Non-Insured Crop Disaster Assistance Program (NAP) application closing dates for crop year 2018:

February 1 - Maple Sap

March 15 - Perennial Forage Pasture and spring seeded vegetables and grain crops

NAP is designed to offer disaster coverage to producers who are growing non-traditional crops that crop insurance does not cover. Please contact your local USDA Service Center for information on exemptions.

NAP fees are non-refundable and must accompany the application for coverage by the applicable application closing dates. The fees are: \$250 per crop group, per participant regardless of the number of units or acres; \$750 per county maximum and \$1875 for all counties. Please call to make an appointment with Marshall County FSA Office at (218) 745-4251.

NAP basic provisions (CCC-471 NAP BP) are now available on-line at <http://www.fsa.usda.gov>. After accessing the web site, click on "Disaster Assistance Programs". On the Disaster Assistance Programs Home Page, Noninsured Crop Disaster Assistance Program, click here for details, right hand side View CCC-471 NAP Basic Provisions. Copies are also available at your local USDA Service Center.

Wednesday, January 3, 2018



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Student Council and Goodridge Lion’s Club Blood Drive brings in 29 donors

The Student Council and Goodridge Lion’s Club hosted a blood drive with United Blood Services on December 14th at Goodridge High School which helped collect a total of 31 units of blood to patients in need.

A total of 29 individuals volunteered to donate blood with 25 being able to. A total of 6 donors also came forward to donate Power Red Cells (2RBC) which collects 2 units of red blood cells while returning platelets, plasma and a saline solution back to the donor.

United Blood Services expressed their gratitude to Becky Carlson and Cindi Kotrba,

who co-coordinated the drive, and the Student Council and Goodridge Lion’s Club which sponsored the event, as well as others who assisted the day of the drive: Madi Race, Liberty Johnson, Morgan Burns, Hannah Seyller, Madison Paulson, Kansas Jensen, Brandon Stanley, Shantel Horachek, Justice Rodriguez and Vivian Coan.

UBS strives to keep a 5-day supply of every blood type on the shelf at all times to be able to meet the needs of patients across the region. Donations from O-negative donors, the universal blood type, are especially important this time of

year due to increased accidents and trauma cases.

United Blood Services is the only blood provider to nearly 70 hospitals across the region. The blood supply is dependent on selfless donations from volunteer donors to ensure the lifesaving needs of the region are met.

About 30 percent of UBS’s blood supply goes to cancer patients across the region and 1 in 7 people entering the hospital will need blood. Those relying on blood in the region receive that lifesaving blood from UBS.

2018 Property Tax prepayment

Property tax payments that were received by 4:30pm on Friday, December 29, 2017, will be posted in 2017. Payments may be made in person at the Real Estate & Tax Counter in the County Administration Building. Office hours are 8am-4:30pm. Mailed to 701 Minnesota Ave NW, Bemidji MN 56601. Paid online www.

co.beltrami.mn.us or dropped off in the drop box that is located on the north end of the parking lot divider.

Please include a copy of your Proposed Tax Statement or a note indicating 2018 prepayment with your Property ID #s and amount to be applied to each parcel, including if paying special assessments. If the

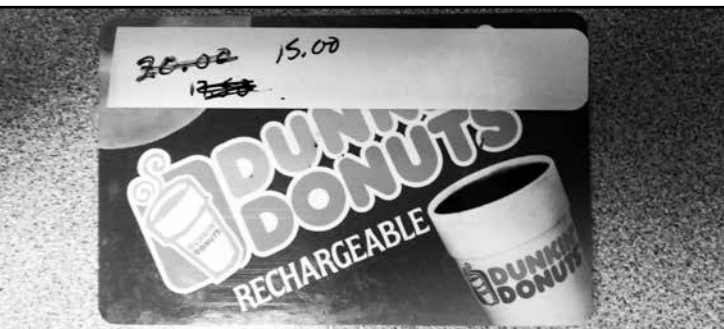
property is escrowed, contact your mortgage company regarding any potential refunds. Your 2018 Final Property Tax Statement will be mailed in March and will not reflect any prepayment. Anyone with questions can call 218-333-4138.

DO IT YOURSELF

As sad as it is to clean up the holidays, it’s time. And it’s important to cut corners and make your life a bit easier when doing so. Although we can’t reduce stress from the hustle and bustle of all the parties, we can make life a bit easier when it comes to the clean-up. Check out these ideas.

Store lights on a hanger for easy storage and unraveling. Place a file label on gift cards to track the balance. The saran wrap on the tree might be taking it a bit too far, but hey, who

are we to judge if that’s what you want to do! Other ideas include storing ornaments in coffee cans or egg cartons, separating breakables/non-breakables by tote and writing down a list of inventory and taping it to the outside of the tote or box. Use this time to get rid of anything you no longer want or need when it comes to your holiday decorations. Get the kids involved, have a good attitude and enjoy the moment when it feels like you just gained an enormous amount of space!



Energy Assistance Funding Available

Applications for the 2017-2018 Energy Assistance Program are being taken by Northwest Community Action. To apply please either call Northwest Community Action at 1-800-568-5329 and request an application or visit www.northwestcap.org

Northwest Community Action serves households located in Kittson, Lake of the Woods, East Marshall and Roseau Counties. Home visits available for homebound applicants, upon request. Households requesting assistance in completing the application are encouraged to phone the office to set

up an appointment.

Energy Assistance eligibility is based upon household income and household size. Both homeowners and renters may be eligible. Households who live in subsidized housing but pay either heat or electric costs may also qualify.

Households may apply once during the program year of October 1, 2017 – May 31, 2018.

This program is funded by the Minnesota Dept. of Commerce and U.S. Dept. of Health & Human Services. Call 1-8—568-5329 for more information and income guidelines.

Ice thickness on lakes remains inconsistent

Reports of inconsistent ice thickness on area lakes continues to be a safety issue for anglers and anyone driving vehicles, OHVs or snowmobiles on the lakes. The fatality rate this season is already higher than the last two seasons combined. All fatalities have occurred while driving an ATV or snowmobile. While ice conditions should improve over the

course of the next week, the ice may not be as thick as people expect.

The DNR reminds folks that no ice is ever 100 percent safe. It is imperative that people not let their guard down when it comes to ice safety. Please check with local experts, sporting goods stores and resorts for latest ice condition reports before heading out on a lake.

School Lunch Menus

Grygla Lunch Menu

Wednesday, January 3: Italian Hoagie on a Bun, Chips, Baked Beans, Veggie, Fruit

Thursday, January 4: Pulled Pork on a Bun, Baked Potato, Veggie, Fruit

Friday, January 5: Taco w/ Cheese & Lettuce, Veggie, Fruit, Bread

Monday, January 8: Mandarin Orange Chicken, Mashed Potatoes, Veggie, Fruit, Bread

Tuesday, January 9: Tater Tot Hotdish, Veggie, Fruit, Bread

Goodridge Lunch Menu

Wednesday, January 3: Chicken Nuggets w/ Assorted Sauces, Corn, Peaches, Pears

Thursday, January 4: Hamburger Patty on a Bun w/ Toppings, French Fries, Apples, Oranges

Friday, January 5: Tacos w/ Lettuce & Cheese, Green Beans, Applesauce

Monday, January 8: Polish Sausage on a Bun, French Fries, Salad, Apples, Oranges



Margie Coan has been the Goodridge Area Historical Society President since 2010. (A title previously held by Norma Hanson.) Margie took these winter photos of some of the historical buildings to share. Above is the old Goodridge Train Depot.



This old log building sat on land owned by Edgar Miller (by the Gully road). It was moved in to Goodridge by Kenny Coan and Lynn Hanson in the 1970’s and is located east of the Settler’s Building. It was originally an addition to a home that once belonged to Martin Anderson. Other residents of the place were George & Dora Vraa, Archie & Cora Vraa, and Ernest & Junice Race. The thrashing machine on display was donated by Bert & Inga Coan.



The Brown House, part of the GAHS, was given by David Brown, past superintendent of the school.



Woodrow School House, located behind the Depot, was given to the GAHS by the school.



This little log house, in vicinity to the old log barn, was donated by Gunder Hjelle and was originally sitting on the farm now owned by Gary Miller.

Word of the Week

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

Auld Lang Syne \awld lang zahyn, sahyn\ noun Old times, especially times fondly remembered. Old or long friendship



Results from last week’s StatePoint crossword puzzle.

SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor

If you remember from last year, January is National Soup Month! (Insert a loud trumpet call here!!) We love soup in our house. I love soup in my body. So National Soup Month is just a happy thing me.

Each week over the course of this month, I’m going to share a new soup recipe. Traditional and common soups still deserve some recognition and love (We see you, chicken noodle and vegetable beef!) but let’s take this month to experiment and try new ones. For starters, Cheesy Southwestern Chicken Tortilla Soup. Just a warning, you’ll be able to hear yourself gaining weight just reading the recipe. It’s ridiculously unhealthy. Don’t fret. If you make the soup, just make it, eat it, enjoy it, love it and move on with your life. Get right back on track with your baby carrots the next day.

Ok, so this recipe serves about 6. And it really seems promising in the whole “I seek comfort in food” idea.

Cheesy Southwestern Chicken Tortilla Soup INGREDIENTS: 3 Chicken Breasts

A HIPPIE’S HEALTH

Written by Tara Waltman

So I have learned a few things about myself being prego in the third trimester. The tears are flowing a lot more. I have not cried at a commercial quite yet, though, so there’s still hope. Haha. Hormones are a little high nowadays. Anyone else experience this prego or not? Word of the wise don’t watch a Nicholas Sparks movie unless you want to sob uncontrollably! I should have known.

I have been using a little tangerine oil for optimism, Joy essential oil and oils out of my new feelings kit like Present Time essential oil to help with the emotions! I love Present Time oil!

Another thing is when your organs are being smooched by the growing baby that is about the size of a cantaloupe by now, your digestion system slows down. To be frank, this makes it hard to poop! An issue I have not had a problem with in the past. I’m sure you all wanted to know that! I have been amping up my fruits and veggies that are high in fiber. I actually heard that eating two pears a day could help with this so I

15 Ounce Jar Tostitos Salsa Con Queso 1 Can Cream of Potato Soup 1 Cup Sour Cream 1 3/4 Cups Chicken Broth 1/2 Can to 1 Can Fire Roasted Diced Green Chiles, to taste 2 Cups Frozen Corn 1 Packet Taco Seasoning 1/4 Cup Chopped Cilantro, fresh, optional Tostitos Scoops Chips

DIRECTIONS: Preheat the oven to 350 degrees. Sprinkle salt and pepper on each side of the chicken and place in a baking dish. Cover with foil and bake for 30 minutes. Remove from the oven, and using two forks, shred the meat and set aside.

In a large pot over medium heat, add the salsa con queso, cream of potato soup, sour cream and chicken broth. Whisk to combine. Stir in the chiles, corn, taco seasoning, cilantro and chicken. Bring to a simmer and serve or keep on low for an hour or two.

Serve with Tostitos Scoops chips.

Store in a plastic container, sealed in the fridge for up to 1 week. Do not freeze.



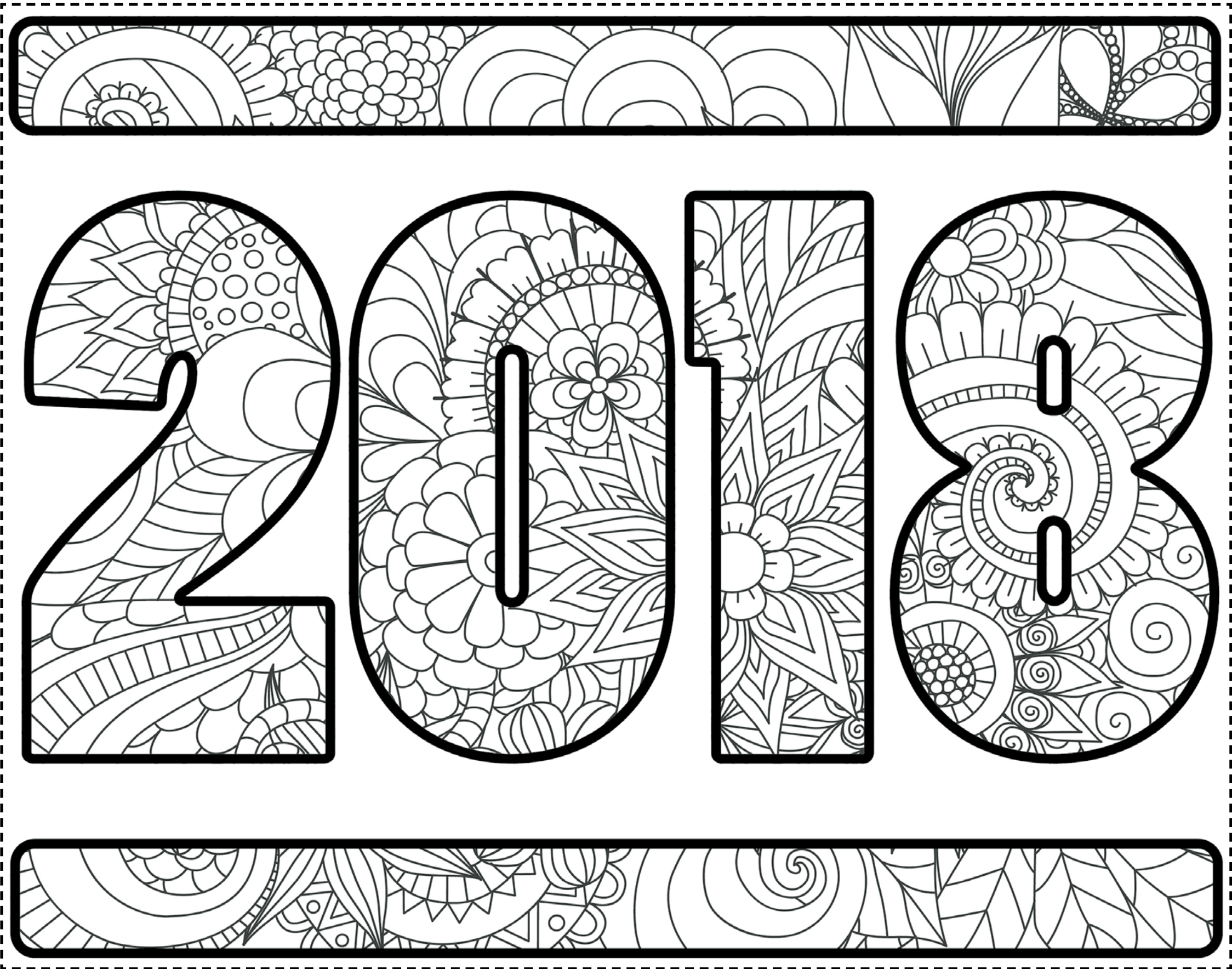
should try that! I have been using a little digize essential oil and peppermint for some relief! Last but not least, I need to recognize when to slow down. I can’t go at the same pace which is fine; I just need to recognize that. I have to sleep a little more and try to sneak some naps in. My body and baby needs rest. I can’t work quite as hard as I was and that’s okay. When I need a little pick me up, I take a shot of Ningxia Red, a supplement drink.

I am so thankful for this experience and the little human I have growing inside of me. So when I am sobbing at church from a song again I will just smile out of gratitude.

So blessed and thankful. 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.



Wednesday, January 3, 2018



Show off your skills for a chance to win!
Adult coloring books have become quite a trend lately and they seem to be sprouting up everywhere – in libraries, bookstores, cafes and now the Grygla Eagle! Whether grown-ups are looking for a quiet activity that helps get rid of restlessness and stress, or an activity to help with fine motor skills, the reasons seem to vary among coloring enthusiasts; adults just seem to be enjoying this relaxing activity.
Cut out the picture above and put your own skills to the test - no artistry required! If you aren't up for the challenge, cut it out for your kids to do something fun and creative with. The catch? Send this coloring page to the Grygla Eagle at PO Box 17, Grygla, MN 56727, no later than Saturday, January 13th. You can also drop them off at the Grygla Eagle office. A winner will be chosen and awarded a gift of \$20 value! Winner will be notified and announced on Monday, January 15th, along with a photo shared on our Facebook page! (Please include your name and address with your photo.)



December 30th was race day in -27 degree weather! Pictured is Cooper Kangas, son of Jason and Allison, getting ready for his first race of the season for USXC on Pine Lake. Cooper, age 10, races in the juniors group with an Arctic Cat 2016 Sno Pro 4000 sled. He placed 3rd at the Pine Lake race and will try his luck again next weekend in Cable, Wisconsin. He started out racing 120's when he was just 3 years old. Good luck, Cooper!



Another winter Kangas photo! Allison Kangas took this “Winter Wonderland” photo on their farm in rural Goodridge. ‘Tis the season! It was too beautiful not to share.

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Grygla Eagle, McIntosh Times, Oklee Herald and Leader Record

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