



Today	Thurs	Fri	Sat	Sun
Scatt. Showers	Mostly Cloudy	Partly Cloudy	Partly Cloudy	Sunny
H 36 L 14	H 33 L 9	H 22 L 9	H 24 L 6	H 29 L 10

Wednesday, March 28, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 44 Number 39

A look at next week ... Low number of elk in the Grygla herd continues to be a cause for concern.

River Run Percheron farm welcomes you



Shannon and Denise Ostby have had Percherons for over 35 years! Pictured above is their stud, Dekota.

Written by Kari Sundberg, Eagle Editor

"Over the river and through the woods, to Ostby's house we go; the horse knows the way to carry the sleigh, through white and drifted snow!"

Picture-perfect is how one might describe the setting when pulling into the yard of Shannon & Denise Ostby. The River Run Percheron farm is located just outside of Grygla. When going down the drive and crossing the Mud River, your eyes are given such a treat. A serene gazebo sits next to the river bank, while a beautiful log home overlooks neat and tidy barns that house some pretty majestic horses.

Picture-perfect is a great description, indeed.

Expecting eight foals this spring, the Ostbys currently have ten Percherons on their farm; all are mares with the exception of one stud and one stud colt. "Spring is a really exciting time for us around here," Denise smiled. Of the eight foals, six will remain on the farm.

The Ostbys have owned Percherons for the last 35 years. Shortly after they were married, the first team was bought to assist with barn cleaning as Shannon & Denise milked cows at the time. It wasn't long

before a good friend, Warren Torgerson, from Clearbrook, got them into showing. Back in the 90's, the Ostby farm had up to 50 head of Percherons at one time with the family staying very active in the show business. Venturing up to Canada, to Colorado and Florida, down to the Minnesota State Fair, to Iowa, the road was very well-traveled with their team of horses. Years ago, they also showed at two different World Percheron Congresses and are thinking about going back to it this year! The event is held every four years all over the world. This October, it's not too far away in Des Moines, Iowa, which is why Shannon is thinking about hitting the road again. "It's so close to home that we're thinking about bringing our best yearling stud to show potential buyers. If it doesn't pan out or we don't get what we want, we'll plan to keep him for our own replacement," he said. That yearling stud, along with two other horses, are currently in Madison, Wisconsin, getting ready for sale.

What does that mean exactly?

The Ostbys are in partnership with John Wayne Kauffman, who gets the horses ready, meaning he drives them, gets them shot up, puts shoes on

them, brushes them and gets them real pretty. Basically, he puts the finishing touches on them before they hit the show ring. John Wayne Kauffman is a well-known name in the business as he had the top selling mare in Madison last spring; it was a 3-year old that sold for \$50,000.

"The market for the high sellers are the rich people, plain and simple," Shannon and Denise agreed. The highest horse they've ever seen sell at a sale was for a 3-year old

stud that went for \$115,000! "Basically, two millionaires wanted the same horse," Shannon laughed. (That horse was purchased with the prospect to ship semen off him and breed outside mares.) Interesting fact: Other people without a stud can have semen shipped to them in just 24 hours for artificial insemination.

Right now, the draft market is the highest Shannon has ever seen with an average Percheron selling for \$13,000. The market varies with horses being sold for hobby-related purposes or to the guy that wants to skid out a few logs in the winter time. The biggest market includes the draft horses being sold into top hitches for promoting purposes. You've probably heard of Young Living Essential Oils? The owner has farms all over the world with one of the lavender farms being located in Mona, Utah. The farm has a hitch of Percherons that they use year-round for promoting purposes. Last summer, the Ostbys took a trip to that farm, describing it as unbelievable, and attended a big rodeo show on site.

None of Shannon & Denise's draft horses have been sold for the Young Living hitches, (YET!) but they have raised and sold Percherons used for other top hitches in the country, such as Ames Construction, out of Burnsville, MN, Cedar Farms, out of Michigan, and Cape Cod Percherons, out of Nova Scotia, to name a few.

Back in 2001, their daughter, Keesha, was the National

River Run...
Continued on back



Denise & Shannon are pictured with Hillside Cherrilou, the first mare expected to give birth any day now!



Grygla High School held their Spring Fling last week that concluded with Coronation on Thursday, March 22nd. The junior class racked up the most points over the course of the week, earning them the title of King and Queen.

Royalty included, L-R: Elise Monson & Cory Clevon (10th grade), Julianne Nordby & Jordan Herseth (12th grade), Queen Abby Kiesow & King Peyton Verbout (11th grade), Jamie Dougherty & Josh Johnson (9th grade), Katelyn Larson & Walter Jones (8th grade), Chloe Osse & Tre Alten (7th grade).

Spring Fling Coronation Emcees were Carlye Kiesow and Payton Grandstrand. A vocal solo was performed by Courtney Vad. The week's activities included dress-up days, a photo scavenger hunt, hall decorating and games.



Alaina Monson, senior outside hitter from Grygla High School, has signed a national letter of intent to play volleyball for the Minnesota State Community and Technical College Spartans in Fergus Falls, MN.

Alaina has 3 years of varsity volleyball experience, was captain of her volleyball team junior year and was recently the recipient of her high school's 'Triple A' award.

"I'm looking forward to having Alaina continue her volleyball career with us here at M State," said head volleyball coach Abby Crowser. "She seems very eager to improve upon her skills and compete at the collegiate level."

Alaina is the daughter of Greg and Maureen Monson, Grygla, MN.



The Grygla Merchants held their annual appreciate breakfast last Saturday - pictured in the kitchen are Chris Kiesow (Machinewell), Bob Thompson (Farmer's Union Ag), Lynn Anderson and Bryan Grove (American State Bank & Insurance Agency).



Gary and Julie Kiesow were among the many who didn't have to cook breakfast last Saturday and were instead served a hearty breakfast by the Grygla Merchants!



The Goodridge School held their Night of the Stars Talent Show last week with various performances by GHS students. Admission dollars from the show will benefit the music department. In addition to singing and playing piano, other talents featured included a yo-yo demonstration and showing off some hover board skills! Pictured is Isabel Horning and Carley Jensen. Singing a duet, below, was Mercedes Coan and Felix Jensen.



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, March 28:
6pm Choir at Grace
Thursday, March 29:
7pm OS Maundy Thursday Service
Friday, March 30:
7pm Grace Good Friday Service
Easter Sunday:
Grace: 7am Sunrise Service, followed by breakfast; 9am Easter Cantata Service featuring Grace Choir.
OS: 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Thursday, March 29:
6pm OS Supper w/ 7pm Service
Friday, March 30:
UL Good Friday Service 7pm
Easter Sunday:
Schedule not provided

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Pastor Kristin Dahlen Ostercamp
Thursday, March 29:
6:30 meal at Faith, 7pm Maundy Thursday service
Easter Sunday:
Faith: 6am Worship
Bethany: 9am Worship
Ekelund: 10:30am Worship
Monday, April 2:
Ekelund Ladies Aid 1:30pm

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
Thursday, March 29:
7pm Maundy Thursday Service at Bethesda
Friday, March 30:
7pm Good Friday Service at Pine Grove
Easter Sunday:
9:30am Worship at Bethesda

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
Thursday, March 29:
Mt. Olive 5pm, Oak Park 7pm
Friday, March 30:
Good Friday Service at St. Petri 8am; Nazareth 7pm
Saturday:
Mt. Olive: 9am Worship
Easter Sunday:
St. Petri: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship, 9:45am SS

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

In order to reflect accurate church time, please have your next month's church calendars emailed to the Grygla Eagle by the last Friday of every month.
grygla.eagle@gmail.com

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Community Calendar

Wed | Mar 28
Grygla Eagle office open 9-6pm; Blood Drive at the Goodridge School 9am-2pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla Teen Book Club 6:30pm

Thurs | Mar 29
Fri | Mar 30
No School; Senior Meals at Grain Bin Café 11am

Sat | Mar 31
Goodridge Fire & Rescue Annual Fundraiser 4:30-7:30pm

Sun | April 1
April Fool's Day; Easter Sunday

Mon | April 2
No School; Senior Meals at Grain Bin Café 11am

Accepting Bids

Our Savior's Church of rural Grygla is accepting bids now through March 31st for lawn mowing. Duties include mowing and trimming the churchyard and cemetery. Our Savior's reserves the right to reject any or all bids, and waive all irregularities.
Contact Mark Sax (218-294-6285) or Paul Sundberg (218-294-6514).

School Lunch Menus

Grygla Lunch Menu
Wednesday, March 28: Chicken Fajita on a Tortilla Shell, Lettuce, Cheese, Broccoli, Fresh Fruit
Thursday, March 29: Pepperoni Pizza, Salad Bar, Fruit
Friday, March 30th: No School
Monday, April 2: No School
Tuesday, April 3: Tomato Soup, Toasted Cheese Sandwich, Crackers, Fruit, Veggie
Goodridge Lunch Menu
Wednesday, March 28: Turkey on a Bun, Chicken Vegetable Soup, Cheese, Crackers, Celery w/ Dip, Oranges
Thursday, March 29: Chef Salad w/ Turkey & Ham, Tomatoes, Broccoli, Cucumbers, Green Peppers, Celery, Breadstick, Banana
Friday, March 30th: No School
Monday, April 2: No School
Tuesday, April 3: Chicken Tenders, Steamed Carrots, Fruit Salad

ATV Safety Training
April 14th from 9-11am at the Grygla School. Students must be 11 years of age or older. Sign up in advance. Bring a helmet if you have one. Online class must be completed prior to April 14th by going to ATV-course.com
Contact Nick Harris (688-0037) or Kyle Haack (686-5583) for a registration code. This event is sponsored by the Fourtown/Grygla Sportsman's Club.



Roseau Electric Cooperative, Inc.

A Touchstone Energy® Cooperative

Official Notice of Annual Meeting

Saturday, April 7, 2018 • Roseau High School Theatre

Starting at 9 am ~ Business Meeting 10 am

Notice is hereby given that the annual meeting of members of Roseau Electric Cooperative, Inc. will be held in the Roseau High School theatre in the city of Roseau, Roseau County, Minnesota, on Saturday, April 7, 2018, at 10 am.

ANNUAL MEETING AGENDA		
9 am - Registration - Coffee and doughnuts in the high school commons - Assembly entertainment: <i>Nite Ryders</i> - Gym & Swim begins (kindergarten and over; supervision will be provided) - Child care available	10 am - Invocation - National Anthem - Business Meeting - Election of director candidates - Guest speaker: Mac McLennan, Minnesota Power Cooperative - Entertainment: <i>Nite Ryders</i> - Door Prizes	12 Noon - Comments, adjournment - Announcement for lunch - Entertainment: <i>Nite Ryders</i> <i>Drawings will be held. Must be present to win!</i>

Each member attending will receive a free campfire mug to be handed out at the end of the day!

GUEST SPEAKER

Mac McLennan *President & CEO Minnota Power Cooperative*

Robert "Mac" McLennan is the president & CEO of Minnkota Power Cooperative, Roseau Electric Cooperative's wholesale power provider based in Grand Forks, N.D.





The staff and students at the Grygla School would like to thank everyone who made it possible for us to get our kids safely to school during a difficult winter. First, thank you to our bus drivers, Bruce, Colette, Gina, Wayne, Greg, Ron, Bonnie, Owen and Trevor for getting up early, facing the cold and tough conditions at times, to get around on your routes to provide a safe and warm bus ride for our kids to get to school. Our buses would not be able to get around, without our snowplow operators putting in late nights and early mornings to get the roads cleaned up for them. We couldn't do it without you, Greg, Jason, Michael, Jeremiah, Trevor, Rick, Toby, Justin and Donovan. Thank you to Owen and Wayne for having the snow cleared out at the school each day by the time staff and students get here and for being ready on a moments notice to take care of any bus issues that come up. Keeping buses going during the winter months is a tough job at times, especially in the bitter cold. We'd like to thank the crew at Cenex for doing this; Jake, Bob, Calvin and Tim. Winter gets to be too long, and at times miserable, but it feels like it goes a lot quicker and smoother when we are surrounded by good people. We are so blessed to be able to say that we have many, many good people who do everything they can to make sure our kids have the opportunities they do. **THANK YOU!**



Andersons to celebrate 65th Anniversary

Gordon and Pat Anderson of Pine Island, formerly of Grygla, will celebrate their 65th wedding anniversary on April 5, 2018.

They were united in marriage in 1953 on Easter Sunday night in Grygla, Minnesota.

Their children, Rhonda & Randy Hoffman, Lynn & Ruth Anderson, and Lori & Stuart Weis, along with their 8 grandchildren, and 15 (soon-to-be 16) great-grandchildren, will host a small family gathering later this spring. Greetings may be sent to the couple at 308 Pinecrest Ct. SW, Pine Island, MN 55963.



PUBLIC HEARING 5 YEAR HIGHWAY CONSTRUCTION PROGRAM MARSHALL COUNTY

The Marshall County Board of Commissioners will hold a Public Hearing, April 3, 2018 at 5:30 p.m. at the Newfolden Community Center in Newfolden, MN for the purpose of discussing and receiving comments on the proposed 2018-2022 Road and Bridge Construction Program in Marshall County. All interested citizens, public officials and representatives of townships and cities are invited to attend and provide input.

Be Charger Kind



The Grygla School is recognizing acts of kindness. Students are encouraged to write down their peers' names and acts of kindness that they witness and put the slips into a bucket. At the end of each week one elementary student and one high school student are chosen and they receive a t-shirt. Charger Kind winners recently chosen: Blake Stanley and Maci Bakken.

Elementary Basketball Night info

The annual elementary basketball game night will be held at the Grygla School on Thursday, April 5th. Admission is \$2.00 per adult and \$1.00 grades 7-12. The games will start at 6:30pm with the Preschool & Kindergarten. 1st-2nd will play at 6:40pm. 3rd grade at 7:05pm. 4th-6th grade girls at 7:30pm and 4th-6th grade boys at 7:55pm. Please bring your child/children with you that evening. There will be no supervision for students between the end of the school day and the start of the games. The 6th grade will also have concessions of pop/candy/popcorn available.

ECFE will be doing their fundraiser on this night, as well. They will be serving BBQ's and chips from 5-7pm. They will also have various theme baskets, which you can buy tickets for a chance to win.

Head Start/ Early Head Start recruitment

Northwest Head Start and Early Head Start are currently recruiting children and families for the 2018-2019 program year. Head Start and Early Head Start are operated by Northwest Community Action, Inc. and serve low income families in Marshall, Roseau, Lake of the Woods, and Kittson Counties.

Head Start and Early Head Start are family focused, comprehensive, child development programs which provide activities, information, and assistance in the areas of education, health, family services, and parent involvement. Head Start serves eligible families with children who are 3-5 years old. This is a primarily center-based preschool program. Early Head Start is for eligible families who are expecting or have children birth up to 3 years old. The EHS program consists of weekly home visits and socializations twice per month.

If you are interested in learning more about Head Start and Early Head Start, call the Head Start office in Badger at 528-3227 or call toll free at 1-800-568-5319.

14th Annual Open House and Fundraiser

For the Goodridge Area Fire and Rescue this Saturday, March 31st. Supper will be at the Goodridge Fire Hall from 4:30-7:30pm. Live auction to follow at 9pm at the Goodridge Liquor Store. Menu includes: Burgers, fries, ice cream, milk, coffee, juice

Raffle items: Buy a 10-price raffle ticket for \$10 from any fireman, first responder or board member. Drawing will be held April 21st.

Yearbooks

Purchase your 2017-18 yearbook's with a coupon that expires March 30th. Yearbooks are \$40, but the coupon takes \$10 off that price.

Accepting Applications

Marshall County is currently accepting applications for part-time summer help. The duties will include: Roadside and Road Surface Maintenance, Surveying and Construction Assistance. Starting wages range from \$13.51 to \$14.40 per hour. Applications are available at the Marshall County Highway Department, 447 S. Main, Warren, MN 56762. 218-745-4381. Closing date: April 13, 2018. Must be 18 to apply. An Equal Opportunity Employer.

Regular meetings for Veldt Township for 2018

at **Grygla Community Center**
Regular/Equalization at 9am on the following dates:

April 5
June 6
August 1
October 3
December 5

-Grant Satre, Clerk

Notice: Benville Township

Board of Review for Benville Township is scheduled for Tuesday, April 10th at 10:30am at the townhall.



Easter: A Celebration Of The Risen Christ

But the angel answered and said to the women, "Do not be afraid for I know that you seek Jesus who was crucified. He is not here; for He is risen, as He said. Come, see the place where the Lord lay."

—Matthew 28:5-6

At Easter, we remember Christ's death on the cross at Calvary and celebrate His miraculous resurrection and victory over death.

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Junior High Honor Band & Choir Festival at Mahnomen High School

An all-day practice concluded with an evening concert on Friday, March 23rd. 13 different schools participated under the direction of Vanessa Martell & Josh Argall. They were Grygla/Gatzke, Goodridge, Ada/Borup, Norman County East, Norman County West, Pelican Rapids, Sebeka, RLCC, WAO, Win/E/Mac, Greenbush/MR, Hawley & Mahnomen.



Goodridge Junior High Honor Choir students, L-R: Paige Burns, Kylie Delage, Caitlyn Jacobson, Wyett Seyller, Noelle Merrill, Alliya Smith, Sydney Solberg.



Goodridge Junior High Honor Band students, L-R: Payton Homme, Chantel Grindeland, Jennah Henrickson, Hannah Wilebski, Elliot Philipp, Issac Johnson.



Left: Grygla Junior High Honor Choir students, L-R: Ellie Saborin, Zoey Fish, Riley Saurdiff, Ahna Stanley, Bailey Watne, Kia Klein, Sheldin Sundberg, Kaylor Torgerson and Reece Sundberg. Right: Grygla Junior High Honor Band students, L-R: Dane Arveson, Avery Moe, Clayton Suchoski, Katelyn Larson



Grygla/Gatzke School Board February Minutes

Thursday, February 15, 2018, 8:00 p.m.

Chairperson of the board Nicolette Leach called the meeting to order at 8:09 p.m. with Karina Tinnies, Charisa Limesand, Jeremy Rychlock, James Verbout, Andrew Oslund, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance.

Motion by Jeremy Rychlock, second by Charisa Limesand, to approve the agenda as presented. Passed 5-0.

Minutes of the 1/18/18 regular school board meeting were approved as printed.

Motion by Charisa Limesand, second by Karina Tinnies, to approve payment of the bills check #35693 through check #35776 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund: \$142897.24 MSDLAF: \$1,485,504.67 Food Service: \$4259.30 Checking: \$64917.61 Comm. Service: \$166.85 Trust: \$9375.00 Scholarship: \$2000.00 Total: \$158698.39 Total: \$1,550,422.28

Student Report: Given by Alaina Monson and Payton Grandstrand. The boys and girls basketball teams have had several games in the last month, including a double header and a junior high Roseau tournament. The National Honor Society met recently to discuss their upcoming service project at the Crookston Care and Share. Northland Community and Technical College held a career fair on February 7th that our Juniors and Seniors attended. Alaina Monson represented the Grygla School as the AAA recipient at the AAA awards banquet in Mahnomen. Alaina was joined by her parents and Mr. Lunsetter. There have been several knowledge bowl meets recently with the Sub-regional meet coming up on February 28th. The Spring Student Council Summit will be held on February 28th at Lincoln High School in Thief River Falls. Bailey Watne will be a candidate for President and Payton Grandstrand will be a candidate for Representative. The Student Council is planning Spring Fling, with "Monopoly" tentatively being chosen as the theme. Alaina, Cheyenne Irlbeck and Walter Jones will be helping at the Food Shelf in February. There was a trap shooting meeting held at 7:00 tonight, with 18 students signed up to participate. The Juniors are planning prom and have chosen "Grecian Gala" as the theme. Post prom has recently completed their Pizza Fundraiser. Carly, Hailey and Bailey attended the Principals' meeting in Erskine this week as members of the NWD-MASC Board and presented what they have been doing with their time on the board. Students helped at the Blood Drive Wednesday Febru-

ary 14th. Release time started recently. Our Boys' Basketball Team will play Warren at NCTC on Super Saturday.

Teacher Report: Given by Gabe Rath and Brady Olson. Mr. Rath stated that the 5th graders have completed several art projects recently and are displayed in the elementary hallway. They are also working on roller coasters and will soon be developing an electrical circuit. The entire elementary will be taking part in a reading scavenger hunt in recognition of "I Love to Read Month." The elementary will also have a movie and pajama day in honor of Dr. Seuss Day. February 26 is large group choir contest and March 14 is large group band contest. The High Mileage team is developing their car, "Exo", for their contest in Brainerd on May 14 and 15. Mr. Rath also noted several of the projects his classes are building, including corner shelves, scale model homes, refinishing cabinets and a shadow box for the flag. Mr. Olson noted that intramurals are half way through at this point, and instead of competing in Jump Rope for Heart, the students

will be doing Hoops for Heart this year.

Principal Report: Principal Lunsetter began his report by ceding the floor to Brooke Limesand and Carlye Kiesow to discuss plans for the Senior trip with the board. Brooke and Carlye outlined their itinerary for the board, and Chairperson Leach asked for them to present an itinerary and budget at the March school board meeting. Mr. Lunsetter presented the Excused Absence Procedure for approval, and updated the board on the progress on the yearly calendar and the daily schedule for 2018-19. The track schedule has been completed and was distributed to the board members. A boys and girls playoff update was also given, with the boys in as the #6 seed, and the girls as the #9 seed currently. Mr. Lunsetter also thanked Trevor Kiesow and Kenny Lunsetter for their dedication and leadership to the trap shooting team. Each trap shooting member that competes in all the events this year will earn a patch and a pin. Mr. Lunsetter recommended that a diesel bus be purchased after July 1 for

the 2018-19 school year. Some summer building projects that were mentioned were windows, sidewalk, gym lighting, gym paint and a new sound system in the gym. Mr. Lunsetter said that these do not all need to be completed this summer, but looking forward, they are some projects needing upgrades. Alaina Monson did an excellent job as the Grygla School AAA representative.

Superintendent Report: Superintendent Clow informed the board of the upcoming CPR class, and the possibility of hosting a Taekwondo class. He also discussed possibilities for employing Tomas Loberg as Driver's Education instructor.

Motion by Karina Tinnies, second by Andrew Oslund, to approve the 2017-2019 certified contract as negotiated. Passed 6-0.

Motion by Nicolette Leach, second by Jeremy Rychlock, to approve the excused absence procedure as presented. Passed 6-0.

Trustee Reports: Nicolette Leach briefed the board with an update from the NWRIC.



Last week, there was a 'Meet and Greet' at the Grain Bin Café with Dave Hughes, Republican Candidate for US House, MN-7. Hughes, pictured on the left, is a 21-year Active Duty-retired US Air Force Combat Veteran – officer, pilot and Iraqi War vet. He is now a drone instructor for US Customs & Border Protection. Dave, his wife, Amanda, and their 7 children reside in Karlstad, MN. To learn more about this 2018 Republican Party Candidate, you can visit www.hughesforcongress.us.



A Township Fire Warden meeting was held recently in Grygla. Length of Service awards were presented. Pictured, L-R: Mike Nooker, Inventory Forester; Bonnie and Virgil Wagner, 35 years of service, at 5 miles east of Middle River; Larry Nerhus, 10 years of service at 9 miles southeast of Goodridge; Adam Fisher, Fire Forester.

Word of the Week ...enhancing vocabularies one Grygla Eagle at a time.

Dornick

\dawr-nik\

noun
1. A small stone that is easy to throw.

A Note from Principal Lunsetter's Desk

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty."
~Winston Churchill

The awesome part about this quote is that we all get to decide which one of these we will be. We have no control over what happens to us, but we are totally in charge of how we respond to it. Because of that we can either choose to approach everything negatively or find the "silver lining" in everything. Either way, I think it's important to surround yourself with optimists...when we have bad things happen, or we have an off day, there will always be someone there to pick you up, and you for them on their tough days. Look for your opportunities today and encourage others around you to find theirs, as well.

A HIPPIE'S HEALTH



Written by Tara Waltman
So, mom life (of a newborn) includes forgetting to write my newspaper article from last week. Ugh. Is there an oil for that? Haha! Well, of course there is!

Frankincense is key oil for focusing. I have been using that, but maybe not enough? Or maybe I need to step it up a notch and use clarity? I did remember to use it one day and it helped! That's the thing - you have to remember to use the oils. I do with some, but I forget others that I have. Maybe I have too many? My spouse would agree with that comment.

One oil I was thinking I should maybe try to help with my memory is Brain Power! Yeah. Doesn't that sound like a good one? One of the key ingredients in that blend is the one and only frankincense. One of my favorite oils. I use frankincense in the morning to wake up and start my day focused and ready to go! Give it a try, folks.

I love mom life to a newborn. Even the disheveled hair that needs cut, the milk from my boobs on my shirt, spit up in my hair, bags under the eyes - you know all the fun! I do feel pretty darn lucky, though. Waverly slept through the night the other night, and I felt like a new woman when I woke up! It was awesome. All the joys of mom life.

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 Darrell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.

SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor

This is SUCH a quick supper and it's fantastic. WIN – WIN!

Ground Pork Carnitas

Ingredients:
Yellow Corn Tortillas
Refried Beans (or substitute with black beans)
Shredded Cheese
Ground Pork Sausage
Salsa Verde
Pineapple Tidbits

Onion
Minced Garlic
Pepper
Sour Cream

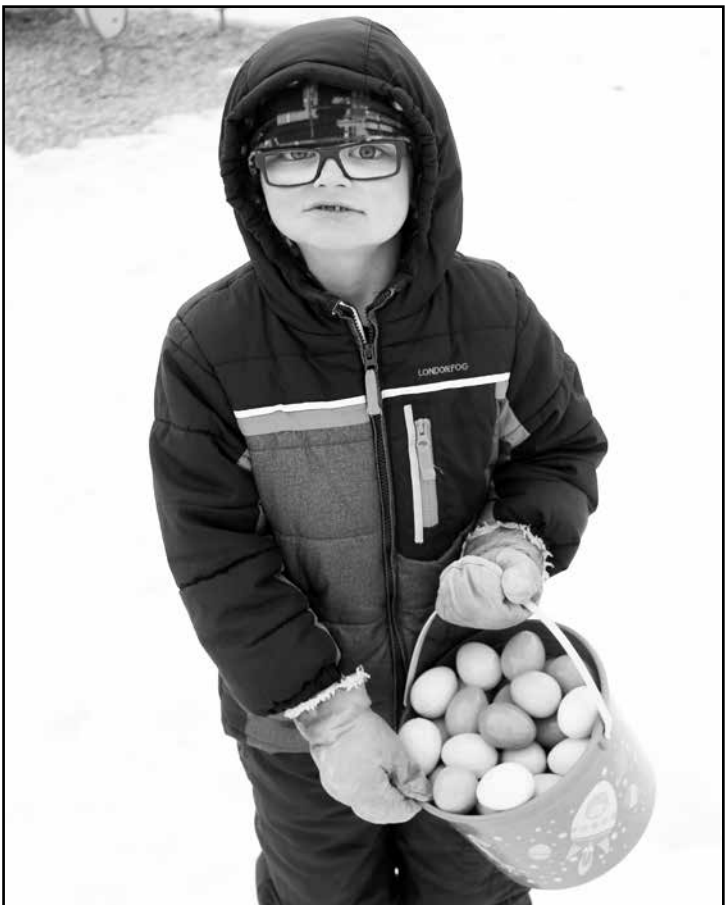
Instructions:

First, I sautéed a mixture of pineapple tidbits, onion slices, minced garlic and pepper – all to taste. I also browned by pork sausage and heated up the refried beans during this time. Once everything was done, I layered each carnitas like so: a yellow corn tortilla, refried beans spread on top of that, then shredded pepperjack cheese with the ground pork sausage put on top of that. I put a little bit of salsa verde on top, then put my pineapple/onion/garlic/pepper mix on top, then a dollop of sour cream!

Tip: Heat your corn tortillas up on top of a damp paper towel for a minute. You can also fry them in hot oil for about 15-30 seconds on each side, if you prefer.



The Grygla-Gatzke Jaycee's Club held an Easter Egg hunt last Sunday. Pictured above is Molly Holthusen with her two daughter, Ihle and Myla. Below is Oliver Smeby.



River Run...
Continued from front

Percheron Queen. The family went to Indianapolis, where there was a national show that year. As queen, Keesha promoted the Percheron breed and gave out awards.

These days, while not showing like they used to, Shannon likes to do some judging. He was asked to attend the Provincial Percheron Show up in Canada this summer where he'll judge the halter and hitch classes, as well as the cart and team classes. He enjoys doing this for many reasons, but mainly to keep his skills honed.

The Ostbys have done hundreds of sleigh rides and parades over the years, but have gotten away from it, due to the time and work it takes to prepare for such events. Nonetheless, they still enjoy driving their horses through their woods trails, saying it's very quiet, relaxing and enjoyable to them. All of the horses on the farm are in harness by the time they are two years old. Some people also breed by the age of two, but the River Run draft horses aren't bred until three or four years of age.

"For us, this is a hobby that pays its way," Shannon explained. "Sure, the ultimate goal is to ring that bell...to breed and raise the one that sells for 70-80 thousand, but we are proud of where we are at. We've been at it a lot of years and are finally established where people are calling us to buy our horses. A guy in Georgia bought three and already spoke for two more next year," he added.

The Ostbys have every right to be proud of their horses. They spend a lot of time and energy in the barns, although both are also employed full-time, Shannon at Polaris and Denise at Digi-key. They say they are out in the barn more now than when they milked cows! "That's my downtime. I don't think of anything else

when I'm out there," Shannon admits.

It's a hobby they truly enjoy...and one they welcome others to enjoy with them!

Denise says this is the best time of year – when all the foals are due to arrive. Last year, they only had one visitor on the farm to see the babies. "Shonda Jelle was the only person to come out to the farm last year," Denise explained. "We welcome ANYONE to come on out – we'd love that," she says.

More than happy and willing to show you the horses, Shannon and Denise can be reached at 218-686-0033 or 218-686-1714. "Give us a call," they say. "We'll make sure we're around for anyone to come out." Because the mares are so docile, visitors are able to go right into the stalls and play with the babies, if they so wish.

Of course the foals are fun to see and play with, but the Ostby's stud, Dekota, is a sight to be seen, as well. Standing at over 18 hands high (there are four inches in a hand), he just about takes your breath away!

The Ostbys have a camera system set up that has made life a lot easier for them. They can both be at work and check the birthing stalls via their cell phone. As of press time, no foals had been born yet, but should be arriving at any time. In fact, a couple are overdue so stay tuned for an update! You might even be lucky enough to help name one as Denise says they are running out of names and considering running a "name that foal" contest! "We enjoy this time of year so much. Since we aren't into the show business anymore, the foals are the next best thing! We just want people to know they are welcome to visit and enjoy them, too," she invites.

Stay tuned for updates on the arrival of the foals and consider taking some time to visit River Run's beautiful farm one afternoon – the Ostbys welcome you and your family.



The Ostbys currently have 10 Percherons on their farm, all of which are as tame as puppies, they say! Pictured above is Anna Sundberg, who visited the farm with her mom last week.

When in doubt, don't throw it out

With spring cleaning around the corner, it's time to take a look at the things you have been collecting and decide what stays and what goes. The problem is that a lot of what you have probably isn't ready for the landfill. But where can you put all of your used or inherited items as you make way for the new?

Aunt Dorothy's 24-piece floral tea set. Great-Uncle Bill's rusty old tool collection. Grandma Winnie's antique china cabinet. You may be holding onto other people's stuff. And it's in your house, garage or storage unit; collecting dust. Do you wish you could de-clutter family heirlooms without feeling guilty? A lot of people will look to donating to our local museum.

The Settler's Square Museum accepts selected donations for its artifact and archival collections. Before we accept an item into the collection, it is reviewed by a committee. Not everything is accepted, because not everything is appropriate for our collections.

We collect items that were made or used in Marshall County. Ideally, we would want to know where/when/by whom the item(s) were used. Some examples include: photographs and video, business/organization/ government records, manuscripts, maps, historical objects, oral histories, books and pamphlets.

Items we typically DO NOT

accept are family bibles, newspapers or newspaper clippings, wedding dresses, unidentified photographs and items from outside our geographical region.

Each item is different, but factors we consider include the item's historical or cultural significance for Marshall County, physical condition, whether or not the Society already owns a similar item or copy, and the item's ownership and use history. Potential additions to the collections go through a rigorous review process and are also subject to a vote by the Society's Acquisitions Committee.

Currently the Society is looking for diaries, photos and stories of communities and organizations in Marshall County. If you are going through your own collections, an estate, or moving, consider donating these things to the Marshall County Historical Society.

While the museum does not accept unsolicited donations or drop-offs, we are happy to work with you to schedule a time to evaluate your potential donation. In general, the best thing to do is to send an email or letter to the museum director, along with photographs and descriptions of the offered material, or pick up a Potential Donations Form at the museum office.

Call 218-745-4803 or email mchs@wktel for more information.

Food Shelf campaign continues



Hunter Hackley helped shop and donate to the Grygla-Gatzke Food Shelf on behalf of the Grygla-Gatzke Jaycee's Club.

(Submitted by Cheryl Sis-tad, Chairman)

Donations are coming in at a slower pace this year than in years past. So far, the Grygla-Gatzke Food Shelf has received 370 pounds of food and \$850.00

donations. This is a long way from last year's March donations of 702 pounds of food and \$5,445.00 in monetary donations. There is still time to get your donations in as the Grygla-Gatzke Food Shelf is

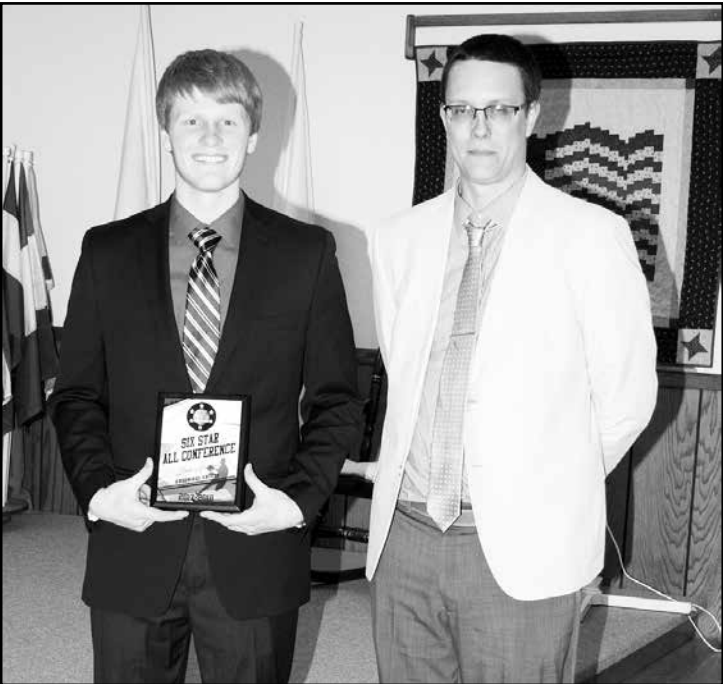
participating in the Minnesota Food Share March Campaign which runs until April 8th. By doing so, we are eligible for matching funds based on the amount of funding and food donations we receive as compared to that raised by other food shelves.

In the past, one of our big supporters was Walmart in Thief River Falls. We are still fortunate to be able to pick up donated food on a monthly basis. This varies as to their supplies (slightly dented cans or squashed boxes, etc.) and we are able to pick up a couple boxes before our food shelf day, just not as much as in the past as they are supplying more food shelves now. Recently, we've been able to add surplus from the Grygla Cooperative Store, which is a big help. Since we are only open once a month, it is difficult for us to keep fresh fruits and vegetables on hand, but last month and this month, we had pears. (Although donated garden surplus in the summer/fall goes over good, as well!) We are more fortunate than some food shelves because we have freezer space and can

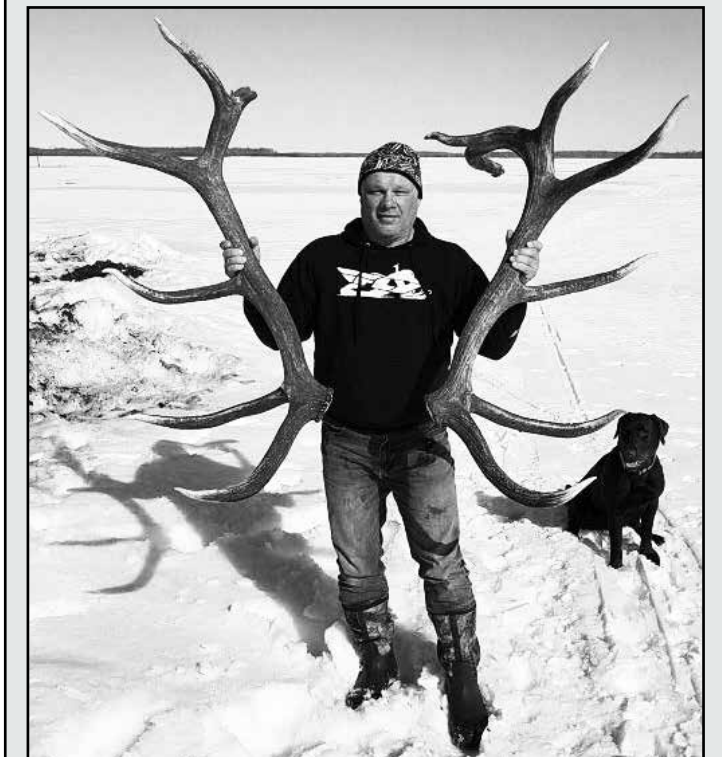
offer some frozen fruits and vegetables, and with refrigerator space, we can offer milk. We usually have whole-wheat pasta, dried beans and rice available, but we're always on the lookout for quick and easy recipes using them. If you have any good recipes, please let us know.

Just a reminder that with your monetary donations, we are able to purchase food items from the North Country Food Bank at a greatly reduced rate. This allows us to really stretch our donations to meet the needs of our community.

We urge everyone (individuals, civic organizations, and businesses) to consider making a donation to the Grygla-Gatzke Food Shelf to take advantage of this grant program. Food donations may be left at participating area churches or at the Grygla Co-op Store. Donations can be sent or given to the Treasurer of the Grygla-Gatzke Food Shelf, Lori Thompson, 222 Evelyn Avenue, PO Box 105, Grygla, MN, 56727.



The Six Star Conference Banquet was held on Monday, March 19th, at the Stephen Community Center. Award recipients are from BGMR, Northern Freeze, Goodridge/Grygla-Gatzke, Stephen-Argyle Central, KCC and Warren-Alvarado-Oslo. Being named to the Six Star All-Conference from the Chargers was Ben Groven, who was in attendance with Varsity Head Coach, Jesse Westbrook.



Check out these elk sheds that Tim Schulz found near Moose River a couple of weekends ago! He said he's been seeing the bull around for some time so was excited to find the horns.



Six Star award recipients - Back row, L-R: Jackson Steer (BGMR), Mason Wang (WAO), Hunter Yutrzeuka (SAC), Stoene Spilde (SAC), Keoni Kindler (NF), Jake Taggart BGMR), Jarrett Kujava (KCC) Front row, L-R: Zac Fincher (SAC), Jadyn Swenson (KCC), Cole Johnson (KCC), Ben Groven (GGG), Ellert Adamek (NF), Shaun Waage (BGMR)



The line was out the door last Saturday morning as folks anticipated the pancake breakfast served to them by the Grygla Merchants!



Avery Moe (back row, middle) and Elliot Philipp (back row, right) were among the Goodridge and Grygla students selected to attend the Junior High Honor Band & Choir Festival in Mahanomen last Friday.



Drum roll, please! The moment Abby Kiesow and Peyton Verbout were crowned the 2018 Spring Fling Queen and King last week! (Below: Spring Fling games in the gym!)



Wednesday, March 28, 2018