



				
Today Mostly Cloudy H 77 L 53	Thurs Sunny H 81 L 64	Fri Scatt Tstorms H 81 L 63	Sat Scatt Tstorms H 78 L 59	Sun Showers H 73 L 56

Wednesday, June 13, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 44 Number 50

A look at next week ... Machinewell, Inc. helps local youth see the value in a career and technical education.

Hometown friendly service is the goal of Advantage Ag Air



Advantage Ag Air crew, L-R: Blake Farder, Andrew Kilian, Riley Farder and Aaron Peterson. Not pictured: Lucian Tinnies. *Photo by Grygla Eagle Newspaper*

Written by Kari Sundberg, Eagle Editor

I remember a few years back when I did a story on Jimmy Holte and his aerial spray business. I drove into his yard and there was so much life and energy...just an excitement in the air; his spray plane was parked outside the open hanger, Gloria was outside smiling and tending to her flowers, ready to welcome me in, alongside a smiling Jimmy, who was so friendly and willing to share his story with me. Holte Flying Service was hometown friendly service; no doubt about that.

It's been 3 years since the beloved Grygla couple were killed in a plane crash on their way to Alaska. The accident happened in northern British Columbia on June 1st, 2015.

Since their passing, I've visited the Holte farm twice. The first time was a very emotional, somber drive in. I sat on the front porch with the Holte sons while they shared so many memories of their parents with me. It allowed me to write yet another story about Jim and Gloria, this one a lot harder to tell. In spite of their grief, though, the family was still so welcoming and friendly that day...qualities that carried over from their parents.

Last week, my family and I visited the Holte farm again. Driving in, that same life and energy I remember from a few years ago, was back. The hanger was open, this time with a new plane being put away for the night. The farm was busy and operating, the grill was warming up for a cookout, and

another plane was flying onto the home airstrip ready to call it a day! Everything Jimmy had hoped and planned for in his retirement has finally come to be - Advantage Ag Air is operating out of the farm and the planes are still flyin'!

The Holtes have got to be beaming up there...

Advantage Ag Air started in 2007 in Warren, Minnesota. Owner, Aaron Peterson, first learned the business from his dad, who aerial sprayed for 37 years. Owning his own plane and getting to know the Holtes through the business and numerous conventions, Aaron had visited the Holte farm a lot over the years. When Jim knew it was time to retire, he knew exactly what he wanted to do. He asked Aaron if he wanted to buy him out and spray out of Grygla. Aaron would eventually buy the plane, equipment and leftover inventory, take over the Grygla customers and operate out of the Holte farm, using the air strip and hanger. That all came to be in 2014.

A couple of years prior, in 2012, Aaron brought Riley Farder on board the aerial business. Riley, who also knew the Holtes for years, had known Aaron for quite some time. "He brought me, showed me a shiny airplane and asked if I wanted to fly it," Riley laughed.

The pilots got down to business.

Currently, Riley is operating the Grygla side of things, living at the Holte farm and operating off the James & Gloria Holte Airfield, while Aaron is based out of Warren. Advan-

tage Ag Air currently serves Northwest Minnesota, spraying for growers all around the region. When things slow down a bit up here, they even fly their planes out of state. "They are ramping up in Kansas on winter wheat, so we'll go down there and help out friends if they are swamped - usually the end of April, early May," said Riley.

Things are definitely not slow here now, however! There's a time and place for Advantage Ag Air, to which Aaron laughed and said every day is the best time and place! "There's nothing we can't do on a farm that any other piece of equipment on a farm can't do as far as application," the pilots agreed.

Last week, we all sat down on Tuesday evening after a very busy day. So busy, in fact, that a third plane was called in to help the guys with the dry work. The business prides itself on timeliness. They'll bring in as many airplanes as needed, saying they have a large network of trusted people in the business. 90% of the time, it's Aaron and Riley alone, but they never hesitate to bring in help get the job done. This particular day, Dan Geist, a pilot out of Crookston, flew in to help, as he has the same set up as Aaron and Riley. The crew was operating out of the Grygla airport as they say it's set up perfectly for dry work. The dry work couldn't be done without a specialized piece of equipment, which Advantage Ag Air has purchased, saying they are always willing to upgrade to

necessary equipment. The new auger truck was parked at the Grygla airport and the hustle and bustle was a sight to be seen!

The crew was topdressing wheat for growers around Grygla that Tuesday, June 5th. With the Grygla air strip being wide open, it's safer to have multiple airplanes running at the same time. Let's look at the stats! At 100 pounds per acre, each plane can topdress 25 acres per load every 8-10 minutes at 66 feet wide. Which means about every 10 minutes the planes were flying in and out of the Grygla airport. As mentioned, it was a sight to be seen. One plane would leave, another would come in, drive up and park, get the hopper filled with the auger truck, give a thumbs up, a quick wave and off they'd fly! At one point in the day, all three planes were even on the same field! The trio communicates beforehand, setting their AB lines, and fly about power line high, keeping the speed of the planes at around 140 mph.

The loader truck on the ground has a scale on it to make sure each plane is properly loaded. Riley pointed out that they are very fortunate to have a good crew with them on the ground. They communicate all the numbers via hand signals and, "Without them," he says, "We couldn't do our job. The people on the ground make this business run."

The ground crew for Advantage Ag Air includes Blake Farder, Riley's nephew. Blake lives in Tabor and just graduated high school. He will be attending the U of M in Crookston this fall to become an Ag pilot, as well! Andrew Kilian, another member of the ground crew, is originally from South Africa, but currently lives in Argyle and helps out seasonally. Last, but not least, Lucian Tinnies, who will be a senior at Grygla

High School this coming fall, is also a part of the ground crew for the aerial spray business. At the airport last week, he was all smiles amongst the noise and commotion, saying, "It's such a fun job with these guys!"

When the guys aren't busy doing dry work, it's a lot of herbicide application. This side of the business is operated out of the Holte Airfield as there are two different loading sites there.

As for the airplanes themselves, you'll notice the birds in the sky are yellow and blue; they come standard that way. Riley flies an Air Tractor 502XP while Aaron's is a 502B. Jimmy's was a 301, which was smaller than what Advantage Ag Air currently operates, thus it was traded off in the winter of 2014.

When reflecting on their time with Jim, both Aaron and Riley said they received flight instruction from him, including biannual flight reviews. Aaron also received his tail-wheel endorsement from Jim. Riley shared, "Jim was one of the first people I met in this industry. Meeting him and Gloria and seeing what wonderful people they were, and the wonderful life they led together, it's the type of life most people

strive for."

As a new member of the Grygla community, Riley is striving to make those same connections. Advantage Ag Air is a Grygla Merchant member, a sponsor of the GG Chargers Sports Posters and they were also honorary Lion members at the Grygla Lion's Smelt Fry! Riley has also joined the Fourtown/Grygla Sportsman's Club and hopes to become more involved in his new community, which he became a part of last winter.

At the end of this month, the business will be hosting a steak fry at the Holte farm. The get together for area growers will be a meet and greet that includes discussions about new rules and regulations, along with guest speakers who will provide information on fungicides/insecticides. Watch for more information in the newspaper on that!

But as for right now, "Call... stop in...most of the business was done at this kitchen table and that's the way we want the legacy to continue," the duo encouraged. They say that hometown friendly service is their ultimate goal...well, it's safe to say they've already achieved it.

Advantage Ag Air can be reached at 218-686-2846 or 218-745-7607.



The crew worked out of the Grygla Airport last week, June 5th, as they were running three planes at once, flying in for another load every 10 minutes! *Photos by Grygla Eagle Newspaper*

Garden Valley sends Grygla student to our nation's capital



This photo was taken at the National World War II Memorial in D.C. There is a pillar for every state. *Photo courtesy of Jaden Kiesow.*

Written by Jaden Kiesow
Garden Valley Technologies sponsored two junior students from the Garden Valley service area to attend the Foundation for Rural Services Youth Tour in Washington, DC. I was chosen by their committee, along with Bayli Dukek from Bagley. To qualify, I wrote a letter of application and described my academic, extracurricular, and personal interests and goals.

We left from the Bemidji Airport at 5:00 a.m. on Saturday, June 2 and arrived at Arlington, Virginia at 2:00 p.m. We checked into our hotel the Hyatt Arlington Crystal City, shopped for a short time and met during dinner to discuss our plans for the trip. The next day it was pouring rain and there were coastal flood warnings. We visited the Arlington National Cemetery where we watched the Changing of the Guard at the Tomb of the Unknown Soldier. I was impressed how precise and dedi-

cated the guards were, even during the rain storm. There were rows and rows of soldier's graves. It made a moving impression on me. We also saw President John F. Kennedy's gravesite and visited Arlington House.

Next we visited the Smithsonian. We first viewed the National Museum of the American Indian. Then we went to National Gallery of Art. There we saw a painting by Leonardo DaVinci. Next we visited the Museum of Natural History and saw the Hope Diamond valued at 250 million dollars. Our next visit was to the National Museum of American History. That evening we took pictures in front of the White House and took the Washington City Night Tour. The night tour included the White House, WWII, Vietnam and Korean War Memorials and the Lincoln and Washington Monuments. I really thought the Washington Monument

was impressive.

On Monday, June 4 we went to the Capitol for a tour and for educational sessions. It's a beautiful building and one we should all be proud of. We also took the tunnels to the Library of Congress. The next stop was the Jefferson Memorial, followed by the Franklin Memorial. That evening we went bowling.

On Tuesday, June 5 we visited the FCC where the staff talked to us about networking and how telecommunications work. Next we visited the Newseum which is a museum of news happenings in America, such as the 911 attacks. There we saw huge wreckage from the NYC Twin Towers. Later, we went by bus to Mount Vernon the home of President George Washington. I also got to see the Washington's burial crypt. That night we had our farewell dinner and dance and said our goodbyes to the friends we made from all over

to country.

I returned to Bemidji on Wednesday about noon and visited with my parents, brother and grandparents over lunch. It felt good to sleep in my own bed again that night.

I was most impressed by the National Monuments, The Capitol Building, the people I met, and friendships made. This was an experience I will never forget and I am very grateful for this opportunity. I would encourage anyone who is able to visit our nation's capital. We have much to be grateful for.

About FRS

The FRS (Foundation for Rural Service) Youth Tour provides high school students from across rural America a chance to visit our nation's capital and learn about rural telecommunications - and to tell their community's story.

Washington D.C....
Continued on back

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, June 13:
8pm Grace Council
Sunday:
Grace: 9am Worship
OS: 10:30am Worship

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

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

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday:
St. Clement's: 11:45am
St. Ann's: 10am

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 Merseth
Sunday:
St. Petri: No service
Nazareth: 9:45am Worship
Oak Park: 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship.

JOHNSON FUNERAL SERVICE, INC.
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177



Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Stepping Stone AND Bench Orders...

...will be due August 1st, 2018 for this years delivery of August 15th.
Mail to: Veterans Memorial PO Box 45 Grygla, MN 56727
THANK YOU for your support!

Please call: Lyle Nelson at 294-6433

FOR GOD AND COUNTRY



A big THANK YOU so much for all the phone calls, cards, money, visits, flowers, gifts, all the food and other supplies at this difficult time. This is so overwhelming and we don't want to miss anyone who helped out during this time. It is truly a blessing to have so many family and so many friends around us. Wendy meant a lot to all of us and we will truly miss her. Thanks to the class of "2000" and also to the Grygla School, kids and staff, along with the Goodridge School and families. Bless you all. Wendy Sandmark family

Community Calendar

Wed | June 13
Summer Accel 7-9am; Chargers Youth Baseball game in Grygla vs. Lancaster 9am; Grygla Eagle office open 10-6pm; Senior Citizen's trip to Paul Bunyan Theater leaving at 11:15am; Grygla Library open 2-6pm; Wild Things Zoo Attraction at the Grygla Community Center 3pm; 12u-18u JO VB practice in Goodridge 4pm; BBB practice in Goodridge 6pm

Thurs | June 14
Flag Day; Summer Accel 7-9am; 18U JO Volleyball tourney at NCTC 9am; 10u-11u JO Volleyball practice in Goodridge 4pm; GBB practice in Goodridge 6pm; Varsity BBB Win-E-Mac tournament at Erskine; Sand VB League in Goodridge 6:30pm

Fri | June 15
Senior Meals at Grain Bin Café 11am

Sat | June 16
18U JO VB in Rochester

Sun | June 17
Happy Father's Day

Mon | June 18
Chargers Youth Baseball game in Argyle 9am; Senior Meals at Grain Bin Café 11am; 12u-18u JO VB practice in Goodridge 4pm; Monday Night Football in Grygla 5-7pm; GBB practice in Goodridge 6pm

Tues | June 19
Summer Accel 7-9am; 10u-11u JO VB practice in Goodridge 4pm; Summer League Bball in Grygla 6-8pm; Fourtown/Grygla Sportsman's Club Meeting at Fourtown 7pm

Monson Electric Services, Inc.
Grygla, MN

LICENSED - BONDED - INSURED
Residential - Commercial and Farm Wiring - Underground Trenching

Brad Monson • 294-6349

FARMER'S UNION OIL CO.
HELP WANTED

Full time bookkeeper. Need accounting background. Benefits. Stop by office for application.

For information call 218-294-6117 and ask for Brenda.

Bridal Shower for Jackie Tykward
Saturday, June 30th 3-5pm
Grace Lutheran Church in Grygla
Everyone welcome!

Embarrassment can't kill you. Breast cancer can.
Get a FREE mammogram through Sage and you'll receive a \$20 reward.
SAGE MINNESOTA'S CANCER SCREENING PROGRAM
1-888-6HEALTH ext MN1

MCHS holds community picnic

(Submitted) The Marshall County Historical Society will hold its 5th annual community picnic. This free event will take place at Settler's Square Museum in Warren on Thursday, June 21, beginning at 5:30pm. Everyone in the county and community is invited to attend. 2018 marks the 100th anniversary of America's involvement in WWI. More than four million American families sent their sons and daughters to serve in uniform during the Great War. 116,516 U.S. soldiers died from combat and disease. Another 200,000 were wounded, a casualty rate far greater than in World War II. During the picnic, we will be honoring those from Marshall County who served in this Great War.

Watch for other summer events including the Marshall County Fair Pancake Breakfast, July 28, from 7:30-10 a.m., Kid's Day at the Museum August 13 at 10:30 am., and Grinding Day at Old Mill State Park on August 26 from 11:00a.m.-4 p.m.

Let us welcome you to Settlers Square. We strive to make the collections accessible to all guests and the museum experience fun and exciting for all. For more information about the MCHS, Settlers Square Museum and upcoming events, contact us at 218-745-4803 or e mail mchs@wiktel.com.

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian
Check out the Dariann Leigh ad on this page. We're excited to bring you this event next Wednesday, June 20th! Come and join us at the Veteran's Gazebo in Grygla. Also, if there is a certain program you have in mind that'd be great to offer the folks in Grygla, or you yourself has something to offer

a crowd, please let me know. We have forms available for you to fill out your suggestions. We just need to know a name, phone number, email, a program description, compensation request, equipment needs and when you'd be available! We'd love to hear from you! You can pick up a form at the library or email me at grygla@nwrlib.org

Pacesetter camp in Grygla

"Bringing Top Coaches to You!" Monday-Thursday, July 23-26, there will be a Pacesetter basketball camp at the Grygla School. Pacesetter Sports is the Midwest leader in providing HIGH QUALITY, LOW COST programs. The Pacesetter staff is comprised of former state champions, college coaches, or highly successful high school coaches who love teaching basketball to young people. Pacesetter focuses on teaching the most important skills to make the greatest possible improvement in a few days...for a cost most families can afford. This summer marks Pacesetter's 39th season.

Registration - Registration forms are available at the Grygla School or you can register online at pacesettersports.net. Option1: Register now by paying full fee in advance. Option 2: Register on the first day of camp if space is available. Receive a free t-shirt if you register by June 15th! Sessions - The dates of the camp will be Monday-Thursday, July 23-26. (Grades refer to 2018-2019 school year.) Session 1: boys and girls entering grades 3-5, 8-9:30am each day for \$65/player. Session 2: boys and girls entering grades 6-8, 9:30am-12pm each day for \$85/player.

Become a pageant contestant

The Miss Thief River Falls/ Miss River Fest Pageant will be held on Tuesday, July 17th, 2018, as a kick off to the Pennington County Fair. It is open to young women of Northwest Minnesota ages 17-25 and pro-

vides over \$10,000 in scholarships and prizes. If you're interested in participating or would like more information, please email Shelby Sorvig at sorvigshelby@gmail.com to receive an information packet.

June WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of June 2018.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.

All potential clients must contact the WIC Program to schedule an appointment.

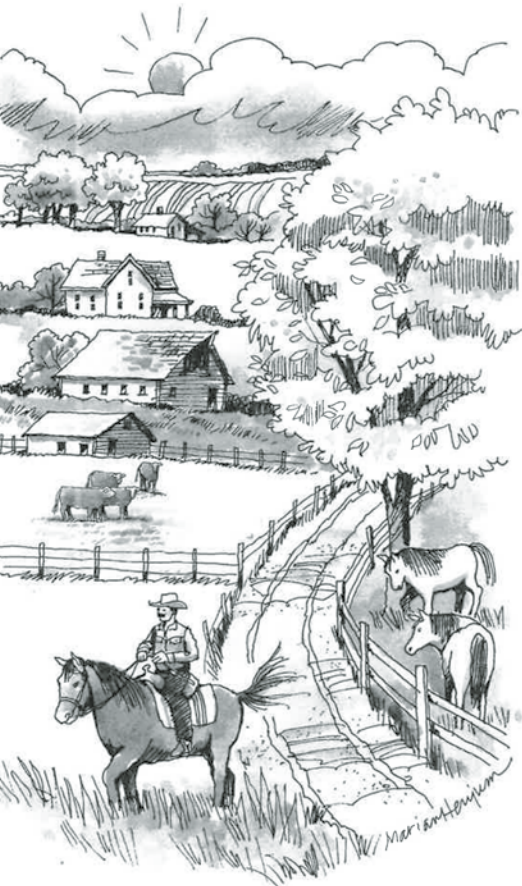
The following is the schedule of WIC Clinics for the month of June.

Monday-Friday, June 11-15: Thief River Falls, Redeemer Lutheran Church
Monday, June 18: Warren, Evangelical Covenant Church

Tuesday, June 19: Karlstad, First Lutheran Church
Wednesday-Thursday, June 20-21: Roseau, LifeCare Medical Center Basement Auxiliary Room

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.

North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.



A Tradition Of Service To Agriculture

Our bank is locally-owned and operated. We've been financing agriculture since the day we first opened our doors.

When you need money for operating expenses, livestock, machinery, or real estate, come see us.

We have the knowledge, experience, and financial resources to meet your needs.



ASB AMERICAN STATE BANK
www.asbgrygla.com
201 Vance Ave. S. Erskine, MN 56535
(218) 294-6111 • TOLL FREE (877) 814-9937 (218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 294-6239 FAX (218) 687-2328



Pictured above: Aaron Peterson, owner of Advantage Ag Air, took this photo last week while spraying for growers around Grygla.



DJ Bernstein was one of the opening performers at the Relay for Life event in Warren last Friday night. *Photo courtesy of Karina Tinnnes*

Chix from the Stix attend Relay for Life



The Chix from the Stix team were out in full force last Friday night in Warren at the 2018 Marshall Pennington County Relay for Life event. Although it rained most of the night, the event was not cut short; most of the activities were just moved inside. So far, the team has raised over \$12,000 to go to the American Cancer Society! Front row, L-R: Shaunna Olson, Nikki Leach, Tausha Severts, Stephanie Schenkey. Back row, L-R: Pam Cwikla, Jeanie Johnson, Susie Olson, Ruth Anderson, Tonia Haack, Karina Tinnnes, Nadine Wold, Carole Aune and Karen Severts. *Photo courtesy of Karina Tinnnes*



The 2018 Marshall Pennington County Relay for Life Honorary Survivor speaker at this year's event was Marcheta "Marky" VandeStreek, who shared her story of being a 3 time cancer survivor. *Photo courtesy of Karina Tinnnes*



Josie Saurdiff proudly holds her luminary bag in honor of her grandma, Ruth Anderson, who is a cancer survivor. Despite the rain, the luminary bags were still lit in "honor" or in "memory" of loved ones who have fought a battle with cancer. *Photo courtesy of Ruth Anderson*



Local cancer survivors are encouraged and invited to attend the annual Relay for Life event in Warren. They are recognized and open the ceremony with a Survivor's Lap. Our local heroes who walked the survivor lap, include, from L-R: Pam Cwikla (Breast and Throat Cancer), Tausha Severts (Thyroid Cancer), Shaunna Olson (Malignant Melanoma), Karen Severts (Malignant Melanoma), Ruth Anderson (Colorectal Cancer) with granddaughter, Josie, and behind, Stephanie Schenkey (Choriocarcinoma) and Doris Cleven (Colon Cancer). *Photo courtesy of Ruth Anderson*

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

Superluminal \soo-per-loo-muh-nl\
adjective
1. Astronomy. Appearing to travel faster than the speed of light.

C	A	M	P	S		P	T	A			T	A	C	T
U	R	I	A	H		E	A	R		C	O	C	O	A
D	A	N	C	E		R	N	A		O	R	A	N	G
	B	I	K	I	N	I		B	E	R	R	I	E	S
			S	K	I		U	S	E	R				
S	A	T		S	E	W	N		R	A	C	I	S	M
T	I	E	D		C	O	D	A		L	E	N	T	O
R	O	L	E		E	R	R	O	R		S	L	A	V
A	L	I	A	S		M	E	N	U		S	A	K	I
P	I	C	N	I	C		S	E	N	T		W	E	E
			S	U	D	S		I	S	M				
I	C	E	D	T	E	A		S	C	H	O	O	L	
V	A	L	U	E		Y	A	H		I	L	L	E	R
A	R	M	O	R		A	N	A		R	A	I	S	E
N	E	S	S			N	T	H		T	R	O	T	S

Results from last week's StatePoint crossword puzzle.

▶ SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor

This is more of an IDEA vs. a RECIPE. Campfire cooking makes my whole heart happy. It can make an entire weekend just that much better. Does that mean I'm an emotional eater? I'm choosing NO on that. I think it just means I find joy in the little things. Yeah, we'll go with that.

So I'm sharing the joy with you.

This particular campfire treat is a breeze to make. You don't need a fancy cooking grate or anything special, besides a pie iron. If you don't have one, you can get one in the camping section at Walmart for under \$10.

Start your fire and get your logs nice and hot. Spray cook-

ing spray on both sides of the iron. Butter two pieces of bread and set on each side of the pie iron. Fill with apple pie filling, or any kind of pie filling that you want! Close the iron and set on the hot logs. Flip after a couple of minutes and let it toast on the other side. Afterwards, we like to sprinkle cinnamon and sugar on top! They are absolutely delicious.

Sidenote: We also like to put pizza sauce, pepperonis and cheese in the bread to make personal pizza pockets over the fire using the pie iron! Hot ham and cheese is also a tasty campfire meal using the pie iron.

So I guess what I'm trying to say is, if you don't already have a pie iron...run, don't WALK, and go get yourself one.

Photo by Kari Sundberg

Letter to the Editor

If you have a mental health condition, you're not alone. One in 5 American adults experiences some form of mental illness in any given year. And across the population, 1 in every 25 adults is living with a serious mental health condition such as schizophrenia, bipolar disorder or long-term recurring major depression.

As with other serious illnesses, mental illness is not your fault or that of the people around you, but widespread misunderstandings about mental illness remains. Many people don't seek treatment or remain unaware that their symptoms could be connected to a mental health condition. People may expect a person with serious mental illness to look visibly different from others, and they will tell someone who doesn't "look ill" to "get

over it" through willpower. These misperceptions add to the challenges of living with a mental health condition.

Every year people overcome the challenges of mental illness to do things they enjoy. Through developing and following a treatment plan, you can dramatically reduce many of your symptoms. People with mental health conditions can and do pursue higher education, succeed in careers, make friends and have relationships. Mental illness can slow us down, but we don't need to let it stop us.

Remember, there is always hope.

Respectfully Submitted;
Mark Jacobson
Peer Support Specialist
252 W Wabasha Street
Winona, MN, 55987
(507) 703-8159

▶ A HIPPIE'S HEALTH

Written by Tara Waltman

So happy to have a new little nephew, Rome Timothy! What a cutie patootie. Love him already! I got to Facetime with them while they are still in the hospital. Rome was sitting with Cody and guess what he was doing? He was trying to eat off Cody's nipple! He wasn't getting so far. Cody did have a shirt on...thank god, but Rome wasn't getting anywhere with that. Haha. He did hand him off to his mom to do the job. So this little story brings me to my topic for the day.

So turns out when you breastfeed, you burn a lot of calories! I think I already burn a lot of calories the way it is because I am always hungry the way it is. One solution I have been using is to drink the Young Living Chocolate protein powder. This is very easy to do... pour the protein in with some milk and shake it up. It is packed full of nutrients and protein. I have also been drinking some of that body armor sports drink, now I am not sure if that's the best thing, but sometimes I don't care...I am just pumping and feeding! Lol.

I am preparing for leaving for a few days so I needed to stock up on milk! So there it is...a story about breast milk. It's the best I got right now. Haha!

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.



The Birthday of the Stars and Stripes

Flag Day is observed this Thursday, June 14th, 2018



Yard of the Week



At 107 W Woodrow Street in Grygla, Joy Nordby's flower beds are full and hearty! She tries to tend to her flowers every morning and enjoys her time outside greatly. Growing up, while her sister tended to the inside chores, Joy was always taking care of her family's garden. "I used to sit out there and daydream...I loved it," she recalls. Congratulations to Joy on her 'Yard of the Week' title. Drive by and check out all the colorful flowers! *Photos by Grygla Eagle Newspaper*

Nominations for 'Yard of the Week' have been flying in the last week and we're excited to check out all the lovely yards! Until next week...



Chargers JO Volleyball



The Chargers 16U girls worked hard in Red Lake Falls and came home with 2nd place in the Gold Division on Saturday, June 9th. They are coached by Courtney Olson. Front row, L-R: Jamie Dougherty, Mataya Sargent, Kjerstin Nelson, Hannah Wilebski, Katelyn Larson, Riley Saurdiff and Maddy Cullen. Back row, L-R: Mya Anderson, Madison Paulson, Vivian Coan, Maloni Henrickson, Shantel Horachek, Hailey Knutson, Trinity Walseth and Coach Courtney Olson.



The Chargers 18U group played on Sunday, June 10th, in Red Lake Falls and got 1st in the Silver Division. They are coached by Katelyn Tharaldson. Front row, L-R: Mataya Sargent, Jamie Dougherty, Amy Wiskow, Chloe Kuznia and Maddy Cullen. Back row, L-R: Coach Katelyn Tharaldson, Trinity Walseth, Maci Bakken, Nichole Arveson, Libby Johnson, Daria Waletzki, Vivian Coan and Madison Paulson. *JO group photos courtesy of Roxann Coan*

FSA county committee nomination period in Marshall County launches June 15

(Submitted) The U.S. Department of Agriculture (USDA) encourages America's farmers and ranchers to nominate candidates to lead, serve and represent their community on their local county committee. According to USDA's Farm Service Agency (FSA) Marshall County Executive Director Russell Miller, FSA will accept nominations for county committee members beginning Friday, June 15, 2018.

Producers across the country are already serving on committees where they play a critical role in the day-to-day operations of FSA, making important decisions on programs dealing with disaster and conservation, emergencies, commodity loan price support, county office employment and other agricultural issues.

"County committees are unique to FSA and allow producers to have a voice on federal farm program implementation at the local level," said Miller. "It is also important that committees are comprised of members who fairly represent the diverse demographics of production agriculture for their community. I encourage all producers, including women, minority and beginning farmers and ranchers, to participate in the nomination and election process."

Nationwide, more than 7,700 dedicated farmers and ranchers serve on FSA county committees, which consist of three to 11 members and meet once a month, or as needed. Members serve three-year terms.

Producers can nominate themselves or others. Organizations, including those representing beginning, women and minority producers, may also nominate candidates to better serve their communities. To be eligible to serve on an FSA county committee, producers must participate or cooperate in an FSA program and reside in the area where the election is being held.

This year, nominations and elections for Marshall County will be held in local administrative area 1, which includes Eagle Point, Donnelly, Sinnott, Augsburg, Fork, Parker, Tamarac, Wanger, Big Woods, Bloomer, Middle River, Alma, Oak Park, Vega, Warrenton, McCrea, Oak Park Strip, Vega Strip, Boxville, and McCrea Strip Townships.

To be considered, a producer must sign an FSA-669A nomination form. The form and other information about FSA county committee elections are available at www.fsa.usda.gov/elections, or from the Marshall County FSA office. All nomination forms for the 2018 election must be postmarked or received in the local FSA office by Aug. 1, 2018. Visit farmers.gov for more information.

Election ballots will be mailed to eligible voters beginning Nov. 5, 2018.



Washington D.C....

Continued from front

Since 1995, the tour has hosted thousands of students and provides a forum for teens to meet and interact with their peers from other rural communities as well as key legislative, regulatory and government figures.

Two high school students, age 16 or 17, who receive services from Garden Valley, were eligible to win this all-expenses-paid trip to Washington, D.C. for the FRS Youth Tour. Kiesow will be a senior at Grygla High School in the fall. He is the son of Trevor and Keri Kiesow.



On Monday, June 4th, Kiesow toured the U.S. Capitol building in Washington, D.C.



Kiesow said the Arlington National Cemetery made a moving impression on him.



The impressive Washington Monument is pictured above. *Photos courtesy of Jaden Kiesow.*

Chargers Youth Baseball



The Chargers Youth Baseball program had their first game last week in Hallock on Friday, June 8th. Pictured above is Blake Rychlock, pitching for the PeeWee's team. Emmett Lunsetter is behind him on 2nd. The PeeWee's beat Hallock 5-3. Pictured below, Gus Jones rounds 3rd base in the Small Fries game. The younger Small Fries lost while the older Small Fries won. *Photos courtesy of Lori Jones*



The Chargers JO 10U group is just starting out and learning the sport of volleyball! Pictured below is Nevaeh Kotrba learning the proper athletic stance! Also pictured is Justyne Larson coaching the group of girls at last week's practice in Goodridge! *Photos by Grygla Eagle Newspaper*

