



Today Scatt Tstorms H 81 L 58	Thurs Mostly Sunny H 85 L 64	Fri Scatt Tstorms H 86 L 65	Sat Partly Cloudy H 82 L 62	Sun Partly Cloudy H 79 L 59



Wednesday, June 27, 2018

WE'RE ONLINE www.tricocanary.com

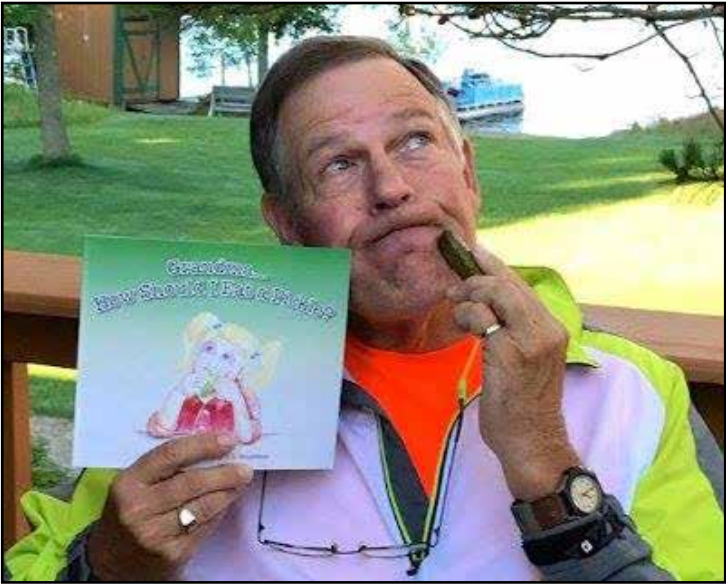
Vol. 44 Number 52

A look at next week ... Brooke Limesand attends Congress of Future Medical Leaders in Boston, MA.

Goodridge Freedom Festival fun



Al Moline is a pen and ink artist who will be at the Goodridge Freedom Festival on Saturday, July 28th!



Multiple authors will be at the Goodridge Veterans Memorial Park, including Don Houseman!



The musical lineup includes the "Yodeling Cow-girl!"



S.S. Bait Co (top) and Kate's Kitchen (bottom) will be in Goodridge for Freedom Festival!

The Goodridge Veterans Memorial Park is the place to be on Saturday, July 28th. The 2nd Annual Freedom Festival will be held, along with the 40th anniversary of the Goodridge Historical Society. With numerous vendors set up, featured artists on display and free entertainment under the band shell all day, the day is sure to be another success. Last year's festival was such a hit that another started getting planned and arranged shortly thereafter. With the help of a grant and local sponsors, the hard work of many has resulted in a day-long event filled with music, art and activities for all ages.

Band Shell Schedule
10:30-10:45am: Mickelson Family Band
Goodridge Freedom Festival kicks off at 10:30am with an opening by Emcee, Eric Mickelson. To follow is music by the Mickelson Family Band!

10:45-11am: Music by Alec Kiesow
Alec Kiesow, from Goodridge, will be managing the sound equipment again this year and will also sing a few songs.

11am-12pm: Music by Kristi Goldade
Known as the "Yodeling Cowgirl," Kristi Goldade is from Hankinson, ND. She is a singer/songwriter whose passion is country music.

12-12:30pm: Red, White & Blue Quilter's Presentation
This year, four veterans will be honored at the Goodridge Freedom Festival and presented with quilts made by the Red, White & Blue Quilters out of Thief River Falls. The veterans are David Vraa, Bernie Wilson, Dennis Kainz and James Hutchinson.

12:30-1pm: Music by The Jensen Sisters
These sisters from Goodridge are a heartfelt duo with

a passion for classic country and rock.

1pm: Parade
1:30-3pm: Music by Kent Dudley & Bended Knee
Kent Dudley & Bended Knee are from Bemidji, MN. Their music is rooted in inspirational country style.

3-4pm: Music by Kristi Goldade
The Dakota Prairie Yodeler will take the stage once again!

4-4:30pm: Music by Jordynn Johnsrud
Local talent Jordynn Johnsrud, Goodridge, is a singer/songwriter who performs a variety of music including classic and modern country, pop and rock.

5-11pm: Music by Jeff Loven
Jeff Loven was such a hit at last year's Freedom Festival that he's been asked to come back! Known as "Minnesota's #1 One Man Band," Jeff is an amazing guitarist and singer who interacts with the crowd, which makes for a great show. You won't want to miss it!

8pm: Live Auction
A Live Auction with Walter Jones, Auctioneer, gives you a chance at the following: Klondike Carvings Handcrafted Feather, Klondike Carvings Handcrafted Fish, 2 wood chiseled American Flags by Elk River Woods, 3 Engraved Firearms (12 Gauge Over Under Hatfield Bronze Edition, 22 Magnum Bolt Action Marlin, 308 Savage Axis XT Weaver Scope), Marine Ultra Quantum Roller Cooler 52 qt. with cup & rod holder.

10:30pm: Memorial Sky Lantern Send-Off

Light a lantern for a loved one while Jeff Loven sings a memorial tribute song. Memorial lanterns are a beautiful way to pay tribute to the loss of a loved one. Memorial sky lanterns will be released at the end of the Goodridge Freedom

Festival. Cost of the lanterns are \$5.00. To purchase in advance, contact Berny Vraa or Trudy Hyland. Lanterns can also be purchased the day of the festival.

Featured Artists
Not only are there some great musicians lined up for the festival, there's also going to be a number of impressive artists set up during the day. Check out some of them below.

Talented artist, Al Moline, of Floodwood, MN, is a pen and ink artist. His talents lie in drawing and shading with ballpoint pen, and his subjects of choice are wildlife and pets.

Artist Al Bellevue, from Puposky, MN, uses rocks and metal in sculptural form to depict humorous life forms, unique functional furniture and art structures.

Jennifer Patterson is from Alvarado, MN. She is a Polymer Clay artist and makes intricate designs that resemble quilt blocks, which she designs her "Quilted in Clay" jewelry.

Husband and wife, Les and Kathy Sanders, own Sanders Studio in Bemidji, MN. Kathy will do live demos with her torch to make glass beads from glass rods. She also does gourd art and will be displaying and selling her gourds and glass items. Les is a wood carver and will be bringing his creations, which include wooden flutes.

Caricaturist Trevour, of Exaggerated Entertainment, is from Moorhead, MN. He will be back again this year to draw his caricatures that everyone so much enjoyed!

Face painter, Kathy Bauck, of "The Painters Den," is from New York Mills, MN. She is a three-dimensional artist who specializes in custom work and wants to be a step above the rest in everything she does. She does face painting, body painting and more! She paints on feathers, saw blades and just

about anything. Her artwork can be seen on her Facebook page called The Painters Den.

Featured Authors
There can't be one without the other! Of course, the Freedom Festival has a few local authors lined up for the day.

Don Houseman is from Tenstrike, MN. He is an author and illustrator of children's books with his latest book called "How Should I Eat A Pickle." He is also an acrylic painter and woodcut artist who specializes in painting barns.

Jill and Deane Johnson, authors of "Little Minnesota in WWII" and "Little Minnesota 100 Towns Around 100," will host a book signing and talk about their best-selling Little Minnesota books at the Freedom Festival on Saturday, July 28th. "Little Minnesota in WWII" honors the brave men from the smallest rural towns in Minnesota.

Minnesota author, Lyn Miller Lacoursiere, will be back at the Freedom Festival this year. Lyn will host a signing and debut her latest book titled "Times Like This." She has written eleven novels and nearly all deal with murder, money, romance and mystery.

Vendors in the Park
Many, many vendors are scheduled to set up in the park on Saturday, July 28th, from 10am-4pm. There is sure to be something for everyone. The line-up includes:

Hruby's Rustics
Talented Karen Hruby will be at the Freedom Festival with her distressed vintage finds, and salvaged & whitewashed wood designs. Karen also does custom work. Make sure to check out her handiwork.

S.S. Bait Co
The Stennes Sisters, Erica and Shanna, will have a wide variety of their beautiful handcrafted lures for sale. The amazing craftsmanship of their

lures work as well as they look.

Wheat & Beans
Allison Kangas is the creator of Drift North MN & ND clothing and sign maker.

Creekside Country Crafts
This craft vendor sells candles, melts, wreaths and more!

Outdoor tables & benches
Taylor Santl will sell her outdoor furniture; she also does custom orders. Dave Vogel of Dave's Little Box Wood Shop will be selling his handcrafted high end wood items.

Bellefy's Local Bubbles
Kelly Bellefy will sell homemade goat milk soap, lotion, lip balm, bath bombs and more.

Granny D
Diane Monsrud will be selling her jelly, salsa, pickles, lefse, pies and bread.

Other vendors:

Rogue Soprano Studio by Amber Meier, Wood crafted replica tractors/trucks by Duane Kotrba, WLB Crafts by Bernadine Reed, Paintings & Jewelry by Julie Elick, Lisa's Creations by Lisa Peterson, Perfectly Posh by Deb Holcomb, Color Street by Pam Rubischko, Keep Collective by Heidi Garry, Paparazzi by Amber Murry, Piphany by Cori Bregier, Total Betty by Rebecca Isaak, Tupperware & Hemp Products by Tamra Olson, SenneGence/Lip Sense by Joyce Speer, Young Living Essential Oils/Diffuser Bracelets by Tammy Drangstveit, Scentsy by Tanya Kotrba, Magnolia & Vine by Ellie Olson, Pink Zebra by Brittany Larson, Valentus & Wildtree by Tamra Olson and Real Time Pain Relief by Vern Lorenson.

Food Vendors
And if you get hungry? Hit up the following food vendors!

Kate's Kitchen
Kate Broten will be serving her mouth-watering premium wood smoked meats & sides at the Freedom Festival!

Baker Street Sales

Ladora and Steve Dahlen will be at the Freedom Festival serving their delicious menu of burgers, brats, fresh cut fries, cheese curds, marinated pork sandwiches, and Red Lake walleye bites.

Wallace's Kettle Corn
The makers of delicious, hand-popped kettle corn have many flavors to choose from; they will also be serving slushies!

The Goodridge Café will also be on site serving food. A beer garden will be provided by the Goodridge Municipal Liquor Store and will be set up at the event.

Activities for kids
As if all of the above wasn't enough!? There will also be lots of fun activities for the kids, which include bouncy houses and the Bemidji National Guard Rock Climbing Wall! The Thief River Falls Archery Club will also provide an inflatable archery target for the kids from 12-4pm. Balloon Twister, Jeffery Salvesson, is also back by popular demand.

What a fun time! Come out to the 2nd Annual Goodridge Freedom Festival on Saturday, July 28th! The day's festivities start at 10am with free admission. It's definitely going to be an event you won't want to miss out on.

Sponsors of Freedom Festival

This event is funded in part by a grant from the Northwest Minnesota Arts Council and the Minnesota Arts and Cultural Heritage Fund as appropriated by the Minnesota State Legislature with money from the vote of the people of Minnesota on November 4, 2008. Other local sponsors include Goodridge Area Development, Salo Signs & More, Goodridge Lion Tamers, Prairie Planting Plus, Hruby Road Service.

Goodridge Historical Society celebrates 40 years

40 YEARS OF SAVING HISTORY

Goodridge Area Historical Society
40th Anniversary Celebration

July 28, 2018

EVENT WILL BE HELD IN GOODRIDGE, THE SAME DAY AS THE FREEDOM FESTIVAL

SEATING FOR THE DAYS EVENTS WILL NOT BE PROVIDED, BRING YOUR OWN LAWN CHAIR OR BLANKET

The Days Festivities will include

Parade

1:00pm, lineup by the football field starting at noon

Volleyball Tournament

Adult volleyball tournament at sand volleyball courts from 10-1

Car and Tractor Show

by depot after parade, Contact Jon & Mary Wilson with questions.

Basketball Games

grades 4-6 boys & girls basketball games on the courts by the old country school house from 10-1

Goodridge School Play

"What Happened After Happily Ever After"

4:30 at the Goodridge Gymnasium, performed by Goodridge school kids. Freewill donation, refreshments will be served following the performance

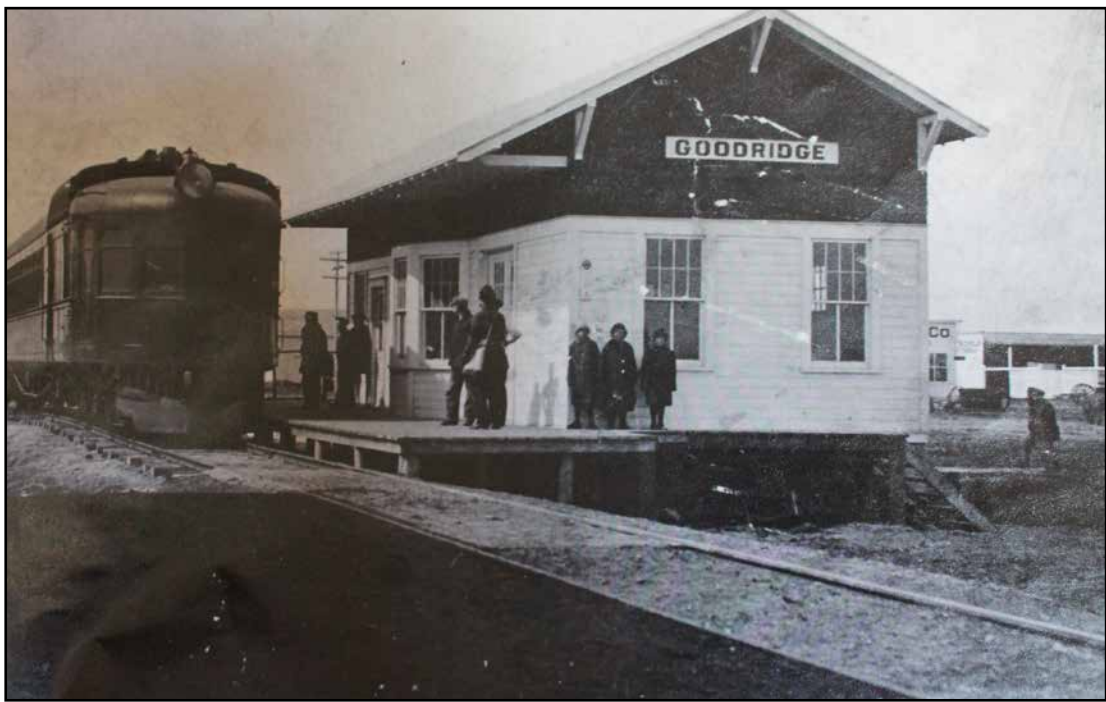
Historical Bingo

Between 2-4pm, visit all the historical society buildings and complete the bingo card for a chance to win prizes

Held in conjunction with the Freedom Festival, the Goodridge Historical Society will celebrate 40 years of preserving area history! What a big day for this small town!

The Goodridge Historical Society is made up of eight buildings located around town. The Country Museum, Depot, Telephone Building, Woodrow Schoolhouse, Settler's Build-

ing, Brown House, Log Barn and Log House all have interesting and original stories to them. Most also house countless pieces of history that help tell the story of Goodridge, MN.



First started by Lynn and Norma Hanson, the GHS buildings have all been established and maintained over the last 40 years. The buildings are open on Memorial Day, July 4th, Labor Day and also by appointment. Margie Coan is the current President of the GHS and can be contacted if you have any questions or want to take a trip down memory lane.

Local celebration...
Continued on back

Left: The Depot was the actual train station in Goodridge back in 1914, according to GHS President, Margie Coan. She says with the depression and the loss of buildings due to a fire, the train stopped coming. The Depot was sold and sent to Grygla where it was used as the post office for many years. Margie says it was returned to Goodridge in 1995 and placed in the original spot. This photo hangs inside the Depot.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, June 27:
7:30pm Interfaith Bible Study
Sunday:
Grace: 9am Worship
OS: 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke;
Our Savior's - Thief Lake
Wednesday, June 27:
Strawberry Day at United - Joint Service 7pm
Sunday:
Calendar not received as of print date.

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Sunday:
Calendar not received as of print date.

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:
8am 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: 8am Worship
Nazareth: 9:45am Worship
Oak Park: 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

Please have church calendars emailed to the Grygla Eagle by the last Sunday of the month.

Stepping Stone AND Bench Orders...
Please call: Lyle Nelson at 294-6433
FOR GOD AND COUNTRY

Summer League Standings

Week 2 standings
(W, L)
Red 2,0; Green 2,0; Black 1,1; Orange 0,2; Purple 0,2

Week 2 results
Blue 55
Blaine Kriel 11
Nolan Anderson 11
Justin Kiesow 10
Brock Olson 10
Green 58
Brett Bakken 13
Carter Burks 12
Brandon Bakken 10
Matt Hanson 10

Red 38
Ty Jelle 12
Purple 29
Steven Hanson 16

Black 50
Brady Olson 15
Hudson McMillin 13
Logan Dvergsten 12
Orange 47
Dayle Larson 24
Andrew Holte 16

Summer league schedule

Tuesday, July 3
No games

Tuesday, July 10
6:15
BG Black vs. Orange
SG Blue vs. Purple
Refs Green, Red
7:00
BG Green vs. Red
SG Blue vs. Orange
Refs Black, Purple
7:45
BG Red vs. Purple
SG Black vs. Green
Refs Orange, Blue

Community Calendar

Wed | June 27
Accel in Grygla 7-9am;
Chargers Youth Baseball at Newfolden 9am; Grygla Eagle office open 10-6pm; Goodridge Swimming Lessons in Fosston 10:15-12pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; 12u-18u JO VB practice in Goodridge 4pm; GBB practice in Grygla 6pm; BBB practice in Goodridge 6pm

Thurs | June 28
Accel in Grygla 7-9am; Goodridge Swimming Lessons in Fosston 10:15-12pm; 10u-11u JO VB practice in Goodridge 4pm; Chargers Youth Baseball All-Star Game in Lancaster 5pm; Goodridge Sand VB League 6:30pm

Fri | June 29
Chargers Youth Baseball in Greenbush 9am; Goodridge Swimming Lessons in Fosston 10:15-12pm; Senior Meals at Grain Bin Café 11am

Sat | June 30

Sun | July 1

Mon | July 2
Chargers Youth Baseball in Middle River at 9am (bus leaves Grygla at 7:30am & Goodridge at 8am); Goodridge Swimming Lessons in Fosston 10:15-12pm; Senior Meals at Grain Bin Café 11am

Tues | July 3
Goodridge Swimming Lessons in Fosston 10:15-12pm

Position Open

SWIMMING BUS/LOCKER ROOM AIDE
Supervise Swimming bus/boys locker room
12:15 PM - approximately 4:45 PM
July 30 - August 10
\$15.75/hour
Open to males 16 years of age and older
Application: Contact Shanna Olson, or Galen Clow, Grygla Public School at 218-294-6155.

Prestebak receives degree from NDSU

Alan Leslie Prestebak, Goodridge, was among the Minnesota students whom graduated from North Dakota State University in spring 2018. NDSU awarded 1,810 degrees to students.

Thompson named to Dean's List

Megan Thompson, of Grygla, MN, was named to the Spring 2018 Dean's List at The College of St. Scholastica in Duluth, MN.
Dean's List members have achieved a 3.75 grade point average or above on a 4.0 scale. The College of St. Scholastica would like to commend Thompson for this honorable academic achievement.

The College of St. Scholastica is nationally recognized for quality. Rankings by U.S. News & World Report and Money magazine classify it as one of the Midwest's top regional universities.

Senior trip to Jasper's Theater

The Grygla Senior Citizens are planning a summer trip to Jasper's Theater in Park Rapids. The outing will be on July 19th with a 10am leave time. Jasper's Theater is air conditioned and offers comfortable cushioned seating for 280

guests. They have an all new show in 2018 that features music, magic and comedy, celebrating 14 years of fun family entertainment! If you are interested in going, please contact Thelma Thomas at 294-6386. Space and tickets are limited.

Senior trip to Sandstone

The Grygla Senior Citizens are planning another summer trip, this time an overnighter, to Sandstone, MN, to attend the Midwest Country Music Theater. The group will leave Grygla at 8am on August 18th, riding in the comfort of a Tri-angle Charter Bus. The cost is \$140.00 per person and includes the charter bus transportation, hotel cost and music theater ticket. Only 40 tickets are available - call Rose Hanson to reserve yours at 218-280-5944. The group will be returning on Sunday, August 19th. Deadline to sign up is July 30th.

with an identifiable number when in reality the call could be coming from anywhere in the world. Our agency is well aware of these scams. Unless you have provided the scammer with personal information, you do not need to report it to our agency. The best course of action is to discontinue the phone conversation immediately. Most entities will have their correspondence through traditional mail. If you receive one of these scam calls request written correspondence, but do not provide them with your address.

Increase in scam activity

The Beltrami County Sheriff's Office has seen a significant increase in scam calls targeting citizens in Beltrami County. Many of these scam calls are being conducted over the telephone with sophisticated tactics to impersonate a legitimate authority. These scammers represent themselves as the IRS, utility companies and local law enforcement agencies. Some of the tactics used by these scammers include demanding payment for back taxes, utility bills and warrants for arrest. Despite our best efforts, many of these scam calls are difficult to investigate and more frequently than not go unsolved. Several of these scam calls appear to be coming from local phone numbers through a manipulation technique known as spoofing. Spoofing is the practice of using technology to populate a caller ID display

with an identifiable number when in reality the call could be coming from anywhere in the world. Our agency is well aware of these scams. Unless you have provided the scammer with personal information, you do not need to report it to our agency. The best course of action is to discontinue the phone conversation immediately. Most entities will have their correspondence through traditional mail. If you receive one of these scam calls request written correspondence, but do not provide them with your address.

There are a number of online resources available to enhance our citizen's resiliency to scams. Please visit the Federal Trade Commission's website at www.FTC.gov for additional information.

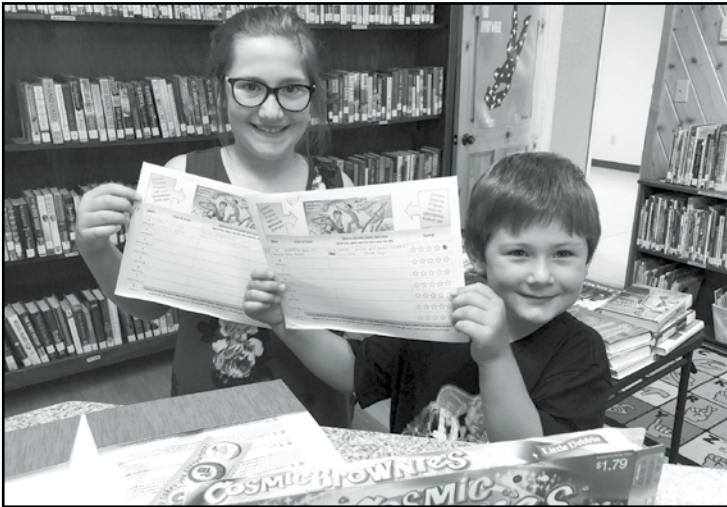
Submitted by Chief Deputy Ernie Beitel, Beltrami County Sheriff's Office

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

Our Summer Reading Program is now into week 2 and wow, has the library been BUSY, BUSY, BUSY! Just last week, we had 55 patrons come in! (I know, because I keep track of the count!) How awesome is that!? 15 of our 24 summer reading kids came in, too, which is always great when it's over half that signed up! Below are siblings Laky-

lie and Kamdyn Brobst...they came in to show me their reading log and receive a treat in return! They also checked out a few items, which earned them an entry into the grand prize drawing! Each week, the kids' pictures get moved under the corresponding week, too, so let's see if they all make it back this week! I think they will; we have a great group signed up! We're comin' for ya, Week 3...



Photos by Grygla Eagle Newspaper



Wednesday, June 27, 2018

Farmer's Union Oil in GRYGLA
~ is now a supplier of ~
Bemidji Welders Supply welding gases

Crossword puzzle grid with results from last week's StatePoint crossword puzzle.

FORESTRY NEWS

Public Service Announcement: Road construction has begun on the Thompson Forest Road between Clear River tower and the Wobbles Forest road south of Warroad. The initial stages of work will involve clearing trees in the Right of Way and gravel reclamation. The road is expected to be open until July 4th. After the 4th, road bed construction will begin and this section of the road

will be closed to the public. Construction is scheduled to be completed around Labor Day.

The blueberry crop around Bemis Hill appears to be excellent. This may affect your July blueberry picking route as well as your route for bear baiting and ATV riding in the upcoming months.

Submitted by Shane Delaney, Asst. Area Forest Supervisor, Warroad Forestry Area

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

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This group of Chargers (soon-to-be) 8th graders played in a PaceSetter's basketball tournament in Maple Grove last weekend. Unfortunately, they ended up losing all three of their games against Windom, Montevideo and Paynesville. Front row, L-R: Elliot Philipp, Sheldin Sundberg, Jordon Johnson. Back row: Reece Sundberg, Thor Henrikson, Matt Busse, Dane Arveson, Kaylor Torgerson and Coach Andrew Sundberg. *Photo courtesy of Lea Ann Torgerson.*

Chargers Summer Sports



Jordan Johnson #3 and Kaylor Torgerson #30 on offense for the Chargers down in Maple Grove last weekend. Photos courtesy of Karey Johnson.



Left: The Chargers JO Volleyball 11U group placed 2nd in the Silver Division up in Hallock last Thursday! Front row, L-R: Ava Halvorson, Emily Johnson, Allie Sundberg. Back row: Coach Bridget Erlandson, Brooklyn Kriel, Ava Sorvig, Anna Sundberg, Madelyn Thompson. They have their 2nd and final tournament in Greenbush this week. *Right:* Ava Sorvig, soon-to-be Grygla 6th grader, at the serving line in Hallock. *Photos courtesy of Nadine Wold.*



Left: These baseball photos were taken on Monday, June 18th, in Argyle. Moses Jensen is pitching for the Midgets, who lost their game 8-0. *Right:* Chargers Youth Baseball Coach, Jason Grandstrand, also snapped this picture of his young athletes warming up in Argyle last week. As for this week's schedule, the game on Monday was cancelled. Wednesday, June 27, there is a game in Newfolden beginning at 9am; Friday, June 29, there is another away game in Greenbush beginning at 9am. The only game scheduled for next week is on Monday, July 2nd, at Middle River beginning at 9am.



5 generations - Judy Irlbeck and Trevor Irlbeck (back row) are pictured with their family in Nazareth, Texas, on June 16th. In the front row is Candace Benedict, Brigitta Dobmeier, at her 102nd birthday, holding Paxton Benedict (age 5 months) and Max Benedict (age 3). *Photo courtesy of Candace Benedict*

Right: Grygla's Northwest Regional Library hosted Dariann Leigh, a talented country singer from Karlstad, at the Veterans Gazebo in Grygla last Wednesday night. Recently, she sang at a winery in Las Vegas and has also opened for Nashville's country music artist, Jake McVey. This legacy programming was made available by dedicated funds approved by Minnesota voters in the Clean Water, Land and Legacy Amendment.

Below: Summer Ruud enjoyed listening and dancing to the music of Dariann Leigh last week! After the show, she hollered, "BEST CONCERT EVER!"

Photos by Grygla Eagle Newspaper



Birding by the book

Birdwatching is one of the most popular outdoor recreation activities in America. In fact, it's second only to gardening. Try it and you'll see why. It doesn't take much to get started. All you need are binoculars and a field identification book. These days, there's even an app for that!

With literally hundreds of bird books available in stores and from on-line retailers, selecting a field guide to birds can be daunting. Need help? Heidi Hughes, author of the Expert's Guide to Backyard Birdfeeding, will present a free program on bird books (and apps) at the Thief River Falls library on Monday, July 23rd, at 6:30pm.

She'll have books to show you. She'll explain what to look for in a field guide, and she'll provide tips on how to use sounds, habitat, range and behavior to identify birds. If you have a bird ID book or app, bring it, and your laptop, tablet or smart phone.

This program is FREE for adults (and young people 12 years and older accompanied by an adult).

Contact: Agassiz Audubon Society, 218-745-5663

Extension News

Cottage food producer food safety training to be held in Bemidji

Do you make and sell baked goods, home-canned pickles, salsa, jam and jellies? Are you a cottage food producer? If you are, attend the Cottage Food Producer Food Safety Training on Tuesday, July 31, 1:00pm – 5:00pm at the Beltrami Electric Cooperative, Bemidji.

This advanced safe food handling course focuses on aspects of cottage food products including baked, confectionery, dried, fruit preserves and, acid and acidified fruit and vegetables. You will learn how to produce, package and label a safe food product.

Wonder if your product tests as an allowable non-potentially hazardous food? Bring it along to the cottage food class and have it tested.

If you sell more than \$5000 annually, this workshop meets the training requirement to register as a Minnesota cottage food producer. Registration materials available at <http://www.extension.umn.edu/food/food-safety/courses/cottage-foods/>. For more information contact, Karla at (507) 337-2808.

Source: Kathy Brandt, Extension food safety educator, U of M Extension Regional Office, Marshall

▶ SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

20-minute Garlic Beef and Broccoli Lo Mein

This tender beef with broccoli, carrots and noodles is an incredibly easy meal that's done in just 20 minutes! The sauce adds such an amazing flavor, too, making it the perfect meal on a busy night.

Serves: 4-5
Ingredients
8 ounces lo mein noodles (or spaghetti noodles)
3 cups broccoli florets
1 tablespoon olive oil
8 ounce flank steak, sliced against the grain
3 garlic cloves, minced
1 medium carrot, shredded
¼ cup packed brown sugar
¼ cup soy sauce
2 tablespoons hoisin sauce
2 teaspoons sesame oil
¼ teaspoon ground ginger
¼ teaspoon crushed red pepper flakes
¼ teaspoon pepper
Instructions

In a large pot with boiling water, cook the noodles according to package directions. Add the broccoli the last 5 minutes of cooking and let them cook

until tender. Drain the noodle/veggie combo.

While the pasta is cooking, add olive oil to a medium sized skillet. Cook the steak until no longer pink. Add the garlic and carrots and cook for a minute more.

In a small bowl whisk together the brown sugar soy sauce, hoisin sauce, sesame oil, ginger, red pepper and pepper.

Add the spaghetti to the skillet and pour the sauce on top and toss until incorporated.



▶ A HIPPIE'S HEALTH

Written by Tara Waltman

You know what's still important when you're old? To play. This past weekend we were up in the mountains. We were going to go tubing down the river but the weather was not cooperating. Instead, we played in a creek by helping to build a rock dam. The water was freezing but it was so fun! Once our legs were numb from being in the water we couldn't feel them anyways so it really didn't matter. It was so fun to pick up rocks out of the creek to make the dam. It made me realize how important it is to still play and have fun. Even though the

water was cold and the bugs were annoying that still didn't stop me. The moral of the story: play, have fun and laugh often! It helps with the stress and busyness of life! Enjoy!

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.

▶ DO IT YOURSELF

Old tree stumps can easily take a decade or more to rot away. In the meantime, they're an eyesore -- a reminder of past glories gone missing. You can pay to have the stump ground to bits, or you can make lemonade with your lemons and create an attractive focal point by filling it with flowers!



▶ WHAT A JOKE

I took my wife to a restaurant. The waiter, for some reason, took my order first. "I'll have the rump steak, rare, please." He said, "Aren't you worried about the mad cow?" "Nah, she can order for herself." And that's when the fight started.

My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a nearby table. I asked her, "Do you know him?" "Yes", she sighed, "He's my old boyfriend. I understand he took to drinking right after we split up those many years ago, and I hear he hasn't been sober since." "My God!" I said, "Who would think a person could go on celebrating that long?" And then the fight started.

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But somehow I always had something else to take care of first; the shed, the boat, making beer...always something more important to me. Finally, she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was

gone only a minute, and when I came out again, I handed her a toothbrush. I said, "When you finish cutting the grass, you might as well sweep the driveway." The doctors say I will walk again, but I will always have a limp.

My wife sat down next to me as I was flipping channels. She asked, "What's on TV?" I said, "Dust." And then the fight started.

My wife was hinting about what she wanted for our upcoming anniversary. She said, "I want something shiny that goes from 0 to 200 in about 3 seconds." I bought her a bathroom scale. And then the fight started.

My wife was standing nude, looking in the bedroom mirror. She was not happy with what she saw and said to me, "I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment." I replied, "Your eyesight's damn near perfect." And then the fight started.

One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift. The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!" And that's how the fight started.



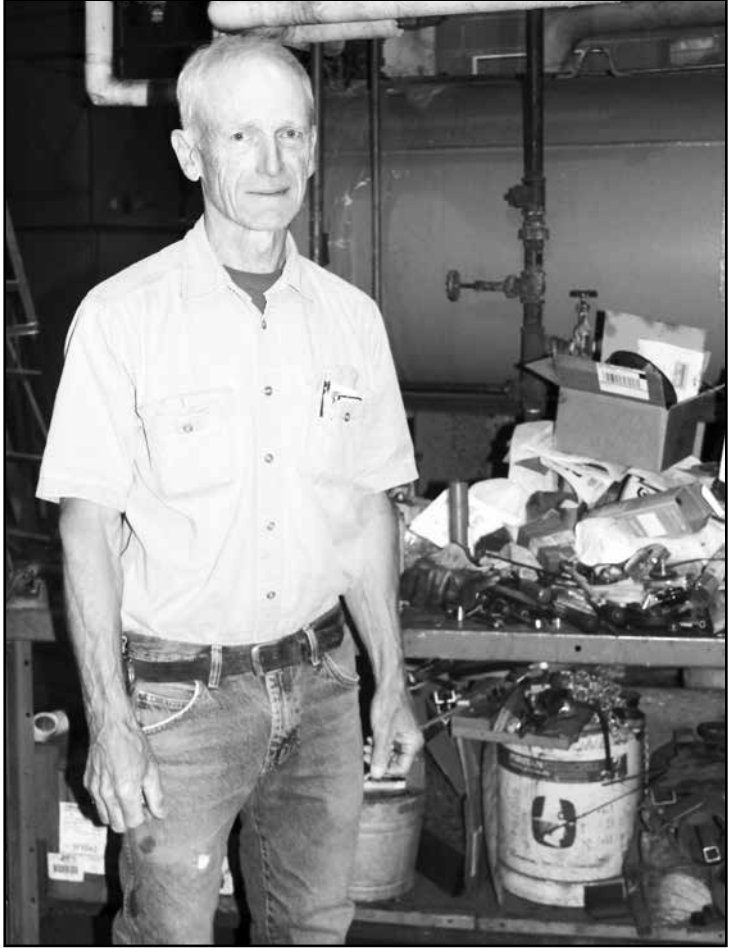
Yard of the Week



'Yard of the Week' goes out to Dan and Jean Schulz, 75597 Pine Island Road NW, Grygla. This yard is just as serene as its location sounds! Tucked back into the trees up by Moose River, the sun shines bright on the flowers surrounding the patio, while the shade garden sits off in the back blossoming ever-so-hearty. How perfect is that rustic garden shed in its location, too?! *Photos by Grygla Eagle Newspaper*



Reasons to celebrate



Owen Hagen is retiring from the Grygla School after 42 years! His last day is going to be on June 28th! He is looking forward to retirement, but says he will miss all of the kids the most! Congratulations to him! *Photo by Grygla Eagle Newspaper*



Wanda Isum celebrated her June birthday at the Grain Bin Café last week! Photo courtesy of Thelma Thomas

DNR upgrades outdoor recreation maps for mobile devices

Navigating Minnesota's woods and waters with a mobile device is now easier than ever with new digital maps available from the Minnesota Department of Natural Resources.

Cartographers in the Parks and Trails Division have recently upgraded nearly all of the maps for Minnesota state parks, state water trails, off-highway vehicle (OHV) trails and public water access sites to geospatial (location-referenced) PDF files (or GeoPDFs for short). State trail and snowmobile trail maps will be available in about a month.

"Our new GeoPDF maps are part of our ongoing efforts to improve the visitor experience," said Erika Rivers, director of the DNR's Parks and Trails Division. "Knowing exactly where you are at any given time takes away the worry about getting lost, so you can focus instead on having fun outdoors."

The GeoPDF maps are best read with Avenza Maps, a GeoPDF reader app, which is available for free from the Google Play Store (for Android devices) or the App Store (for iPhones). Internet access is needed to install the app and map files, but once they are installed, they do not need internet access or cell phone service to function.

"The app relies solely on a device's built-in GPS receiver to track your movement," Rivers said. "Your location is represented on the map by a small blue dot, which moves as you move."

Instructions on how to download the application and map can be found on the DNR website.

For more information, visit the DNR website or contact the DNR Information Center by emailing info.dnr@state.mn.us or by calling 888-646-6367 (8 a.m.-8 p.m. Monday through Friday, 9 a.m.-1 p.m. Saturday).

Local celebration ... continued from front



Goodridge Historical Society President, Margie Coan, is pictured inside one of the eight historical society buildings located in Goodridge, the Country Museum. The original register from the early 1900's is still in place! *Photo by Grygla Eagle Newspaper*

Telephone Building

One of the eight Goodridge Historical Society Buildings located around town.

1906: Farmers Formation of Red Lake Eastern Marshall Telephone Company. 1906: Ole Wiseth took over telephone exchange Northern Development Co. from the Quist brothers. Petra Wiseth was the telephone operator. 1911: Telephone lines were extended to farms in rural Pennington County. 1914: Ole Wiseth closed Anstad Post Office store and moved the telephone exchange into the Melvin Stephenson Hotel. 1915: Ole Wiseth was manager of Northern Development Telephone Company. 1915: Irving Quist was manager of Red Lake Eastern Marshall Telephone Company, Christine Bundhund was Chief Operator. 1916: Ole Wiseth petitioned to fix lines for Eastern Development Telephone Company. 1920: Goodridge purchased a switchboard for \$365. 1924: Garden Valley buys out Red Lake Eastern Marshall Telephone Company. 1924: Melvin Stephenson served as clerk for Garden Valley. *Interesting fact:* Wall phone was 5 cents per call by Gilbert Gulerud store.



The Goodridge Telephone Building today! *Photo by Grygla Eagle Newspaper*



A look inside the Woodrow Schoolhouse, which was brought into Goodridge decades ago, originally coming from Espelie township in Marshall County. The Goodridge School used it for many years as a music room. Later, Norma Hanson arranged for it to be moved east of the Depot as part of the GHS. *Photo by Grygla Eagle Newspaper*

Veterans honored

This year, four veterans will be honored at the Goodridge Freedom Festival and presented with quilts made by the Red, White & Blue Quilters out of Thief River Falls. This will take place at 12pm under the band shell.



Bernie Wilson



David Vraa



Dennis Kainz



James Hutchinson



The Goodridge School in 1920, before all of the additions were added! This photo hangs inside of the Woodrow Schoolhouse, along with many other historical items of interest! Be sure to stop in and check out the eight Goodridge Historical Society buildings on Saturday, July 28th, in honor of their 40th anniversary!



Many vendors will be set up from 10am-4pm at the Goodridge Freedom Festival, including Dave's Little Box Wood Shop and Creekside Country Crafts.



Wednesday, June 27, 2018