



				
Today	Thurs	Fri	Sat	Sun
Mostly Cloudy	Partly Cloudy	Partly Cloudy	Snow Showers	Snow Showers
H 9 L -15	H 14 L -2	H 23 L 17	H 32 L 17	H 25 L 9



A look at next week ... A reminder on the Farmer's Union Annual Meeting that's coming up on March 25th; items of discussion include the Grygla Coop.

How did you find me after all these years?



Dennis and Karen Vinar, along with their daughter, Jean Voxland, and her husband, Andrew, shared their story on The Steve Harvey Show. They will be bringing their story to the Grygla Library on Wednesday, March 27th.

Couple reunites after 50 years and later finds their daughter! Mark your calendars and plan to attend this special event brought to you by the Grygla Library.

Grygla's Northwest Regional Library is bringing you a timeless love story on Wednesday, March 27th, at 6pm. "How did you find me after all these years?" chronicles a love story, and a family, 55 years in the making. Hear about their journey through time, and experience the love, loss, fear, hope and joy when Dennis and Karen Vinar visit the Grygla Community Center in a few weeks.

The Northfield, Minnesota, couple has turned their story into a family memoir titled, "How did you find me after all these years?" The story follows the trials and tribulations of a 13 year old girl, who was an A student, and a 15 year old boy, who was an average student, both living in a small west central Minnesota town in the late 1950's.

Dennis and Karen were teenagers when they met and fell in love. Karen says, "One thing led to another and I

got pregnant." Her parents thought it would be better to give the baby up for adoption. Dennis was not allowed to see Karen and said it was a very difficult time - wanting to be with the one you love. When Karen delivered the baby, Dennis came in to hold the little girl and sign the birth certificate. The two then went on to live their separate lives; Dennis went off to the army while Karen went off to college. They were separated for 5 decades with no communication, but Dennis says he never stopped thinking of Karen.

In October of 2014, a friend of Dennis' asked him to join LinkedIn. He ended up searching for and ultimately finding Karen. After calling her and finding out they were both single, they eventually met up on a Monday night. By that Thursday morning, the two were married!

Karen shares in her story that her life was almost complete at that moment. She said, "I had found Dennis. My life would be fully complete if we could find our daughter."

The couple says by the grace

of God they located her.

Their daughter, Jean Voxland, was over the moon. She shared, "Imagine being 55 years old and hearing that your parents are together and they are looking for you!?" A reunion occurred with many tears and hugs shared. Karen said it was the most heart-warming experience she's ever had.

Dennis and Karen later joined forces with Jean and her husband, Andrew Voxland, and wrote a memoir chronicling their story. "How did you find me after all these years? A Family Memoir" is available at Barnes & Noble, Amazon and the howdidyoufindme.com website. The book has also been selected as one of the best 25 love stories in the world by the producers of RTL Television in Germany.

In addition to their upcoming visit to Grygla, The Vinar family has appeared on numerous TV shows, including The Steve Harvey Show. You can hear their timeless love story in person on Wednesday, March 27th, at 6pm at the Grygla Community Center when the Northwest Regional Library

hosts the Minnesota couple.

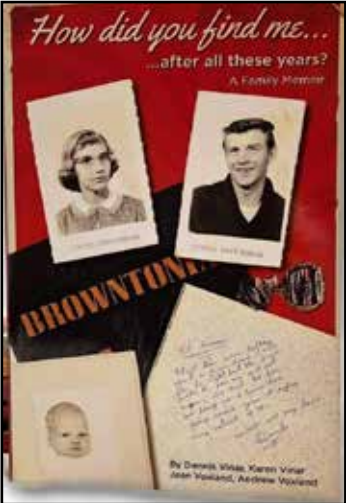
About the family/authors

Dennis Vinar, is a speaker, inventor, marketing executive with his own business for over 40 years, and now an author who lives in Northfield, Minnesota. He enjoys art, music (especially concerts at Orchestra Hall), nature, reading, travelling, bicycling, exercising, photography and golf. Dennis is the leader for the Minnesota Chapter of the Non-Fiction Author Association.

Karen Lehmann Vinar, an interior designer and kitchen and bath designer for over 40 years, lives in Northfield, Minnesota, and enjoys art, attending musical and theatrical performances, reading, nature, and gardening.

Jean Voxland has teamed with her husband and birth parents in writing a memoir that gives a tug at the heart strings. Jean, who enjoys hiking and photography, lives in Kenyon, Minnesota, with her husband and a big white Great Pyrenees dog.

Andrew Voxland has found it enjoyable and necessary to have written a part of the memoir from his perspective. He currently resides in Kenyon, Minnesota, with his wife and takes pleasure in grilling rib-eyes and enjoying local music.



The family memoir is available at Barnes & Noble and Amazon. Copies will also be available in Grygla when the Vinars visit.



Daylight saving time 2019 will start at 2:00am this Sunday, March 10.

Grygla/Gatzke Food Shelf begins March Campaign

Be the hero. Fight Hunger.

March is here! That means it is time for the 2018 Minnesota Food Share March Campaign for Hunger Awareness. The Grygla-Gatzke Food Shelf will again participate by requesting food and monetary donations during the month of March. The food shelf is eligible to receive funding from Minnesota Food Share based on the funding raised and the amount of food items (number of pounds) donated.

This is their big fundraiser for the year, as the ability to generate some matching funds makes it all the more worthwhile. Statistics show that 1 in 10 people in Minnesota worry about where their next meal is going to come from, and this especially impacts children (1 in 7 children in Minnesota struggles with hunger) and senior citizens. That is why there are over 300 food shelves in Minnesota - to help alleviate their worries.

Something NEW this year! Look for green reusable shop-

ping bags with the Grygla/Gatzke Food Shelf logo on them; they will be at the Grygla Coop Store and participating churches. It makes it easy to know where to drop off your non-perishable items.

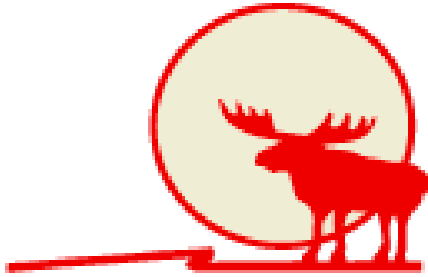
The food shelf is run on individual donations and any grants that are received. With that help, they are able to buy food items through the North Country Food Bank at greatly reduced rates, and also additional food items in Grygla to support the local economy.

Your support is needed to keep this program going.

Everyone (individuals, civic organizations and businesses) is urged to consider donating to the Grygla-Gatzke Food Shelf during the month of March, to take advantage of these grant programs. Food donations may be left at participating area churches, or at the Grygla Co-op Store. Donations can be sent or given to Treasurer, Lori Thompson, 222 South Evelyn, PO Box 105, Grygla, MN, 56727.



Senior birthdays are celebrated the second Wednesday of every month at the Grain Bin Café. Grygla Seniors who recently celebrated their February birthdays, L-R: Carol Steuck, Thelma Thomas and Rose Hanson. Photo submitted by Rose Hanson



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Grygla Senior High Choir competed at the MSHSL Subsection 32 - East Large Group Contests on Monday, February 25th, at Badger Community School. The 9-12 grade choir received an "Excellent" rating from the judges after performing "Gabi, Gabi" by William Powell and "Inscription of Hope" by Z. Randall Stroope. The group was directed by Gene Lunsetter and accompanied by Kari Sundberg and Nolan Anderson. Photo by Grygla Eagle Newspaper



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, March 6: 6pm Grace Choir, 7:15 Ash Wednesday Service, 8pm Interfaith Bible Study
Thursday, March 7: 9am Quilting, 7pm Service at OS
Sunday: Grace: 9am Worship OS: 9:30am SS, 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Wednesday, March 6: OS Ladies Aid 2:30pm, United Council 6pm, Ash Wednesday at United 7pm
Sunday: UL: 9am Worship, 10am SS OS: 11am Worship
Monday, March 11: UL 9am Quilting

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Osercamp
Wednesday, March 6: Lenten Services at Ekelund 7pm
Sunday: Faith: 8:30am Worship, 9:45am SS Bethany: 9:45am Worship, 10:30am SS Ekelund: 9:45am SS, 11am Worship
Monday, March 11: Mission Monday at Faith 9am

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
Wednesday, March 6: Ash Wednesday Service at Bethesda 7pm (Supper 6pm)
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
Wednesday, March 6: Wed School/Conf. 5-6pm; OP Ash Wednesday Service 7pm (Supper 6pm)
Thursday, March 7: Lent Service at Mt. Olive 5pm
Saturday: Mt. Olive Worship at 9am
Sunday: St. Petri: 8am Worship, 9:15am SS Oak Park: 8:30am SS, 9:45am Worship Nazareth: 10am SS, 11am Worship
Tuesday, March 12: Lent Service at St. Petri 6:30pm

LIBERTY CHAPEL Grygla
Sunday: 9:30am Worship

NOTICE

Minnie township notice of election and annual meeting
Minnie township election of officers will be held at Minnie Town Hall 65964 Fourtown Road NW on March 12th, 2019 between 12:00 pm and 3:00 pm. Annual meeting will follow at 3:00 pm at the same location.
Town offices to be elected are:
Supervisor for 3-year term
Treasurer for 2-year term
Minnie township
Ray Hendrickson, Clerk
2/20/2019

NOTICE

Annual meeting for Spruce Grove Township/Beltrami County
Tuesday, March 12th 1 p.m. at Grande Corner

NOTICE

The annual meeting for Lee Township, Beltrami County will take place at Wally Byklum's home. March 12th, 2019 at 1:00 p.m.
Karol Byklum, Clerk

Steenerson Township Notice

Notice is hereby given to the qualified voters of Steenerson Township that the Annual Town Meeting and the Election of Officers will be held Tuesday March 12th, 2019 at the Steenerson Town Hall, 5:00pm til 8:00pm. Voters will elect 1-Supervisor 3yr. term, 1-Treasurer 2 yr. term. In case of Inclement weather the meeting and election will be held the following Tuesday same time and place.

Darlyne Roen, Clerk

G49-50C

Community Calendar

Wed | Mar 6
Ash Wednesday; Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; 6th grade girls bball practice in Goodridge 4-6:30; 7th grade & 4th grade boys bball practice in Grygla 4-6:30pm; VB League in Grygla 7pm

Thurs | Mar 7
5th grade boys bball practice in Goodridge 6:30-8pm; BBB at Cass Lake/Bena 7pm (If the Chargers win on Monday.)

Fri | Mar 8
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm

Sat | Mar 9
BBB Sub-Section Finals (Opponent/Time TBD); 6th grade girls bball tourney in EGF 4pm/6pm; Reminder to set clocks ahead before bed

Sun | Mar 10
Daylight Saving Time; 6th grade girls bball tourney in EGF (game time TBD)

Mon | Mar 11
Senior Meals at Grain Bin Café 11am; Grygla City Council meeting 7pm

Tues | Mar 12
Goodridge ECFE 5:30-7pm

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Phone 294-6220
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School Lunch Menus

Grygla Lunch Menu
Wednesday, March 6: Piz-za, Lettuce, Cheese, Broccoli, Fruit
Thursday, March 7: Chicken Nuggets, Potatoes, Corn, Fruit, Bread
Friday, March 8: Turkey or Cheese on a Bun, Mac & Cheese, Baked Beans, Carrots, Fresh Fruit
Monday, March 11: Popcorn Chicken, Potatoes, Vegetable, Fruit
Tuesday, March 12: Chicken Patty on a Bun, French Fries, Vegetable, Fruit
Goodridge Lunch Menu
Wednesday, March 6: Egg Salad or PB&J Sandwich, Tomato Soup w/ Cheese & Crackers, Broccoli, Carrots & Celery w/ Dip, Apples, Oranges
Thursday, March 7: Chili w/ Cheese & Crackers, Broccoli, Carrots & Celery w/ Dip, Apples, Cinnamon Roll
Friday, March 8: Cheese Pizza, Steamed Carrots, Garden Salad, Fruit Salad
Monday, March 11: Scalloped Potatoes w/ Ham, Cole-slaw, California Blend Veg-gies, Mixed Fruit
Tuesday, March 12: Pepper-oni Pizza, Tossed Salad, Corn, Peaches

Elementary Basketball Night/ ECFE Fundraiser

The annual elementary basketball game night will be held at the Grygla School on Thursday, March 21st. Admission is \$2.00 per adult and \$1.00 grades 7-12. The games will start at 6:30pm. 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.

If you would like to make a monetary donation or donate an item/basket for the ECFE raffle, please contact Brooke Olson at bmolson@grygla.k12.mn.us or Jean Schulz at jschulz@grygla.k12.mn.us

Trap meeting

The Grygla and Goodridge Trap teams will be having a fundraising meeting on Wednesday, March 13th, at 7pm. The meeting will be held at the Community Center attached to the Goodridge School. It's open to all team members and their families.

kids' corner

FOOD FACT:
NUTRITIONISTS HAVE NOW DISCOVERED THAT THIS FOOD IS AMONG THE MOST HEALTHY A PERSON CAN EAT.
ANSWER: EGGS

Letter to the Editor

Dear Citizens,
As a part of my path to recovery, with God by my side, there are letters of amends that need to be made. I believe I owe one to the citizens, more for the understanding of mental illness & addiction & the stigma put behind them. I am sure everyone has heard their own version to believe, about what happened the night of the 21st of December.

I am not here to dispute what you hear & believe. I am now on the righteous lifelong path of recovery & am filled with info & God's guidance & help & knowing that there is a network of support out there that you can reach at any time.

I would like to address the stigma of getting help for any mental struggles. I see the trends now in the news of the steps schools & workplaces are taking by addressing mental illness & removing the stigma & creating an open environment. Our community needs to do the same & realize there is nothing wrong with asking for help with struggles no matter if they are even just temporary or you believe it's just you. We also need to watch for the signs of deep depression, like isolation, making abnormal comments of life & irrational with possessions, I.E. giving away or excessive buying. You can find the real list online.

Next is the stigma that society has had behind addiction for decades. First & foremost, addiction is a disease, contrary to most beliefs. Addiction is a monster that chooses us, not us choosing it. The addict did not choose that. On their first use, their life would change forever, whether the monster grew immediately or over years, we did

not realize we were feeding this monster – this disease.

One must realize this is a predetermined disease. Just as sugar is handled different by different metabolisms, the same is true with substances. We must treat addiction seriously as a treatable disease with a possible success rate, same as we would cancer. This is hard for most to believe, because we have been told addiction was a choice & loss of will power. But we have to realize this disease, just as cancer cells or diabetes, is predetermined & we need to start seeing it that way as a society.

It's the stigma we put behind the disease because that's how we grew up, but if we realize everybody is different, we can start being honest & getting treatment to the right people before it's too late.

We would never discourage or be upset with someone getting dialysis or chemo treatments so why is it not the same for the disease that takes more lives than any other?

This is the disease that will destroy so much more if we do not remove our stereotypes & help each other help others that need it before it comes irreversible or worse.

It's time to win the battle on addiction & get help or help get it to someone in need of the help. This is treatable & will better our nation, the world leader in addiction.

I love my recovery path & my new sober life God gave me, because, every day is a recovery day!

Sincerely,
Andy Jacobson
c/o Marshall County Jail
208 E Colvin Ave, Suite #1
Warren, MN 56762

Due to the overwhelming response and inquiries made toward the grocery store, Farmers Union Oil Company of Grygla is offering 'FOR SALE ON BIDS': Grocery Store building, property, equipment and grocery inventory only (no hardware). Requirements include: Minimum bid \$120,000 with a 10% earnest payment included with the bid proposal in a sealed envelope marked "store bid" to: Farmers Union Oil Company PO Box 48 Grygla, MN 56727
Bids must be received by Friday March 15th, 2019. Bids will be opened and reviewed by the board of directors on Monday March 18th, 2019, at which time the 'board of directors has the right to reject any or all bids'. After this date all earnest payments will be returned to the unsuccessful bidders.

GRYGLA LIONS' BINGO
Yo-Hawn's inc. Bar & Grill
Grygla, MN
Every Saturday Night 6:30 p.m.

Alumni tournament

The Goodridge-Grygla Alumni Basketball Tournament will be Saturday, March 23rd, in Grygla. Registration is from 10-11am with games

starting at 11am. The cost will be \$10 per player. Please contact Brady Olson at bolson@grygla.k12.mn.us if you have any questions.

Healthy Eating Word Find

Find the hidden words in the puzzle.

BALANCE CALORIES FATS FOOD FRUIT HEALTHY LIMIT MEAL NUTRITION PORTION PROTEIN VEGETABLE

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

Get Scrambled

Unscramble the words to determine the phrase.

AFT NOENTCT

Answer: Eat content

THIS DAY IN...



HISTORY

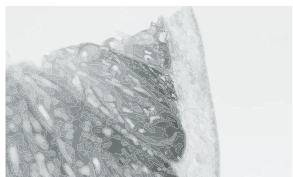
- 1845: FLORIDA IS ADMITTED AS THE 27TH STATE.
- 1918: GERMANY, AUSTRIA AND RUSSIA SIGN THE TREATY OF BREST-LITOVSK.
- 1931: "THE STAR SPANGLED BANNER" IS ADOPTED AS AMERICA'S NATIONAL ANTHEM.

New Word

NUTRIENT

substance that provides essential nourishment

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: BRAINFEEL

Did You Know?

MANY FRUIT JUICES CONTAIN AS MUCH SUGAR AS POPULAR SOFT DRINKS LIKE SODA. WHOLE FRUIT IS A HEALTHIER OPTION THAN FRUIT JUICE.



How they SAY that in...
ENGLISH: Nutrition
SPANISH: Nutrición
ITALIAN: Nutrizione
FRENCH: Nutrition
GERMAN: Ernährungsweise

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Grygla Elementary Read Across America Day



Last Friday, the Grygla School celebrated Read Across America day. Elementary students participated in some special activities to celebrate Dr. Seuss' Birthday and finish out I Love to Read month. Students had the option of wearing pajamas to school that day and were allowed to bring a blanket, stuffed animal or pillow to help them be more comfortable while they read throughout the day. In addition to reading in their classrooms, students read by flashlight in the gym and also watched a movie in the library! The weather was nice enough to allow for some free time outside on the sledding hill, too. Photos courtesy of Grygla School



DO IT YOURSELF

Wondering how to clean your makeup brushes? Try out this DIY mixture! After swirling your brushes around, rinse in plain, warm water, then let your brushes dry overnight.



Kangas places third



Cooper Kangas, far right, age 11, of Goodridge, made it on the podium last weekend after racing at the Naytahwaush Nightriders Snodeo 100. Both Saturday and Sunday combined, Kangas placed 3rd in the 14-17 year old class. He is the son of Jason and Allison Kangas. His sponsors include Bouchard Racing Team, Lian Racing, Carlson Harvesting, Inc., Kotrba Ditching, Northern Ag Inc., and Universal Screenprint! Photos courtesy of Allison Kangas



Word of the Week
...enhancing vocabularies
one Grygla Eagle at a time.
Petrichor
noun
1. A distinctive scent, usually described as earthy, pleasant, or sweet, produced by rainfall on very dry ground.

A Note from Principal Lunsetter's Desk

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.
Harriet Tubman

If anyone was able to understand this, it was certainly Harriet Tubman. I can't imagine how bleak life could have looked for someone in her position. Yet, she saw the light. She dreamed that life should be better, not just for her, but for thousands of people around her. She had the passion to fight for that dream, and convinced many, many others to fight along with her. She changed the landscape of America forever, and her strength and courage should serve as an example for all of us. Don't ever be afraid to dream, or to share those dreams with others, and then act on those dreams with resilience, strength and passion...that's how we make the world a better place for us and everyone around us.

A HIPPIE'S HEALTH

Written by Tara Waltman
So, any other women out there whose immune system tanked after having a baby? Haha. I think it's a combination of stress, including emotional stress and not exercising like I used to. I realize I needed something a little stronger than my supplements I was already taking to boost my immune system. I started taking Oregano essential oil in capsules. You guys, super powerful! I take 3 capsules a day with about 5-6 drops of oil! That's like a 1000 pizzas. Lol. If you google Oregano it will tell you all the powerful properties it has. Also, did you know that garlic is super powerful? Eating a clove of garlic can work wonders, as well. Our bodies are quite miraculous if you think about it. It's quite cool. I also have been making sure to get enough rest. I had to go back to the basics: rest, fluid, more essential oils, (Oregano oil in particular) and laughter. It's the best medicine!
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.

SIMPLY DELICIOUS

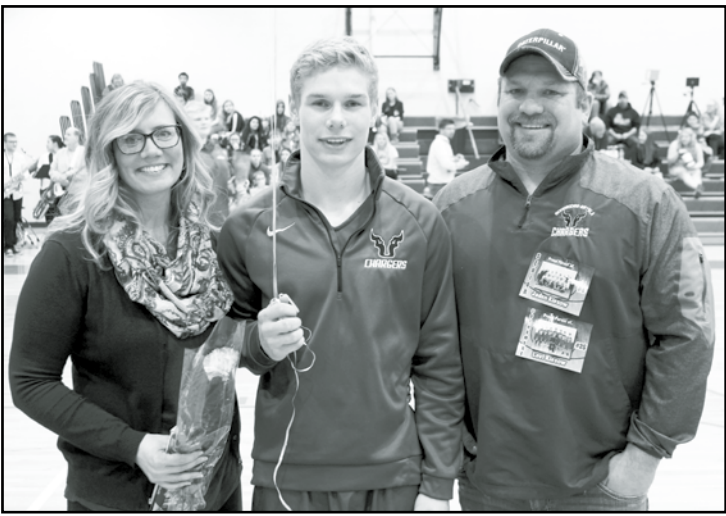
Written by Kari Sundberg, Eagle Editor
Sheet Pan Dinners
You know those days when you just have no time to cook? Well, sheet pan dinners are going to change the way you do weeknight meals. Most of them can be cooked in 30 minutes or less, and are loaded with veggies and protein so they are super healthy for you and your fam.
One of my favorites that I always make is this sausage, potato and green bean combo. You can really throw this together any way you want, but for me, I like to cut up potatoes, venison brats and throw them on a sprayed cookie sheet with green beans. I drizzle olive oil over the top, sprinkle some ranch seasoning over it all and throw it in the oven. SO EASY.
I also found this one on Pinterest - it's a garlic roasted salmon and Brussel sprout combo with sliced lemons. I imagine you could add any type of seasonings that you like.
And lastly, I found this Hawaiian chicken sheet pan dinner. It said you can serve it over rice or inside a warm tortilla. I'd probably do the tortilla and definitely plan to make this easy supper soon! Enjoy these meal ideas AND easy cleanups.
Ingredients:
Boneless Skinless Chicken Breasts, cut into bite size pieces
Sweet Potatoes, cut into bite size pieces
Pineapple chunks
Red and green peppers, cut into bite size pieces
Directions:
Once all of your ingredients are chopped and spread onto the rimmed sheet pan, just drizzle with oil (olive or sesame) and sprinkle with brown sugar. After about 25 minutes in the oven, you will have super-sweet and juicy pineapple, soft sweet potatoes, and tender chunks of chicken and peppers.

CROSSWORD
1 2 3 4 5 6 7 8 9 10
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StatePoint Media Crossword
Theme: March Madness
ACROSS
1. Trunk extension
5. Dojo pad
8. *Villanova ____ at end of each half in '18 championship
11. Away from port
12. Windmill blade
13. Key material
15. Hefty competitor
16. European sea eagle
17. Walnut ____, MN
18. *____ Sunday
20. Smelling tainted, as in meat
21. Soft and sticky
22. Giant bird of "One Thousand and One Nights"
23. * ____-elimination
26. Making sounds like Babe
30. Beatle wife
31. Not absorb, nor repel
34. Twelfth month of Jewish year
35. Batman to Bruce Wayne
37. Elizabeth Gilbert's " ____ Pray Love"
38. Cubic meter
39. Ghost of Christmas ____
40. P in POI
42. Make work
43. Puffed up
45. ____ and effects
47. Mont Blanc, e.g.
48. Oddball's attempt?
50. Tropical tuber
52. *Penultimate NCAA round
56. Like cornflakes leftovers
57. Slavic version of John
58. Tangerine plus grapefruit
59. Chased up an elm
60. Blow off steam
61. Tear violently
62. Da in Russia
63. Before of yore
64. Pasturelands
DOWN
1. Falls behind
2. Archipelago unit
3. Square one?
4. Good-for-nothing
5. Nobel Prize winner Curie
6. Bug
7. High school student
8. Rumpelstiltskin's weaver
9. Green-eyed monster
10. Tie ____
12. Ruled against, as President can
13. Prod
14. *Fill-in-the-blanks
19. Pepsi and Coke
22. Part of human cage
23. Daytime entertainment, pl.
24. Spouse's parent
25. Neil Diamond's "Beautiful ____"
26. Tiny leftovers
27. Intestinal obstruction
28. N in RN
29. Mirths
32. *1 or 68, e.g.
33. Crew tool
36. *Automatic vs. ____
38. Creepy one
40. *Coach's locker room talk
41. Similar to sextant
44. Andrew ____ Webber
46. *Hang a banner, e.g.
48. Abraham Lincoln bill, slangily
49. Lacking sense
50. Ruptured
51. Ice, dark, and middle
52. *Twelve's opponent
53. Type of molding
54. Forearm bone
55. Purges
56. Slovenly abode
Results will be in next week's March 13th Grygla Eagle.



Goodridge Senior Aaron Jones with his mom Toni Jones.



Grygla Senior Jaden Kiesow with his parents Keri and Trevor Kiesow.

Chargers Boys Basketball Parent's Night

Boys Basketball Parent's Night was held on Monday, February 25th. The GG Chargers hosted BGMR in Grygla but fell short with a final score of 55-80. Seniors and their parents were recognized prior to the start of the Varsity game. (Photos by Grygla Eagle Newspaper)



Grygla Senior Sarah Suchoski (Manager) with her mom Kristi Suchoski.



Goodridge Senior Jacob Tharaldson with his parents Joanne and Jerry Tharaldson.



Goodridge Senior Dylan Wold with his parents Faye and Rodney Wold.

Girls basketball comes to an end for the season

The Chargers Girls basketball season has officially ended. The team lost in the first round of playoffs last week against Blackduck with a final score of 43-62. The game was played in Blackduck on Tuesday, February 26th.

GG Points: Daria Waletzki 14, Amy Wiskow 6, Caitlyn Jacobson 2, Maci Bakken 10, Vivian Coan 6, Libby Johnson 2

Varsity Head Coach Elroy Johnsrud said, "In the first half, it was an up and down game. We took the lead, than they would take the lead, and at halftime we were up by 3. We came out in the second

half and couldn't break their press, our passes were soft, and we couldn't get anything going offensively. Blackduck did a very good job shooting the ball inside the paint. I thought we played good defense on it, but they shot very well." He added, "The season is over but the fight and how much these girls improved over the season was amazing. They are a good group girls. It's tough to see our 2 seniors go, and I would like to thank Liberty and Mercedes for putting in the time they did for this program ever since they started."



#41 Moses Jensen on defense against the Gators last week. Photo by Grygla Eagle Newspaper



Goodridge Senior Kaleb Sjulestad with his parents Sue Ann and Rick Sjulestad.



Grygla Senior Lucian Tinnes with his parents Karina and Jon Tinnes.



Grygla Senior Peyton Verbout with his mom Brandi Verbout.



Left: Kaylor Torgerson in the 8th grade game against the Gators last week on Monday, February 25th. Photo courtesy of Karey Johnson. Right: Jake Olson with the pass in the JV game against BGMR last week on Parent's Night. Photo by Grygla Eagle Newspaper

Chargers lose to Gators on Parent's Night

Boys Basketball Parent's Night was held on Monday, February 25th. The GG Chargers hosted BGMR in Grygla but fell short with a final score of 55-80.

GG Stats: Jake Tharaldson (23 pts, 4 reb), Kaleb Sjulestad (16 pts, 9 reb, 4 steals), Jaden Kiesow (7 pts, 5 reb, 5 asst), Hudson McMillin (5 pts, 3 reb), Peyton Verbout (2 pts, 5 reb), Moses Jensen (2 pts), Dylan Wold (2 reb), Levi Kiesow (2 reb).

Varsity Head Coach Andrew Sundberg commented, "We faced a tough Gator team on

Parents' Night. We started the game very strongly, getting out to an 11-0 lead and holding a 19-9 lead about 8 minutes into the game. But then the Gators turned up the pressure, and we started playing the style they wanted. They got hot, and went on a huge run to take a big lead. We did a better job of slowing them down and playing better defense in the second half. Jake and Kaleb had very good nights on the offensive end of the floor."

Tuesday, February 26th, the boys headed to Warroad for their last game of the week.

Grygla Elementary Intramurals

Grygla Elementary 4-6 grade Intramurals are held every Friday from 1:30-3:30pm. The games are open to all parents, grandparents, family and friends and will continue until mid-March. The March schedule is below.

March 8th
1:30pm-Heat vs. Golden Go-

phers, 2pm-Retro Air Ballers vs. Ballerz, 2:30pm-Retro Air Ballers vs. Heat, 3pm-Golden Gophers vs. Ballerz

March 15th Playoffs
1:30pm-G1: 1 seed vs. 4 seed; 2pm-G2: 2 seed vs. 3 seed; 2:30pm-3rd place: G1 loser vs. G2 loser; 3pm-1st place: G1 winner vs. G2 winner

Lion's glasses collection

Every year you may notice drop boxes around Grygla collecting eye glasses. Grygla Lion, Lon Englund, coordinated the eyeglasses collection drive every year and is back at it again for the months of March and April. Drop boxes will be located at the Grain Bin

Café, Grygla Coop Store, American State Bank and the Grygla School. Not only are eyeglasses, reading glasses and sunglasses accepted, but hearing aids are accepted, as well. All donations go to benefit those in less-fortunate countries.

March WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of March 2019.

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 March.

Monday, March 4: Newfolden, Evangelical Free Church

Tuesday, March 5: Hallock, Kittson County Courthouse

Wednesday, March 6: Warroad, Community Center

Thursday, March 7: Red Lake Falls, Community Center

(City Building)

Monday-Friday, March 11-15: Thief River Falls, Redeemer Lutheran Church

Monday, March 18: Warren, Evangelical Covenant Church

Tuesday, March 19: Karlstad, First Lutheran Church

Wed-Thurs, March 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.

Foot Care Clinics scheduled

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

Warren Community Center: Thursday, March 7, 2019 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Argyle LAH/BNP: Tuesday, March 12, 2019 at 9:00 a.m. Contact: Penny Korynta 218-437-8431

Middle River Royal Manor Apts.: Monday, March 18, 2019 at 9:30 a.m. Contact: Cindy Kilen at 218-222-4466

Oslo Community Center: Monday, March 25, 2019 at 9:30 a.m. Contact: North Valley Public Health at 218-745-5154

Grygla Community Center: Thursday, March 28, 2019 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

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

Please arrive 15 minutes prior to your scheduled appointment time.

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

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

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