



				
Today Partly Cloudy H 38 L 28	Thurs Mostly Sunny H 39 L 26	Fri Mostly Sunny H 47 L 30	Sat Partly Cloudy H 49 L 33	Sun Scatt. Showers H 48 L 31

Wednesday, March 20, 2019

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 38

A look at next week ... You're invited to attend "Minnesota in the Vietnam War" - a free program to be held at the Grygla School, sponsored by NWRL.



2019 Grygla Spring Fling to be held next week

Grygla Spring Fling will be held next week, March 25-29. Class competitions for the week include hallway decorating, a food shelf drive, games and Coronation. This year's Coronation will be held on Friday, March 29th, at 2:45pm. Candidates are, front row, L-R: Tatum Carlson and Allie Osse (7th grade), Anthony Englund and Chloe Osse (8th grade). Back row, L-R: Cooper Walton and Riley Saurdiff (Riley absent, 9th grade), Hailey Knutson and Eli Sundberg (10th grade), Bailey Watne and Hudson McMillin (11th grade), Sarah Suchoski and Lucian Tinnes (12th grade). Dress-up days for the week are as follows: Monday: Meme Day, Tuesday: Hippies and Cowboys Day, Wednesday: America Day, Thursday: Jersey Day, Friday: Class Color Day. There is not going to be a Spring Fling dance this year. *Photo by Grygla Eagle Newspaper*



Recently, the 8th grade art students participated in an art contest by the local VFW Post Auxiliary #2793. The top two winners were Chloe Osse and Jackson Grossman. They each received \$40. Their artwork was sent on to District for further judging. The following six students also received \$20 each: Sheldin Sundberg, Tre Alten, Kia Klein, Anthony Englund, Reece Sundberg and Devon Dickson. Front row, L-R: Ahna Stanley, Kia Klein, Emily Carlson and Chloe Osse. Back row, L-R: Sheldin Sundberg, Jackson Grossman, Anthony Englund, Reece Sundberg, Dane Arveson and Devon Dickson. (Absent was Tre Alten.) The 8th graders are pictured with their Art teacher, Betsy Saurdiff. *Photo courtesy of Betsy Saurdiff*



There was a decent crowd of Bingo players at Yo-Hawn's last Saturday night, including a table full of birthday girls! (Happy March Birthday to Megan Cullen, Jaclyn Moe and Tonia Haack, who celebrated with friends last weekend.) The Jaycee's Club holds Bingo every Saturday night through March with different organizations working the weekly event. Last Saturday's workers were from the Grygla Lion's Club. *Photos by Grygla Eagle Newspaper*

Mark your calendars

Grygla Merchants Breakfast
The Grygla Merchants will be hosting their Customer Appreciation Breakfast on Saturday, March 30th, at the Grygla Community Center. A free pancake, sausage, coffee, juice and milk breakfast will be served from 7-10am as a THANK YOU from the Grygla Merchants who appreciate all of their customers shopping locally!

Goodridge Fire & Rescue Annual Fundraiser
Mark your calendars for Saturday, April 6, and plan to head to the Goodridge Lion's Hall for the annual Fire & Rescue Fundraiser. Grilled burgers and fries will be served beginning at 5pm and a live auction will follow at the Goodridge Municipal Liquor Store.

Grygla Firemen's Supper
The Grygla Fire & Rescue Department will be cooking an "all you can eat" supper for the community on Sunday, April 7, at the Grygla Community Center. From 4-7pm, stop by for a supper of roast beef, ham, mashed potatoes, gravy, coleslaw, corn and all the fixings! The Grace Lutheran Church LYO kids will also be on hand to serve ice cream sundaes and

root beer floats for dessert. Attending this yearly fundraiser is a great way to show support for our local firemen.

Grygla Smelt Fry
The Grygla Lion's Club will hold their ever-popular smelt fry on Saturday, April 13, at the Grygla Community Center. The Lions will be serving "all you can eat" smelt from 4-8pm; everyone welcome! This is one of the biggest events on the Lion's calendar and they expect to serve 400-500 customers! Profits from the event help support many worthwhile community activities that make Grygla and the surrounding area such a great place to live and work! The menu will include smelt, baked potatoes, baked beans, coleslaw, dinner rolls, beer, milk and coffee.

Goodridge Smelt Fry
The Goodridge Consignment Sale and Smelt Fry is a yearly hit with the locals. Mark your calendars for this to-do happening on April 27. The consignment sale beings at 9am with the smelt fry starting at 4pm. Live music will be playing at the Liquor Store throughout the day with Eighth Hour headlining come evening hours!

Food Shelf Campaign continues



eral boxes before our food shelf day. Since we are only open once a month, it is difficult for us to keep fresh fruits and vegetables on hand, but this year we have been fortunate to have had apples, oranges, pears, potatoes and sweet potatoes and that went over good. (Although donated garden surplus in the summer/fall goes over good as well!) We are more fortunate than some food shelves because we have freezer space and can offer some frozen fruits and vegetables, and with refrigerator space, we can offer milk and now eggs. We usually have whole-wheat pasta, dried beans and rice available, and we're always on the lookout for quick and easy recipes using them. If you have any good recipes, please let Juanita Watne or Joni Anderson know. They send out a newsletter to our clients to keep them informed of food shelf information.

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

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



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, March 20: 5:30pm Grace Supper, 6pm Grace Choir, 7:15pm Lent Service, 8pm Interfaith Bible Study
Thursday, March 21: 9am Quilting, No Lent at OS
Sunday: Grace: 9am Worship OS: 9:30am SS, 10:30am Wor-ship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Wednesday, March 20: Lent Service at United 7pm with supper at 6pm
Sunday: UL: 9am Worship, 10am SS OS: 11am Worship
Monday, March 25: UL 9am Quilting

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday, March 20: Lenten Services at Bethany 7pm with supper at 6pm, Bethany Confirmation 7:45pm
Sunday: Faith: 8:30am Worship, 9:45am SS Bethany: 9:45am Worship, 10:30am SS Ekelund: 9:45am SS, 11am Worship
Monday, March 25: Mission Monday at Faith 9am

THE CATHOLIC COMMUNITIES OF

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

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Wednesday, March 20: 7pm Lent Service at Riverside with 6pm supper
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 20: Wed School/Conf. 5-6pm; OP Lent Service 7pm with 6pm supper
Thursday, March 21: 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 26: Lent Service at St. Petri 6:30pm

LIBERTY CHAPEL
Grygla
Sunday: 9:30am Worship

Community Calendar

Wed | Mar 20
Grygla Eagle office open 10am-6pm; Senior Meals at Grain Bin Caf  11am; Grygla Library open 2-6pm; Garden Club Meeting at Yo-Hawn's 6:30pm

Thurs | Mar 21
Grygla Elementary Basketball Night (5-7pm ECFE Supper; 6:30 games begin); Talent Show at Goodridge School 7pm; Grygla/Gatzke School Board Meeting 7pm

Fri | Mar 22
Senior Meals at Grain Bin Caf  11am; Chargers bball tourney in Crookston

Sat | Mar 23
Grygla/Gatzke Food Shelf open 8-10:30am; Grygla Alumni bball tourney at the school 11am; Chargers bball tourney in Crookston

Sun | Mar 24
Chargers bball tourney in Crookston

Mon | Mar 25
Senior Meals at Grain Bin Caf  11am; FUGO Annual Stockholder's Meeting (11am dinner/1pm meeting); Grygla Community Education Yoga Class at the Grygla School 6-8pm; Wellness 4 Life class at the Grain Bin Caf  6:30pm

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

Monson Electric Services, Inc.

Grygla, MN

LICENSED - BONDED - INSURED

Residential - Commercial and Farm Wiring - Underground Trenching

Brad Monson • 294-6349

U.S.P.S. No. 002330
Grygla Eagle

Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg - EDITOR
Phone 294-6220

—SUBSCRIPTION RATES—

\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$30 per year outside of the area

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

School Lunch Menus

Grygla Lunch Menu
Wednesday, March 20: Chicken Fingers, Potatoes, Corn, Pears, Bread
Thursday, March 21: Pulled Pork on a Bun, Vegetable, Fruit
Friday, March 22: Tomato Soup, Toasted Cheese Sandwich, Vegetable, Fruit, Crackers

Monday, March 25: Mandarin Orange Chicken, Potatoes, Vegetable, Fruit

Tuesday, March 26: Hot Ham & Cheese, Macaroni Salad, Chips, Carrots, Fresh Fruit, Beans

Goodridge Lunch Menu

Wednesday, March 20: Chicken Nuggets w/ Assorted Sauces, Mashed Potatoes w/ Gravy, Garden Salad, Mixed Fruit

Thursday, March 21: Italian Dunkers, Cheesy Buns, Green Beans, Tossed Salad, Apple Sauce

Friday, March 22: Cheese Pizza, Tossed Salad, Corn, Apples

Monday, March 25: Ham Chowder w/ Cheese & Crackers, Broccoli, Carrots, Celery w/ Dip, Apples & Oranges, Bread

Tuesday, March 26: Hot or Cold Sub Sandwiches, Nachos w/ Cheese, Corn, Mixed Fruit

Grygla Public School

Position Open: Bus Driver

Approximately

1.5 hours AM, 1.5 hours PM.

For information and application contact Jamie Lunsetter,

K-12 Principal,

Grygla Public School,

PO Box 18,

114 N. Fladeland Avenue,

Grygla, MN 56727.

Phone: 218-294-6155, email:

jlunsetter@grygla.k12.mn.us. Open until filled.

G51-52C

Thank you for the cards, calls, flowers and visits while I was in the hospital. A special thanks to my family for the love & care given to me.
Betty Ostby

Goodridge Talent Show

The 'Night of the Stars' talent showcase is scheduled for Thursday, March 21st. A variety of talents will take the stage in the Goodridge School gym at 7pm that night. All community members are invited to attend the show.

grygla.govoffice2.com

City of Grygla

218-294-6292

Minutes/Agendas avail.



ACCORDING TO U.S. CENSUS FIGURES, AROUND 40 MILLION AMERICANS CLAIM TO BE ALL OR PARTIALLY OF THIS ANCESTRY?

ANSWER: IRISH

How they SAY that in...

ENGLISH: Luck

SPANISH: Suerte

ITALIAN: Fortuna

FRENCH: Chance

GERMAN: Gl ckssache

NOTICE OF ANNUAL MEETING OF THE STOCKHOLDERS OF THE FARMERS UNION OIL COMPANY OF GRYGLA, MINNESOTA

NOTICE IS HEREBY GIVEN that the annual meeting of the stockholders of Farmers Union Oil Company of Grygla, Minnesota will be held at the Community Center in Grygla, Minnesota on the 25th day of March, 2019 at 1:00 p.m. For the election of two directors who are eligible for re-election. Also for the transaction of any other new/old business that may properly come before the meeting and a reading of the financials.

A free noon meal will be served from 11:30 a.m. to 1:00 p.m. to all attending. You must be present to win door prizes. Dividend checks will be passed out at the meeting. The meeting is very important and your presence is urgently requested.

Dated: March 8, 2019

Michael L. Hanson, Secretary
Farmers Union Oil Company
Grygla, Minnesota

G51-52C

Grygla EC FE Fundraiser Supper & Raffle



In conjunction with the Elementary Game Night. Games start at 6:30 p.m.



Thursday, March 21, 2019

The menu is ~

Barbeque & chips- \$3.00

2 Barbeques & chips- \$5.00

The meal will be served 5:00 -7:00 p.m..

There will also be a variety of items for raffle. Tickets on sale at the raffle.

G52C

GOODRIDGE AREA FIRE & RESCUE



15TH ANNUAL OPEN HOUSE AND FUND-RAISER
Goodridge Fire Hall

Menu: Burgers (with all the fixings,) Fries, Ice Cream, Milk, Coffee, Juice

DOOR PRIZES & MANY RAFFLES
GUNS, FISHING EQUIPMENT, LADIES ITEMS & MORE!

G52-1C

PUBLIC HEARING 5 YEAR HIGHWAY CONSTRUCTION PROGRAM MARSHALL COUNTY

The Marshall County Board of Commissioners will hold a Public Hearing, April 2, 2019 at 5:30 p.m. at the Newfolden Community Center in Newfolden, MN for the purpose of discussing and receiving comments on the proposed 2019-2023 Road and Bridge Construction Program in Marshall County. All interested citizens, public officials and representatives of townships and cities are invited to attend and provide input.

G52-1C

Foot Care Clinic scheduled

North Valley Public Health will hold a Foot Care and Blood Pressure Clinic in Grygla on Thursday, March 28, 2019 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

•Please call 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.

cel.

•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.

Tips From The FBI For Avoiding Identity Theft



• Don't carry your social security number on any documents in your wallet.

• Lock your mailbox. Be sure to stop mail when you're out of town.

• Shred your documents with a shredder.

• Be careful what you say about yourself in public and on a cell phone.

• Protect your computer with a firewall, and anti-virus software.

In two locations

FDIC

ASB AMERICAN STATE BANK

www.asbgrygla.com



A FULL SERVICE BANK

PO Box 78
Grygla, MN 56727-0078

(218) 294-6111 • TOLL FREE (877) 814-9937

FAX (218) 294-6239

(218) 687-2865 • TOLL FREE (800) 434-7721

FAX (218) 687-2328

201 Vance Ave. S.
Erskine, MN 56535

G52C

New word

GAELIC

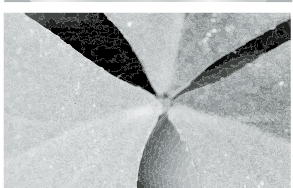
the language of the Celtic regions of Scotland and Ireland

Did you know?

ST. PATRICK'S DAY HONORS THE PATRON SAINT OF IRELAND, WHO WAS LARGELY RESPONSIBLE FOR BRINGING CHRISTIANITY TO THE ISLAND.

Happy ST. PATRICK'S DAY

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SHAMROCK

► GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

Right now I am obsessed with all things Alcatraz. Like, I could fill this ENTIRE page with the longest write-up ever and just keep talking through all these thoughts in my head about it. I've been watching some shows on the History Channel about Alcatraz and they hook me every time.

Last Saturday, a special aired about the Anglin brothers. Are you familiar? I'm sure most of you are, but just in case, here is a little background info: Brothers John and Clarence Anglin, along with Frank Morris, escaped from Alcatraz in June of 1962. There was actually a fourth man involved in the months of planning and escape attempt, but he couldn't get out in time and was left behind, ultimately returning to his cell. Fun fact that I never knew! Anyway, the Anglin brothers and Morris escaped off The Rock and were never found. One of the most intricate escapes ever devised, mystery still surrounds it today. Did the men survive and make it to shore? Did they drown in the cold water like many presume happened?

Well, last Saturday's special on TV talked to family members of the Anglin brothers and so much proof was shared that the men made it out of the water and went on to live a life in secret. Discovered photos, letters and cards have also been studied by professionals and it appears the Anglin brothers did, indeed, survive and went on to live in places that included North Dakota and Brazil. Family members say they have "proof" of contact throughout the years and officials on the case also have evidence that, until recently, has remained concealed, including a letter (studied by a handwriting expert) that was sent to the FBI 50 years later, claiming to be from 83-year old John Anglin.

I'm not an expert on the case, clearly, but I will say that after doing some reading and watching specials about it, I truly believe the Anglin brothers survived and went on to live long lives. Yup. I 100% do.

I was totally wrapped up in the latest special so I went on to order a couple of books surrounding this captivating story. We don't have any books on Alcatraz in the Grygla Library, but we have some within our NWRL system, so I'm really pumped to get them in delivery and learn even more about

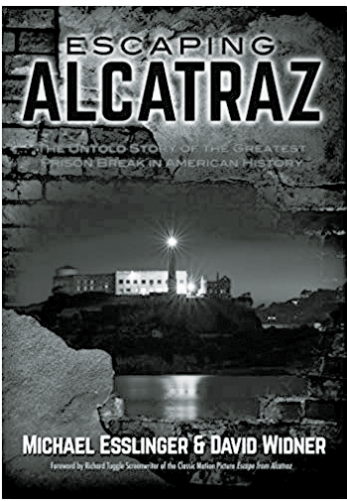
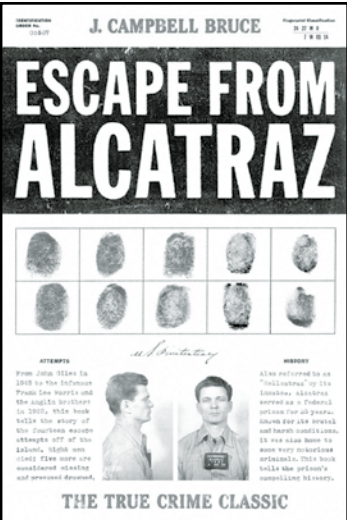
the longest manhunt in United States history.

I love diving into this stuff and learning more about it... putting together pieces of the puzzle...hearing the potential theories...maybe coming up with my own, too. (If there is such a thing as a past life - maybe I was a detective in mine.)

Are there any non-fiction books that interest you? Anyone else eager to burn the midnight oil and study infamous fugitives? If so, the detective and librarian in me can hook you up with just the right books. Ha. If that's NOT really your thing, and you'd rather grab a good romance or western story, well, I can hook you up with those, too.

All of us at NWRL will be meeting this Friday for our monthly meeting - I was unable to go last month due to a schedule conflict, so I'm looking forward to getting together with the other librarians and getting the latest updates. We also have some exciting programs being planned in the next few months so stay tuned and I will share more details with those as the time draws nearer.

Have a happy week!



Written by Kari Sundberg, Eagle Editor

Who knows this fantastic young lady on the left?

It's Marisa Newton! For those of you who remember, Marisa was the first intern I ever had at the Grygla Eagle Newspaper. Who misses her columns? I DO!

Anyway, we have a DIY wrap for you this week that we did last weekend. Marisa's mom found a coffee wrap online that is supposed to help with cellulite - and help awaken the skin. We got together and made some magic happen (um, because shorts season is right around the corner). But this wrap felt and smelled amazing. It was a bit messy so we stood in the bathtub while applying the coffee ground mixture.

Ingredients: 1/2 c. dry coffee grounds, 1/4 c. epsom salt, 2 tbsp. brown sugar, 1/4 c. olive oil, 10 drops each of Rosemary and Grapefruit essential oils (optional).

Rub the mix on your legs, thighs, stomach, (wherever you prefer), wrap with saran wrap and let sit for 30 mins before washing off! The saran wrap is vital here and you may need a friend to help you wrap up. And that's it! GO DIY!



Grygla City Council approves February Minutes

The March meeting of the City Council was held at the Grygla Civic Building on Monday, March 11th. Council members approved the February minutes, which are included below. Official minutes are taken by Grygla City Clerk and re-capped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

February 11th Minutes of the Regular Meeting of the Grygla City Council

The meeting was called to order, at 7pm by Mayor Mosh-er with the following council members present: Gavin Nordby, Dave Dunrud and Lind-

say Oslulnd. Absent: Robert Thompson. Also present: Nicole Hackley, Cliff Allen - Moore Engineering, John Wyne - Wynne Constulting and Rose Aune.

The Council approved minutes, along with receipts, disbursements, checking, savings & total balances for that month. The payment of all bills was also approved. Other items included:

PUBLIC HEARING

The meeting was opened by Cliff Allen from Moore Engineering for the public hearing on the start of the Wastewater facility plan. They will start with PFA. Hearing closed at

7:08pm.

GRANT WRITING

Nicole Hackley was present to let the council know that she is available to help with any grant writing they may need.

TRAILER

Still looking for trailer options.

COMMUNITY CENTER

Marshall County gave the Community Center \$8,000 from the Con Con Funds.

PLAYGROUND EQUIP-

MENT Still waiting to hear from Kaboom on grant.

MOTEL

There is nothing new to report at this time.

BULK WATER METERING There's nothing new to report.

SOUTH ADDITION

There is nothing new to report at this time.

FIRE DEPARTMENT

Marshall County gave the Fire Department \$10,000 from the Con Con Funds.

TENNIS COURTS

Marshall County gave \$6,000 to be used for the tennis courts fence.

LOT 11 & 12 BLOCK 1 HYLLAND'S ADDITION

There is nothing new to report at this time.

EXTRA MEETINGS

None

► SIMPLY DELICIOUS



Written by Kari Sundberg, Eagle Editor

Snickers Brownies

I haven't made these yet, but I did drool over them when I stumbled across the recipe on Pinterest. Look at these things. Seriously. Everything I love in a dessert is THIS. The more chocolately, caramely and gooey something is - the more I want it. I'm not even sure I'll ever make these as I know myself enough to know the pan would not be safe in my presence. These are the types of foods I am trying really hard to avoid, but want so badly I could almost cry.

(Who do I owe for that quick therapy session right up there. Ugh. Sorry about that.)

Anyway, this really just looks like an incredible dessert experience and I hope they find their way to your table.

The recipe said each layer needs to set before adding the next one. Because of this, the process of assembling the brownies is a bit time-consuming, but worth it.

For the brownies

4 ounces semisweet chocolate, coarsely chopped

4 ounces unsweet chocolate, coarsely chopped

1/2 cup unsalted butter, cut into pieces

3 tablespoons unsweetened cocoa powder

3 large eggs, room temperature

1 and 3/4 cups packed light brown sugar

1 tablespoon vanilla extract

1/2 teaspoon salt

1 cup all-purpose flour

For the caramel layer

1 and 1/2 cups caramel bits, or 30 unwrapped soft vanilla caramels

1 tablespoon evaporated milk

For the nougat layer

2/3 cup granulated sugar

1/3 cup evaporated milk

3 tablespoons unsalted butter

1 cup marshmallow fluff

3 tablespoons crunchy peanut butter, or creamy peanut butter

For the chocolate layer

1 cup semisweet chocolate chips

1 tablespoon vegetable oil

Instructions

Make the brownie layer

Preheat the oven to 350°F. Line an 8x8-inch pan with aluminum foil, leaving a 1-inch overhang on all sides. Spray the foil lightly with nonstick spray. Add the chocolate and butter to a medium heatproof

bowl set over a pot of simmering water. Stir occasionally until fully melted and smooth. Whisk in the cocoa powder until smooth. Set aside to cool slightly.

In a separate medium bowl, whisk together the eggs, sugar, vanilla, and salt until combined. Whisk in the melted chocolate until well combined. Fold in the flour with a rubber spatula just until combined.

Spread the batter evenly into the bottom of the prepared pan. Bake for 20 to 25 minutes, or until the top of the brownies look dry and the edges begin to pull away from the sides of the pan. Cool the brownies in the pan on a wire rack.

Make the caramel layer

In a medium microwave-safe bowl, combine the caramels and evaporated milk. Heat on high for 2 minutes, stopping to stir every 30 seconds until the caramels have completely melted. Spread evenly over the top of the brownie layer. Place the pan in the freezer while you make the nougat layer.

Make the nougat layer

In a small saucepan, combine the sugar, evaporated milk, and butter. Bring to a boil over medium-high heat, stirring constantly. Turn the heat down to medium and continue to boil at a moderate rate without stirring for 5 minutes. If the mixture turns dark in color, you've boiled it for too long. It should be light in color and the consistency of sweetened condensed milk.

Meanwhile, in a medium heatproof bowl, combine the marshmallow fluff and peanut butter. Slowly pour the hot nougat mixture into the marshmallow fluff and peanut butter. Whisk until well combined.

Spread the nougat layer evenly over the top of the caramel layer. Place the pan in back into the freezer while you make the chocolate layer.

Make the chocolate layer

In a medium microwave-safe bowl, combine the chocolate chips and oil. Heat on high in increments of 15 seconds, stirring well between each one until the chocolate is melted and smooth.

Spread the chocolate evenly over the top of the nougat layer. Cover the pan loosely with aluminum foil and refrigerate for 2 hours. Lift the brownies out of the pan by the foil overhang and cut them into bars.

► A HIPPIE'S HEALTH



Written by Tara Waltman

Do something that scares you every day. I know I have talked about this before. I think it's fitting for this past week - particularly going bobsledding! Prior to that though I was on a business call and I was the first to ask a question and guess what I won? I won the book, Do something that scares you every day. I think that's what it was called. This is huge for me, though. A book that I would definitely benefit from, so I am excited to read it!

Also, we went bobsledding! Now, we had a person that drove (thank God) and one who put on the breaks (thank God, again). Before I knew this, I told Heather, "I am not driving that thing." Lol. That would have been really scary! We had a driver, which if you ever do bobsledding you would understand why. We got over

40 miles an hour. When you are going around curves that's kind of intense! It was so fun, though! I didn't let my fears stop me. We started at the half mile point so not from the very top. From the very top you get up to 80 plus miles an hour! The colder it is, the faster you go. It was so cool, though. I would highly recommend doing this. You can do this fun thing at Lake Placid, New York! Such a cool place to visit. Face your fears, my friends.

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.

The Northwest Minnesota Arts Council is pleased to announce the 2019 Annual Art Exhibit and Artists' Reception

This year the annual Art Exhibit, featuring art from a variety of mediums, will be in Badger at the Community Hall, 203 N Main St, Badger, MN, 56714 and runs from Wednesday, March 20 through Sunday, March 31, 2019. Hours are 10:00 am to 2:00 pm and 4:00 pm to 7:00pm on weekdays, Saturdays from 9:00 am - 3:00 pm, and Sundays from 10:00 am - 4:00 pm.

The Annual Art Exhibit will feature 100 pieces of visual art, photography, and fine craft from 38 adults and 31 high school student artists from our 7 county service region competing for \$2,300.00 in cash awards. Attendees at the exhibit will also be able to vote for People's Choice. Exhibit cash award winners will be chosen while the exhibit is on display by Holly Alcott, a qualified juror from Shevlin, Minnesota. They will be recognized and receive their check at the Artist Reception.

The Artist Reception will be at the Badger Community Center, 111 N Main St, Badger, MN 56714 on Sunday, March 31, 2019. Artist of the Year and Arts Advocate of the Year Awards, and the Northwest

Star Artist lifetime achievement award will be presented at that time. Please look to the Northwest Minnesota Art Council website for more information and a listing of award winners. The artist reception program begins promptly at 3:00pm and ends around 4:00pm. Refreshments will be served starting at 2:15 at the community center prior to the program. People's choice voting will end promptly at 2:45 on the day of the reception, in order to count ballots. Local entertainment will be featured during the program. Sheila Smith, Executive Director of Minnesota Citizen's for the Arts will present on the Creative Minnesota survey results for our region. We are proud of the economic impact of the arts in Region 1.

The Exhibit and Reception is open to the public and free to attend. Many pieces of art are for sale and the public is encouraged to shop. Purchases can be marked as sold and picked up on March 31 at the reception. The reception is a wonderful day of celebrating the arts in our region with a usual attendance of about 200 people. Please feel welcome to attend.

We are Online!

www.TriCoCanary.com

You now have the option to view the news online or in print or both! Subscribe online, or give us a call today!

Richards
Publishing Company

218-487-5225

WEBSITE ADVERTISING

Promote Your Business!

Call Today! 218-487-5225

Word of the Week

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

Fantods

noun

1. A state of extreme nervousness or restlessness; the willies; the fidgets (usually preceded by *the*.)

Grygla Elementary Intramurals comes to an end



Ballerz won 1st place last Friday! Front row, L-R: Taylor Dougherty, Addi Severts, Mollie Lunsetter. Back row, L-R: Coach Payton Grandstrand, Lakylie Brobst, Joseph Stinson, Brett Rychlock, Brody Saurdiff and Coach Jaden Kiesow.



Heat placed 2nd for Intramurals. Front row, L-R: Payton Dougherty, Blake Stanley, Landon Nordby. Back row, L-R: Coach Lucian Tinnes, Kinsley Oslund, Autumn Osse, Gavin Aune and Lila Alten.



For the last couple of months, Grygla 4-6 grade students have been playing Intramural basketball every Friday afternoon. The combined groups were split into four different teams and were coached by Grygla High School basketball players.



Photos by Grygla Eagle Newspaper



The Golden Gophers were the 3rd place team. Front row, L-R: Connor Boutain and Raymond Moe. Middle, L-R: Colbie McManus, Rylie Stratton and Allie Sundberg. Back row, L-R: Jens Oslund, Ava Sorvig and Coach Daria Waletzki. (Coach Maci Bakken absent.)



The Retro Air Ballers came in 4th place. Front row, L-R: Janessa Torgerson, Torii Anderson, Braeden Nordby. Back row, L-R: Coach Hudson McMillin, Anna Sundberg, Emily Johnson, Rease Stratton, Ryelin Stanley and Coach Peyton Verbout.



Above: Grygla Pepband played at last Friday's Intramural Playoffs. Along with the musical entertainment, concessions was also open selling popcorn to friends and family watching the youngsters battle it out. Right: Addi Severts plays tight defense against her classmate, Rease Stratton.



Landon Nordby intercepts a pass from Ava Sorvig.



Ballerz, Brett Rychlock and Lakylie Brobst, double up on Braeden Nordby, who's only option was to pass back!



Payton Dougherty tries to stop Connor Boutain's shot in the Golden Gophers vs. Heat game!