



				
Today Partly Cloudy H 45 L 28	Thurs Partly Cloudy H 38 L 23	Fri Partly Cloudy H 42 L 19	Sat Sunny H 37 L 21	Sun Mostly Sunny H 44 L 24

Wednesday, March 27, 2019

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 39

A look at next week ... Grygla Merchants serve up their Annual Customer Appreciation Breakfast!



Lucas, Raymond and Jack with some of last year's calves one snowy, cold day in January. The Millers sell their calves when they are about one year old so were about to sell these animals. *All photos associated with this article are courtesy of North Country Beef Producer.*

A place to call home



Lucas Miller, Jayne Miller, Raymond Moe, Jack Miller.

The following article appeared in the March 2019 issue of the North Country Beef Producer magazine. It is being reprinted with permission from Tom Burford, Editor.

Written by Linda Andersen

Old fashioned cordiality is alive and well at the Miller Farm located in Pennington County, near Goodridge. Upon calling about my upcoming visit and interview, I was invited to arrive a little early and join the family for a meatball dinner. Time restraints prohibited my accepting, but it felt good to know that hospitality is still a part of rural life.

Meet the Millers – a welcoming family who seemed to enjoy showing a visitor around even on a cold, snowy January day. Founder of the farm is Jack Miller, who purchased the farm in 1984. He had grown up on a farm just one mile away, but had worked for operators of a pig farm at his current location. During his senior year in high school he lived in a trailer house on the property and managed the operation.

Jack's wife, Jayne (Morrisey), grew up on a dairy farm by neighboring Gatzke. She "hated" the farm life and ventured to New York City. After ten years of city life, however, she returned to her roots and married someone who she said is "just like" her father. She takes care of most of the yard work on the farm and, according to Jack, "She makes our house a home."

Jack and Jayne's son, Lucas,

has been a partner in the farm since he was in high school.

"He was raking hay when he was eight," said Jack of his son.

Lucas amended the eight to seven, saying the raking began a week before his eighth birthday.

Lucas is married to Tori (Davidson) who is employed in nearby Thief River Falls.

Raymond Moe, age 11, is the newest addition to the farm operation. He is the grandson of Jack and Jayne and the son of their daughter Jaclyn and her husband, Jason Moe. (The Millers also have two other daughters, Kari (Robert) Sundberg and Chloe (Chase) Bakke.

Asked what he likes about the farm, Raymond responded, "Everything – the cows, machinery." He plans to be a farmer when he grows up and has already helped out by raking hay and hauling bales.

Implementing good conservation practices on their 1,360 acres of owned and rented land is important to the Millers. They have created windbreaks by planting hundreds of trees. In addition, they have been involved with the USDA's EQUIP (Environmental Quality Incentives Program) which helped fund water lines for rotational grazing. "It's good to have fresh water. It's good when the cow doesn't have to travel for water and tramp down the forage," explained Jack. He mentioned that the local Thief River Falls office of NRCS (Natural Resources Conservation Service) had been very "helpful" with

the project.

"We try and have a four way rotation," added Jack, noting that the crop rotation involves alternating with alfalfa or hay, wheat, soybeans, and then oats.

"We leave a certain amount of acreage for wildlife until nesting season is over," explained the Millers in describing another conservation practice they employ. This nesting area allows them to see and enjoy ruffed grouse, Hungarian partridge, fawns, and geese. They said the geese seem "somewhat tame" and the Millers think that some of them return year after year.

People have taken note of the Millers' conservation practices. In 2017 the Pennington Soil and Water Conservation District named them the "Outstanding Conservationists" for the county.

Jack's love for raising cattle is apparent. "I've always liked to be around cattle...It's not that much work to me...Come calving time, I just can hardly keep myself out of the barn," he stated.

"We run 150 bred cows together," explained Lucas. Most of their cows are an Angus cross, though they own a few registered Angus cows. They raise their own bulls from the registered cattle. They AI breed their heifers to Angus bulls.

They mention that they've had success in purchasing bulls from Keith Gebhardt of Achin' Back Acres, near Leonard, Minn., and from Ernie and

Linda Johnson of Circle J Angus, near Newfolden, Minn.

Calving begins around February 1 on the Miller Farm and continues through April. They sell their calves when they are about one year old at the Bagley Livestock Exchange, which is about 63 miles away.

They purchased a "Real Tuff" chute from Dahlberg Livestock Equipment of Clearbrook, Minn., which they said has made working cattle easier, quicker, and safer.

Asked about the challenges of raising cattle, Lucas succinctly mentioned "drought."

Jayne responded, "You can't plan anything ever." She went on to say that they'd soon be calving, then would start spring work, followed by haying. She said they have "one week in December" when they can "just breathe."

Jack mentioned the challenge of "keeping everything healthy." And, how do they attempt to do that? Jack said good hay and a vaccination program are important.

Lucas added that having "salt mineral" available to the cattle is valuable in keeping them well.

The Millers had predator problems a number of years ago, but their securing of Rio, the Great Pyrenees dog, solved that problem. "He keeps the coyotes and timber wolves away," reported Jack.

"He runs the perimeters all night," said Jayne, while admitting that Rio does "bark a lot."

Asked about advice the Millers would give to other farmers, their answers were brief, but helpful. "Start small. Keep your own seed stock," said Jack.

"Quality over quantity," responded Lucas.

"Be patient...faith first – then everything will fall in place," said Jayne.

They commented on a couple of practices on their farm. "We really try to utilize our manure," stated Lucas, adding that he spreads this natural fertilizer on all their crop land.

"We shred a lot of grass hay for our dry cows," said Jack.

The Millers are satisfied with their farm life. Asked what they enjoy about farming, Lucas said it's "hard to

Miller Farm... Continued on back

You're invited to 'Minnesota in the Vietnam War'

Grygla's Northwest Regional Library will be bringing Arn Kind and his "Minnesota in the Vietnam War" presentation to the Grygla School on Wednesday morning, April 10th, beginning at 10am. Along with Grygla's 7-12 grade students, this brand new presentation is also open to the public. Any and all, especially Vietnam Vets, are encouraged to attend this free 1.5 hour program that will be held in the Grygla School Gym. Mr. Kind will give audiences an understanding of this turbulent time and make history come alive using power-point, video, music, drama, role-playing and living history experiences. Learn about the increasing commitment of five American presidents, the rising antiwar protests at home and eventual U.S. withdrawal from Vietnam, and the lingering tragic effects of a war that was never declared.

The Presenter

Arn Kind has been an educator for 38 years, both in the classroom and through his presentations to people of all ages. His unique performances are popular in a multitude of venues: from library and class-

room seminars at elementary, middle and high schools to immersive lectures at the university level, as well as summer camps, historical reenactments and festivals. Arn is a member of the First Minnesota Volunteer Infantry Regiment; a reenactment group based out of Fort Snelling. Because this group is noted for its authenticity, they have appeared in many documentaries and historical feature films.

A very important part of Arn's presentations are the artifacts, uniforms and equipment that you will be able to observe, handle, and interact with as part of a hands-on experience in living the history!

This program is made possible by a grant program through the Clean Water, Land and Legacy Amendment. The Arts and Cultural Heritage Fund receives 19.75 percent of the sales tax revenue resulting from this amendment to support arts, arts education and arts access, and to preserve Minnesota's history and cultural heritage.

Everyone is welcome to attend!

Hagen Family Scholarship now accepting applications from Grygla Students

The Larry and Ila Hagen Family Scholarship, a component fund of the Northwest Minnesota Foundation, is pleased to announce its 2019 scholarship opportunity. This program will provide a \$500 scholarship to a qualified student from Independent School District #447 (Grygla Public School) or its successors who are pursuing post-secondary education through a college, university, trade school, tech school, or other accredited non-profit technical or vocational education/training institution or program.

Preference will be given to students who are pursuing agriculture related fields of study (including veterinary sciences) or aviation and whose family is involved in farming. Grades

will be considered and will be a priority; a 2.0 high school cumulative grade point average is an eligibility requirement. Financial need may be considered in awarding the scholarship but is not an eligibility requirement.

The deadline to submit an application is April 15, 2019. Applications are available at the Grygla Public School.

The Northwest Minnesota Foundation is a public charitable nonprofit community foundation serving 12 northwestern Minnesota counties with a mission to invest resources, facilitate collaboration, and promote philanthropy to make the region a better place to live and work. Learn more at www.nwmf.org.



The Grygla 5th grade class recently took an outdoor trip to Norris Camp, located within the Beltrami Island State Forest. On the way home, the group came upon this cow moose and her calf out for a stroll! See page 3 for more photos of the class outing! *Photo courtesy of the Grygla School*



Lucas and Raymond standing beside the Real Tuff chute which the Millers say has made working cattle easier, quicker, and safer.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, March 27: 5:30pm Grace Supper, 6pm Grace Choir, 7:15 Lent Service, 8pm Interfaith Bible Study
Thursday, March 28: 9am Quilting, 6pm OS Supper w/ 7pm Service
Sunday: Grace: 10:30am Worship, potluck dinner to follow OS: 9am Worship, no SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Wednesday, March 27: 7pm Lent Service at OS w/ 6pm Supper
Sunday: Joint Service at First w/ special music 11am

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Osercamp
Wednesday, March 27: 7pm Lenten Services at Ekelund w/ 6pm Supper
Sunday: Faith: 8:30am Worship, 9:45am SS
Bethany: 9:45am Worship, 10:30am SS
Ekelund: 9:45am SS, 11am Worship

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

BETHESDA LUTHERAN CHURCH

Skime
Pastor Steve Bliss
Wednesday, March 27: 7pm Lent Service at Bethesda w/ 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 27: Wed School 5-6pm; Nazareth Supper 6pm/Lent Service 7pm
Thursday, March 28: 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, April 2: Lent Service at St. Petri 6:30pm

LIBERTY CHAPEL
Grygla
Sunday: 9:30am Worship

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Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

School Lunch Menus

Grygla Lunch Menu
Wednesday, March 27: Chicken Fajita on a Tortilla Shell, Lettuce, Cheese, Broccoli, Fresh Fruit
Thursday, March 28: Hot-dog, French Fries, Fruit
Friday, March 29: Cheese Pizza, Vegetable, Fruit
Monday, April 1: Chili, Cheese Slice, Crackers, Cinnamon Roll, Carrots, Apple Sauce
Tuesday, April 2: Corn Dogs, Vegetable, Fruit

Goodridge Lunch Menu

Wednesday, March 27: Turkey on a Bun, Chicken Vegetable Soup w/ Cheese & Crackers, Celery w/ Dip, Oranges
Thursday, March 28: Chef Salad w/ Turkey & Ham, Tomatoes, Broccoli, Cucumbers, Green Peppers, Celery, Breadstick, Strawberry Cup
Friday, March 29: Shrimp Poppers, Garden Salad, California Blend Vegetables w/ Cheese, Fresh Fruit, Bread
Monday, April 1: Tater Tot Casserole, Tossed Salad, Fruit Salad, Bread
Tuesday, April 2: Ham Chowder, Cheese & Crackers, Carrots, Celery Sticks, Apples, Oranges

Now Hiring
Marshall County is currently accepting applications for part-time summer help. The duties will include: Roadside and Road Surface Maintenance, Surveying and Construction Assistance. Starting wage is \$14.06 per hour. Applications are available at the Marshall County Highway Department, 447 S. Main, Warren, MN 56762. 218-745-4381. Closing date: April 12, 2019. Must be 18 to apply. An Equal Opportunity Employer. G1-3C

Community Calendar

Wed | Mar 27
Blood Drive at the Goodridge School 9am-3:15pm; Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; "How did you find me after all these years" program at the Grygla Community Center 6pm (free event sponsored by NWRL)

Thurs | Mar 28
Foot Care Clinic at the Grygla Community Center 9am; Grygla School to hold Parent/Teacher Conferences 4-8pm

Fri | Mar 29
Grygla students attend Honor Band/Choir in Mahanomen all day w/ concert at 6:30pm; Senior Meals at Grain Bin Café 11am; Grygla High School holds Spring Fling Coronation at 2:45pm; Grace Lutheran Church holds overnight Lock-In for 6-12 grade LYO students 8pm

Sat | Mar 30
Grygla Merchant Breakfast at Community Center 7-10am

Sun | Mar 31
Mon | Apr 1
April Fools' Day; Senior Meals at Grain Bin Café 11am

Tues | Apr 2
Grygla School holds Parent/Teacher Conferences 4-8pm; JO VB Meeting at the Goodridge Community Center 7pm (4th-12th grade girls)

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

BIDS BEING ACCEPTED
The Township of Eckvöll is accepting sealed bids for a Killefer.
Sealed bids must be sent to Clerk Charisa Limesand at 33376 335th St. NE, Gatzke, MN, 56724 by 3pm on Friday, April 26th.
Equipment is to be sold "As Is." The Township of Eckvöll reserves the right to reject any and all bids. Equipment may be viewed at the Gordy Moe residence.
Contact James Sparby at 218-459-3365 for details about the Killefer.
G1-2C

ATV Safety Training
The Fourtown/Grygla Sportsman's Club will be holding ATV Safety Training on Saturday, April 13th, from 9-11am at the Grygla School. Students must be 11 years of age or older to attend. The online class must be completed on your own with each student bringing their completion certificate on the day of the course training. You can access/sign-in to the online portion by going to ATVcourse.com. Bring a helmet if you have one; ATV's will be provided. Contact Nick Harris (688-0037) or Kyle Haack (686-5583) for more information.

NOTICE
Board of Review Meeting scheduled for Benville Township on Wednesday, April 10th 2019 at 10:30am at Benville Townhall.
G1-2C
grygla.govoffice2.com
City of Grygla

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MARK YOUR CALENDARS! SAT 6
79th ANNUAL MEETING
SATURDAY, APRIL 6th, 2019
ROSEAU HIGH SCHOOL COMMONS AND THEATER
9:00 am ~ Registration
10:00 am ~ Business meeting to include Director elections, special entertainment, great prizes, a free gift and noon meal.
See the Volts and Views newsletter for all the details.
G1C

Goodridge Lion Tamers Spring Opener
The Goodridge Lion Tamers Spring Opener is this Saturday, March 30th, from 7pm-Midnight at the Lion's Hall in Goodridge. Tickets are \$40/each for all you can eat and drink. There are prizes to win on the tickets with more games and raffles throughout the evening, including cornhole and beer pong. Come enjoy the evening in Goodridge.

Winter weather make-up days
The Grygla-Gatzke School Board approved the following plan for winter weather closings: Tuesday, April 23rd, (Easter Tuesday) school will be in session. The last day of school will now be on Friday, May 24th (was previously May 23rd).
Two of the days have been forgiven for the students; the staff will make the days up as service hours outside of their contract day.

Five Great Reasons To Shop Locally
See you at the GRYGLA MERCHANTS BREAKFAST where we will be serving from 7-10 a.m. at the Grygla Community Center!
You save time and money because you don't have to travel. • You help provide jobs for your neighbors and friends • You receive excellent customer service. You help our local economy and make our area a great place to live. • You help pay for city services such as law enforcement, fire protection and roads.
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G1C

kids' corner

HEALTH FACT:
PRODUCE IS A HEALTHY COMPONENT OF A BALANCED DIET. WHICH CROP COVERS THE MOST LAND AROUND THE WORLD?
ANSWER: CORN

How they say that in...
ENGLISH: Crop
SPANISH: Cosecha
ITALIAN: Raccolto
FRENCH: Récolte
GERMAN: Ernte

What's the Difference?
There are four things different between Picture A and Picture B. Can you find them all?
A
B
Answers: 1. No hat on man 2. Extra plant in first row 3. Missing tractor 4. Pencil in pocket

THIS DAY IN...
MAR 29
HISTORY
• 1867: THE BRITISH NORTH AMERICA ACT IS PASSED, CREATING THE DOMINION OF CANADA.
• 1973: THE LAST U.S. TROOPS LEAVE SOUTH VIETNAM.
• 1999: THE DOW JONES INDUSTRIAL AVERAGE CLOSES ABOVE 10,000 FOR THE FIRST TIME.

New Word
ORGANIC
produced without any artificial agents

Did you know?
ONE OF THE BUILDING BLOCKS OF A STRONG ECONOMY IS A THRIVING AGRICULTURAL SECTOR.

GET THE PICTURE?
Can you guess what the bigger picture is?
ANSWER: CORN

Grygla/Gatzke School Board approves the February Meeting Minutes

Official Minutes Grygla/Gatzke School Board Meeting
Thursday, February 20, 2019, 7:00 p.m.
Chairperson of the board Karina Tinnes called the meeting to order at 7:00 p.m. with Jeremy Rychlock, James Verbout, Andrew Oslund, Tera Nordby, Clinton Brobst, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance.
Motion by Andrew Oslund, second by Jeremy Rychlock, to approve the agenda as presented. Passed 6-0.

Minutes of the 1/17/19 regular school board meeting were approved as printed.

Motion by James Verbout, second by Karina Tinnes, to approve payment of the bills check #36536 through check #36615 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund \$159719.14 MSD-LAF \$1353494.50 Food Service \$4653.07 Checking \$64184.14 Community Service \$2195.00 Trust \$3150.00 Scholarship \$500.00 Total \$169967.21 Total \$ \$1417678.63

Student Report: Given by Abby Kiesow and Jake Ahlbeck. The Student Council helped out at the Firemen's blood drive on February 13th. The girls basketball team had their final regular season game, defeating Fertile-Beltrami in overtime. The boys final regular season game will be against Warroad next Tuesday. The 7th and 8th grade teams have a tournament in Thief River Falls this Saturday. Today is the mid-term of the 3rd quarter. The Peer Helpers sold Valentine's Day Candygrams. The elementary held Valentine's Day parties

on Valentine's Day. The robotics team did not fare well at the state competition. They are now preparing for the national tournament, held from April 4-6. The State Student Council Convention will be held the same weekend as the Robotics Tournament. Arrangements are being made to transport kids from Robotics to Student Council, so they can participate in both events. Choir has been practicing hard in preparation for their contest in Badger on Monday, February 25th.

Teacher Report: Given by Gabe Rath and Brady Olson. The Peer helpers sold cookie grams for Valentines Day. I Love to Read Month is going great, students are really enjoying the "Bookland" and the book March Madness with Dr. Seuss. The book character dress up day was a big hit with the elementary students, they had a lot of fun trying to figure out where the characters were from. The 5th grade finished their roller coasters. They found out it was harder than they thought. The 5th grade is also finishing up their electric/circuit unit, which they are enjoying as well. Andy Ulvin from the International Water Institute and Ashley Hitt from the Red Lake Watershed will be visiting the 4th grade classroom on Thursday. They will be teaching them about mapping and watersheds, focusing on local landmarks. The 4th grade will then be designing and launching canoes into the Mud River later this spring to see how far they can get! Building Trades and Woodworking classes went to East Grand Forks, MN to a Construction Tomorrow Event. The students got to meet people in the

trades, experience some virtual reality simulators, speak to reps and businesses in the field about career opportunities. On March 5th, the Industrial Technology students will have a trades presentation from 1:00 to 3:00 p.m. There will be speakers from Bergstrom Electric, Construction Engineers, Lunseth Plumbing and Heating, Custom-aire and R.J. Zavoral & Sons. Their format is to have each trades partner speak for 10 to 15 minutes about their trade, job shadowing and internships. There are 4 weeks left of Elementary Intramural Basketball. The Elementary Basketball night will be moved from a Thursday night to Friday night. Students will be finishing up raising money for the Hoops for Heart this next week.

Principal Report: Presented by Mr. Lunsetter. Mr. Lunsetter turned the floor over to the Senior class representatives to present the itinerary for their proposed class trip. Both boys' and girls' basketball seasons are entering playoff season, and will both likely be playing in a pigtail playoff game. The 2019-20 athletic schedule is nearly complete, with only one game remaining to schedule. Trap shooting will be beginning at the end of March, and they have held a meeting to dispense information and look for interest. Mr. Lunsetter would like to wait until the March meeting to discuss a proposal for make-up storm days. He wanted to formulate a plan with the teachers before coming to the board. The 2019-20 school calendar and daily schedule are both up for review, with some options available for staffing. The positions that are still up in the

air are Math and Business, and administration will be looking for several options on how to staff these. The new bus routes decided upon at the January board meeting seem to be going very well. The Media Productions class will be broadcasting next Monday night's basketball game on local channel #36. Options were discussed for this summer's bus purchase. Options available are diesel, gas or propane. The school will be test driving a gas bus for a week at some point in April.

Superintendent Report: Mr. Clow reported that bus #10 needed a new exhaust put in and Bruce and Gina's buses both need minor repairs. The Classified Union filed their request to negotiate.

Motion by Tera Nordby, second by James Verbout, to approve paternity leave for Jesse Westbrook. Passed 6-0. Motion by Jeremy Rychlock, second by Andrew Oslund to accept the resignation of Jesse Westbrook, Math teacher/technology coordinator, effective the end of the 2018-19 school year. Passed 6-0. Motion by James Verbout, second by Karina Tinnes, to accept the resignation of Renae Westbrook, grade five teacher, effective the end of the 2018-19 school year. Passed 6-0.

Trustee Reports: The school board would like to thank the custodians for all of their time and effort in keeping the school ground clear of snow on this difficult winter. The board would also like to thank Mr. and Mrs. Westbrook for their years of service to the Grygla School District and our communities.

Meeting adjourned at 7:47 p.m. Next meeting time and date: 3-21-19, 7:00 p.m.

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

Dandle

verb

\dan-dl\

1. To move (a baby, child, etc.) lightly up and down, as on one's knee or in one's arms. 2. to pet; pamper.

A Note from Principal Lunsetter's Desk

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." ~ Mahatma Gandhi

It's easy to believe that our world is going to hell in a hand basket. We see it everywhere; on the internet, the television and on the radio. There are people out there whose only goal is to create fear and chaos. They are hate mongers. We hear about the far right and the far left, and we see the divide they are trying to create in our country. We have to have faith that the "radicals" will not win out. We have to remember that most people are generally good, and want to do what's right. Do not lose faith in humanity simply because you are not seeing the good in people everyday...it's there. It's all around us when we're willing to take the time to look around and find it.

DO IT YOURSELF



Calendar for starting flower and vegetable seeds indoors

With the phrase "THINK SPRING" on the mind, this article is being shared for all the gardeners out there who can't wait to play in the dirt.

It's fun to watch seeds grow indoors, whether we grow all our own flower and vegetable transplants, or just start a few tomato plants of a special variety we can't buy locally. It's not just about getting plants on the cheap; most of us will always buy most of our plants at our local garden centers. But garden centers can't stock every one of the tens of thousands of possible varieties. If we want something special, sometimes we need to grow it ourselves. Plus, it's a great hobby.

A key part of successful seed-starting is sowing seeds on the proper date.

Dates to start seeds indoors are determined by the date you plan to "set them out" (garden talk for transplanting into flowerbeds and gardens). Each plant type requires a certain number of weeks to grow from seed into usable transplants. In our region, prime outdoor planting dates are May 15 to

May 25. By counting backwards the necessary number of weeks, we can establish indoor seeding dates for each type.

March 1-5 (10 weeks needed) – impatiens, petunia, snapdragon, lobelia, dusty miller, ageratum, coleus, vinca, verbena, fountain grass.

March 15-20 (8 weeks) – allyssum, dahlia, dianthus, salvia, broccoli, cauliflower, cabbage, peppers, eggplant.

April 1 (6 weeks) – tomato, lettuce, oregano, cleome, celosia, marigold, nicotiana, statice.

April 15-20 (4 weeks) – Cosmos, calendula, nasturtium, four o'clock, zinnia, basil.

May 1 (2 to 3 weeks) – squash, pumpkins, cucumbers, zucchini, watermelon, muskmelon.

You can look online for the best containers to use. Recycled pots, like empty yogurt containers or egg cartons work great, but you'll have to poke holes in the bottom to allow for some draining. If you have any leftover six-packs/flats – those are great choices to be reused year after year, too! Do a little online research and see what strikes your fancy. Happy "early" gardening!

A HIPPIE'S HEALTH

Written by Tara Waltman

I was doing an online class on how to get toxins out of the home. One is to open the windows when you clean. Another thing to think about it is the pesticides and herbicides that are on fruits and vegetables. Did you know that you can make a cheap fruit and veggies wash or spray? With just a few ingredients, too! I used the Young Living fruit and veggie spray, but you can make your own out of white vinegar, water and lemon essential oil. See the

picture for the recipe. This will help your health and to not get so many pesticides or toxins in your body!

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.

Fruit & Veggie Soak:

- 2 Cups Water
- 2 Cups Distilled White Vinegar
- ¼ Cup Baking Soda
- 2-3 Drops Lemon Essential Oil *

Put fruits or vegetables in a large bowl and place in kitchen sink.

Sprinkle baking soda over produce.

Then add water, essential oil, and vinegar.

Mix with hands; soak for up to 30 minutes.

* Has d-limonene properties up to 72%, making it ideal for dissolving synthetics such as the coatings commonly used on produce.

Fruit & Veggie Spray

- 6 Oz Distilled Water
- 6 Oz Distilled White Vinegar
- 15 Drops Lemon Essential Oil *

Mix in 12 oz spray bottle and spritz on produce.



The Grygla 5th graders recently went to Norris Camp for some outdoor fun! The group enjoyed looking at different furs, talking about water safety now that the ice is melting off the lakes and even got in some snowshoeing, where they looked for tracks, scat and any other animal signs in the Beltrami Island State Forest! The trip is part of Mrs. Westbrook's Outdoor Science that she does with the students. *Photos courtesy of the Grygla School*

Elementary Basketball/ECFE Fundraiser Night



Jared Haack & Gabe Arveson were among the high school students who helped ref the games last Thursday evening!



Many items were donated by local families, businesses and organizations for the ECFE raffle. The Fourtown/Grygla Sportsman's Club shared this photo online saying, "One of our happy helmet winners at tonight's Grygla ECFE Fundraiser! Safety First!"

Briggs Anderson, son of Robbie and Alisha, won the helmet donated to the raffle by the club.



Another successful event for the books! The 5-6 grade pep band opened the annual evening with some tunes, followed by Emily Johnson singing the National Anthem. Preschool/Kindergarten activities were followed by 1st-6th grade basketball games! ECFE held another successful fundraiser supper & raffle with a huge variety of items up for raffle! *Photos by Grygla Eagle Newspaper*



Grygla
Merchants'
Ass'n.

Annual Customer Appreciation Breakfast

~ AT THE ~

Grygla
Community
Center

Enjoy *FREE* pancakes,
sausage, coffee, juice, milk

Saturday,
March 30, 2019
7:00-10:00 am

The Grygla Merchants' Association appreciates all of our customers for shopping locally.

Miller Farm...

Continued from front

pick one thing," but added that his "favorite job" is cutting hay in the summer and smelling the fresh cut alfalfa.

Jayne responded, "I like the family part. I like to see my husband, son, and grandson work together. I like being able to share meals together. We get to spend time together."

Jack said he likes to "have a place where anyone can call home."

"With fresh steak and meatballs," interjected Lucas.



Rio, the Great Pyrenees - he keeps the coyotes and timber wolves away. Here he is looking through the gate at some of the cattle he guards.



The Grygla Alumni Basketball Tournament was held last Saturday, March 23rd, at the Grygla School. Four teams played that day with the registration fees going towards the Chargers boys basketball program. *Team photos courtesy of Brady Olson*

1st place - and the team that now gets to claim the elite trophy...

Front row, L-R: Tony Nordby, Robbie Anderson, Bruce Holte. Back row: Derrick Gust, Randy Henrickson, Andrew Holte and Gavin Nordby.



2nd place

Front row, L-R: Charlie Wells, Brady Olson, Nick Olson. Back row: Brock Olson, Jordan Brateng, Nick Mickelson and Tyler Schulz



3rd place

Front row, L-R: Sami Sjulestad, Hunter McMillin, Nick Shaske. Back row: Daniel Polansky, Dayle Larson, Justin Kiesow, Tre Alderete and Heath Mickelson



4th place

L-R: Steven Hanson, Leah Schulz, Ty Jelle, Tyler Stinar, Ashley Moe, Alan Prestebak



A few of the younger Charger teams competed in a basketball tournament in Crookston last Friday through Sunday. *Left:* The 8th grade boys were coached by Andrew Sundberg and were named Consolation Champs. *Right:* The 6th grade girls placed 9th in the tourney and are coached by Ryan Kriel and Jason Salo. The 7th grade boys were also a part of the CYBA (Crookston Youth Basketball Assoc.) Tournament; they placed 4th over the weekend while the 5th grade boys team didn't place. *Photos by Grygla Eagle Newspaper*

