



Today	Thurs	Fri	Sat	Sun
Mostly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy
H 8 L -12	H 9 L -13	H 9 L -7	H 18 L 8	H 25 L 15

Wednesday, February 17, 2021

WE'RE ONLINE www.tricocanary.com

Vol. 46 Number 34

In this issue ... 2021 Grygla Homecoming Coronation to take place next week (see page 2).

Mickelson’s story is included in a Mental Health feature



This photo was taken from Mike Mickelson’s obituary; he passed away January 3rd, 2021. Photo courtesy of Angie Mickelson

The Fergus Falls Daily Journal has recently published a 4-part series on mental health, written by Staff Reporter Heather Kantrud. The final article in the series is being shared with you here as it just ran over the weekend and includes a personal story on Mike Mickelson, formerly of Grygla, who recently passed away as a result of suicide. Mike was residing in Fergus Falls with his wife, Angie, and their two daughters. You can view the series in its entirety on the Fergus Falls Journal website.

Seeking help: Facilities look to aid those with mental health issues (Part 4)

Written by Heather Kantrud, Fergus Falls Daily Journal, published February 12th, 2021

Asking for help is difficult. Asking for help with an unseen illness is oftentimes more difficult, a struggle that leads many to suffer in silence.

Angie Mickelson met her husband Mike in 2000. At the age of 33, he hadn’t been diagnosed with any mental illness, but it wasn’t a secret that there was a strong family history that extended into grandparents, aunts and uncles as well as his immediate family. Obsessive compulsive disorder (OCD) led to hoarding and it was a topic openly discussed within the family. Mike’s mother struggled with obvious mood swings, but she refused to seek treatment. “I knew at the beginning that there was a

long family history for mental illness but you can’t really pick who you love and Mike was so funny and so kind and we just fit together so well that I looked past those fears and we made a life together,” explained Angie.

The World Health Organization (WHO) has determined that anywhere from 30-80% of people who suffer from mental health concerns do not seek treatment. Brandon Saxton, clinic manager for Solutional Behavioral Health Professionals, explained that “mental health issues are important to address because, like other health issues, they can snowball into bigger difficulties if left undiagnosed and untreated.”

Intelligent and talented, Mike could complete math equations in his head faster than one could type them into a calculator. He had an extensive vocabulary and often had to explain the definition of a word to his family. He was a talented performer and contained vast amounts of useless knowledge. His laugh was larger than life; but he also had a dark side. Within a year of meeting Angie, Mike began having seizures that weren’t able to be controlled by medication. Angie noticed that his seizures occurred when he was in a stressful situation, but after years of working with professionals, Mike began treatment for paralyzing anxiety and his seizures subsided, he also suf-

fered from chronic depression, being hospitalized for being suicidal on four occasions, once for 18 days. He was unable to meet deadlines or hold jobs as his mental health consistently interfered with his ability to adequately function on a day-to-day basis. He was compliant with medication regimens and therapy suggestions, utilizing dialectical behavior therapy (DBT) skills to help manage his symptoms. While these methods were helpful, they did not quell his demons entirely.

In 2014, World Psychology magazine shared that some evidence suggests that the combination of medication and psychotherapy have proven beneficial for individuals with mental health diagnoses. It is common for mental health and physical health issues to co-occur.

During his 18-day inpatient stay, Mike added electroconvulsive therapy (ECT) to his medication and therapy regimens.

“(ECT) turned out to be a miracle. It really was the only treatment that ever stopped the demons in his head that told him he was no good. The ones that said ‘Hey Mike, the world would be better off without you in it.’ ECT stopped those voices. Not forever, but for long enough for him to remember his DBT techniques and get strong again. So we started doing ECT treatments every week for a while, then every two weeks and eventually every 5-6 weeks for the next six years,” his wife explained.

In the summer of 2020, Mike’s family contracted COVID-19, which resulted in him developing pneumonia and delaying his ECT treatments. Due to concerns with memory loss, Mike opted to discontinue the treatments altogether, promising Angie that he was feeling fine and that he would let her know if he began feeling depressed again.

The National Center for Biotechnology Information shared that 1 in 5 adults discontinue treatment for their mental health prematurely. Premature discontinuance of necessary mental health treatment can result in a crisis situation. The Fergus Falls community has strong crisis support in place, with services available through the Bridgeway Behavioral Health at Lake Region Healthcare (LRH), Lakeland Mental Health Center (LMHC), and the crisis stabilization unit (CSU) through Productive Al-

ternatives.

When Mike would be present for ECT treatments, they always asked him the same question, “Mike, do you have any thoughts of killing yourself?”

His answer was always the same.

“Everyday. I think about it every day.” When followed up with whether or not he had a plan, his response was also the same “Nope, not today.”

That changed on Dec.15, 2020. Mike hadn’t been receiving treatments for a number of months. He was living with chronic pain and a degenerative spine and had suffered through multiple surgeries. Dec. 15 marked the seventh anniversary of his mother’s death, a date that had triggered Mike ever since. That morning he awoke from a nightmare and received bad news about potentially needing another surgery. That day ended with Mike’s suicide, which was drawn out in the hospital for a number of weeks.

“He had a really bad day, but I think if he’d had continued his ECT treatments he would have been more prepared to deal with it,” Angie said. “Maybe because it was winter and dark, or because of the holidays, I guess we’ll never really know. Hug the ones you love!”

The American Foundation for Suicide Prevention (AFSP) states that suicide is the 10th leading cause of death in the United States. Middle-aged white men are most likely to commit suicide, with men committing suicide at a rate 3.63 times higher than women. In 2019, an average of 130 suicides occurred each day with 1.38 million suicide attempts made — 90% of suicides were made by people who had underlying, potentially treatable, mental health concerns.

“Suicide is related to brain functions that affect decision-making and behavioral control, making it difficult for people to find positive solutions,” AFSP shared. “Specific treatments used by mental health professionals have been proven to help people manage their suicidal ideation and behavior.”

Addressing mental health concerns of all levels and severities can be done by making an appointment with a mental health professional or calling a crisis support line. Some local resources for the Fergus Falls area are included in the original story & can be found online.

The Mike Mickelson Memorial Fund will be used to assist youth actors with AC4TA-related expenses.

“We wanted to do something. He had moved to town and become such a part of the center. It only made sense that with some of the donations that came in, and considering his love for his daughters and other youth, that we start a youth actor scholarship fund in his name,” Burgraff said. Summer theater fees and show admission are two things that area youth can request scholarships for.

“This fund is going to generate a lot of possibilities for youth who might not have been able to participate or who do participate and need a little extra. We want to make sure everyone can be involved.”

To donate to the Mike Mickelson Memorial Fund, checks can be mailed to AC4TA at 124 W. Lincoln Ave., Fergus Falls, MN 56537 or donations can be made online at fergusarts.org. Include a note stating “MM Scholarship” to ensure funds are appropriately allocated.



Hunter McMillin was among the 44 volunteers who donated blood last week in Grygla. Photo by Grygla Eagle Newspaper

Grygla’s Blood Drive brings in 49 volunteers

The Grygla community hosted a blood drive with Vitalant on February 10th at the Grygla Community Center which helped collect a total of 50 units of blood products for patients in need.

A total of 49 individuals volunteered to donate blood with 44 individuals being able to donate. A total of six donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. There were three people who volunteered for the first time.

Vitalant expressed their gratitude to Bob Thompson, who coordinated the drive, and the Grygla Fire and Rescue, which sponsored the blood drive, as well as others who assisted with the drive: Grygla High School, Paul Nordby and Rodney Hagen.

Living through a pandemic can lead to many uncertainties, although one thing we are sure of, is that the need for blood never ceases. Blood is only useable for 42 days, so a constant supply is always needed, no matter the season. Winter has challenges with the threat of weather/travel and planning, but the winter weather is no wonderland for hospital pa-

tients who depend on blood to keep them healthy and alive.

Vitalant is currently testing all successful blood, platelet and plasma donations for antibodies to SARS-CoV-2, the coronavirus that causes COVID-19. They are providing an initial test, to help identify donors who could help COVID-19 patients by becoming future convalescent plasma donors. Because antibodies are part of the body’s immune response and not the virus itself, antibody testing cannot be used to diagnose current coronavirus infection. Please postpone your donation if you are feeling unwell or suspect you may have COVID-19. Individuals must be symptom free for at least 28 days to be eligible to give blood. Learn more about eligibility for convalescent plasma donation by visiting vitalant.org/covid-free

Donors can make a convenient appointment to give blood at www.bloodhero.com or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test.

Blood donation takes about an hour from check-in to refreshments. Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on www.vitalant.org/health.

Food Shelf provides more for community

This cold spell we’ve been having may have caused a strain on some budgets for those who find themselves shelling out more for heating costs. In an effort to make food more available to those who are having to choose between heating costs and their food budget, the Grygla-Gatzke Food Shelf Board has been working on ways to make food items more accessible.

For those who may not be able to go to the Grygla/Gatzke Food Shelf, there is a new option available for you. There will be a variety of food items set up at the Grain Bin Café. There will be packaged dry goods and canned food on hand. Unfortunately, no frozen or refrigerated items will be available.

Lion’s Club membership

The Grygla Lion’s Club has always been a strong and active part of the community. Membership remains strong with 72 members and one of the largest in the district.

However, this past year has been tough with COVID-19 touching everyone in the community in one way or another. Here is hope for 2021 to be much better to each and every one.

With this being said, the Grygla Lion’s Club activities have definitely been affected. The largest fundraiser is the Annual Smelt Fry, which had to be cancelled in 2020, among

many other activities throughout the year. The Annual Christmas Eve Meal was able to be held with various changes in place and help from the Grain Bin Café. It was still a huge success with the help of everyone, including Kim and Terry Cleven, owners of the local café. 125 delicious meals were served, either picked up or delivered by Lion member volunteers.

The Annual Membership Night will not be held this year

Lion’s Club... Continued on page 2

Supporting young actors - Mike Mickelson scholarship fund started at AC4TA



Mike Mickelson had been involved with A Center for the Arts since moving to Fergus Falls in 2017. The Mike Mickelson Memorial Fund has been established to support youth actors. Photo courtesy of Fergus Falls Daily Journal

Written by Heather Kantrud, Fergus Falls Daily Journal

The community lost a shining light in the world of theater in January when Mike Mickelson, voice-over extraordinaire, storyteller, actor and all-around funnyman died. In honor of his life and commitment to his theater family, his wife, Angie, requested that do-

nations be made to A Center for the Arts (AC4TA) in lieu of flowers. Those donations were the start of the Mike Mickelson Memorial Fund for youth actors.

The Mickelson family moved to Fergus Falls in 2017 and one of the first things Mike did was approach AC4TA to find out how to get involved.

Michael Burgraff, executive director of AC4TA, shared that video equipment donated by Mike has been, is, and will be used in conjunction with the video equipment they purchased for their virtual theater events.

“Mike will be around with us for quite some time,” Burgraff said with a smile.

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor TBA
In-person Worship services have resumed at Grace Lutheran and Our Saviors in Grygla. Recorded services will still be available on-demand on the church website and will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm. *gracelutherangrygla.weebly.com*
Wednesday, Feb 17
7/8 grade Confirmation from 4-5pm, led by Tausha Severt. Ash Wednesday Service at 7pm at Grace, led by Linda Anderson
Sunday, Feb 21
Grace: 9am Worship
OS: 10:30am Worship
Both services led by Eric and Patty Mickelson

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
In-person Worship services have resumed. Sunday services will be posted online on the Parish YouTube channel. They are rebroadcast on the GVTV Channel 36 on Wednesdays at 9am and 6:30pm.
Wednesday, Feb 17
Ash Wednesday Worship at Bethany 7pm
Sunday, Feb 21
9am Worship at Ekelund
10:30am Worship at Faith
Monday, Feb 22
Faith Quilting 9am-12pm

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

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Wednesday, Feb 17
Ash Wednesday Service 7pm
Sunday:
9:30am Worship, 11am Face-book Live Broadcast
LIBERTY CHAPEL Grygla
Congregation-Led
Calendar/information not provided.
UNITED LUTHERAN PARISH Gatzke
8:30am Worship with 9:45am SS. No other information provided.

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseeth
Wednesday, Feb 17
5-7pm Wednesday School, Oak Park Ash Wednesday Service 7pm
Thursday, Feb 18
Mt. Olive Ash Wednesday Service 5pm
Saturdays
9am Worship at Mt. Olive
Sunday, Feb 21
St. Petri: 8am Worship, 9:15am SS
OP: 8:30am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship
Tuesday, Feb 23
St. Petri: Lent Service 6:30pm

PLEASE provide Church Calendars, including Lent Services in a timely manner to grygla.eagle@gmail.com

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Lion's Club...
Continued from front
due to COVID-19. Please keep your membership going or consider becoming a member to keep the club strong in 2021. Membership dues are \$35 (individual) and \$55 (couple) and are due by March 20th, 2021. Please mail your payment to Leann Wikert, Treasurer, 58198 Hwy 89 NW, Grygla, MN 56727.

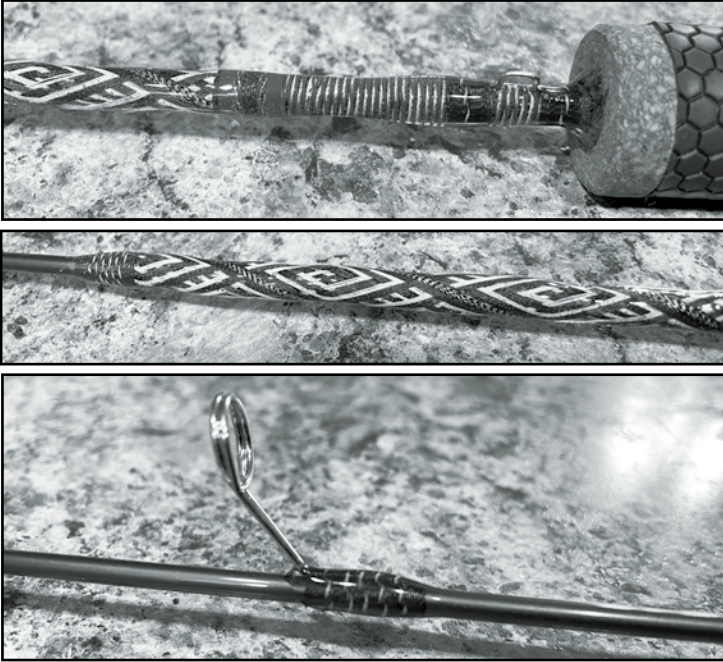
HELP WANTED
Financial Assistance Supervisor position at Marshall County Social Services. A Degree from an accredited four-year college with major in Social work, Sociology or Psychology, or a closely related field is required and 4 years of service as an Eligibility Worker or Child Support Officer. Minnesota Merit System certification is necessary. Starting salary is \$27.57/hr. to potentially \$39.71/hr. depending on level of experience. To apply send resume to 208 Colvin Avenue, Warren MN 56762. Then go online at <http://agency.governmentjobs.com/mnmeritsystem/default.cfm> to complete application process. If you have any questions, please contact Lisa at MCSS at 218-745-5124. Marshall County is an Equal Opportunity Employer. **Closing 02/19/21**

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Notice
Spruce Grove Township Annual Meeting on March 9th at 1pm
Grande Corner
Election for 1 Supervisor and 1 Treasurer
Board of Review will be on Tuesday, April 13th, 10:30am at Grande.

Northern Lights fishing report

Written by Ben Kucera
This week's report: slow and cold. I wasn't able to get out this past week due to work and just too cold. Reports on Lake of the Woods haven't changed much, still hit and miss. They are marking lots of fish but not getting bites or too soft of a bite. The trick may be smaller tackle, crappie size, or just a plain jig. Glow in the dark has been the better option. No one area of the lake stands out as better fishing. Hopefully with the cold snap ending fishing will pick up.
I will be gearing up for the



2021 Grygla Homecoming

This year's Homecoming for the Grygla School was done in a non-traditional way, due to COVID-19. Earlier in the school year, the Homecoming Football and Volleyball games were held, along with student games and contests, however, Coronation was put on hold. It's now taking place next week on Monday, February 22nd, at 2:30pm. The event is closed to the public but will be broadcast on Facebook Live and GVTV Channel 36. Each participant is allowed to have 4 members attend in their family, and 8 members for mixed families.

Ice skate donations

The Goodridge School has recently built a small ice skating rink for students to use during recess and PE. Students in grades 1-6 are asked to bring ice skates to school beginning February 16th - right in time to begin their skating unit for Elementary Phy Ed. Students who don't have ice skates may simply enjoy the rink with just their winter boots.

Word of the Week
...enhancing vocabularies one Grygla Eagle at a time.
Bon Vivant \bon vee-bahnt; (French) bawn vee-vahn\
Noun
A person who lives luxuriously and enjoys good food/drink.

Word of the Week
...enhancing vocabularies one Grygla Eagle at a time.
City of Grygla
Minutes/Agendas available online.
Feb. Minutes shared next week

Crossword Puzzle

1				2			3
4				5		6	
7							
				8			
9							

ACROSS
1. Related to the moon
5. Muddy color
7. Slight hollow in surface
8. Most suitable
9. Hailing from China

DOWN
2. Desire to achieve
3. Happening each year
4. Astrological system
6. Instrument

THIS DAY IN... HISTORY
• **1637:** FERDINAND III BECOMES HOLY ROMAN EMPEROR.
• **1898:** THE USS MAINE EXPLODES IN HAVANA HARBOR, STARTING THE SPANISH-AMERICAN WAR.
• **1965:** THE MAPLE LEAF FLAG OFFICIALLY BECOMES THE NEW NATIONAL FLAG OF CANADA.

New word
ANNUAL
occurring once every year

The Grygla 3rd graders have been celebrating "I Love To Read" month by creating their favorite book covers, making Dr. Seuss hats and coloring hearts. They've also made some reading forts out of sheets (not pictured). Photos courtesy of Grygla School

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Community Calendar

Wed | Feb 17
Senior Meals at Grain Bin Café 11am; GBB practice in Grygla/BBB practice in Goodridge; Grygla Library open 2-6pm; Grygla Volleyball League 6pm

Thurs | Feb 18
GBB vs. RLF in Goodridge; Grygla/Gatzke School Board Meeting 7pm

Fri | Feb 19
Senior Meals at Grain Bin Café 11am; BBB at KCC; GBB at WAO

Sat | Feb 20
Elementary 4-6 grade basketball morning; Grygla/Gatzke Food Shelf open 8-10:30am; Gun Raffle Drawing at Fourtown 7pm

Sun | Feb 21

Mon | Feb 22
Senior Meals at Grain Bin Café 11am; Grygla High School Homecoming Coronation 2:30pm; BBB vs. Sacred Heart in Goodridge

Tues | Feb 23
GBB vs. KCC in Grygla

Please email grygla.eagle@gmail.com or call/text 218.689.6901 to place your community events on the calendar.

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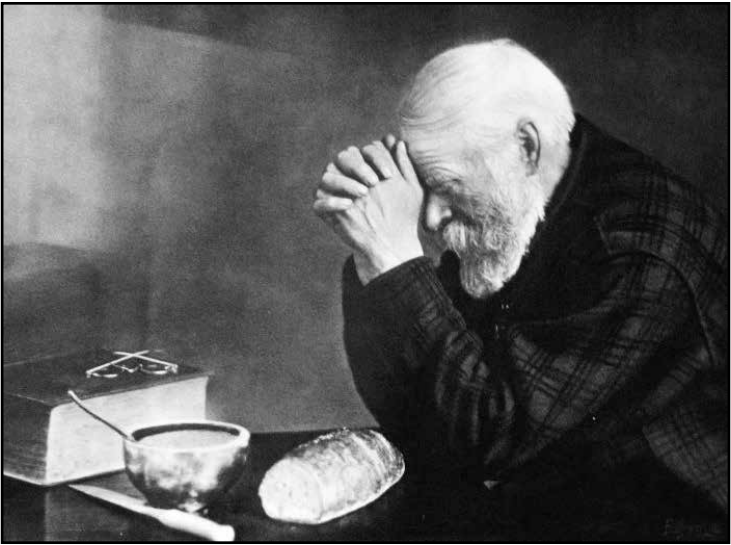
kids' corner

WORLD FACT
CHINESE NEW YEAR IS NOT AN ACCURATE WAY TO DESCRIBE THIS HOLIDAY SINCE OTHER COUNTRIES ALSO CELEBRATE IT. IT IS BETTER KNOWN AS WHAT?
ANSWER: THE LUNAR NEW YEAR

How they SAY that in...
ENGLISH: Celebrate
SPANISH: Celebrar
ITALIAN: Festeggiare
FRENCH: Fêter
GERMAN: Feiern

Did you know?
IN THE CHINESE ZODIAC, THE OX IS HARDWORKING AND DILIGENT. IT IS BELIEVED THIS WILL BE A YEAR OF REBUILDING AND DETERMINATION.

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



Only in Minnesota: a weekly feature in the Eagle

Two fun facts for you this week! Did you know this photograph on the left (that is commonly seen in a lot of homes and buildings) is actually our state photograph? Yes! It was adopted in 2002 and is titled “Grace” by Eric Engstrom, taken in 1918. Another fun fact: Minnesota’s Northwest Angle, although not connected to MN by land, is the northernmost point in the contiguous 48 states and became so due to a surveying error!

Deadline approaching to complete enrollment for 2021 Agriculture Risk Coverage, Price Loss Coverage Programs

Agricultural producers who have not yet enrolled in the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs for 2021 must do so by March 15. Producers who have not yet signed a 2021 enrollment contract or who want to make an election change should contact their local USDA Farm Service Agency (FSA) office to make an appointment. Program enrollment for 2021 is required in order to participate in the programs, but elections for the 2021 crop year are optional and otherwise remain the same as elections made for 2020.

“FSA offices have multiple programs competing for the time and attention of our staff. Because of the importance and complexities of the ARC and PLC programs, and to ensure we meet your program delivery expectations, please do not wait to start the enrollment process,” said FSA Acting Administrator Steve Peterson. “I cannot emphasize enough the need to begin the program election and enrollment process now. This process can be completed when applying for other FSA programs as well.”

ARC and PLC provide income support to farmers from substantial drops in crop prices or revenues and are vital economic safety nets for most American farms.

Although 1,033,310 contracts have been completed to date, this represents less than 59% of the more than 1.7 million contracts anticipated by the Agency. By enrolling soon, producers can beat the rush as the deadline nears.

Producers who do not complete enrollment by close of business local time on Monday, March 15 will not be enrolled in ARC or PLC for the 2021 crop year and will be ineligible to receive a payment should one trigger for an eligible crop.

ARC and PLC contracts can be emailed, faxed or physically signed and mailed back to FSA. Producers with level 2 authentication access can electronically sign contracts. Service Center staff can also work with producers to sign and securely transmit contracts electronically through two commercially available tools: Box and OneSpan. You can learn more about these solutions at farmers.gov/mydocs. Producers may also make arrangements to drop off signed contracts at the FSA county office. Please call ahead for local mailing or drop off information and options for submitting signed contracts electronically.

Producers are eligible to enroll farms with base acres for the following commodities: barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium- and short-grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

Yield Data and Web-Based Decision Tools Available
FSA recently updated the annual and benchmark yields for



ARC/PLC program years 2019, 2020 and 2021. This data is useful to producers in choosing to participate in either ARC or PLC.

For added assistance with ARC and PLC decisions, USDA partnered with the University of Illinois and Texas A&M University to offer web-based decision tools to assist producers in making informed, educated decisions using crop data specific to their respective farming operations. Tools include:

- Gardner-farmdoc Payment Calculator, the University of Illinois tool that offers farmers the ability to run payment estimate modeling for their farms and counties for ARC-County and PLC.
- ARC and PLC Decision Tool, the Texas A&M tool that allow producers to analyze payment yield updates and expected payments for 2019 and 2020. Producers who have used the tool in the past should see their username and much of their farm data will already be available in the system.

Crop Insurance Considerations

Producers are reminded that enrolling in ARC or PLC programs can impact eligibility for some crop insurance products. Producers who elect and enroll in PLC also have the option of purchasing Supplemental Coverage Option (SCO) through their Approved Insurance Provider. Producers of covered commodities who elect ARC are ineligible for SCO on their planted acres.

Unlike SCO, RMA’s Enhanced Coverage Option (ECO) is unaffected by participating in ARC for the same crop, on the same acres. You may elect ECO regardless of your farm program election.

Upland cotton farmers who choose to enroll seed cotton base acres in ARC or PLC are ineligible for the stacked income protection plan (STAX) on their planted cotton acres.

More Information

For more information on ARC and PLC including web-based decision tools, visit farmers.gov/arc-plc.

All USDA Service Centers are open for business, including those that restrict in-person visits or require appointments. All Service Center visitors wishing to conduct business with NRCS, Farm Service Agency, or any other Service Center agency should call ahead and schedule an appointment. Service Centers that are open for appointments will pre-screen visitors based on health concerns or recent travel, and visitors must adhere to social distancing guidelines. Visitors are also required to wear a face covering during their appointment. Our program delivery staff will continue to work with our producers by phone, email, and using online tools. More information can be found at farmers.gov/coronavirus.

Visit farmers.gov/service-center-locator to find location and contact information for the nearest FSA county office.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

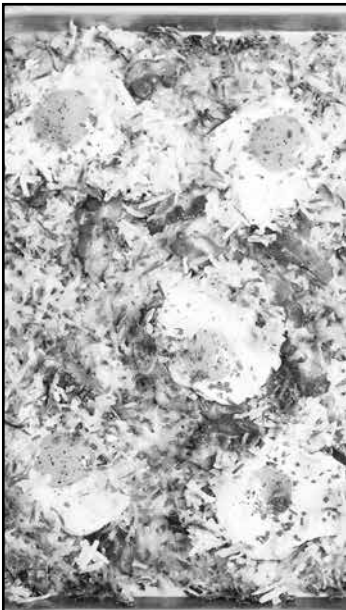
Sheet Pan Breakfast Bake

No need to dirty up another pan! You’ll have a full breakfast with eggs, bacon and cheesy crisp hash browns on ONE SINGLE PAN!

Ingredients

- 1 (20-ounce) package refrigerated hash brown potatoes
- 2 tablespoons unsalted butter, melted
- 1 tablespoon olive oil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- Salt & pepper, to taste
- 1 cup shredded cheddar cheese
- 12 slices bacon
- 6 large eggs
- 3 tablespoons freshly grated Parmesan
- 2 tablespoons chopped fresh chives

Directions
Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place hashbrowns in a single layer onto the prepared baking sheet. Stir in butter, olive oil, thyme, basil, oregano and garlic powder and gently toss to combine; season with salt and pepper, to taste. Sprinkle with cheese.
Place into oven and bake until the edges begin to brown, about 20-25 minutes. Remove from oven and create 6 wells. Add bacon slices and eggs, gently cracking the eggs throughout and keeping the yolk intact. Sprinkle eggs with Parmesan; season with salt and pepper, to taste. Place into oven and bake until the egg whites have set and bacon is cooked through, an additional 10-12 minutes. Serve immediately, garnished with chives, if desired.



SHEET PAN BREAKFAST BAKE



• EXTENSION NEWS

Farm Resource Guide available

The Farm Resource Guide for 2021 is now available at many University of Minnesota Extension County offices across the state. This resource guide includes a wide variety of useful farm business management information including the following items:

- Custom rates: What to charge for planting etc.
- Average farmland rental rates by county: From two sources with projections for 2021.
- Flexible Rental Agreements: Examples of how they work and how they have worked in past.
- Lease forms for Cash Rent and Share Rent arrangements: Which you can fill in the blanks.
- Farmland sales information for all counties in Minnesota: Lists current average ag sales.
- Information on charges for custom feeding, commodity storage, leasing buildings and various bin rental rates: List various costs like leasing a dairy barn and machine storage.
- Current information on pasture rental rates, tree timber values: List pasture rates and timber sales.
- Marketing information

along with recent cost trends for Minnesota: Many charts are included.

- Commodity price probabilities for corn, soybeans, alfalfa hay, straw, grass hay, hogs and cattle: Puts odds to getting break even prices and tables show historic patterns.

- Corn and soybean yields by county: USDA county yields used for calculating the farm bill payments

- Feedlot Rule Highlights: Information on Manure Agreement and Easements
- Manure Spreading Lease examples and Land Application Agreement: Forms included.

This Resource Guide is available for a \$25 fee plus postage and sales tax if you would like to have your own copy. I can provide you the information in your preferred format: e-mail cost \$25 plus sales tax; CD cost \$29.00; or hard copy cost \$31.00.

If you would like your own copy of the Farm Resource Guide, please e-mail bauxx003@umn.edu or call at 507-372-3900 ext. 3906 and request your desired format. Materials and an invoice will be sent to you as soon as possible.

For more farm business information, please see the University of Minnesota Extension website: <https://extension.umn.edu/managing-farm>.

Free Webinars

The University of Minnesota Extension Center for Family Development is offering FREE webinars January - March around the topics of finding balance and disaster preparedness. In addition, some webinars will be offered in Spanish.

Finding Balance Webinar Series

- Mental well-being in the midst of isolation: how do we re-energize; February 24; 10-11 am
- Who gets grandma’s yellow pie plate?; March 4; noon-1 pm
- Advance care planning: now more than ever; March 11; 11 am-noon
- When it’s family: financial exploitation of older adults; March 18; 1-2 pm

Disaster Preparedness Webinar Series

- Preparing your “grab and

go’ file: Organizing important papers; February 17; 2-3 pm

- Food for your family in a disaster; March 9; Noon-1 pm
- Make a plan, build a kit, prepare your family for disaster; March 30; 6:30-7:30 pm

You’re invited to participate in these webinars and encouraged to share these opportunities with your friends and family, networks, and program participants.

For more online programs: Check out UMN Extension Family News to stay current with information, resources, and programming. Also, follow them on Facebook and Twitter @UMNExtFD. To find additional online offerings from all program areas, visit the University of Minnesota Extension events and courses page.

New to online programs? The online webinars are offered using Zoom.

Grygla/Gatzke Food Shelf Annual Report for 2020

Written and submitted by Cheryl Sistad, Chairman

Thank you for your continued support of the Grygla-Gatzke Food Shelf. The need continues to be there and as always we don’t know what the future holds so we hope we can continue to be there for those in need.

We currently have 28 family units registered but we have served an average of 15 households a month. There are 13 ages 1-17, 43 ages 18-64 and 7 over age 65. During the year, we purchased 7,711 pounds of food through the North Country Food Bank and additional food was purchased locally as needed (plus another 1,121 pounds of food was donated) and we distributed 7,682 pounds. In addition, 17 food baskets were distributed for Easter (376 pounds), 15 food baskets for Thanksgiving (420 pounds), and 22 Christmas food baskets (617 pounds).

This has been an interesting year for the Food Shelf because of Covid-19. We changed our method of providing food from having our clients come in and select their food items from the shelves to having them fill out a “grocery list” and we pull and box the items for them. Our regular client numbers have

been down. We’re not sure if this is due to Covid-19 and clients staying home more or the change in food selection (Although we try to fill the items on their grocery list and they can actually receive more food than when pounds per family limited them. This was considered important as families had their children home more due the schools closing early and the uncertainty of being affected by Covid-19). At the same time we were signing up new clients all summer. We also have been participating in the Covid Food Assistance Program (CFAP) where boxes of food (dairy, protein and produce) were given out in the community. Since June, 1,742 boxes of food have been distributed. A grant from the Roseau Electric Corporation Operation Round-Up and a donation from the Soybean Growers Assn. helped cover the cost of freight.

This year we had planned on replacing our freezers and fridge with new energy-saving appliances. All appliances were donated many years ago and need updating. This was especially evident after we lost power after a thunderstorm and a freezer and the refrigerator did not restart and we lost food. We have purchased a new chest

freezer, but unfortunately, also due to Covid, we are finding it hard to get the appliances we want, as many items are on backorder.

Covid interrupted our annual fundraiser in March, but financial contributions helped immensely. We would like to recognize the tremendous support we have received from the community, area churches, businesses, organizations, the school and the many individuals who have given food and monetary donations. We will continue to apply to Marshall and Beltrami County, Roseau Electric’s Operation Round-up and LRO-EFSP for grants to help us meet our needs. This year we also received a Covid Grant from the state and a credit at the North Country Food Bank. We received hams for Thanksgiving/Christmas through a Thrivent match, thanks to Val Aune, and turkeys donated by Polaris, Inc. We also received food donations from Walmart in Thief River Falls, and donations from local gardeners.

Last year, I mentioned that Juanita Watne had taken a step down, but she is still helping with paperwork. It also means we need another Co-Director to take her place. So

far, no one has stepped up, so I have been assisting Joni. But because of health reasons, I was not always available to do so. We really need someone to fill this position. Also, we can always use additional volunteers on the day the Food Shelf is open. It’s just 2 ½ hours on a Saturday once a month and you are not committed for every month. Just would be nice to have a few more names to call on if need be.

Thank you to our volunteers and the school for allowing students to assist us unloading the delivery truck and stocking the shelves. Thanks to the rest of our board members for their great ideas and keeping us on track. And most importantly thank you to Grace Lutheran Church for your support.

We are now looking forward to a better year for all in 2021.

Lastly, financial records show that we took in \$18,150.00 in contributions from area churches, individuals and organizations, and from grants received. We spent \$14,258.66 with over \$9,500.00 of that for food. The rest was for rent, a new freezer, dues, postage and supplies.



Here are a few action shots from the Junior High Girls Basketball game in Grygla last week vs. Roseau on February 9th. From L-R: Kinsley Oslund putting up two points under the basket, along with Ashlyn Nelson on defense against the Rams, and #15 Brooklynn Kriel making her way down the court. 7th grade won that day, while 8th grade lost. Photos by Grygla Eagle Newspaper



The Grygla School's 2nd Quarter "A" Honor Roll
 Back row, L-R: Tatum Carrlson, Blake Rychlock, Reece Sundberg, Sheldin Sundberg, Tre Alten, Anthony Englund, Gracie Lunsetter. Middle row, L-R: Taylor McManus, Justin Thompson, Riley Saurdiff, Katelyn Larson, Kia Klein, Callie Loken, Chloe Kuznia, Neveah Shaffer. Front row: Anna Sundberg, Allie Sundberg, Lakylie Brobst, Emily Johnson, Addison Severts, Janessa Torgerson, Harlie Hagen.
 Absent: Chelsie Nelson, Avery Moe, Ellie Sabourin, Brigitte Watne, Clayton Suchoski, Mya Anderson. *All photos by Grygla School.*

Grygla School releases 2nd Quarter Honor Rolls



The Grygla School's 2nd Quarter 'B' Honor Roll
 Back row, L-R: Jackson Grossman, Chloe Osse, Kaylor Torgerson, Olivia Larson, Gavin Aune, Ahna Stanley, Molly Cullen, Cooper Walton, Tucker Verbout, Walter Jones, Nolan Anderson, Devon Dickson, Lewis Jones. Middle row, L-R: Evan Englund, Andrew Englund, Hunter Vad, Mollie Lunsetter, Lila Alten, Hailey Knutson, Madison Cullen. Front row: Jamie Dougherty, Brody Saurdiff, Levi Kiesow, Jared Haack.
 Absent: Aracely Needham, Andrew Loken, Gabe Arveson, Eli Sundberg.



The following Grygla Students have been named to the 4.0 Honor Roll.
 Back row, L-R: Tatum Carrlson, Reece Sundberg, Gracie Lunsetter. Front row: Allie Sundberg, Anna Sundberg, Emily Johnson, Addison Severts.



Sawyer Jacobson at the free throw line in the 7th grade game against Roseau. *Photo by Grygla Eagle Newspaper*

Charger basketball stats from last week

BBB at Stephen/Argyle on Monday, February 8th
Stephen/Argyle 50, Chargers 42
 Stats - Jake Olson (7 pts, 2 steals), Riley Manderud (15 pts, 8 reb, 5 asst), Jordan Coan (16 pts, 10 reb), Lewis Jones (2 pts, 5 asst), Ian Haugen (2 pts, 5 reb)
 Coach's Comments: The Chargers came up just short against a strong Storm team. We held an 8-point lead about halfway through the second half, and then went stone cold for the remainder of the game. It was a tie game with 2 minutes left, and the Storm went 6-6 from the stripe in the last minute to seal the game. Although we were disappointed in how we finished the game, overall we played very well against a good team. Jordan and Riley really stepped up their games tonight and stood out.

BBB at Warren on Tuesday, February 9th
WAO 64, Chargers 57
 Stats - Matt Busse 10 pts, 4 asst), Riley Manderud (10 pts, 8 reb), Jordan Coan (10 pts, 16 reb, 3 steals), Nolan Anderson (3 pts), Lewis Jones (23 pts, 4 asst), Levi Kiesow (1 pt, 4 reb), Ian Haugen (5 reb)
 Coach's Comments: In some ways, this was a carbon copy from the night before. We were in the game the whole way, and in the end, the Ponies made some big shots and earned the win. I'm very pleased with the determination the kids showed - we were down 12 with 5 minutes left and got the lead down to 3 with a minute left. We just didn't shoot well enough to win - we shot 31% from the field as the Ponies zone defense did a good job of keeping the ball on the perimeter. This was a tough loss, but we did a lot of things well against another good team. We had only 6 turnovers which was by far the lowest we've had this year.

GBB at BGMR on Thursday, February 11th
BGMR 51, GG 21
 Stats: Chloe Kuznia- 5 points; Hailey Knutson- 3 points; Caitlyn Jacobson- 15 points, 5 rebounds; Sadie Anderson- 4 points, 4 rebounds; Vivian Coan- 9 points, 8 rebounds; Katelyn Larson- 9 rebounds
 Coach's Comments: We knew BGMR was going to be tough in the paint and they were. They are a really good offensive rebounding team, but we did a good job of boxing out and allowing limited opportunities for them. Offensively it took us a little while to get into a flow. Hailey came into the game and got a nice and 1 to get us rolling. BGMR played good defense and held us to 36 points. We have to score more than that to win games. We lost to a good team tonight, but we played tough.



Owen Larson, Grygla 7th grader, in the Junior High game against the Roseau Rams last Thursday, February 10th. *Photo by Grygla Eagle Newspaper*



Russell Rian starting out the 'C' game with the tip-off against the Rams last week in Grygla. *Photo by Grygla Eagle Newspaper*