



				
Today	Thurs	Fri	Sat	Sun
Cloudy	Cloudy	Snow Showers	Snow Showers	Cloudy
H 27 L 20	H 28 L 23	H 28 L 11	H 12 L -6	H -3 L -12

Wednesday, January 6, 2016

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Vol. 42 Number 27

Check out the 'Welcome to Grygla' ad on the back page, which is in color, sponsored by the Grygla School.



Our Savior's Sunday School held a youth gathering at Robert & Kari Sundberg's home last Sunday. The weather was perfect for a campfire! Pictured L-R: Kaylor Torgerson, Blake Rychlock, Anna Sundberg, Kari Sundberg, Sheldin Sundberg, Pastor Vicki Saude-Worthington, Brett Rychlock, Elaine Rychlock, Kearny Leach, Janessa Torgerson, Lea Ann Torgerson.



Ellie Hruby has a good hold on her little cousin Abel as they sled in rural Goodridge. Ellie is the daughter of Lacey and Joe Hruby. Abel is the son of Alissa and Tim Hruby.

Winter is SNOW much fun!

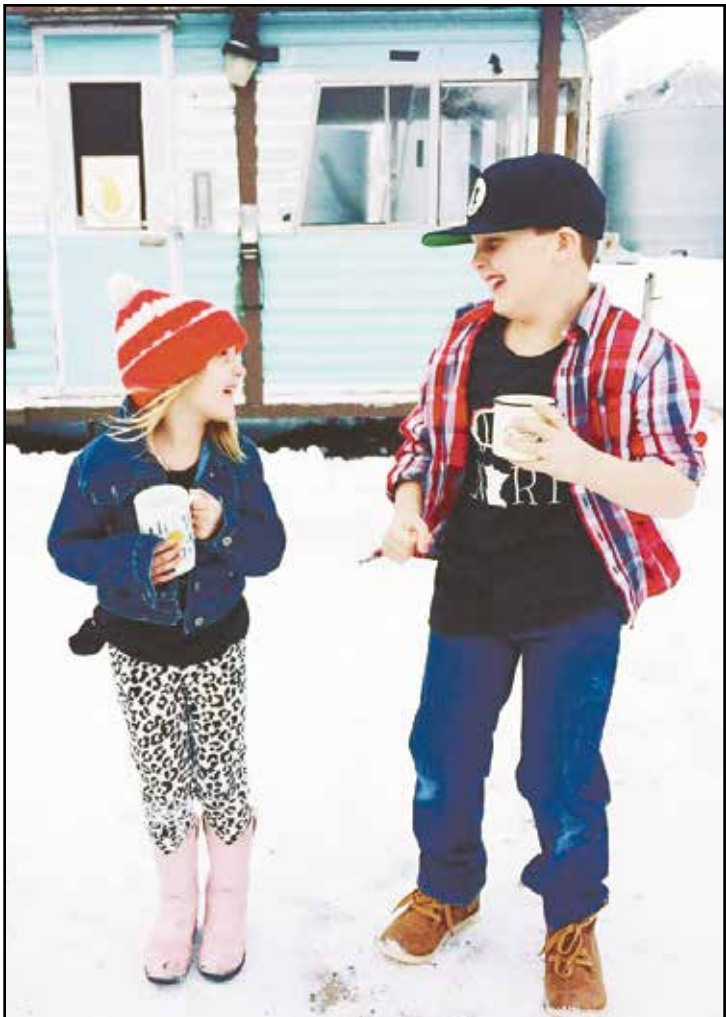
A year ago today the weather was -35. BRRRR! Now it's in the mid-twenties! Many kids around the area have been enjoying the mild weather and snow over their Christmas vacation from school! These snow day photos were sent in by local Eagle readers.



L-R: Brady and Brooke Olson took Jamie Dennis sledding at the home of Duane and Mary Jo Olson, near Skime. Jamie loved being bundled up in the sleigh! Middle: The mild winter weather makes for happier pets, too. Pictured is Nikki Leach's furry friend, Leo, who seems to enjoy the snow piling up! Right: Lakylie and Kamdyn Brobst were enjoying some outdoor fun near Skime at their Grandma and Grandpa Ignaszewski's house. They are the children of Clint and Matia Brobst.



Torii Anderson, Sawyer Jacobson, Shay Jacobson, Kaitlyn Jacobson and Nolan Gast pack into the sleigh at the home of Shannon and Denise Ostby. Look at all those happy faces!



Above: Alison Kangas, of Goodridge, snapped a cute picture of her kids, Charlie and Cooper, soaking up their snow days over the Christmas vacation from school.

Pictured left: Cousins, Donny Johnsrud (son of Brad & Roz) and Carter Lee Johnsrud (daughter of Cliff & Jena), are being pulled behind the ranger wearing their new Christmas gifts from their Grandma Fern and Grandpa Knute. The two are practicing up on their snowboard and skis before hitting up the slopes!

Eagle scratches from 2015

(July through December – continued from last week)

July – Betsy Saurdiff's art pieces on display at the Art & Wine Walk in East Grand Forks. Grygla/Gatzke Food Shelf participates in 'Open Your Heart' Food Shelf Challenge. Chix from the Stix hold entertainment night at Veteran's Memorial Gazebo in Grygla. Goodridge celebrated 100 years. 24th annual Grygla Open takes place at Oakcrest Golf Course in Roseau. Community Potluck and Worship Service held at gazebo in Grygla. Grygla Class of 2005 held their 10-year reunion. Grygla Eagle attends musical in Warroad with local senior citizen's group. Local 4-H kids receive multiple awards at Roseau County Fair. Marshall County Fair attracts many visitors. Lion's Club holds annual picnic in the park. Shawn and Stacie Meyer become new owners of Motel 89.

August – 'A helping hand all the way from South Africa' story runs featuring Stanley Farms' 5 new workers from South Africa. MN Association of Agricultural Educators recognizes American State Bank with its Business and Industry award. Grygla Garden Club heads to Bergeson Nursery for day trip. Story runs titled 'Marshall County Sheriff's Department stays visible and active around the county'. Adam and Lindsay Sjulestad, Goodridge, travel to Target Field to attend MN Twins game and won the 50/50 raffle of \$5,334.00. Stacy Anderson opens home day-care business. Earl and Treasure 'Toby' McGregor are announced as the 2015 Marshall County SWCD Beautification Winners. Andrew Loken, Riley Saurdiff and Zoey Fish, Grygla School Patrol Captains, spend the week at Legionville Camp near Brainerd. Marshall County ECI 5th Annual Bike Run makes stop in Grygla. Chargers kick off football season with a 38-0 win. Trystan Jelle completes Pohlad Internship Program with the Grygla Eagle. 'Lots to be seen in 2015' Grygla Fall Festival is held.

September – U.S. Marine Lance Corporal Malachi Askland, Grygla, is deployed in Kuwait as an assaultman with Kilo Company, Battalion Landing Team 3rd Battalion, 1st Marine Regiment, 15th Marine Expeditionary Unit. Grygla welcomes Antony Yip and Arman Duyar, who are youth exchange students from Hong Kong and Berlin, and are staying with Lyle and Joni Anderson. Ben Kucera is a new deputy sheriff with the Marshall County Sheriff's Department. Grygla native, Sheldon Teigland, receives honorable award presented by Alaska Power Association. UND Cen-

ter for Rural Health hires Amy Halvorson. Marshall County names Chad and Tina Swanson Emerging Leaders for Class of 2016. Grygla High School alumni, Daniel Polansky and Dillon Olson, play against each other when North Dakota's two largest universities met on the football field. Goodridge High School crowns 2015 Homecoming King Benji Wilebski and Queen Mariah Coan. Grygla High School crowns 2015 Homecoming King Ty Jelle and Queen Madison Bakken.

October – Fourtown/Grygla Sportsman's Club holds annual picnic and youth firearm safety field day. A balloon released in Colorado travels 1,063 miles before landing in a field near Grygla; it was found by Jerry Sistad and was released in memory of a baby named Liam Jack. Many Grygla kids participate in the youth deer hunt. Evergreen Implement welcomes Adam Sparby. 'Early detection can save your life' - two local breast cancer survivors, Janelle McMillin and Carter Torgerson, share their story of in honor of Breast Cancer Awareness Month. Grygla Senior, Shantel Verbout, reaches 1,000 kills in her volleyball career. Jean Schulz retires as the volleyball head coach after 22 years. Goodridge Café reopens for business.

November – 'Happy Veterans Day' story runs honoring Wayne Hanson, local vet. Chix from the Stix host Hunter's Bash at Yo-Hawn's. American State Bank makes \$1,000 donation to Grygla/Gatzke Food Shelf. Andy Jacobson is an active member of the MN Army National Guard. Gary and Laurie Polansky, Gatzke, were chosen to represent Marshall County and were among the 2015 Harvest Bowl Honorees. Grygla School was selected as a 'bronze' school among the United States best high school. Iron Chargers Robotics team compete in most successful VEX Robotics competition yet. Grygla native, Nathan Rittenour, develops new water well hand pump to be used in the Democratic Republic of the Congo. Grygla School celebrates American Education Week.

December – Grygla/Goodridge Fall Sports Banquet is held; young athletes receive awards. Young innovators gear up for another local VEX Robotics competition. Our Savior's Lutheran Church holds annual Advent Supper. DNR officials meet in Grygla to discuss elk management plan. Shop small/Shop local this Christmas. Grygla Centennial Committee holds chili feed at Community Center and announces the holiday cash extravaganza winners. Agassiz National Wildlife Refuge hosts their 3rd annual Christmas Bird Count.

Grygla Elementary Basketball Schedule

The Grygla Elementary will be starting Intramural Basketball games this Friday, January 8th. Intramural Basketball games are for Grygla 4th-6th graders and are held every Friday from 1:30-3:30pm. Below is the January schedule for your reference.

Schedule
January 8: (1:30) Lakers vs. Champions, (2:00) Eagles vs. Warriors, (2:30) Lakers vs. Eagles, (3:00) Champions vs. Warriors
January 15: (1:30) Champions vs. Eagles, (2:00) Lakers vs. Warriors, (2:30) Lakers vs. Champions, (3:00) Eagles vs. Warriors
January 22: (1:30) Lakers vs. Eagles, (2:00) Champions vs. Warriors, (2:30) Lakers vs. Warriors, (3:00) Champions vs. Eagles
January 29: (1:30) Eagles

vs. Warriors, (2:00) Lakers vs. Champions, (2:30) Champions vs. Warriors, (3:00) Lakers vs. Eagles
Teams
Lakers – Coached by Ty Jelle and include Nolan A., Sheldin S., Devon D., Christian L., Riley S., Ahna S., Molly C., Kearny L.
Eagles – Coached by Shantel Verbout and include Tucker V., Walter J., Dane A., Lewis J., Russell R., Zoey F., Emily C., Chelsie N.
Champions – Coached by Maddy Bakken and include Avery M., Justin T., Jackson G., Blake R., Taylor M., Ellie S., Chloe O., Callie L.
Warriors – Coached by Austin Brateng and include Andrew L., Clayton S., Kaylor T., Hunter V., Tatum C., Brigitte W., Kia K., Ally O.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Sunday:
Grace: 9am Worship
Our Savior's: 10:30am Worship, 9:15am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor Craig Bowyer
Sunday:
United: 11am Worship, 10:15am SS
Our Savior's: 9am Worship, 10am SS.

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Robert W. Dahlen
Sunday:
Ekelund: 8:30am Worship, 9:45am SS
Faith: 9:45am Worship, 11am SS
Bethany: 11am Worship, 9:45am SS

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

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Thursday, Dec. 24
9pm Services
Sunday:
8am Worship, No SS

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Pastor TBA
Sunday:
9:30am Worship, 11am SS and Adult Bible Class.
Wednesdays:
7pm Bible Study and Prayer.

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseeth
Saturday:
Mt. Olive 9am Worship, 10:15am SS
Sunday:
St. Petri: 8am Worship, 9:15am SS
Nazareth: 9:45am Worship, 8:30am SS
Oak Park: 11am Worship, 9:45am SS

LIBERTY CHAPEL
Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

Goodridge School to hold Snofest

The Goodridge School will host its annual Snofest Week January 4th-8th. Candidates are: 7th grade Logan Knutson and Abby Brown. 8th grade Felix Jensen and Chantel Nerhus. 9th grade Nichole Arveson and Dylan Wold. 10th grade Jordan Skibicki and Annaliese Pederson. 11th grade Jesse

Wiseth and Brooke Anderson. 12th grade Brandon Kostrewski and Heather Glenn. Coronation will be at 3pm on Friday, January 8th.

Dress up days are: Monday Color Day, Tuesday Winter Wonderland, Wednesday Movie Day, Thursday Age Day, Friday Spirit Day.

Sportsman's Club Annual Membership Banquet

The Fourtown/Grygla Sportsman's Club will hold their annual membership banquet this Saturday, January 9th at the Grygla Community Center. Social Hour begins at 5pm, Dinner will be served at

6pm and Door Prizes will start at 8pm, with a dance to follow. The meal of prime rib, potatoes, veggies, dinner rolls and a salad will cost \$12/plate.

All are welcome to attend!

RLC over GG Chargers

Last Saturday, January 2nd, the Chargers Boy's Basketball team took to the road to play RLC in Oklee. The varsity team lost 45-64. Head Coach Mike Gast says, "We played hard and took good shots. We are struggling at putting the ball through the hoop at a successful rate. We rebound pretty well and we are moving the ball better. Once we start shooting

higher percentages we will be pretty good."

Scoring: Tyler Stinar 13, Ty Jelle 10, Ben Groven 6, Blaine Kriel 5, Michael Jelen 4, Austin Brateng 3, Benji Wilebski 2, Hogan Lundeen 2.

Rebounds: Tyler Stinar 15, Ben Groven 8, Ty Jelle 4, Blaine Kriel 3, Hogan Lundeen 2, Austin Brateng 2, Benji Wilebski 1, Jesse Wiseth 1.

Donkey Basketball this Thursday

Donkey Basketball will be held this Thursday, January 7th, at 7pm at the Goodridge School Gym. You can purchase your tickets in advance for \$6 at the school or with any Go-

odridge Close-Up Student, otherwise tickets are \$8 at the door. For more information, contact Mr. Farris at the Goodridge School.

New Hours at the Grygla Coop Store

The Grygla Coop store has new operating hours, which are Monday through Saturday

from 7:30am to 6pm; Sundays will stay at 9am to 1pm.

GRYGLA LIBRARY LINK

By: Karen Olufson

Hello Fabulous Readers! Well, here we are into a new year already! Seems like 2015 was just starting the other day and now we're into 2016! Uff dah! I truly hope you had happy holidays and you are looking forward to a brand new year. (Smile!) As your librarian, it's my duty to remind you that you need to set aside some time for reading in 2016! (Smile!) Of course that also means that you need to come to the library to get some books out, so I'll be looking forward to seeing you. Hint, hint!

Perhaps a new year is a good time to explain "NEW" tape to you. "What is that?" you ask. Well, perhaps when you've come to the library or taken something out you've noticed that there is a red strip of tape on the binding that says "NEW" on it. That means an item is new to the library and probably fairly new to print or DVD or whatever. It also means that for a limited amount of time that item cannot be borrowed by Lake Agassiz patrons; it can only be borrowed by Northwest Regional Library patrons. When that time is past and the tape comes off the item it can then also be borrowed by Lake

Agassiz patrons. So ... you know how sometimes you put a hold on an item and it takes forever to get it? Well this helps that process. For a few weeks or months that item can only be put on hold for Northwest patrons, so essentially you are getting first choice at seeing the new movie or reading the new book or whatever. Remember though, there are still many patrons in the Northwest system so there still might be people ahead of you holding an item, but at least that doesn't include all Lake Agassiz too! (Smile!) When you come into the library feel free to ask what's new. It's an awesome feeling to hold a brand new book in your hand that no one has read before you! (Smile!)

Also, speaking of new things, we just got in two new day care kits. As I've mentioned before, these kits are not just for day cares, they're for anyone. They're just kits with children's books on a certain theme in them and some activities and props to support the theme. This month our new kits are, "Cities and Towns" and "Beds, Big and Small." I know the bed kit has a bear puppet in a sleeping bag in it and the other kit has a DVD. We also still have the kits "Family Love" and "Fire!" if you're interested. We send two kits a month on to another library and get two new kits, so we have each kit for two months. All together the Grygla Library has four kits. Come check them out. It's just like getting out books in a fancy box! (Smile!)

For my book suggestion of the week I'm going to recommend a book I ordered from MnLink (That's an item from a library system elsewhere in Minnesota. This book actually came from Wheaton.) The book is called MYSTERY WRITERS OF AMERICA PRESENTS MANHATTAN MAYHEM edited by and featuring an original story from Mary Higgins Clark. It is a collection of short mystery stories placed in various areas in Manhattan. I'm not a real short story fan, but I really enjoyed this book. There were some pretty popular mystery writers who did stories for this collection. I never knew there could be such a wide variety of ways to present mysteries. I can order it for you if you like! (Smile!)

Well Dear Readers, I wish you the very, very best as you venture into a new year. Write your own story as you go along. Seriously. You might enjoy looking back and reading it someday. Please have a safe and happy new year and don't forget to do some reading for relaxation and to the little children in your life. We'll see what next week brings. Until then ...

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KTRF
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BBB & GBB Double Header vs. WAO
Friday, January 8th in Goodridge
BBB away game vs. *Northern Freeze*
Monday, January 11th

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City of Grygla

Grygla-Gatzke Jaycees Bar Bingo
–to begin on–
Saturday, Jan. 16th
at 6:30 p.m. ... at
Diamonds
in GRYGLA
Progressive Prize is
\$1000 at 53 numbers
Bingo will then run **EVERY SATURDAY**
at 6:30 pm through March 26th

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
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STATEPOINT CROSSWORD
THEME: HOLLYWOOD
LEGENDS

ACROSS

- Buzz off
- Dunce
- Back of the neck
- Big Dipper shape
- Rejuvenating spot
- Succeed
- Helped
- Waikiki garb
- *Like characters played by Lon Chaney
- *Marx brother
- *Famously played title role in "Cleopatra"
- *1950s teen idol, ___ Hunter
- Not that
- Thrilla in Manila boxer
- Friendly jab on Facebook
- Set aside as inferior
- Marijuana user's hookah
- Stole material
- Cowboy sport
- Christmas season
- Boston hockey player
- Petri dish filler

- Holiday activity?
- Caffeine tree
- Egg holder
- *1979 Sean Connery and Natalie Wood clunker
- Newton, e.g.
- ___ no evil,...
- Spew profanities
- Roman road
- *Scarlett O'Hara or Blanche DuBois
- *Katharine or Audrey
- Asian chew
- Springsteen's "Born in the"

- Make baby food?
- Mountain ridge
- #37 Across, e.g.
- English county
- Training spots
- ATM extra
- Doled out cards

DOWN

- Smeltery refuse
- Age of Aquarius flick
- Edible root of taro plants

Crossword Clues..
Continued on page 3

School Lunch Menus

Grygla School Lunch Menu

Wednesday, January 6:
Tator Tot Hotdish, Broccoli, Carrots, Fresh Fruit, Bread

Thursday, January 7: Tacos w/ Lettuce, Cheese, Tomatoes, Corn, Peaches, Mandarin Oranges, Bread

Friday, January 8: Pork in Gravy, Mashed Potatoes, Corn, Bread, Applesauce, Pineapple

Monday, January 11: Sub Sandwiches, Lettuce, Tomato, Celery, Carrots, Fresh Fruit, Chips

Tuesday, January 12: Chicken Fingers, Rice, Corn, Peas, Mandarin Oranges

Goodridge School Lunch Menu

Wednesday, January 6: Hot dog on a bun, California Blend Veggies w/ Cheese, Tossed Salad, Peaches, Pears

Thursday, January 7: Chili w/ Cheese and Crackers, Celery, Cinnamon Roll, Apples

Friday, January 8: Meat and Cheese Sandwich, Steamed Rice w/ Raisins, Broccoli, Carrots, Celery w/ Dip, Apples, Oranges

Monday, January 11: Tacos w/ Lettuce, Cheese, Green Beans, Applesauce, Whole-Grain Bread

Tuesday, January 12: Polish Sausage on a Bun, Fries, Tossed Salad, Mixed Fruit

Community Calendar

Wed | Jan 6
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Jan 7
Grygla Eagle office open 9am-3pm; BBB 7/8 grade in TRF vs. NF; Donkey Basketball at Goodridge School 7pm

Fri | Jan 8
Footcare Clinic at Grygla Community Center 9am; Senior Meals at Grain Bin Cafe 11am; Goodridge Snofest Coronation 2:30pm; Double Header GBB/BBB vs. WAO in Goodridge

Sat | Jan 9
Elem. Bball Tourney in Fosston - GG starts at 9:45am; JH BBB Tourney in Roseau 9am; Iron Chargers in TRF

Sun | Jan 10

Mon | Jan 11
Senior Meals at Grain Bin Café 11am; City Council Meeting 7pm; BBB at Northern Freeze



The Excitement Of A New Year

New Year brings new hopes, new dreams and new opportunities. As the year ends, we want you to know how thankful we are for your business.

We wish our many customers and friends a Happy New Year and look forward to serving you in the years to come.

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A New Year's Eve party was held at United Lutheran Church in Gatzke, organized by Lon Englund, who said, "Another successful party! 53 people showed up and most of them stayed until we rang in the New Year at 10 pm. It gets bigger every year!" The crew puts on a pancake supper and plays Bingo at their bash.

DO IT YOURSELF

Make your own (scented) heating pad

Here is a super simple DIY perfect for this time of year. Make your own heating pad (scented with oils of your choice). These heating pads are cheap to make and you don't need a sewing machine.

What you'll need: Fabric, Rice, Essential Oil (s), Scissors, Sewing Supplies, Spoon, Bowl

Directions: Cut fabric into 2

squares of equal size. The size is a matter of personal preference. Stack fabric squares print side in. Carefully hand sew around the edges, leaving a small opening, about 2 inches. Turn fabric outside in. If you so choose, add essential oil(s) to uncooked rice. (The amount of rice depends on the size of your heating pad and the amount of scent is a matter

of personal preference. Hint: lavender smells amazing.)

Mix together and fill bag almost full. Close the bag. Pop in microwave and heat in 20 second increments until you achieve the level of heat you desire. Remember to use caution as this bag can get HOT and will retain heat for quite awhile.



SIMPLY DELICIOUS

Spinach and White Bean Soup

A healthy and hearty, comforting soup – chock full of fresh spinach, white beans and orzo pasta – made in less than 30 min!

Ingredients

1 tablespoon olive oil
3 cloves garlic, minced
1 onion, diced
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
4 cups vegetable stock
2 bay leaves
1 cup uncooked orzo pasta
2 cups baby spinach
1 (15-ounce) can cannellini beans, drained and rinsed
Juice of 1 lemon
2 tablespoons chopped fresh parsley leaves
Kosher salt and freshly ground black pepper, to taste

Instructions

Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme and

basil until fragrant, about 1 minute.

Whisk in vegetable stock, bay leaves and 1 cup water; bring to a boil. Stir in orzo; reduce heat and simmer until orzo is tender, about 10-12 minutes.

Stir in spinach and cannellini beans until the spinach has wilted, about 2 minutes. Stir in lemon juice and parsley; season with salt and pepper, to taste.



EXTENSION NEWS

By: James Stordahl

Tile Drainage Design Workshop

Many farmers have become interested in controlling high water tables or excess water by using subsurface drainage.

The annual Drainage Design Workshop will take place Jan. 26-27, at the North Dakota State College of Science in Wahpeton.

The workshop is intended for those interested in a more complete understanding of the planning and design principles and practices for drainage, sub-irrigation and water table management systems. Participants in the past included agricultural producers, landowners, consultants, drainage contractors, government agency staff and water resource managers.

The two-day workshops start at 8 a.m. and end at 5 p.m. on day two. The workshops will focus on the planning and design of agricultural tile drainage systems, including water management structures and lift stations to meet profitability and environmental objectives. The course content is taught in modules with emphasis on hands-on learning and ample time for discussions.

Topics covered during the event include the legal aspects of drainage, basics of drainable soils, agronomic perspectives, doing your own tiling, land evaluation tools, utilization of lift stations, sub-irrigation, a farmer panel and wetlands and conservation drainage concepts and techniques.

The design topics begin with basic design considerations and progress through individual small-team projects with sev-

eral hands-on, problem-solving examples covering basic design and layout principles, water flow calculations, drain spacing, sizing and grades. Design principles for lift stations, control structures and other conservation drainage practices also are considered.

"With low crop prices, producers simply cannot afford to have low crop yields due to excess water," says Hans Kandel, NDSU Extension Service agronomist, and one of the organizers of the event. "Water management with tile drainage is one way to reduce crop risk, but each field needs to have an appropriately designed system to optimize crop yields."

The workshop is a collaborative effort of the University of Minnesota and North Dakota State University Extension Services.

The early registration fee is \$250. The workshop is limited to 55 participants. Due to seating limitations, on-site registration will not be available on the day of the event.

One other drainage design workshop will be held Feb. 17-18 in Marshall, Minn., on the campus of Southwest State University.

To register for either of the workshops, go to <https://www.regonline.com/2016Drainage>.

For more information, contact me at 800-450-2465 or stordahl@umn.edu or Tom Scherer, NDSU Extension agricultural engineer, at (701) 231-7239 or thomas.scherer@ndsu.edu; or Hans Kandel, NDSU Extension agronomist at (701) 231-8135 or hans.kandel@ndsu.edu. This article was provided by Hans Kandel.

Word of the Week

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

Probity

\PROH-bi-tee\

Noun
Integrity and uprightness; honesty.

WHAT A JOKE

'Twas the month after Christmas and all through the house, nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste. All the holiday parties have gone to my waist.

When I got on the scales there arose such a number! When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared; the gravies and sauces and beef nicely rare.

The wine and the rum balls, the bread and the cheese, and the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt, and prepared once again to do battle with dirt.

I said to myself, as I only can, "You can't spend winter disguised as a man!"

So away with the last of the sour cream dip. Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished. Till all the additional ounces have vanished.

I won't have a cookie, not even a lick. I'll want only to chew on a long celery stick.

I won't have hot biscuits or corn bread or pie. I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome and life is a bore. But isn't that what January is for?

Unable to giggle, no longer a riot. Happy New Year to all and to all a good diet!

Useless Knowledge

- If you eat a teaspoon of sugar after eating something spicy, it will completely naturalize the heat.

- A strawberry is not actually a berry in the botanical sense, but a banana is.

Goodridge Lion Tamers sponsor Blood Drive at Goodridge School

Blood drive coordinators, Cindi Kotrba and Becky Carlson-Buschelle, and the Student Council of Goodridge High School, along with the Lion Tamers have sponsored another very successful blood drive. The drive held in Goodridge on December 21st saw 30 people volunteer to donate blood

and 24 were able to give. Five people gave blood on the automated 2RBC machine which collects two units of red blood cells during the donation, so a total of 29 products were collected. Three people gave blood for the first time.

The Goodridge Student Council and the Lion Tam-

Crossword Clues..

Continued on page 3

4. Alaska native
5. Train station porter's head gear
6. Northern European capital
7. *Kong, e.g.
8. Country singer ____ Hill
9. Season to be jolly
10. 1970s hairdo
11. *Laurel and Hardy or Abbott and Costello
12. Old-fashioned "before"
15. Old Faithful
20. Edward Teller's creation
22. Lung necessity
24. Lacking substance
25. Deep cavity
26. Jeweler's glass
27. Coastal feature
29. *"Spartacus" star
31. *"Mommie Dearest"
32. Ruler sides, e.g.
33. This and desist
34. Type of dessert
36. *"An American in Paris"
38. Potter's oven
42. Lacking guile
45. Easily handled
49. Poe's "The Murders in the ____ Morgue"
51. Left gratuity
54. Pinch in the nose
56. Bullying, e.g.
57. Extremely
58. Any thing
59. Docs for dachshunds
60. Aesop's race competitor
61. Celestial bear
62. *Where all Hollywood legends' work winds up
63. Sales clerk's call
64. Paper or plastic?
66. Seek damages

Bemidji is a possible site for new homeless shelter

The Nameless Coalition is a local Bemidji non-profit whose aim is to work together with other area homeless missions to help bridge the gap for hundreds of homeless citizens in need around Bemidji. Below is a news story from KVLV of Grand Forks on the possible purchase of the former Northern Inn, near the Bemidji Airport, for a Homeless Shelter, know as the Bridge Project and hooked in with the Nameless Coalition. It would be used for transitional housing and training.

Bemidji, MN (Valley News Live) Bemidji is working on a new proposal to take a big bite out of a major problem for hundreds of area residents... homelessness.

The Community is surrounded by 3 Reservations and a recent survey found over 650 homeless people around that region.

Officials say Bemidji agencies had to turn away over 500 children during the past year, who were living with homeless

single parents or families.

There are simply not enough shelters in Bemidji to handle the need.

Sandy Hennum, Village of Hope: "The fact that we turned that many children away, just really lets us know that we do have a problem. Also, the Bemidji School District has about 200 children every day that are in transition, that are homeless."

Organizers are looking at the possibility of buying this former motel and indoor car lot by the airport. It has over 100 rooms, kitchen and convention space that could all be turned into low income, transitional housing.

They now have to figure out how to raise 2.2-million dollars to buy the building.

Sandy Hennum: "We're looking at different kinds of grant opportunities and individual donors, things like that to actually purchase the building."

Organizers have put together a video, explaining how the former hotel could not

only provide housing, but also serve as a training center to get folks back on their feet and back into the workforce.

Sandy Hennum: "People just don't have an opportunity and don't have the ability to be able to create a different lifestyle."

The Bridge, Bemidji Homeless Video: "Unfortunately, these are people, who also have problems that find them on the doorsteps of the hospitals and churches."

Hennum says at this point, they're talking to State Agencies about potential funding for the project.

Media Contact: Sandy Hennum, 218-766-4483 or hennum@villageofhopebemidji.org

You can send a tax deductible donation on line to NWMF.org/fund/nameless. Donations can also be sent by snail mail to P.O. Box 353, Bemidji, MN 56619, Attn: BridgeProject.

Engaging in conversation

Written by Jody Horntvedt, Leadership and Civic Engagement Regional Extension Educator

A conversation is a tool for strengthening relationships, building trust, encouraging shared learning, and even for solving problems. Personally, I can't think of a better way to get to know people and what's important to them, than engaging in a conversation!

Conversations for some people can be stressful. Some individuals don't like engaging in 'small talk' and others don't like to talk about things they don't know much about. A conversation can, however, help us learn more about others and can lead to deeper understanding. We teach communication (speaking and listening) in our Extension leadership programs because engaging in conversation is that important...and a skill that can be learned.

Engaging in conversation isn't only a leadership skill to be learned – it's a life skill that everyone should develop. Conversations at work, in our community, and especially among family and friends can be insightful and rewarding. Good conversation can bring people together across interests and age groups, and can actually be

enjoyable! And, good conversation can be easy. Consider these tips for engaging in conversation.

1. Make it a two-way conversation. Speak in ways that encourage others to share. Think about ways in which your body language encourages people to talk. Build on what others share. Show genuine interest in what others are saying.

2. Ask 'leading' questions. Leading questions are those that are open-ended and invite others to share what they know or think. Ask questions you are interested in rather than asking mundane questions on topics you don't care about.

3. Know when to talk (and when to stop talking). Learn to match your conversational style with that of others. Some people are quite lively in their speaking patterns and others need to pause occasionally. Recognize when it's time to pause or even stop a conversation...you can also pick up again with that individual another time!

4. Be thoughtful and prepared. Have a few "conversation starters" available to help open up a conversation. These can be open-ended statements or questions. Some of my favorites include:

-What have you read (or movie have you seen) that was interesting to you?

-I'm interested in learning more about...

-What is something you'd like to learn to do?

-Here's who inspires me (and why)...

-What has made you laugh in the past week?

-Have you ever thought about _____?

I invite you to practice engaging in conversation with others. During the upcoming holiday season, you will likely find yourself among people with whom you share a common interest or who have something you can learn from them. Consider how interesting a conversation with someone from another family or another age group or another city/state/country might be!

Conversations have the potential to increase understanding, explore options, resolve difficulties, forge alliances, create plans, establish milestones, anticipate success, and strengthen relationships. It's well worth the effort to have engaging conversations.

Jody Horntvedt is a Leadership and Civic Engagement Extension Educator with University of Minnesota Extension.



Reminder that you have until January 22, 2016, to comment on the 2016-2020 Draft Elk Mangement Plan, which reflects a priority to maintain and further increase landowner acceptance of elk while increasing the herd sizes in Kittson County and bringing the Grygla herd up to the population goal of 30-38. You can submit comments online at www.dnr.state.mn.us/elk or email comments to elkplan.dnr@state.mn.us. Please include your name and address. You can also mail comments to: Elk Comments, DNR Wildlife, 2115 Birchmont Beach Rd NE, Bemidji, MN, 56601. Have questions? Contact the MN DNR Northwest Regional Wildlife Office in Bemidji at 218-308-2680.

“WELCOME – TO – Grygla”

“Going to a small school is like getting to go to private school without the huge price tag. Parents feel safe letting the kids play outside and ride bike around the neighborhood.”
–Lindsay Oslund

“All Students Will Achieve and Succeed”

Grygla Public School
Home of the Chargers



218-294-6155

www.grygla.k12.mn.us

“The community welcomes you with open arms and becomes your family. People genuinely want to know how you and your family are doing. Everyone I have met while living here has a big heart of gold!”
–Renae Westbrook

“It’s a perfect place to raise a family. Hunting and fishing is pretty much right out your back door. It’s a safe place and a beautiful place to live.”
–Wes Sandsmark

“The commute for work is central with Roseau, Warroad & TRF. Free lots are available in town. There are apartments available for rent and a mobile home park, which all have low utility costs.”
–Bob Thompson



We offer...

- Bus Routes Extended Beyond School District Lines
- Small Class Sizes (Excellent Teacher to Student Ratio)
 - Excellent Technology Access
 - 1 to 1 in Chromebooks for grades 7-12
 - A Safe and Exciting Learning Experience
- Easy Access to Thief River Falls, Roseau and Warroad



School Honors

- 2012 Minnesota Reward School
- 2013 Minn-Can Top 10 School
- 2010, 2012 State Football Participants and Section 8 Champions
 - 2011 Section 8 Runner-up Football
- 2012-2015 World Championship VEX Robotics Participant and 2014-15 Robotics National Championship Qualifier

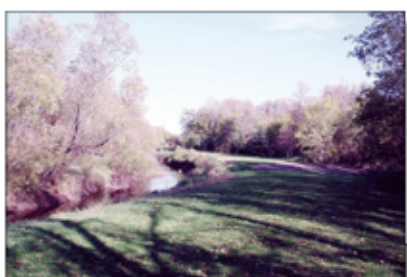
www.grygla.govoffice2.com

The community of Grygla is located in Northwestern Minnesota on the eastern edge of Marshall County within an hours drive from employment opportunities in Thief River Falls, Warroad, Roseau and Bagley. Grygla offers a high quality of rural lifestyle in a clean, small town atmosphere.

Grygla is proud to have a neat and clean city. There is a strong work ethic here and a great deal of community pride.

Grygla has a progressive city government, which is continually seeking to attract business and industry.

Rich in natural resources, Grygla has large varieties of wildlife, wild fruit and wildflowers.



Recreation

In Grygla, recreation includes tennis courts, horseshoe pits, softball and baseball fields, outdoor basketball, two parks, a hiking trail, modern camping facilities, and an indoor ice skating rink.



A network of groomed snowmobile trails passes through Grygla providing some of the best snowmobiling opportunities in the Midwest.

Local Businesses

The region is rich in agricultural resources, with related businesses and services supporting the diversified farm enterprises common to the area. Grygla offers a good selection of retail and service businesses, including various dining establishments. A locally owned independent bank provides FDIC insured banking services. Some local businesses include: *American State Bank & Insurance Agency, Machinewell, Inc., Grygla Post Office, Grygla Coop Grocery Store, Grygla Eagle Newspaper, Farmer's Union Ag and Oil Company, Sue's Beauty Shop, Motel 89, a Public Library* and more!



Churches

Four churches of different faiths are within the city, and several rural churches are around the area. Active church groups are available for youth and adults.



Housing

Grygla has a modern motel, rental apartments, mobile home court, low-income housing units and other available housing. Affordable building lots are available for people desiring to relocate to a friendly community.



Local Organizations

Grygla's organizations are constantly working toward community betterment and include:

4-H, American Legion & Auxiliary, VFW, Fountown/ Grygla Sportsman's Club, Jaycees, Lions, to name a few!

