



				
Today	Thurs	Fri	Sat	Sun
Cloudy	Partly Cloudy	Partly Cloudy	Cloudy	Partly Cloudy
H 16 L 1	H 11 L -10	H 8 L -4	H 17 L -6	H 20 L 3

Wednesday, March 8, 2017

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Vol. 43 Number 36

A look at next week... Grygla Merchants hold annual ‘Appreciation’ breakfast

“Gems” of the Week: School says goodbye to 2 teachers after 30+ years

“Gem” of the Week is a special piece on WDAZ News TV that honors special people who are doing special things within a community. The segment airs every Thursday at 6pm and is based off of nominations. Last week, the news crew traveled to Grygla to produce a special on Mike Gast and Beth Kucera, who will both retire from the Grygla School this spring.

The piece is reprinted with permission from WDAZ-TV.

By Matt Henson, March 2, 2017
(Grygla, MN WDAZ-TV)

It’s a familiar sound in the Grygla Public School.

The voice of 5th grade teacher Mike Gast, and computer and typing teacher Beth Kucera.

Both of have been at the K-12 school for more than three decades.

“When kids say ‘my grandma said that you did this for her’, it makes you feel a little old, but at the same time that’s a lot of lives to touch and you leave a legacy,” commented Kucera with a laugh. While legacy’s never fade their careers are coming to an end in May. “I think I’m doing it the right way, leave while you love it then it will always be a super memory,” explained Kucera.

“I just want to do something else; I’m going to miss teaching no doubt about it,” said Gast. He came to the school 35 years ago fresh out of college. The dairy farmer from Beltrami was looking for his first

teaching job. “That was not my plan when I moved here, I thought I would put a few things in here and move on to other things, but the community has been very good to me and my family,” Gast explained.

34 years ago another enthusiastic college grad came to Grygla. While Beth Kucera is known not to wear shoes now she did have shoes on at the time. “We started with the first green screen computers, and now we have top notch Macs and the kids all have chrome books,” recalled Kucera.

“They are very knowledgeable and know different ways to teach you, like if you are having problems they know different ways to get you to understand what they are talking about,” explained senior Alison Satre.

Mr. Gast and Mrs. Kucera have been here at the Grygla School so long one of their former students is now their boss.

“I keep him in line,” Kucera said with a laugh.

“They are people who I look to for advice. I trust them and things they have to say and they tell me when I’m doing things that are stupid,” said high school principal Jamie Lunsetter.

When they put down the chalk at the end of the day both Gast and Kucera don’t go home, they put on different hats. Gast has taught drivers ed and coached nearly every sport at the school.

“We want the kids to grow up to be good people, so we want to instill that in the

kids first, winning or losing, you have to a good person and work hard for anything in life,” explained Gast.

Kucera, who is more commonly known as Mrs. K or the Queen, is just as active. She has coached volleyball, served as the yearbook and student council advisor for decades, as well as overseeing the school store.

“Mainly because I like getting to know the kids better on a personal level, it seems like when that bell rings at 3:35 and the day is done the kids take on a whole different personality and it’s so fun to get to know them on a personal side,” she said.

The school only has 20 teachers and replacing these two will be nearly impossible. “Finding people who are as willing and versatile as Mr. Gast and Mrs. Kuchera, it’s not about the position but more about the people,” commented Lunsetter.

While both have just a couple more months in the classroom, their love for the kids will never go away. “That’s my passion; every day when I get up, just to do the best I can for the students. They aren’t here for me, I’m here for them,” said Gast.

“Seeing those kids every day and knowing their stories and working with them and seeing them go from here to there, I love that, I love that feeling of being able to help them,” she Kucera.

Both Gast and Kucera say they have not ruled out substitute teaching next year.



Daylight saving time 2017 will start at 2:00am this Sunday, March 12!

Attention veterans

This is the last chance for veterans to submit photos for the veteran chapter in the Grygla Centennial History book.

Along with a photo, the committee needs name, branch and years of service. The best would be to scan/email a photo to Joy Nordby at joynordby@

gvtnet.com. Hard copies can be mailed to Joy at PO Box 13, Grygla, MN, 56727 and WILL BE returned.

For more information, please call Joy Nordby at 294-6122 or Sheldon Peterson at 294-6176.

Minnesota Food Share March Campaign

Submitted by Cheryl Sistad, Chairman of the Grygla/Gatzke Food Shelf

The Grygla Gatzke Food Shelf is participating in the statewide Minnesota Food Share Campaign to collect non-perishable food items and/or monetary donations. Donations collected locally will stay in the Grygla/Gatzke Food Shelf to assist area residents. All donations made during the month of March allow our food shelf to be eligible to receive additional funding from Minnesota Food Share based on the funding raised and the amount for food items donated (number of pounds).

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

Below is a list of suggested items:

Breakfast: Canned fruit juices, hot and dry cereals, dry powdered or canned milk.

Lunches/Dinners: Hearty

soups (chunky type), tuna fish, canned beef or poultry, peanut butter, canned fruit or vegetables, canned or boxed main dishes, rice, macaroni, spaghetti, spaghetti sauces, baked beans, canned chili, stews, potato buds.

Food Staples: Crackers, sugar, flour, coffee, tea, hot chocolate, pancake and biscuit mixes.

Sundry Basics: toilet paper, facial tissue, bath soap, shampoo, moisturizer, deodorant, feminine sanitary supplies, laundry soap, dish soap, bleach, ammonia liquid, toothpaste, tooth brushes.

Baby Items: diapers, baby shampoo, cereal, infant formula, powdered milk, bath powder, baby oil, wipe towels.

Special Treats: Cake mixes, cookie mixes, muffin mixes, granola bars, pudding mixes, jell-o mixes, graham crackers, packaged cookies.

It’s always great to get donated food items as it adds to the variety of food items available. Our order form from the North Country Food Bank does not always change a lot from month to month, so getting different items donated is always welcome!

Watch for more submitted articles through the month as we proudly participate in this campaign!



Mike Gast came to the Grygla School 35 years ago, fresh out of college, while Beth Kucera has been at GHS 34 years!

Grygla Centennial 2017 weekend schedule

Remembering the past. Celebrating the present. Embracing the future

The Grygla Centennial Committee has another mailing coming out that should be in everyone’s mailboxes by late this week/early next week. The committee, as well as all of the sub-committees, have been working hard to put together a fun-filled weekend August 25-27.

Included in the letter is a tentative schedule of events, lodging information, pre-order memorabilia, deadlines to order, and other events throughout the weekend.

Continue following the Facebook pages to stay up-to-date: Grygla Centennial 2017 and Grygla All-School Reunion.

Schedule of Events

Friday, August 25
5:00-7:30: All-School Reunion

5:30: 5K Fun Run
6:30: Bean Bag Tournament
8:30-12:30: Dance to ‘October Road’

Dusk: Fireworks
Saturday, August 26

9:00: Kiddie Games, Mixed Softball, Craft/Vendor Fair, Quilt Show w/ Demonstrations
10:00: Kiddie Tractor Pull
11:00: Music by ‘Woodpicks’, Science Museum Animal Exhibit

1:00: Parade
2:00: Horseshoes
2:30: NorSweDane Dancers, Science Museum Cryogenic Show, Classic Car Show

3:30: ‘100 years of Fashion’ Show

4:00: Demolition Derby (with gate fee), Adult Tractor Pull

5:00-7:00: Music by ‘Back Behind the Barn Boys’
9:30-12:30: Dance to ‘32 Below’

Sunday, August 27

7:00: Community Breakfast
9:00: Men’s Softball Tournament

10:00: Non-Denominational Worship Service

11:00: Co-ed Sand Volleyball Tournament

Looking for classic cars, tractors and snowmobiles

The committee is looking for classic cars, tractors and snowmobiles to be displayed during the day on Saturday. These vehicles can also be run through the parade, Saturday at 1:00pm. Contact the Grygla Centennial Facebook page if interested.

Parade

The parade will take place on Saturday, August 26th at 1:00pm. The lineup will start in the Catholic Church parking lot on the east side of town. The parade runs west down Highway 89 to Yo-Hawn’s. If you would like to enter a float, please contact Terry Haack @ 218-294-6295 or Judy Haack @ 218-294-6325.

Craft/Vendor show

A craft show will be Saturday, starting at 9:00am. There will be a \$10 table/booth fee. Contact the Grygla Centennial

Facebook page for more information and to reserve your spot.

Demolition Derby

The demo derby will be held Saturday afternoon. This event is put on by the local Jaycees, Lions and Sportsman’s Club organizations. The Demo takes place south of Yo-Hawn’s, past the trailer court. Beer gardens and concessions are available on site. This event will have a gate fee as it is a fundraiser for the organizations listed above.

For more information about registering a vehicle and viewing pictures from past demos held during Fall Fest, follow the Grygla Demo Facebook page.

All School Reunion

The All School Reunion is tentatively set to run from 5:00 – 7:30pm on Friday, August 25th. The committee is planning on an open house style reunion and will be encouraging people to mingle & visit, along with touring the school at your own leisure. They plan to have a table set up for alumni to provide personal information for a booklet that will be available to be purchased & mailed out after the reunion. The committee is also encouraging classes to enter a float in the parade, either as individual classes or join up with other classes.

Grygla Centennial Fashion Show

Hosted by the Grygla Red Hat Society, this event is set for Saturday, August 26th at

3:30pm. An ice cream social will follow the show. The Red Hats are still looking for clothing items for the fashion show, as well as models. If you have anything they can use, please contact Donna Lian at 294-6042 or Carol Engelstad at 459-3312.

Deadlines

The deadline to order a Grygla Centennial Cookbook is March 15th. Contact Laurie Polansky at 294-6111. Benches will be set up around the city of Grygla during the Centennial. You have the opportunity to purchase a bench in honor of an individual, business, in memory or anonymous; the deadline to order is May 1. If you are interested in purchasing a Grygla Centennial History Book, you will need to do so by May 1, 2017. More detail/contact information will be included in the letter.

Extra attractions at the celebration include Steve Porter’s Trophy Whitetails, caricature drawings, wood carving, ‘Games to Go’ bouncy games and steamroller printing.

More detailed information on various memorabilia items available for order, along with deadline dates are included in the letter. Watch for the official Grygla Centennial poster to be distributed later this summer.

If you have any questions, please email gryglacentennial@gmail.com or write Grygla Centennial, PO Box 222, Grygla, MN 56727.



The Chargers girls basketball season came to an end last week. The boys basketball team has their 1st round playoff game this Thursday at NCTC at 7:45pm. More info on page 4. Pictured above is Hannah Dietsch. Photo courtesy of Coan Photography.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
5:30pm Lent Supper, 6pm Choir, 7pm Lent Service at Grace, 8pm Grace Council
Thursday:
6pm OS Lent Supper w/ 7pm Service
Sunday:
Grace: 9am Worship w/ no SS. OS: 10:30am Worship w/ 9:30am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Pastor TBA
Wednesday:
5:30pm Lent Supper w/ 7pm Service at OS
Sunday:
UL: 9am Worship w/ 10am SS OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday:
6:30 Lent Supper w/ 7pm Service at Ekelund
Sunday:
Bethany: 8:30 Worship, 9:45 SS
Ekelund: 9:45 Worship, 11am SS
Faith: 11am Worship, 9:45 SS

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge

Fr. Adam Hamness
Sunday:
St. Clement's: 10:15am St. Ann's: 12pm
BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Wednesday:
7pm Lent Service at Pine Grove
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:
5pm Wed School/Confirmation, 6pm Supper at Naz, 7pm Service
Thursday:
6:30pm Lent Service at St. Petri followed by bible study
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Oak Park: 9:45am Worship w/ 8:30am SS
Nazareth: 11am Worship w/ 10am SS
Tuesday:
5:30pm Mt. Olive Lent Service followed by bible study

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

Community Calendar

Wed | March 8
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Senior Citizen's March birthday party at Grain Bin Café 2:30pm

Thurs | March 9
1st round playoff game for BBB at NCTC 7:45pm

Fri | March 10
Senior Meals at Grain Bin Café 11am

Sat | March 11
Grygla Merchants Appreciation Breakfast at Community Center 7-10am

Sun | March 12
Daylight saving time 2am

Mon | March 13
Senior Meals at Grain Bin Café 11am; Grygla ECFE 6-7pm; Grygla City Council meeting 7pm

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Karl Sundberg EDITOR
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\$30 per year outside of the area

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GRYGLA LIBRARY LINK



Just a quick reminder that we're open Wednesday from 2-6pm; come check out what's new on the shelves. Our large print section has many new books this week; new next week includes non-fiction religious reads. See you at the library!

March WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of March 2017.
Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. WIC is very interested in enrolling pregnant women in the program. Prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. No proof of pregnancy is needed. All potential clients must contact the WIC Program to schedule an appointment.
The following is the schedule of WIC Clinics for the month of March.
Wednesday, March 8: Warroad Community Center
Thursday, March 9: Red Lake Falls Community Center
Monday-Friday, March 13-17: Thief River Falls Redeemer Lutheran Church
Monday, March 20: Warren Evangelical Covenant Church
Tuesday, March 21: Karlstad First Lutheran Church
Wed-Thurs, March 22-23: Roseau LifeCare Medical Center Basement Auxiliary Room
For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.
North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9-11am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information, contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.

Goodridge Talent Show

The 'Night of the Stars' talent showcase is scheduled for Thursday, March 16th. A variety of talents will take the

Elementary basketball night

The annual elementary basketball game night will be held at the Grygla School on Thursday, March 30th. Admission is \$2.00 per adult and \$1.00 grades 7-12. The games will start at 6:30pm with the preschool and kindergarten kids. 1st-3rd grade girls will play at 6:45pm. 1st-3rd grade boys at 7:05. 4th-6th grade girls at 7:25 and 4th-6th grade boys at 7:50pm. Please bring your child/children with you that

Grygla Merchants Breakfast

The Grygla Merchants will be hosting their Annual Customer Appreciation Breakfast this Saturday at the Grygla Community Center. The menu of free pancakes, sausage, coffee, juice and milk will be served from 7-10am. A free-

stage in the Goodridge School gym at 7pm that night. All community members are invited to attend the show.
evening. There will not be supervision for students between the end of the school day and the start of the games. The 6th grade will also have concessions of pop/candy/popcorn available.
ECFE will be doing their fundraiser this evening, as well. They will be serving BBQ's and chips from 5-7pm. They will also have various theme baskets, which you can buy tickets for a chance to win.

will donation box will be set up with all money going towards the Grygla Centennial. Come on out for a hearty breakfast this weekend as the Grygla Merchants appreciate all of their customers shopping locally.

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

Crocodilian \krok-uh-DIL-ee-uh n\ adjective
1. hypocritical; insincere 2. like or pertaining to a crocodile

School Lunch Menus

Grygla Lunch Menu
Wednesday, March 8: Pizza-Roni Hotdish, Lettuce, Cheese, Broccoli, Mandarin Oranges, Pineapple
Thursday, March 9: Tacos w/ Lettuce & Tomatoes, Corn, Peaches, Mandarin Oranges, Bread
Friday, March 10: Turkey or Cheese on a Bun, Macaroni Salad, Baked Beans, Carrots, Fresh Fruit
Monday, March 13: Hot Dog on a Bun, French Fries, Peaches, Pears, Garlic Toast
Tuesday, March 14: Chicken Patty on a Bun, French Fries, California Blend Veggies, Pineapple, Applesauce
Goodridge Lunch Menu
Wednesday, March 8: Pork Chop Patty, Seasoned Rice, Green Beans, Peaches and Pears
Thursday, March 9: Chili w/ Cheese & Crackers, Broccoli, Carrots & Celery w/ Dip, Apples or Oranges, Cinnamon Roll
Friday, March 10: Cheese Pizza, Tossed Salad, Steamed Carrots, Fruit Salad
Monday, March 13: Quesadilla, Corn, Romaine Lettuce, Tomatoes, Peaches, Pears
Tuesday, March 14: Tacos w/ Lettuce & Cheese, Green Beans, Applesauce

NOTICE OF ANNUAL MEETING AND ELECTION OF OFFICERS

Notice is hereby given to the qualified voters of Benville Township, County of Beltrami, State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 14, 2017. In case of inclement weather, the meeting and election will be postponed until the third Tuesday in March.
The Election Poll Hours will be open from 5:00 p.m. to 8:00 p.m., at which time the voters will elect:
Supervisor
Treasurer
The Annual Meeting will commence at 5:00 p.m. to conduct all necessary business predetermined by law.
The Annual Election and Meeting will be held at the following location:
Benville Town Hall
Marie L. Reid, Town Clerk, Town of Benville

Annual Meeting to be held

The annual meeting of the Marshall County Association of Townships will be held on Saturday, March 18, 2017 at 9:00 a.m. Registration begins at 8:00 a.m. at the Newfolden Community Center. A noon meal will be served. The registration fee of \$15.00 is payable at the door. In case of inclement weather the meeting will be held on Saturday, March 25, 2017. Any and all business properly presented will be considered. All resolutions should be presented in written form. Election of directors from District #4 and #6 will be held. All township officers and interested persons are invited to attend.
Dated: Feb. 28, 2017
Jill K. Hall, Secretary-Treasurer



Lucas and Tori Miller, of rural Goodridge, have been nursing this little calf back to good health! Born premature on February 16th at only 18 pounds, they have been bottle feeding her 2-3 times a day allowing her to gain more weight and muscle as she should. Tori says the little calf starts jumping around in her pen when she seems them coming with her bottle. TOO CUTE!



Lewis Jones, son of David and Lori Jones, placed 2nd at the Regional Knights of Columbus Hoop Shoot in Bemidji on Sunday. He made 21/25, which was right behind the winner at 22/25.

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Make sure to attend the Grygla Merchant's Appreciation Breakfast on Sat., March 11th! We appreciate YOU!

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FAX (218) 294-6239 FAX (218) 687-2328

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

I needed to find a quick and easy recipe – this one stood out. Apple Pie Cinnamon Bars.

Ok, I'm sold. Let's get started, I thought. I got all the ingredients needed, which wasn't much. I was so happy to see that no butter was called for in this recipe. I have no idea why, but I hate baking with butter. Most of the time, the recipe calls for 'room temperature' butter and mine is always rock hard from the fridge. Then, because I forget to take it out, I have to soften it in the microwave and it melts. EVERY DARN TIME. So yeah, I hate recipes that call for softened butter. Also, don't let the batter for this recipe freak you out. When I added the egg mix to the flour mix, it looked awfully dry and like it wouldn't blend/moisten up nicely. But it definitely did, so no worries.

I also loved that every dish I used was dishwasher safe, so cleanup was even easier. Prep time is literally 5-10 minutes TOPS before this goes in the oven making it one of the easiest recipes ever. Definitely one to keep handy for when com-

pany swings over!

Ingredients:
1 ¼ cups flour
2 tsp baking powder
Pinch of salt, nutmeg and ground cloves
1 tsp cinnamon
2 eggs
¾ cup sugar
½ cup canola oil
½ cup milk
1 can apple pie filling
Topping:
2 tbsp sugar
1 tbsp brown sugar
1 tsp cinnamon

Instructions:
Preheat oven to 350 degrees. Grease a 9x13 pan, set aside. In a medium bowl add the flour, baking powder, salt, nutmeg, ground cloves and cinnamon. In another bowl beat eggs, sugar and oil together. Pour that mix, along with your milk, into the flour bowl. Mix together. Place just over half the batter in the bottom of the prepared pan. Dollop spoonfuls of apple pie filing over the batter. Drop spoonfuls of remaining batter onto the apples.

Mix the cinnamon and sugars together for the topping. Sprinkle over top and bake for 45 minutes.



A Note from Principal Lunsetter's Desk

"The best way to find out if you can trust somebody is to trust them."

- Ernest Hemingway

I think that it is almost impossible to trust someone else if we act in ways ourselves that are untrustworthy. If we believe that others are trying to out-wit us, or pull one over on us, we go into self-preservation mode and do things that lead others to question their trust in us. The only way to really find happiness is to not worry so much about what others are doing, but instead do the right things for no other reason than it is the right thing to do. When we do that, others see that they can trust our intentions, and it becomes easier for people to build trust between each other. Because of that, it's important to try and be what you want to see in others, and then those qualities can be reciprocated.



The Grygla Ice Devils coordinated another Youth Hockey Day last Sunday in Grygla! Youngsters had fun spending the afternoon on the ice with various members of the Ice Devils reffing, playing goalie and helping coordinate the fun event!



This group of elementary kids enjoyed the youth hockey day in Grygla last Sunday. Back row, L-R: Gus Jones, Cooper Aune, Brody Saurdiff, Joseph Stinson, Connor Boutain and Breah Przekwas. Front: Ice Devils goalies, Charlie Wells and Kevin Nelson.



The Goodridge/Grygla 5th grade boys placed 1st in the tournament at Goodridge Elementary School on Feb. 25th.



The Goodridge/Grygla 6th grade boys also placed 1st in the basketball tournament that was held in Goodridge on Feb. 25th. The team is coached by Randy Henrickson and Darrin Arveson.



The Goodridge/Grygla 5th grade girls placed 3rd in the 5/6 grade tournament in Goodridge on Feb. 25th. The team is coached by Desiree Konickson.



The Goodridge/Grygla 6th grade girls took home 1st in the Goodridge tournament on Feb. 25th and also took 1st in the Grygla 5/6 grade tournament this weekend. This photo was taken in Grygla last Saturday. The team is coached by Stacy Anderson.

Health and wellness column

Written by Tara Waltman

Who has issues with smelly armpits? Question of the day. Or have you ever found yourself lifting up your arm in public to check to see if you smell? For those who don't have to worry about this, it's a small miracle from God. In all seriousness, let's talk about strategies to combat stinky pits.

I made a commitment to writing a newspaper column weekly. What would be nice is to apply this same level of commitment to my pits. I would like to make a commitment to detox them a little more than once. Now you might be thinking what is this lady talking about? Let me explain. Detoxing your pits helps to not stink! It can also help if your pits have a reaction to natural deodorant. To detox my pits, I use apple cider vinegar, water and Bentonite clay (Indian healing clay). Mix together and rub on your pits. It would be ideal to do this daily for a period of time. I got the recipe and instructions on how to do this from wellnessmama.com. This website is awesome; it has so many helpful recipes for making homemade, natural products. The recipe for my detox is: 1 tablespoon Bentonite clay, 1 teaspoon apple cider vinegar, 1-2 teaspoons of water. Mix and spread over the armpits. Let sit for 5-20 minutes (start slow and work your way to 20 as you do the detox). Wash off in the shower or with warm washcloth. Repeat daily or as needed until under-arm odor goes away.

Another thing about pits, is that one of the main ingredients in most deodorants is aluminum, which is a heavy metal. Heavy metals are something to avoid as they can have estrogenic effects on breast cancer cells. Rather than aluminum, I use Young Living (YL) deodor-

ant and YL Thieves toothpaste (this has worked the best for me) as a deodorant. Yes, I use toothpaste on my armpits, don't judge. I have also used YL lemon essential oil (can use fresh lemon) and YL purification essential oil on my armpits to mix it up a little. Our bodies can build up tolerances to products so it's good to have a little variety. One thing I started to learn about is what was in my products. I would learn about chemicals if I didn't know what they were.

Good luck to you all in taking care or your own armpits and have fun trying out some of these new strategies!

On another note, I heard back from a few of you and received some names for this weekly column. Thanks, folks! Some of the names include: Hippies & Health, Tara's Talk, Natural Solutions and Dear Tara. I will pick a name for the column next week! Stay tuned! Also, next topic is on pets. Pits this week and pets next week. Made sense to me!

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 Darrell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.



CROSSWORD											
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StatePoint Crossword Puzzle

Theme: Delicious Desserts

ACROSS

1. Scottish Highlands' pattern
6. ____ Brown from "Back to the Future"
9. "For ____ the Bell Tolls"
13. Alluring maiden
14. Feminists' 1923 proposal, acr.
15. Push
16. Not Ionic or Corinthian
17. SNL's "home"
18. Acquired behavior pattern
19. *Danish or croissant
21. *With ice cream
23. Color wheel feature
24. **"Baking with Julia," e.g.
25. Rejuvenating spot
28. Stephen King's "The Green ____"
30. License to park, e.g.
35. Olympic castaway?
37. Read, watched or listened to
39. Hot spot
40. Swirling vortex
41. Wilt "The ____" Chamberlain
43. Beginning of musical staff
44. DNA and RNA
46. Recipe direction
47. Saw incision
48. Rh in Rh disease
50. "Follow me!"
52. Pig's digs
53. Loud get-together
55. Actress Thompson
57. *Apple coat
61. *Like Cherries Jubilee
64. Defendant's excuse
65. One who copies behavior of another
67. Lion sounds
69. "Thesaurus" author
70. Intelligent humor
71. Grassy plain
72. School activity
73. Anagram for #49 Down

74. Those in favor

DOWN

1. High degree
2. Roller coaster feature
3. Heavenly glow
4. March celebrants
5. Authoritative declaration
6. Refuse to accept
7. Eyeball shape
8. *Chocolate tree
9. George Michael/Andrew Ridgeley duo
10. Great Depression drifter
11. "Metamorphoses" poet
12. Boundary line
15. *Milk-based concoctions
20. Buggy control, pl.
22. Chop off
24. Cause to be enamored
25. *Common dessert ingredient
26. Study of behavior and mind, for short
27. Eagle's nest
29. "____ Make a Deal"
31. Medieval torture device
32. The cocktail Moscow ____, pl.
33. Dead to the world
34. *Seaside candy
36. *In M&M's pack: browns, greens and these
38. Fit for a skinny one
42. Online troublemaker
45. What to do with an application
49. Greek letters on campus
51. Almost
54. Shredded cabbage dishes
56. Mexican detergent plant
57. Rental on the links
58. Medicinal succulent
59. Semis
60. Send a criminal hand
61. Sheep's milk cheese
62. Barnyard sounds
63. Marine eagle
66. *____-throwing contest
68. Vessel's last call



Ashley Moe puts up 2 of her 6 points in the game against WAO last week. (Photo by Coan Photography)

Girls basketball comes to an end for the season

The Goodridge/Grygla Chargers girls basketball season came to an end last week when the team lost to Warren/Alvarado/Oslo in Goodridge on Thursday night. The final score of the game was GG 29, WAO 50.

Varsity Head Coach, Elroy Johnsrud, said of the game, "WAO came out and played

a good game. They came out and hit a couple 3's right away which gave them some momentum. We were getting some shots in the first half but only shot 11%. The girls fought hard in the 2nd half, but it wasn't enough." He added in closing, "I am proud of the girls for the season that they had. How they improved and grew as basket-

ball players. It's going to be tough to see our 6 seniors go. They brought a lot of leadership to the team."

Points: Ashley Moe 6, Hannah Dietsch 5, Ashlyn Henrikson 9, Karlee Johnson 3, Brooke Anderson 3, Mercedes Coan 1, Brooke Limesand 2.

Congratulations on your season, Chargers!

Boys basketball heads into playoffs

The Chargers boys basketball team is gearing up for the 1st round playoff game this Thursday night at NCTC in TRF at 7:45pm. The winner of that games plays on Saturday, March 11th at the Ralph Engelstad Arena in TRF at 5:15pm. Here is the BBB playoff brackets:

<http://www.mshsl.org/mshsl/showbrackets.asp?tourmid=477>

Last week, Tuesday the 28th, the boys team hit the

road to play BGMR. They came out with a victory of 70-55.

Varsity Head Coach, Mike Gast, remarked, "We played very well in spurts. We need to show more consistency in our execution of things we want to do. The kids play hard and they have been great to coach this year. I'm so very proud of the whole team, but especially the seniors. They have been great leaders and hard-working role models for the program. We have a lot of work to do to reach

our goals, but it's been a great year so far. I'm very happy for the players."

Scoring: Blaine Kriel 20, Dylan Walker 18, Tyler Stinar 12, Ben Groven 7, Dylan Manderud 6, Jaden Kiesow 2, Jesse Wiseth 2, Mike Jelen 2, Hogan Lundeen 1

Rebounds: Walker 10, Kriel 7, Stinar 7, Groven 6, Lundeen 4, Manderud 3, Kiesow 2, Robert Brummitt 1



Hudson McMillin (above) and Lucian Tinnes (below) at the free throw line in the last Chargers 'C' game of the season last week, February 28th. The 'C' team beat the BGMR Gators that evening!



Mariah Coan on cast of Bemidji State University Opera Theatre production

A student from Goodridge was on the cast for Bemidji State University Opera Theatre's 2017 production, "Speed Dating Tonight!" a comic opera in one act, which opened a four-show run on March 3.

Mariah Coan, a freshman majoring in music education, daughter of Robert and Deanna, played Dater 7: Pat the Bassoonist in "Speed Dating Tonight!"

"Speed Dating Tonight!" presented a unique experience for opera-goers, as it was structured to give production companies a broad variety of date scenes that can be selected based on available cast. In addition, those scenes can be adjusted to fit different voices and rearranged to appear in different orders during the show. As a result, BSU's performance of "Speed Dating Tonight!" was unique, differing in style and content from any of the opera's previous performances, and from any performance that other companies might produce in the future.

"Speed Dating Tonight!" ran March 3-5 in the Main Theatre of BSU's Bangsberg Fine Arts Complex.



Mariah's family attended her performance at BSU last Sunday. Robert and Deanna are pictured with their children, Mariah, Mercedes, Spencer and Morgan.

About "Speed Dating Tonight!"

"Speed Dating Tonight!" was first performed in 2013 as a commissioned piece for the Brevard Music Center's Janiec Opera in Brevard, N.C. The opera, which is specifically crafted to support small, intimate performances, apprentice programs, university opera and musical theatre groups, includes parts for as many as 30 singers with flexible roles that can be adapted to fit a varying number of singers with different voice types or genders. Since its 2013 North Carolina premiere, "Speed Dating Tonight!" has been performed nearly 50 times, with some performances leading into an actual speed-dating session.

Bemidji State University's 48th annual Madrigal Dinners

Mariah Coan also participated in Bemidji State University's 2016 Madrigal Dinners, an annual musical dinner production by the university's

Department of Music. The Madrigal Dinners, presented by students representing a variety of majors across campus, recreated a yuletide feast in an Elizabethan Renaissance-era castle, complete with the king and his royal court, beggars and the King's Players, who perform the masque.

Coan was a waiter in the production, which was held in December.

Bemidji State University's Madrigal Dinners have become a northern Minnesota yuletide tradition since they were first performed in 1968 under the direction of Dr. Paul Brandvik, professor emeritus of music. The tradition has spread, and madrigal dinners are now performed by various groups across the country.

Mariah stays active at BSU by attending classes to obtain

a degree in music education. Along with her theatrical performances, she also participated in the BSU Pep Band, playing for football, volleyball and hockey games.

Bemidji State University, located in northern Minnesota's lake district, occupies a wooded campus along the shore of Lake Bemidji. A member of the colleges and universities of Minnesota State, Bemidji State offers more than 80 undergraduate majors and 11 graduate degrees encompassing arts, sciences and select professional programs. Bemidji State has an enrollment of more than 5,100 students and a faculty and staff of more than 550. University signature themes include environmental stewardship, civic engagement and global and multi-cultural understanding.



Mariah Coan, of Goodridge, was on the cast for Bemidji State University Opera Theatre's 2017 production, "Speed Dating Tonight!" a comic opera in one act, which opened a four-show run on March 3.



It was a battle for the ball last weekend in Grygla! The Sports Boosters put on a 5th & 6th grade tournament with four teams in attendance. Pictured above is Grygla 6th grader, Kaylor Torgerson. Pictured below is Goodridge 5th grader, Mimi Johnson.

