



				
Today	Thurs	Fri	Sat	Sun
Cloudy	Partly Cloudy	Mostly Cloudy	Mostly Sunny	Cloudy
H 25 L 3	H 17 L 0	H 32 L 26	H 40 L 22	H 34 L 14

Wednesday, March 1, 2017

NOW ONLINE www.tricocanary.com

Vol. 43 Number 35

A look at next week... Grygla Centennial Committee releases schedule of events for Grygla's 100th birthday party to be held the weekend of August 25-27

Grygla/Gatzke Food Shelf begins March Campaign

Be the hero. Fight Hunger.
March is here! That means it is time for the 2017 Minnesota Food Share March Campaign for Hunger Awareness. The Grygla/Gatzke Food Shelf will again participate by requesting food and monetary donations during the month of March. The food shelf is eligible to receive funding from Minnesota Food Share based on the funding raised and the amount for food items donated (number of pounds).
This is their biggest fundraiser for the year as the ability to generate matching funds makes it all the more worthwhile. The friendly competition at local churches, 'Pack the Pews,' makes it fun as well.
The seriousness of the need for a food shelf is not a laughing matter, though. Statistics show that 1 in every 10 people in Minnesota worry about where their next meal is going to come from and this especially impacts children and senior citizens. That is why there are over 300 food shelves in Minnesota – to help alleviate their worries.
The food shelf is run on individual donations and any grants that are received. With that help, they are able to buy food items through the North Country Food Bank at a greatly reduced rate, but support is needed to keep this program going.
Everyone (individuals, civic organizations, and businesses) is urged 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 Treasurer Lori Thompson, 222 South Evelyn, PO Box 105, Grygla, MN 56727.
35th Annual Minnesota FoodShare March Campaign
The Minnesota FoodShare March Campaign has geared up to help replenish food shelves across the state during the month of March. Some 300 local food shelves across Minnesota depend on this effort to help meet hunger needs in their communities, including the Grygla/Gatzke Food Shelf.
Historically, March has been identified by food shelf and other hunger relief workers as a critical time of year. Donations are typically way down following the holidays and hunger remains persistent. Ironically, while the economy overall has been improving, the number of hungry neighbors among us remains stubbornly high. Minnesota FoodShare reports that the number of elderly in Minnesota who are seeking hunger relief has nearly doubled since 2009. Curt Peterson, Interim President and CEO of Greater Minneapolis Council of Churches (GMCC), says "hunger and access to sufficient amounts of healthy food continue to be concerns in many communities. Food shelves across the state had

more than 3 million visits in 2016, making it six years running that we've hit that troubling benchmark."
The Minnesota FoodShare March Campaign encourages individuals, businesses, faith communities, civic organizations, schools, and other groups to support their local food shelf during the month of March. People can connect with their local food shelf or they may register with Minnesota FoodShare to become an official March Campaign partner in collecting food and donations on behalf of their local food shelf. Information and registration is available on the Minnesota FoodShare website at www.mnfoodshare.org.
"Even if you aren't able to organize to support your local food shelf, you can make a difference by making a donation directly to Minnesota FoodShare" says Peterson, "funds raised during the March Campaign will be distributed to participating food shelves. Cash is most valuable to food shelves because they can purchase exactly what their community needs and they can get about \$4 worth of groceries for every \$1 they spend."
The 2017 March Campaign kicks off during the week of February 27 and runs through March 31, 2017. To learn more about the Minnesota FoodShare March Campaign, sign up to participate, or make a donation, visit www.mnfoodshare.org.

Along with various food items, the Grygla/Gatzke Food Shelf also accepts toiletries of numerous kinds: toilet paper, kleenex, bath soap, shampoo, conditioner, lotion, feminine sanitary supplies, laundry or dish detergent, bleach, toothbrushes, toothpaste and deodorant.
For more items the food shelf is in need of, see a more detailed list included in next week's article.



Nolan Anderson and Cheyenne Irlbeck, Grygla Student Council members, helped unload the food delivery truck last week in Grygla. The local food shelf is open the 3rd Saturday of each month (after the first Tuesday). The Thursday prior to it being open, the food delivery truck comes from Crookston to drop off supplies. Grygla Student Council members volunteer with the monthly event during the school year. If you are willing to help out during the summer months, please contact Cheryl Sistad. Unloading/shelving the supplies takes roughly an hour.



Cheryl Sistad, left, was recently recognized in the Cenex 'Tanks of Thanks' program as a way of saying 'thanks' for all she does as the chairman for the Grygla/Gatzke Food Shelf. Nominated by Shirley Holte, food shelf director, Cheryl received a \$50 Cenex Gift Card that can be used on fuel, convenience store purchases or anything else available at the Cenex location.

Bernstein honors Sparby at 'Gratitude Night' in Oklee

Mitch Bernstein, a 1992 Grygla graduate, says his former basketball coach was a positive influence in his life. "I probably wouldn't have gone into coaching if it wasn't for him," Bernstein revealed.
That coach, who had an impact on Mitch, is Steve Sparby, who was recognized at a special event in Oklee last week.
Red Lake County Sheriff Mitch Bernstein coaches the RLCC Mustangs girls JV basketball team. The team held a special event last Thursday, February 23rd, called 'Gratitude Night.' Each JV and Varsity girls basketball player, along with their coaches, were asked to invite someone to the game who had inspired them; someone other than a relative. The special recognition event was an idea of Mark Bagaason, RLCC head coach for the girls varsity team. Bagaason was an assistant women's basketball coach at Bemidji State, where they did 'Gratitude Night' there. It proved to be a success so Bagaason coordinated a similar occasion for the RLCC athletes.
The event was held in conjunction with the RLCC Mustangs last home game against Bagley. (They ended up getting the win, too!) Each special guest was invited to attend the game with free admission. Afterwards, they were each introduced to the crowd. 2 coaches and 19 players (between JV/V) invited their special guests to be recognized on the gym floor that evening.
Mitch says, "We were asked to select someone who has had an impact on us. Steve immediately came to mind as someone who has been a positive influence in my life. He was my JV basketball coach and assistant coach when I was on varsity. He was always demanding, but in the most positive way. To



Pictured above is Steve Sparby with Mitch Bernstein. Below are all the players, coaches and their special guests.



this day, I enjoy running into him and being around him."
When asked what one thing Mitch does with his JV team that Sparby did with his, Mitch replied, "I connect with my players personally. That was one of Steve's gifts; it's important to me and I'm trying to

pass that same thing on."
Mitch and his wife, Krista, have two daughters. Their eldest, Julia, plays on the varsity team and also was asked to invite a special guest she was grateful for; she invited her 2nd grade teacher, Penni Nelson.



The American Legion Auxiliary held a pizza party for the Grygla School Patrol last week! Students in grades 4-6 work hard at keeping their fellow students safe and set a positive example for their peers. The American Legion Auxiliary wanted to recognize these students for their dedication.

DNR urges caution on rapidly deteriorating ice

As unseasonably warm weather quickly deteriorates ice conditions on lakes across much of the state, the Minnesota Department of Natural Resources urges lake recreationists to take caution.
Over the past week, public safety officials have reported more than a half-dozen ice emergencies across the state involving anglers and snowmobile or ATV riders breaking through thin or weak ice.
"The freeze-thaw cycle produces extremely weak ice that is dangerously deceptive in its appearance and how thick it measures," said Lisa Dugan, recreation safety outreach coordinator with the DNR's boat and water program. "Considering the continuous number of days with above freezing temperatures the ice is rapidly melting, even clearing in many

parts of the state."
The mandatory date for ice shelter removal is March 6 for the southern part of Minnesota and March 20 for the northern part of the state. However, county sheriffs may prohibit or restrict the use of motorized vehicles if dangerous ice conditions are present. The DNR recommends no vehicle traffic and the removal of ice shelters on lakes that are being affected by the thaw.
"We've had reports of anglers falling through ice that was just fine an hour earlier. That's how fast things can change," Dugan said. "If you do choose to venture onto unsafe ice, use extreme caution. Use a chisel to check the strength of the ice frequently and be sure to wear a life jacket or float coat."
According to the DNR, many

lakes and rivers in southern and central Minnesota are on their way to being ice-free, going from ice-covered to open water over the course of a day or two. As the sun gains strength with the onset of spring, ice conditions can change dramatically within a matter of hours even when the air temperature may remain cold.
Dugan also emphasized doubling the DNR's ice thickness recommendations for ice that has thawed and refrozen. Old ice is only half as strong as new, clear ice.
For additional information about ice safety, visit www.mndnr.gov/icesafety.
For ice shelter removal information visit <http://www.dnr.state.mn.us/fishing/shelter.html>

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm Confirmation, 8pm Interfaith Bible Study
Sunday:
Grace: 9am Worship, No SS
OS: 10:30am Worship w/ 9:30am SS.

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor TBA
Sunday:
United: 9am Worship w/ 10am SS
OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, 3-1:
Ash Wednesday - 6:30
Supper/7pm Worship at Bethany
Sunday:
Bethany: 8:30am Worship, 9:45am SS
Ekelund: 9:45am Worship, 11am SS
Faith: 11am Worship, 9:45am SS

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hanness
Sunday:

St. Clement's: 10:15am Worship
St. Ann's: 12pm Worship

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship
9am Bethesda Ladies

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 Merseeth
Wednesday:
Wednesday School/Confirmation 5-7pm
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship, 9:15am SS
Oak Park: 9:45am Worship, w/ 8:30am SS
Nazareth: 11am Worship w/ 10am SS

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

Notice: Steenerson Township

Steenerson Township will hold it's Annual Meeting and Election of Officers March 14th at the Steenerson Town Hall with election hours 5:00 til 8:00 pm.
Meeting at 5:00 pm. Town Officers to be elected are: Supervisor - 3 yr. term and Treasurer - 2 yr. term
Attention: In case of inclement weather, the meeting will be held the following Tuesday, March 21st at the same polling place and time.
Darlyne Roen, Town Clerk

MINNIE TOWNSHIP NOTICE OF ELECTION AND ANNUAL MEETING

Minnie Township election of officers will be held at Minnie Town Hall, 65964 Fourtown Road NW on March 14th, 2017 between 05:00 PM and 08:00 PM. Annual meeting will follow at 08:00 PM at the same location.
TOWN OFFICES TO BE ELECTED ARE:
SUPERVISOR FOR 3-YEAR TERM
TREASURER FOR 2-YEAR TERM
MINNIE TOWNSHIP
RAY HENDRICKSON, CLERK 1/17/2017

Request for Bids

Grygla School: remove existing glass block exterior walls on east elementary classrooms and on east and west sides of music room, replace with steel studded walls, insulation and new windows. Projected Start Date: 5-15-2017.
For information and written bids contact Jamie Lunsetter, K-12 Principal, Grygla School, PO Box 18, Grygla, MN 56727, phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Bids due to Jamie Lunsetter by 3 PM, 3-15-17. The district maintains the right to accept/reject any/all bids.

Leah Schulz named to Dean's List

Dr. Keith Stenehjelm, Vice President for Academic Affairs at Mayville State University, announced that Leah Schulz, Grygla, has been named to the

Dean's List for the Fall Semester of 2016 at Mayville State University.
In order to be named to the Dean's List, students must at-

tain a grade point average of 3.5 or higher and successfully complete a minimum of 12 graded credit hours.



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Thank You!
I want to thank Pam Mostrom for nominating me to receive the \$50 'Tanks of Thanks' gas card. It was appreciated. And a special recognition to the Grygla Community - what a great place to live!
Lon Englund

Annual Spruce Grove Township Meeting
Tuesday, March 14th at 1pm Grande Corner
Also make note on your calendar:
Spruce Grove Township Board of Review
Tuesday, April 11th at 10:30am Grande Corner

ANNUAL MEETING
Lee Township/ Beltrami County
March 14 at 2pm at Wally Byklum's home

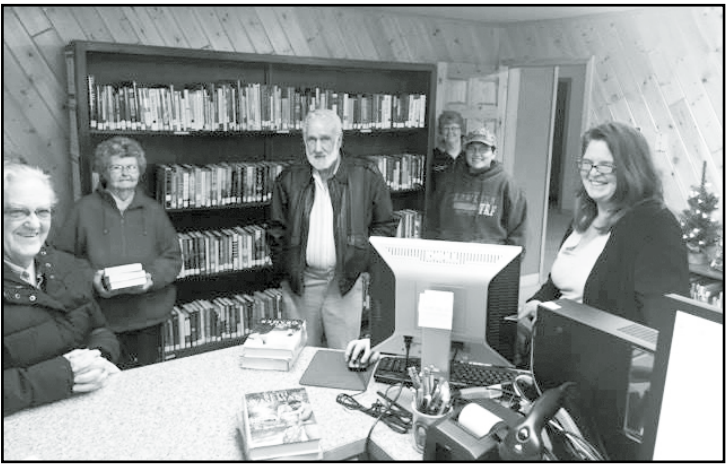
Grygla High School Quarter 2 Honor Roll

- 'A' Honor Roll
7th: n/a
8th: Mya Anderson, Madison Cullen, Gracie Lunsetter
9th: Maci Bakken
10th: Cheyenne Irlbeck, Abby Kiesow, Sarah Suchoski, Lucian Tinnes
11th: Brooke Limesand
12: Ashley Moe, Kaity Olson, Alison Satre
'B' Honor Roll
7th: Nolan Anderson, Walter Jones, Avery Moe, Ellie Saborin, Riley Saurdiff, Clayton Suchoski, Justin Thompson, Brigitte Watne
8th: Jamie Dougherty, Jared Haack, Levi Kiesow, Hailey Knutson, Chloe Kuznia, Jake Olson, Eli Sundberg
9th: Evan Fish, Layla Jelle, Hudson McMillin, Elise Monson, Bailey Watne
10th: Jake Ashlbeck, Ethan Englund, Jaden Kiesow, Anthony Loken, Peyton Verbout
11th: Taylor Berberich, Shawntel Ignaszewski, Clayton Irlbeck, Trystan Jelle, Carlye Kiesow, Chris Luttrell, Alaina Monson, Julianne Nordby, Hailey Vad
12th: Ryce Skime, Katrina Smith

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GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian
Greetings from your library! New this week on the shelves is Young Adult fiction. Come check out the new selection, which adults love, too. New next week are books in large print. To be honest, though, we're getting new books in weekly because of our new system in place, so you've probably noticed a lot of new books on the shelves already, which I know you all love.
I have a few pictures to share with you. Last Wednesday was a very busy week in the library. I loved every second of it! Do you want to know how many people came in? 37. Isn't that awesome for our little library? Of course I snapped a few photos and thought they were too cute not to share. This one, though, is kind of funny. The system went down as they were working out some kinks within it. We had nothing to do but wait it out and find some humor in it. Thanks to these dedicated patrons for being so patient while we had nothing to do but hang out! (L-R: Doris Klamar, Doris Smeby, Orley Arneson, Pam Mostrom, Bethany Yager and Tammy Askeland.)



The next photo below is of Samantha Nordby. She came in to pick herself out a couple books and also asked if I'd help her pick a couple for her mom, Jessica. She said her mom likes to read before bed so she wanted to surprise her. Isn't that sweet?



Tausha Severts brought her crew of kiddos in last Wednesday, too. They love to come in, read books, check out books, play on the computers and iPads and just make themselves at home. It's EXACTLY what young ones should do when they come into the library for a visit. Pictured here is Harper, who is picking out a few books to bring home. I think it's safe to say that she's totally judging books by their covers, right? Haha.



Hope you enjoyed the photos. Before I let you go, I wanted to share with you an upcoming event! If you don't have any plans on Thursday, March 9th, consider heading into the TRF Public Library at 11am. They are putting on an event called "Flamenco: A Touch of Spain." The description says: Join us for an exciting new music and dance ensemble dedicated to presenting the art of flamenco in its most authentic form and "Nuevo Flamenco" which incorporates flute, bass, percussion and guitar. Dancers complement the music with fiery and beautiful movement, lightening-fast footwork and colorful turns!
It's so fun when a variety of cultural events are on the area calendars, isn't it? I hope some of you take advantage of the fun opportunity. In the meantime, we'll see you at the library!

OF INTEREST

Thief River Falls Area Community Theater announces auditions
Are you interested in performing on stage? Have you always wanted to give it a try? The Thief River Falls Area Community Theater would like to cordially invite you to open call auditions for their summer 2017 season shows. Shows being auditioned for at this time include The Drowsy Chaperone (June 20-24), a hilarious modern musical written that takes place in the 1920s, directed by Gretchen Weinrich and Sherry Knott; and a small-cast play entitled The Boys Next Door (July 18-20), written by Tom Griffin and directed by Teresa Rankin McGriff.
Auditions will take place at the Thief River Falls United Methodist Church, located at 116 North Horace Avenue, on Thursday, March 9, and Friday, March 10, between 4:00 and 6:00 p.m. Come any time during those hours. For The Drowsy Chaperone, you will need to have a song prepared. An accompanist will be provided, but you must bring sheet music with you. There will also be several song books available, if you should need them. Teens through adults of all ages are welcome and encouraged to audition. For The Boys Next Door, you will be asked to read from the script. Samples are available at: www.trfact.org

and The Sound of Music. Auditions for those shows will take place in April. Those interested should watch for further notice. Join us on Facebook for all the latest information and updates.
Questions? Contact TRFACT Executive Director Jane Anderson at mjander@mncable.net

Community Calendar

Wed | Mar 1
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla Centennial Meeting at Community Center 7pm

Thurs | Mar 2
Goodridge Blood Drive at the school 9:30am-2:30pm

Fri | Mar 3
Senior Meals at Grain Bin Café 11am

Sat | Mar 4
5-6 grade basketball tournament in Grygla 9am

Sun | Mar 5
Youth Hockey day at arena in Grygla 12pm

Mon | Mar 6
Senior Meals at Grain Bin Café 11am

Please email the Grygla Eagle with your events for the community calendar! grygla.eagle@gmail.com

School Lunch Menus

Grygla School
Wednesday, March 1: Pizza, Orange, Tossed Salad, Green Beans
Thursday, March 2: Hamburger on a Bun, Pineapple, Peas, French Fries
Friday, March 3: Tomato Soup, Toasted Cheese Sandwich, Celery, Carrots, Fresh Fruit
Monday, March 6: Italian Hoagie, Baked Beans, Carrots
Tuesday, March 7: Meatballs & Gravy, Mashed Potatoes, Corn, Fresh Fruit

Goodridge School
Wednesday, March 1: Egg Salad or PB Sandwich, Tomato Soup, Cheese, Broccoli, Carrots, Celery w/ Dip, Apples & Oranges
Thursday, March 2: Hamburger Macaroni Casserole, Green Beans, Tossed Salad, Peaches, Bread
Friday, March 3: Shrimp Poppers, Seasoned Rice, Broccoli, Bread, Mandarin Oranges
Monday, March 6: Chicken Patty on a Bun w/ Lettuce & Mayo, Green Beans, Peaches, Pears
Tuesday, March 7: Scaloped Potatoes w/ Ham, Cole-slaw, California Blend Veggies, Mixed Fruit, Cinnamon Roll

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Kari Sundberg - EDITOR
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PROPOSALS WANTED

Grygla Public School District (#447) requests proposals for group insurance coverage for the health plan year beginning July 1, 2017. Sealed proposals will be accepted in paper form until 4:00 PM central time on Monday, March 20, 2017, at the Grygla Public School, PO Box 18, 114 N. Fladeland Avenue, Grygla, MN 56727. Copies of the request for proposal and exhibits may be requested from Superintendent Galen Clow at gclow@grygla.k12.mn.us and will be sent electronically at no charge. District reserves the right to select the proposal which it determines to be in the best interest of the District.

Informational meeting for sewers

There will be an informational meeting at Grace Lutheran Church on Saturday, March 11th, at 10am, regarding the 'Sewing for Veterans.' With the VFW post closed, the group will be discussing the reorganization of the event, along with setting up future sew dates.
Thrivent Financial has made a donation of \$250 to be

used for fabric, which Barb Picolet has and will bring the day of the meeting. Anyone who loves to sew is welcome. If you don't sew, you can still offer your help by tying the quilts.
The plan is for the group to meet weekly in the upcoming months at Grace; date/time TBD. For more information, call barb at 218-294-6555.

Goodridge Blood Drive

The Student Council and the Goodridge Lion Tamers will be hosting a Blood Drive on March 2nd in the small gym at the

school from 9:30am-2:30pm. Please go to www.bloodhero.com and use the sponsor code: goodridge to sign up.

Wednesday, March 1, 2017



Marshall County Historical Society asks for help

We need your help! Before Minnesota became a state, the bulk of the territory’s population was not located in the current Twin Cities area, but far to the north. In the mid-1800s, ox carts carried tons of furs from the north to St. Paul. Later, as more people came to the area, they needed a reliable way of transporting their belongings, and the ox carts were once again the answer.

The Marshall County Historical Society has a collection of glass negatives. Charles Berget from Andover, MN, is now scanning these negatives that we will make photographic prints of. This photo is one of these. It shows a family wearing their Sunday finest, in their wagon, pulled by oxen.

Are these people familiar? Could they be your grandparents or great-grandparents? Does anyone recognize the area of Marshall County that this photo was taken?

If anyone knows this family, or the area where the photo was taken, please contact the historical society at 745-4803.

New ‘health and wellness’ column



Written by Tara Waltman

What are your goals for the year? Well, one of my goals was to start writing and gaining some experience in that area. So, at the age of 35, I decided to start writing a newspaper column. I haven’t written for a paper since I was in high school so go easy on me, everyone!

My name is Tara Waltman. I was born and raised in MN! I am the daughter of the in-

famous Darell (YoHawn) and Karen. I have family in Grygla and love that area. I moved across country to live in Amish Country! I have a beautiful family and I am enjoying life out on the east coast where it is a little warmer.

I really like talking about health and wellness (just ask some of my friends and family). I know that this can be difficult in the fast paced world we live in, but I’m hoping to offer some helpful tips on ways to take care of our bodies and our minds. I work as a licensed clinical social worker doing outpatient therapy working on health and wellness for people. I also am a Young Living Essential Oils consultant and have found this to be fun and rewarding in so many ways.

My first topic is on gut health! Doesn’t that sound fun and interesting? Why have a healthy gut, you ask? Seventy percent of our immune system

is in our gut! So this will help us to stay healthy.

One way I like to keep my body healthy is through essential oils. I have found that essential oils and other Young Living products have really helped my family stay healthy, which is something very important to me. One of the Young Living Essential Oils I use is Digize, which has ginger, juniper, peppermint, tarragon, fennel, anise, and patchouli. These ingredients help us digest and have a healthy gut. My family and I also use Ningxia Red, a high powered antioxidant juice drink that has the wolfberry in it, one of the most nutrient dense foods on the planet! (I found this information on ningxiared.com.) Another gut healthy food/drink is my new favorite, Kombucha. You’re probably asking yourself what that is! It’s a fermented tea; fermented foods are key to a healthy gut. So, sour kraut and

fermented veggies are good, too. Yogurt with probiotics are good for the gut, as well. You want your gut looking good (on the inside) in order to keep it healthy! These are just a few tips to stay healthy for the end of the winter months.

I would like to hear from all of you as I’m looking for help naming my column! Thinking of a title is the challenge and I’m hoping you can help! Please email me to tell me a clever name for my column; the winner will get a little prize in the mail! You can email me at tseverts@gmail.com. (Yes this is my old last name).

Upcoming topics in my weekly column will include having a more chemical/toxin free home, making your own products, what to use for hangovers, and essential oils for pets and kids. Hope to hear from you all with ideas for a name for my column!

Grygla/Gatzke School Board January Minutes

Chairperson of the board Nicolette Leach called the meeting to order on Thursday, January 19, 2017, at 8:02 p.m. with Karina Tinnes, Charisa Limesand, Jim Verbout, Jeremy Rychlock, Andrew Oslund, Principal Lunsetter, and Superintendent Clow present.

Pledge of Allegiance

Motion by Karina Tinnes, second by Jeremy Rychlock, to approve the agenda as presented.

Reorganization of the board: Chairperson Leach called for nominations for chairperson. Karina Tinnes nominated Nicolette Leach for chairperson. There were no other nominations. Motion by Jim Verbout that nominations cease and a unanimous ballot be cast for Nicolette Leach for chairperson, second by Karina Tinnes. Chairperson Leach called for nominations for vice chairperson. Nicolette Leach nominated Karina Tinnes for vice chairperson. There were no other nominations. Motion by Nicolette Leach that nominations cease and a unanimous ballot be cast for Karina Tinnes for vice chairperson, second by Jeremy Rychlock. Chairperson Leach called for nominations for treasurer. Nicolette Leach nominated Charisa Limesand for treasurer. There were no other nominations. Motion by Nicolette Leach that nominations cease and a unanimous ballot be cast for Charisa Limesand for treasurer, second by Andrew Oslund. Chairperson Leach called for nominations for clerk. Karina Tinnes nominated Jeremy Rychlock for clerk. There were no other nominations. Motion by Charisa Limesand that nominations cease and a unanimous ballot be cast for Jeremy Rychlock for clerk, second by Jim Verbout.

Committee Assignments: MSHSL, Karina Tinnes; Sports Pairing, Karina Tinnes; Legislative Action, Jim Verbout; NWRIC, Nicolette Leach; Certified Negotiations, Karina Tinnes/Andy Oslund; Classified Negotiations, Charisa Limesand/Jeremy Rychlock; Essential Negotiations, Jim Verbout/Andy Oslund; Administrative

Negotiations, Nicolette Leach/Karina Tinnes; Superintendent Evaluation, Nicolette Leach/Karina Tinnes; Safety, Jeremy Rychlock; Staff Development, Karina Tinnes; Policy Review, Charisa Limesand/Jeremy Rychlock; Community Education, Charisa Limesand; Buildings/Grounds, Nicolette Leach/Karina Tinnes; Transportation, Jim Verbout/Andrew Oslund; Marshall County Collaborative, Charisa Limesand

Minutes of the 12/15/16 regular school board meeting were approved as printed. Motion by Nicolette Leach, second by Charisa Limesand, to approve payment of the bills check #34793 through check #34894 and wire payments.

Finance Report: Given by Superintendent Clow. The general fund is \$30,500 higher than this time last year. At the start of the school year we had 155 students enrolled; currently we have 152.

General Fund	\$196,180.37
MSDLAF	\$1,476,276.96
Food Service	3,603.87
Checking	47,758.49
Comm. Service	206.18
Scholarship	500.00
Scholarship Trust	8,200.00
Total	\$208,690.42
Total	\$1,524,035.45

Student Report: Given by Alison Satre and Chloe Kuznia. Eighth grade students attended the Creativity Festival at BSU on 1/5/17. The basketball season is in full swing, and the teams are doing pretty good. Parents’ night for GBB will be on 2/2/17. Hailey Vad and Gracie Lunsetter attended a band festival on 1/14/17, in Fergus Falls. The robotics team competed in the NCTC tournament last weekend; since they already qualified for nationals, they competed with new robots—just to try them out. They are still hoping to qualify for the world competition, and if they do they will go there instead of nationals; the state robotics competition is in St. Cloud on 2/3-2/5/17. Knowledge Bowl has competed twice so far. Intramural basketball for grades 4-6, coached by Kaitlyn Olson, Alison Satre, Ashley Moe, and Michael Jelen, began

on 1/13/17. The second semester started on 1/17/17. Tenth grade students are fundraising by selling Belly’s Pizzas until the end of January. Jared Haack won the local spelling bee on 1/18/17; Gracie Lunsetter was the runner-up. Goodridge will be having Snowfest next week. Alison Satre and Hailey Vad attended a student council NW Division planning meeting in Erskine on 1/14/17; the summit will be in Oklee on 4/5/17.

Teacher Report: Given by Travis Smith, Drew Kjono, and Brady Olson. Third grade students have finished their Flat Stanley projects and sent them out today. The third graders have been corresponding with their pen pals at the TRF Care Center, former classmate Jamie Denniss, and V.J. Smith—author of The Richest Man in Town.

Principal Report: Given by Principal Lunsetter. Athletic update: GBB has a 5-7 record currently, and BBB is 8-5. The updated crisis plan for soft lockdown was reviewed; after the plan is approved, the school will have a soft lockdown drill to practice. The SchoolMessenger program is working better now, but it’s still not satisfactory; Principal Lunsetter has been and will continue looking into different options. Grygla teachers, along with around 500 other area teachers, attended the staff development day at Lincoln in TRF on 1/16/17; there were many training sessions to choose from. Principal Lunsetter asked the board to consider approving window updates in grades 3-6 classrooms as well as the music room for spring/summer of 2017 (to be finished in time for the Centennial celebration in August); K-2 teachers have noticed a huge difference in temperature control. Thank you to teachers who have been willing to cover when subs are not available.

Superintendent Report: Given by Superintendent Clow. The bus report was reviewed: The back end of Bus #1 is now fixed. Jake Sundberg at Farmers Union noted that this is the first time in quite a while that all buses have been running.

Superintendent Clow asked the board to consider changing the long-term substitute compensation policy: currently we pay the regular sub rate (\$125) for the first 30 days and on day 31 start paying the daily rate from lane 1-step 1 of the teacher contract. Some schools start paying long-term subs the daily rate from lane 1-step 1 of the teacher contract on the first day. Others pay the regular sub rate for 30 days and then back-pay the difference between the two rates after 30 days have passed.

Motion by Jeremy Rychlock, second by Charisa Limesand, to direct administration to evaluate all programs for reductions in the 2017-18 school year.

Motion by Jim Verbout, second by Andrew Oslund, to approve the updated crisis plan as presented.

Motion by Charisa Limesand, second by Karina Tinnes, to accept the following donations:

\$300.00	From United Lutheran Church-Gatzke for Peer Helpers
200.00	From VFW Ladies Auxiliary Post #3858 for scholarships

Trustee Reports: An ECFE board meeting is planned for 2/1/17; they will discuss the March fundraiser at the elementary basketball night. The board asked if there were any bus issues last week when it was extremely cold; administration stated that an extra custodian was on duty, two extra buses were warmed up, and there were no major issues. The Facebook and Twitter updates are very convenient—thank you to Travis Smith and Jesse Westbrook for updating those. With two days canceled due to weather so far this school year, both make-up days on the calendar will be in session: 4/17/17 and 5/19/17. A board member asked about the bus driver situation: Wayne Warne will be driving the remainder of the year for the route previously driven by Mike Mickelson.

Meeting adjourned at 9:04 p.m. Next mtg. time/date: 2/16/2017, 8:00 p.m.

EXTENSION NEWS

Pruning Apple Trees and Woody Plant Control

Pruning trees especially apple trees is recommended between January and March each year to avoid potential disease and insect problems during the summer months. This winter period is also an excellent time to control unwanted or invasive woody trees and shrubs (buckthorn, Siberian elm, Japanese barberry, oriental bittersweet, etc.).

For pruning apple trees, you want to prune the tree to have well-spaced branches and a balanced appearance, while eliminating problematic branches (those that are broken, diseased, or dead).

General pruning guidelines include: remove diseased, broken, or dead branches, remove any downward-growing branches, if two limbs are crossed, entangled, or otherwise competing, remove one of them completely at its base, remove any limbs along the trunk that is getting bigger in diameter than the trunk, remove suckers coming up from the roots or low on the trunk, remove watersprouts, which are vigorous vertical branches, make pruning cuts close to the branch collar at the base of the limb, for larger limbs, start the cut from the underside of the limb to avoid tearing the bark, remove large limbs first, starting with the top of the tree.

Information on pruning apple trees and general pruning tips are available at these sites: <http://z.umn.edu/homeapples>, <http://z.umn.edu/pruning>, <http://z.umn.edu/usfspruning> and www.mymnnesotawoods.umn.edu/2016/03/pruning-

what-why-when-and-how/

The procedure for woody plant control is to positively identify the tree or woody plant to control, cut the stump, and treat the stump with herbicide and dispose of the brush. Winter woody tree identification is important because deciduous trees have no leaves. Buckthorn usually has a tiny thorn at the very tip of most branches. Other desirable trees have a bud. Buckthorn has male and female trees. Female trees have purplish-black berries and should be selected to control first to prevent spread. The most effective brush killers for cut stump treatments include Triclopyr as one of the active ingredients. For winter treatments an oil base and ester formulation is best. Follow label directions. Herbicide treatments are less effective when the sap is flowing.

Cut the tree trunk an inch above the ground and treat the entire bark or cambium layer (outer rim, edges of the stump). If any part of the exposed bark layer is not treated, the tree may resprout. Rope or flag a small plot to facilitate systematic treatment. Monitor treated sites seasonally.

To learn more about Buckthorn and woody plant control, look at the following web sites: www.mymnnesotawoods.umn.edu/2007/04/woodland-invasive-species-in-minnesota/ <http://z.umn.edu/woodycontrol> and <http://z.umn.edu/buckthorn>

Source: Gary Wyatt, University of Minnesota Extension, Regional Extension office, Mankato.

SIMPLY DELICIOUS

Chicken Dumpling Soup
Submitted by Coleen Kiesow

I’ve been making chicken and dumpling soup for years, but this week I tried a recipe that knocked our socks off! The soup was good but it was the dumplings that were awesome! I made a normal cut up chicken breast and browned it with diced onion. Melt 5 tbsp butter, then add 6 tbsp flour to thicken. Add 6 cups of chicken broth and stir well. Let simmer until veggies (of your choice) are soft.

I have always used flour, milk and eggs for dumplings so was hesitant to change it up, but it was so worth it.

The dumplings need 2 cups flour, 1 tbsp baking powder and 1 1/3 c. heavy cream, which I just happened to have on hand.

The dough mixes very heavy and ends up looking dry but very nice to work with. The recipe recommended using an ice cream scoop to start and then roll into a ball with your hands. Add to the boiling soup! They turn out nicely-shaped and absolutely melt in your mouth!

The soup was even better the next day as the dumplings mix with the soup a little more and it’s just creamy, smooth and totally delicious!

A Note from Principal Lunsetter’s Desk

“I’m looking forward to the future, and feeling grateful for the past.”

~Mike Rowe

Notice that there’s no mention of any specific events in this quote...just gratitude. He doesn’t talk about all the times he has been successful and achieved great things, and there is also no mention of the times that he has failed and needed to regroup and try again. He is grateful. Grateful for the opportunity to be here; for the opportunity to find success, or failure, or whatever comes his way. Too many times we want to grumble about the things that have happened to us, or what we’ve done to ourselves, or even what we have to do in the future. Take time to enjoy the day. Appreciate those that you get to spend your time with. Give yourself a break for the mistakes of the past, and look forward to whatever surprise tomorrow holds. Be grateful.

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

Scapegrace	noun	\Scapegrace\
1. a complete rogue or rascal; a habitually unscrupulous person; scamp		



The Senior Citizen’s Club recently held their February birthday party at the Grain Bin Café. Those celebrating included, back row, L-R: Carol Stueck, Doris Klamar and Wally Sistad. Front row, L-R: Thelma Thomas, Rose Hanson and Marian Franzman.

Grygla Fire & Rescue host successful blood drive

A total of 37 people volunteered to donate blood, with 26 being able to actually give, during Grygla's February 15th blood drive coordinated by the Grygla Fire & Rescue Department. Six people gave blood on the automated 2RBC machine that collects two units of red blood cells, which resulted in 31 total products. There were also four people who volunteered for the first time.

To meet the needs of local patients, United Blood Services needs to recruit 250 blood donors every day. Blood is available only because of blood drive sponsors, coordinators, and volunteer donors. Blood donors are eligible to donate blood every 56 days. Every community, and everyone within each community, has a stake in an adequate blood supply.

Fire Chief, Bob Thompson, coordinated the drive on February 15 with the Grygla Fire & Rescue crew sponsoring and assisting with recruiting donors, publicity, providing refreshments and registering donors.

On the day of the drive, Paul Nordby, Geoff Satre, Bob Thompson, Brad Monson and Sheldon Peterson registered donors. The following people brought in snacks: Lori Thompson, Ruth Anderson, Paul Nordby, Kris Monson, Stacy Lund, Diane Hagen and Carlye Kiesow. Student Council members helped to serve those snacks. Those who assisted were: Chloe Kuznia, Madison Cullen, Nolan Anderson, Walter Sones, Courtney Vad and Hailey Vad. Space to hold the drive was provided at the Grygla Community Center.

The blood collected at this drive will help meet the needs of patients in 68 hospitals served by United Blood Services in this region.

Chargers boys bball hits the road, picks up three wins

All the traveling has been worth it - three wins for GG!

Monday, February 20th
BBB vs. KCC in Lancaster
GG 55, KCC 45

Scoring: Blaine Kriel 18, Ben Groven 17, Dylan Walker 8, Dylan Manderud

Rebounds: Kriel 4, Walker 4, Groven 3, Jesse Wiseth 3, Manderud 2, Stinar 1

Coaches Comments: We got off to a very slow start. It didn't look good for a while. We played a much better 2nd half. I'm proud of how the guys came back and showed a lot of pride. A great and much needed win on the road!

Thursday, February 23rd
BBB vs. RLC in Plummer
GG 64, RLC 35

Scoring: Blaine Kriel 15, Dylan Walker 14, Ben Groven 11, Tyler Stinar 9, Dylan Manderud 6, Robert Brummitt 4, Mike Jelen 4, Jaden Kiesow

Rebounds: Walker 17, Groven 7, Kriel 6, Stinar 6, Kiesow 2, Wiseth 2, Manderud 2, Hogan Lundeen 1, Brummitt 1, Jeremy Wiskow

Coaches Comments: We started out slow again, but we played better as the game went on. We got a lot of help from the bench. We need to play better from the start, but the kids played hard. Great win!

Friday, February 24th
BBB vs. Sacred Heart in East Grand Forks
GG 86, SH 70

Scoring: Blaine Kriel 34, Dylan Walker 16, Ben Groven 16, Tyler Stinar 12, Dylan Manderud 4, Hogan Lundeen 2, Cameron Naeseth

Rebounds: Walker 16, Groven 9, Stinar 6, Kriel 3, Jaden Kiesow 2, Manderud 2, Lundeen 1, Jesse Wiseth

Coaches Comments: Another exciting game with Sacred Heart! This was a huge win for us! The kids were ready to play. I was very happy with our effort. The win moves us into the 3rd seed of our sub-section.

Up next: BBB at BGMR on Tuesday, February 28th. Chargers have their first round playoff game on Thursday, March 9th, either at UMC or NCTC.

Here is the link to the BBB brackets, although they won't be able to seed until next week:

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

Grygla Merchants' Ass'n. Annual Customer Appreciation Breakfast

~ AT THE ~

Grygla Community Center

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

Saturday,
March 11, 2017
7:00-10:00 am



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

Chargers girls basketball stats

Monday, February 20th
GBB vs. Northern Freeze in Grygla

NF 48, GG 37
Points: Ashley Moe 6, Hannah Dietsch 11, Ashlyn Henrickson 12, Broroke Anderson 2, Maci Bakken 2, Alison Satre 2, Brooke Limesand 2

Rebounds: Ashley Moe 4, Hannah Dietsch 9, Ashlyn Henrickson 9

Coaches Comments: We started off slow again, but the girls kept fighting. We got down by 20 and fought back within 10. They have a tall team, but Brooke Anderson, Ashlyn, Ashley, Brooke Limesand, and Maci did a good job stopping them down low. Offensively we have to get some shots up and attack. We shot well from the free throw line.

Tuesday, February 21st
GBB vs. Fertile-Beltrami in Fertile

GG 66, FB 58
Points: Ashley Moe 22, Hannah Dietsch 14, Ashlyn Henrickson 11, Brooke Anderson 6, Alison Satre 9, Brooke Limesand 4

Rebounds: Dietsch 5, Henrickson 9

Coaches Comments: The girls played a good pressure defense. They applied a lot of pressure and made the Falcon's guards pick up their dribble, which turned into turnovers. They have a very good post player, but the Chargers didn't let them settle into their offense and see her. The girls did a good job of attacking the basket on offense and getting shots off. We had a few to many turnovers, so we have to work on that. This was a good win against a very good team. Good way to end the regular season. Good job girls.

Up next: Girls basketball plays WAO in Goodridge on Tuesday, February 28th. By the time the paper is out, we'll know if they won or lost! If they won, they go on to play on March 2nd at UMC at 6pm vs. Sacred Heart. The winner of that game goes on to play on March 4th at REA in Thief River Falls at 5:15pm.

To see the complete brackets, seeds, games and sites, here is the link: <http://www.mshsl.org/mshsl/showbrackets.asp?tournid=479>



Pictured above: Ashley Moe, Libby Johnson and Ashlyn Henrickson in Fertile last week. (Photos by Deanna Coan Photography. *Editors note:* There haven't been any boy's basketball picture in for a couple of weeks as the boys haven't had any home games since February 7th and have been traveling on the road!



8th grade game against Northern Freeze in Grygla last Monday, February 20th. *Left:* Trinity Walseth shooting two at the line. *Right:* Viv Coan, Madison Cullen and Mya Anderson on defense against the Freeze.



Grygla 5th grader, Blake Rychlock, drives it in! Goodridge/Grygla 5-6 grade boys all took home 1st place in the tournament last Saturday! The 6th grade girls took home 1st, also, while the GG 5th grade girls placed 3rd that day. Team photos will be in next week's Eagle!



Elliot Philipp, Goodridge 6th grader, looks to his teammates for an open pass in their game against Warroad last Saturday.



Goodridge School hosted a 5-6 grade tournament over the weekend. Parents helped work concessions and raffle tables. L-R: Crystelle Philipp, Norah Philipp, Pam Rubishko and Misty Manderud volunteering their time! The common's area was full of great raffle drawings; this particular table was full of Chargers wear, donated by Salo Signs!



The Goodridge 5-6 grade tournament was such a success with the help of so many parents! Pictured above is Jason Kotrba working one of many raffle drawings!