



				
Today	Thurs	Fri	Sat	Sun
Mostly Sunny	Mostly Cloudy	Partly Cloudy	Partly Cloudy	Mostly Sunny
H 38 L 39	H 46 L 30	H 40 L 24	H 44 L 24	H 44 L 30

Wednesday, March 22, 2017

NOW ONLINE www.tricocanary.com

Vol. 43 Number 38

A look at next week... Grygla High School crowns their 2017 Spring Fling King & Queen



Brent Philipp, right, is pictured with Jesse Hamonic, DEKALB Asgrow Brand Lead.

Philipp honored as winner in Asgrow 2016 National Soybean Yield Contest

ST. LOUIS (March 15, 2017) Farmer Brent Philipp, of Goodridge, Minnesota, was recently recognized as a top soybean producer in the U.S. as a winner in the 2016 Asgrow® National Soybean Yield Contest.

Philipp achieved an impressive yield of 75.8 bushels per acre with Asgrow AG0134 Brand. He was among 52 farmers from 21 states named winners in the annual yield competition, which is open to all farmers who plant Asgrow brand soybeans.

Philipp along with other winners recently attended the 2017 Commodity Classic March 2-4 in San Antonio, Texas, where they celebrated their success with an awards banquet and private concert featuring country music star Josh Turner.

"We congratulate these winners for their manage-

ment skills and hard work in achieving these impressive yields," said Jesse Hamonic, DEKALB® Asgrow Brand Lead. "The Asgrow brand is proud to offer leading soybean products that provide high yield potential and consistent performance to help support farmer success."

Asgrow debuted its first national yield contest in 2012 in an effort to encourage soybean producers to challenge their peers in pushing yield limits. The contest also provides farmers the opportunity to learn more about the latest seed technologies and production practices, which contribute to overall advances for farmers across the country.

The full list of Asgrow winners can be found at www.asgrow.com/yieldcontest.

About Monsanto

Monsanto is committed to bringing a broad range of solu-

tions to help nourish our growing world. We produce seeds for fruits, vegetables and key crops – such as corn, soybeans, and cotton – that help farmers have better harvests while using water and other important resources more efficiently. We work to find sustainable solutions for soil health, help farmers use data to improve farming practices and conserve natural resources, and provide crop protection products to minimize damage from pests and disease. Through programs and partnerships, we collaborate with farmers, researchers, nonprofit organizations, universities and others to help tackle some of the world's biggest challenges. To learn more about Monsanto, our commitments and our more than 20,000 dedicated employees, please visit: discover.monsanto.com and monsanto.com. Follow our business on Twitter®

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Individual results may vary, and performance may vary from location to location and from year to year. This result may not be an indicator of results you may obtain as local growing, soil and weather conditions may vary. Growers should evaluate data from multiple locations and years whenever possible.

Always read and follow grain marketing and all other stewardship practices and pesticide label directions. Asgrow® and DEKALB® are registered trademarks of Monsanto Technology LLC. All other trademarks are the property of their respective owners. ©2017 Monsanto Company.

Spring Fling week at Grygla High School

This week is SPRING FLING week at the Grygla High School, March 20-24th.

Candidates include: Kameron Dahl and Ashley Moe (Seniors), Clayton Irlbeck and Shawntel Ignaszewski (Juniors), Jake Ahlbeck and Cheyenne Irlbeck (Sophomores), Evan Fish and Layla Jelle (Freshman) Jared Haack and Courtney Vad (8th grade), Andrew Loken and Ellie Sabourin (7th grade).

The theme of 2017 Spring Fling is 'Candyland'. Class competitions for the week include hallway decorating, a scavenger hunt and games on Friday, where each class is in charge of hosting a game. Coronation will be held Friday afternoon, March 24th, at 2:40pm. A dance will be held that night for 7-12 grade from 8pm-12am with PrimeTime DJ.

Students are invited to dress up this week. Monday was Jersey Day; Tuesday was Timber Day; Wednesday is All-Around Wacky Day; Thursday is Idol Day; Friday is 3 C's Day (Candy, Color and Character).

GHS Student Council members have been busy planning all the fun details of the week.

Elementary basketball night in Grygla

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

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.

Grygla Firemen's Supper April 2nd

The Grygla Fire & Rescue Department will be cooking an "all you can eat" supper for the community on Sunday, April 2nd, at the Grygla Community Center. From 4-7pm, stop by for a supper of roast beef, ham, mashed potatoes, gravy, cole-slaw, corn and all the fixings!

The Grace Lutheran Church LYO kids will be on hand to serve ice cream sundaes and root beer floats for dessert. Attending this annual event is a great way to show your support for our local firemen. Watch for the official invite from the firemen in next week's Eagle!



Grygla Garden Club hosts luncheon

The Grygla Garden Club is hosting another luncheon this spring. The event will be held this Saturday at Yo-Hawn's in Grygla. Registration begins at 10:30am with a fee of \$15 covering the soup/sandwich lunch, along with a presentation.

Guest speaker Diane Bergerson Lee, of TRF, will present 'Container Gardening' to the group. Gardening trivia, door prizes and a quick business meeting are also items on the agenda. All are welcome to attend!



Grygla High School students, Carlye Kiesow (2nd from left), Hailey Vad (3rd from left) and Bailey Watne (4th from left), were recently elected to the Northwest Division Board for Student Council at their summit on March 9th. Kiesow was named Vice President; Vad was named Secretary/Treasurer; Watne was named Representative. Advisor, Beth Kucera, was also named the Student Council Advisor of the year for the 2nd year in a row. GHS Principal, Jamie Lunsetter, noted how well-deserved the new titles are.



Samantha Kraulik is a 2016 Grygla High School graduate.

Kraulik recognized by Alexandria Tech

'Communication Art Students Bring Home Awards' from Industry Competition Students in the Communication Art and Design program at Alexandria Technical & Community College (ATCC) participate in the advertising industry's professional competition, American Advertising Awards, annually. ATCC students have proven their talents and skills are top notch year after year.

The American Advertising Awards are the advertising industry's largest and most representative competition, attracting over 40,000 entries every year. The mission of the American Advertising Awards competition is to recognize and reward the creative spirit of excellence in the art of advertising. ATCC's Communication Art and Design students results for 2017 included Samantha Kraulik, of Grygla, who was awarded two Silvers.



Ashlyn Henrickson, senior outside hitter from Goodridge High School, has signed a national letter of intent to play volleyball for the Minnesota State Community and Technical College Spartans in Fergus Falls, MN.

Ashlyn has 3 years of varsity volleyball experience and was a senior team captain who was named to the All-Conference Honorable Mention team.

"I'm so excited Ashlyn has decided to come to M State to play volleyball," said head volleyball coach Abby Crowser. "I first saw Ashlyn play at a JO tournament we had at M State and knew right away when I saw her that I wanted her to come and play for us. She will be a great addition to our team."

Ashlyn is the daughter of Paul and Kristy Henrickson.

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 Bible Study
Thursday:
6pm OS Lent Supper w/ 7pm Service
Sunday:
Grace: 10:30am Worship w/ 9:15am SS.
OS: 9am Worship w/ no 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 Osercamp
Wednesday:
6:30 Lent Supper w/ 7pm Service at Bethany
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 Bethesda Church
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 Merseith
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.

U.S.P.S. No. 002330
Grygla Eagle
NATIONAL NEWSPAPER ASSOCIATION
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Karl Sundberg EDITOR
Phone 294-6220
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\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$30 per year outside of the area
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Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

School Lunch Menus

Grygla Lunch Menu
Wednesday, March 22:
Chicken & Gravy, Mashed Potatoes, Corn, Pears, Dressing, Bread
Thursday, March 23: Italian Spaghetti, Veggies, Pears, Garlic Bread
Friday, March 24: Shrimp Poppers, Potatoes, Veggies, Fruit
Monday, March 27: Mandarin Orange Chicken, Potatoes, Veggie, Fruit
Tuesday, March 28: BBQ, Baked Potato, Carrots, Fresh Fruit
Goodridge Lunch Menu
Wednesday, March 22:
Chicken Nuggets w/ Assorted Sauces, Mashed Potatoes w/ Gravy, Garden Salad, Mixed Fruit
Thursday, March 23: Italian Dunkers, Cheesy Buns, Green Beans, Applesauce, Cookies
Friday, March 24: Cheese Pizza, Tossed Salad, Steamed Carrots, Mixed Fruit
Monday, March 27: Burritos w/ Lettuce and Cheese, Green Beans, Applesauce
Tuesday, March 28: Hot & Cold Subs, Nachos w/ Cheese, Corn, Broccoli, Carrots, Celery w/ Dip, Apples & Oranges

ADVERTISEMENT FOR BEAVER MANAGEMENT QUOTES
Quotes Close March 31, 2017 @ 1:30 P.M.
Beltrami County Highway, Bemidji, Minnesota
NOTICE TO TRAPPERS: The Beltrami County Highway Department is looking for licensed trappers to assist the Highway Department with its nuisance beaver program.
Interested trappers may pick up a Beaver Management Policy and Bid Form from the Beltrami County Highway Department, 2491 Adams Ave NW, Bemidji, Minnesota 56601. Bids will be accepted at the Beltrami County Highway Department until 1:30 P.M., March 31st, 2017.
Beltrami County Highway reserves the right to reject any or all quotes, waive any irregularities, and award the quote in the best interest of Beltrami County.
Bruce Hasbargen P.E.
Beltrami County Engineer

Book Fair in Grygla this week

The Book Fair is set up in the Grygla School Library this week and will be set up March 20th-28th. It opens from 8-8:25am each morning, along with being open from 4-8pm on March 23rd and 28th, which are the nights of PT conferences. The Book Fair is open to the public and makes for great gifts! 40% of the proceeds come back to the school library. That money is used to buy items the library needs; bean bag chairs, rugs, book carts, books, etc.

Important Information Regarding Property Assessments

This may affect your 2018 property taxes.

The Board of Appeal and Equalization for the following townships will meet at the set time, on the date established. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor. If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Township/City	Day	Date	Time	Location
Agder Township	Monday	April 3, 2017	9:00 p.m.	Town Hall
Excel Township	Monday	April 3, 2017	10:30 a.m.	Steiner Community Hall
Rollis Township	Tuesday	April 4, 2017	9:00 a.m.	Town Hall
Veldt Township	Tuesday	April 4, 2017	10:30 a.m.	Reuben Engevick Shop-Sec 8
Linsell Township	Tuesday	April 4, 2017	12:00 p.m.	Town Hall / Open Book
Big Woods Township	Wednesday	April 5, 2017	9:00 a.m.	Ken Johnson Shop - Sec 14
Oak Park Township	Wednesday	April 5, 2017	10:30 a.m.	Oslo Community Hall
Warrenton Township	Thursday	April 6, 2017	2:00 p.m.	Russell & Susan Miller Home - Sec. 20
Vega Township	Thursday	April 6, 2017	4:00 p.m.	Harlan Boman Home - Sec 1 Strip
New Folden Township	Friday	April 7, 2017	9:00 a.m.	Newfolden Community Center
Holt Township	Friday	April 7, 2017	10:30 p.m.	Town Hall
East Valley Township	Monday	April 10, 2017	9:00 a.m.	Virgil Erickson Home - Sec 18
Spruce Valley Township	Monday	April 10, 2017	10:30 a.m.	Spruce Valley Community Center
Lincoln Township	Tuesday	April 11, 2017	9:00 a.m.	Strandquist Community Center
New Maine Township	Tuesday	April 11, 2017	1:00 p.m.	Town Hall
Como Township	Wednesday	April 12, 2017	9:00 a.m.	Hjalmer Hanson Home-Sec 36
Thief Lake Township	Wednesday	April 12, 2017	11:00 a.m.	Town Hall
Moose River Township	Thursday	April 13, 2017	9:00 p.m.	ElRoy Aune Shop-Sec 16
Whiteford Township	Thursday	April 13, 2017	10:30 p.m.	Jerome Berg Home-Sec 3
Eagle Point Township	Monday	April 17, 2017	9:00 a.m.	Mark Anderson Shop - Sec 36
Parker Township	Monday	April 17, 2017	10:30 a.m.	Clarence Peterson Shop - Sec 9
Bloomer Township	Monday	April 17, 2017	1:00 p.m.	Gayle Stoltman Shop - Sec 9
Alma Township	Tuesday	April 18, 2017	9:00 a.m.	Town Hall
Comstock Township	Tuesday	April 18, 2017	10:30 a.m.	Town Hall
McCrea Township	Tuesday	April 18, 2017	1:00 p.m.	Town Hall
Viking Township	Wednesday	April 19, 2017	10:30 a.m.	Viking Town Hall
New Solum Township	Wednesday	April 19, 2017	5:30 p.m.	Town Hall
Augsburg Township	Thursday	April 20, 2017	9:00 a.m.	Gary Hoper Home in Stephen - 125 Riverside Dr.
Sinnot Township	Thursday	April 20, 2017	10:30 a.m.	Gayle Field Home in Stephen - 306 3rd St
Tamarac Township	Thursday	April 20, 2017	1:00 p.m.	Stephen Filtration Plant
Wright Township	Friday	April 21, 2017	9:00 a.m.	Town Hall
Marsh Grove Township	Friday	April 21, 2017	10:30 a.m.	Town Hall
Nelson Park Township	Monday	April 24, 2017	9:00 a.m.	Town Hall
Middle River Township	Tuesday	April 25, 2017	10:30 a.m.	Argyle Historical Society Bldg/The Depot
Eckvold Township	Wednesday	April 26, 2017	9:00 a.m.	Town Hall
Moylan Township	Wednesday	April 26, 2017	10:30 a.m.	Town Hall
Grand Plain Township	Wednesday	April 26, 2017	1:00 p.m.	Town Hall
Wanger Township	Thursday	April 27, 2017	9:00 p.m.	Town Hall
West Valley Township	Thursday	April 27, 2017	3:00 p.m.	Town Hall
Huntly Township	Friday	April 28, 2017	9:00 a.m.	Waage Shop-Sec 3
Cedar Township	Friday	April 28, 2017	10:30 a.m.	Town Hall
Fork Township	Monday	May 1, 2017	10:30 a.m.	County Courthouse/Assessor's Office
Boxville Township	Wednesday	May 3, 2017		Open Book-County Courthouse
Donnelly Township	Wednesday	May 3, 2017		Open Book-County Courthouse
East Park Township	Wednesday	May 3, 2017		Open Book-County Courthouse
Foldahl Township	Wednesday	May 3, 2017		Open Book-County Courthouse
Espelie Township	Monday	May 8, 2017	3:00 p.m.	Town Hall
Valley Township	Monday	May 8, 2017	4:30 p.m.	Grygla Community Center

Given under my hand this 20th day of March, 2017

Jill Hall
Clerk of Township Officers of the Marshall County

G52C

Banquet Date change

The Chargers Winter Sports Banquet was originally scheduled for Monday, March 20th. It has been changed to Tuesday, April 4th. The banquet will still be held at the Goodridge Community Center at 7:00pm and is open to 7-12 grade athletes and their parents.

WANTED

Tire truck operator. Also, help in shop. Full time. Benefits included ... vacation, 401K and health insurance. Call or stop in office for an application.

Farmers Union Oil Co.
Grygla, MN
Phone: 294-6117

G51-2C

NOTICE OF ANNUAL MEETING OF THE STOCKHOLDERS OF THE FARMERS UNION OIL COMPANY OF GRYGLA GRYGLA, MINNESOTA

NOTICE IS HEREBY GIVEN that the annual meeting of the stockholders of Farmers Union Oil Company of Grygla, Minnesota will be held at the Community Center in Grygla, Minnesota on the 27th day of March, 2017 at 1:00 p.m. For the election of one director whose term expires. Also for the transaction of any other new/old business that may properly come before the meeting and a reading of the financials. A nomination box for 1 director is at the Farmers Union Oil Company of Grygla, Minnesota.

A free noon meal will be served from 11:30 a.m. to 1:00 p.m. to all attending. You must be present to win door prizes. Dividend checks will be passed out at the meeting. The meeting is very important and your presence is urgently requested.

Dated: March 7, 2017

Mike Hanson, Secretary
Farmers Union Oil Company
Grygla, Minnesota

G51-52C



Take me out to the ball game! These East Park children are ready for a game. Even the girls had an opportunity in 1913, to join in the national pastime. Does anyone know who these players are? Let us know at the Marshall County Historical Society! (218-745-4803)

Seasonal load limit notice

The ending date for Winter Load Increases and the starting date for Spring Load Restrictions in the North Frost Zone will be Wednesday, March 22, 2017 at 12:01am. Spring Load Restrictions have already begun in the other frost zones. Road restriction maps indicating the locations of weight restricted routes and those state highways open to maximum ten-ton axle weights are listed on the MnDOT Seasonal Load Limits website at www.mndot.gov/loadlimits. Click on "Spring Load Restrictions." Also available is a text list of the restricted segments along with exceptions to the map.

OVERWEIGHT PERMITS
Permits for over 80,000 lb Gross Vehicle Weight will continue and new permits will be issued if all axle and group

weights are legal.

Up to full-summer overweight permits can be issued during the Spring Load Restriction period only on interstate through movements.

Middle-range overweight permits become available within each frost zone when Spring Load Restrictions are lifted.

Full-summer overweight permits become available within each frost zone starting two to three weeks after Spring Load Restrictions are lifted.

For questions about enforcement call the Minnesota Department of Public Safety State Patrol - Commercial Vehicle Enforcement at 651-405-6196 (select Option 3, Option 3).

For questions about over legal weight/size "heavy haul" trucking call the Minnesota Department of Transporta-

tion Freight and Commercial Vehicle Operations -Oversize/Weight Permits at 651-296-6000.

The ending dates for Spring Load Restrictions are based on how weather is affecting roadway strength. These dates are established by monitoring roadway strength as weather conditions change. Therefore, the ending dates for Spring Load Restrictions are variable. As soon as a date is set, MnDOT will report this date on its 24-hour automated message center at 1 800 723 6543 for the USA and Canada, and locally at 651 366 5400 for the Minneapolis/St Paul area. This information is also published on the MnDOT Seasonal Load Limits website: www.mndot.gov/loadlimits

Wednesday, March 22, 2017



Americans Are Living Longer

Today there's a 50% chance a person could live to age 94. With today's longer life spans, saving for retirement is more important than ever.

For years, we've been helping people save for retirement. Let us show you the benefits of an FDIC Insured Individual Retirement Account. Our IRAs are FDIC insured to \$250,000. The earlier you begin saving, the more money you'll have when you retire.

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SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

I really wanted to share this fruit dip recipe with you guys. Not only is it SIMPLY DELICIOUS, it's a healthy recipe, too, so you can enjoy it guilt-free. It's also a great one for the kiddos after school; my daughter absolutely loved it. In fact, she probably would have eaten it by the spoonful had let her.

Fruit Dip
1 cup nonfat plain Greek yogurt
¼ cup natural peanut butter
1 tbsp raw honey
1 tsp pure vanilla extract
I can handle a 4-ingredient recipe, how about you? Just

mix this all together by spoon and refrigerate until you're ready to eat/serve! I put apple slices, red grapes and banana slices on a plate and served it with toothpicks. Easy, breezy, beautiful.



OF INTEREST

LHS Drama Club presents Alice in Wonderland

The Lincoln High School Drama Club is pleased to announce their production of Alice in Wonderland, adapted by Randy Wyatt from the book by Lewis Carroll. Performances will be Friday, March 31, and Saturday, April 1, at 7pm in the LHS Auditorium. Tickets will be \$6 for adults and \$4 for students at the door only. Alice in Wonderland features LHS students Grace Brickson, Josie Cervantes, Ami Comstock, Angel Cullen, Madelynn Dakken, Faith Dvergsten, Avery Highness, McKinzie Homme, Kai Johnson, Amber Koski, Brady

Larson, Jennica Leier, Liam Liden, Claire Mattson, David Miller, Mackenzie Moman, and Kirsten Monson. Gretchen Weinrich is the production's director.

This adaptation of the children's classic finds Alice bored with the book her sister is reading and distracted by a passing white rabbit. She falls into the rabbit hole bringing her to Wonderland where she meets a strange array of creatures. With the colorful adventure careening across the stage a thrilling pace and a running time under an hour, this is a perfect show for kids of all ages!

DO IT YOURSELF

Homemade Bath Bombs

Great for the kids, and makes for a calming/nourishing bath. These homemade bath bombs are fun to make and can be whipped up in no time. (Note: If you're wondering about the Crystal Light going into your bath water it's perfectly fine! It adds the citric acid needed and also any type of scent/sugar is the same that's found in most shower/bath sugar scrubs – so NO WORRIES!)

What you'll need:
1 cup baking soda
½ cup corn starch
½ cup Epsom salt
½ cup Crystal Light Lemonade Drink Mix
1/3 cup Coconut Oil (or Olive Oil if that's all you have, which is great for the skin, too.)
1 tsp Lavender Essential Oil
Food coloring of your choice
Mixing Bowl



Goodridge Blood Drive

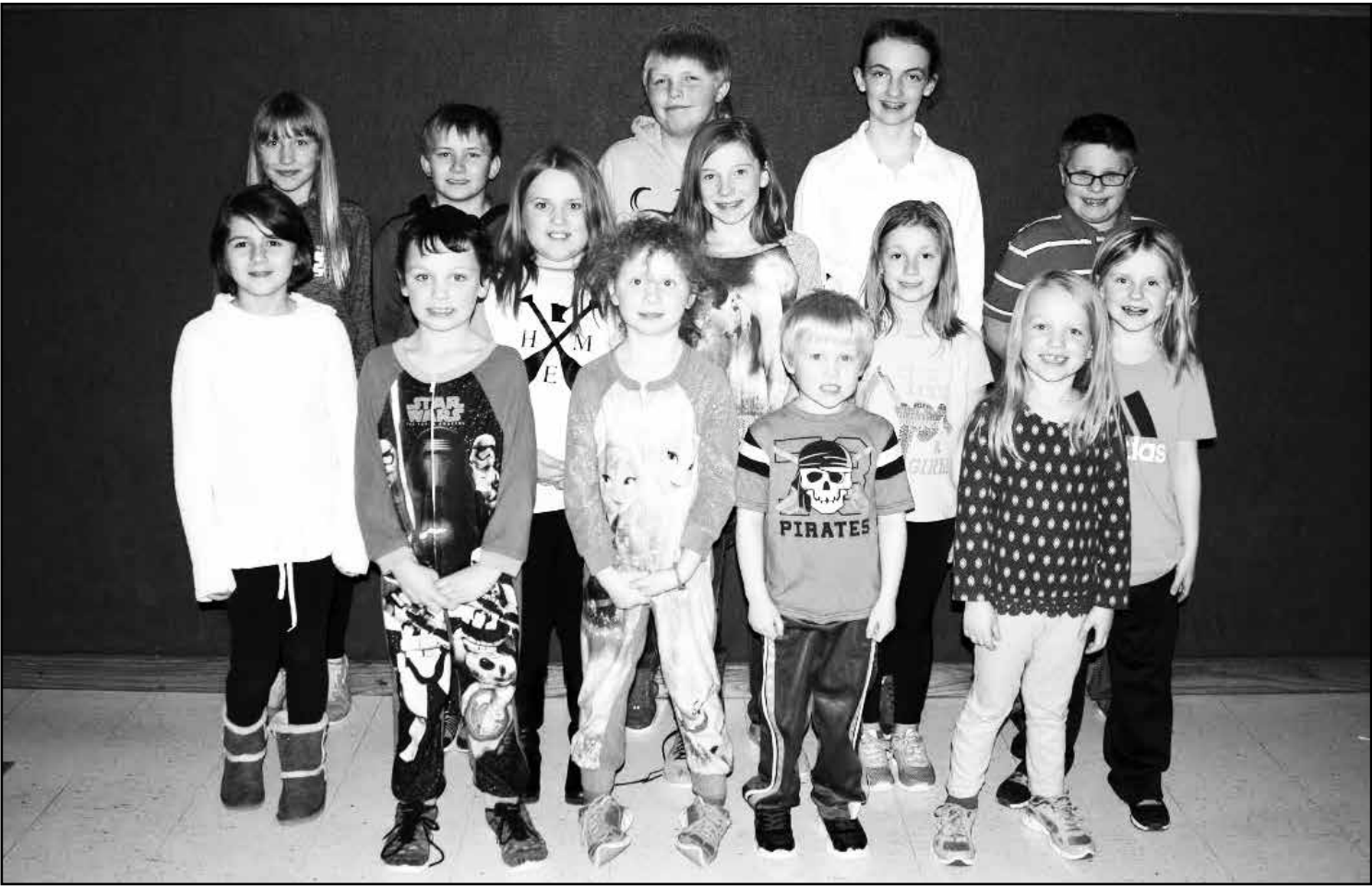
Blood drive coordinator and Goodridge School Principal, Becky Carlson, and the Student Council of Goodridge High School have sponsored a very successful blood drive. The drive held in Goodridge on March 2nd saw 31 people volunteer to donate blood with 29 being able to give. 10 people gave blood on the automated 2RBC machine that collects two units of red blood cells, which resulted in 39 total products. 9 people volunteered for the first time.

According to Katie Bartelson, Senior Donor Recruitment Representative for United Blood Services, "Communities like Goodridge make a regional

blood program work. People volunteer to donate when there has been a well-organized campaign, informing the public of the need for blood."

The Goodridge Student Council was responsible for registering donors and providing refreshments. Others who assisted were: Cameron Naeseth, Karlee Johnson and Kristen Farris. Space to hold the drive was provided by Goodridge High School.

On behalf of the patients who benefited, United Blood Services appreciates all the thoughtful people who volunteered to help others by giving of themselves.



Goodridge Elementary School 'Student of the Quarter'
Back row, L-R: Carter Lee Johnsrud 5th grade; Hunter Kiesow 5th grade; Thor Henrickson 6th grade; Noelle Merrill 6th grade, Lincoln Panek 3rd grade.
Middle row: Emma Seyller 2nd grade; Ava Halvorson 4th grade, Brooklyn Kriel 4th grade; Norah Philipp 2nd grade; Nevaeh Kotrba 3rd grade.
Front row: Tristan Hruby 1st grade; Emma Dale 1st grade; Austin Lovly Kindergarten, Julia Halvorson Kindergarten.

A Note from Principal Lunsetter's Desk

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.
~ Rabbi Harold Kushner

When we focus on the things we have and we are grateful for them, we don't have the time or ability to be jealous of what others have or worried about what we don't have. It is the simplest form of thankfulness...just being happy who you are, who you're with, where you are and what you have. If we can all do that, we find that life becomes much easier and much more enjoyable. Count your blessings today and be thankful that we have the opportunity each day to make the world a better place!

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

Canard
noun
1. a false or baseless, derogatory story, report or rumor
2. cookery - a duck intended or used for food.

Energy Assistance funding still available

Applications for the 2016—2017 Energy Assistance Program are being taken by Northwest Community Action. If you feel you may be eligible, either write to Northwest Community Action, Inc./PO Box 67/Badger, MN 56714, or phone (218) 528-3258 or 1-800-568-5329 and an application will be mailed to you. Visit: www.northwestcap.org
Households may apply once during the program year of October 1, 2016 – May 31, 2017.

Energy Assistance eligibility is based upon household income and household size. Both homeowners and renters may be eligible. Households who live in subsidized housing but pay either heat or electric costs may also qualify. Subsidized housing residents who have both heat and electric costs included in their rent do not qualify for energy assistance.
The eligibility guidelines for 3 month's gross income are

listed below:
Household Size/Maximum Income
1/\$6,135
2/\$8,023
3/\$9,910
4/\$11,798
5/\$13,686
6/\$15,574

Northwest Community Action serves households located in Kittson, Lake of the Woods, East Marshall, and Roseau Counties. Home visits available for homebound applicants, upon request. Households requesting assistance in completing the application are encouraged to phone and set up an appointment.

NOTICE: You are responsible for your heating and electric bills until you hear from Northwest Community Action.

This program is funded by the Minnesota Dept. of Commerce and U.S. Dept. of Health & Human Services.



Goodridge High School 'Student of the Quarter'
Seniors, Hogan Lundeen, Hannah Dietsch and Karlee Johnson were named 'Student of the Quarter.'

A HIPPIE'S HEALTH

Written by Tara Waltman

Does your brain ever feel like a hamster on a wheel? Or your mind wanders off like a puppy and you don't even know where it went? Have you ever driven somewhere and not remember driving there? I know that some of you have to be shaking your head yes. Or you are probably thinking, what is this hippie talking about now?

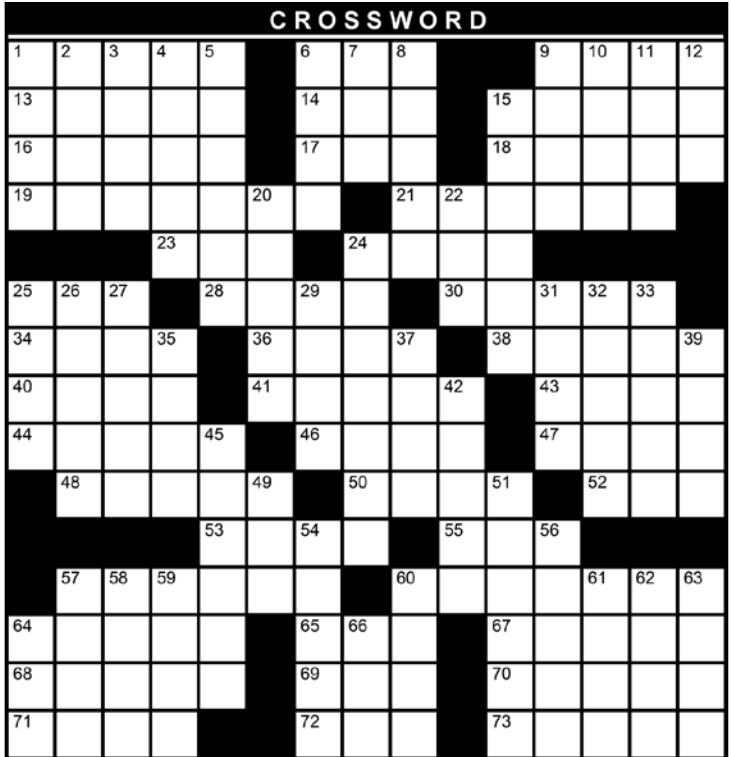
So awhile back I started practicing mindfulness for work. Mindfulness is intentionally focusing one's awareness of the present moment. This then progressed to meditation, which is a guided practice of focusing on one thing in the moment. So meditation you would maybe practice on a chair or cushion on the floor and use mindfulness to practice the meditation. Whereas with mindfulness, I have discovered over time, is that you can practice it anywhere. While you are doing the dishes, walking your dog, brushing your teeth, driving or drinking a beer. Now why is this important or why does this matter?

Mindfulness and or meditation can decrease stress levels and increase ability to regulate emotions, to stay calm. Research shows that people who practice mindfulness have increased activity of brain regions associated with positive emotion. Now who couldn't use a little more joy in their lives? It has helped people with chronic pain, decreases depression and decreases both distractive and ruminative thoughts. It is very good for our health to slow down and be present in the moment. To live our lives in the present. Now this is easier said than done but with practice it gets a little easier. Over the years, the hamster on my wheel has slowed down quite

a bit. The good news is that we all have practiced mindfulness before. When we were babies and growing up! Babies are so mindful and aware and fully participating in each moment of their lives. It is when we grow up that we start to lose this with the stressors and business of everyday life. So if we have practiced before we can do it again!

So next time you drink a beer add a little lime or lemon to it for nutritional value (after all this is a health and wellness column) and sip on it slowly and savor each drink like it's your first sip ever. Take a long breath in and out and take another sip and notice what the beer tastes like, the sensations on your tongue as you drink it. Now this might be difficult to remember so you are going to have to carry my article with you when you have your next beer (or drink of choice) and read if before you take your first sip! Give it a try...I double dog dare you!

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and wellness for people. She is also a Young Living Essential Oils consultant. She is the daughter of Darell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.



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StatePoint Crossword Puzzle
Theme: Hobbies

ACROSS

1. Tetanus symptom
6. Second mo.
9. Wild guess
13. Ottoman Empire bigwig
14. Unit of length of yarn
15. *Rock collector's pick-up
16. Blockbuster starring Sigourney Weaver
17. "___ the President's Men"
18. Lively
19. *Bibliophile's pastime
21. *Knit or purl
23. Sigma Alpha Epsilon
24. *Birdwatching site
25. Prohibit
28. *Coin collectors amass it
30. Red Sea nation
34. ___ Andrews, sportscaster
36. ___meter or ___scope
38. Caterpillar hairs
40. Cogito ___ sum
41. *Collector's item to a philatelist
43. One of deadly sins
44. Respected Hindu
46. Boris Godunov, e.g.
47. Buenos ___
48. Spaghetti ___
50. In a frenzy
52. Actor Stallone
53. Quiet time
55. Lamb's mother
57. *Crossword, e.g.
60. *Hobbyist, technically
64. East Asia country, pre-1945
65. Grass bristle
67. Cagey
68. Abraham's sacrifice
69. Be a witness
70. "Siddhartha" author
71. "Don's ask, don't ___"
72. Shape with an ax
73. Domains

DOWN

1. Practice in the ring
2. Opposite of sun-kissed
3. Most populous continent
4. Storage place, pl.
5. "Flashdance" song
6. *Vexillology subject
7. Underwater electricity generator
8. *Model-builder's wood
9. Let it stand, to proofreader
10. Cleopatra's necklace
11. Egyptian hieroglyph for "life"
12. Turkish title of respect
15. Kerri Walsh's moves
20. Some tides
22. "___ your hand at..."
24. ___ verb, like "ask around"
25. *What an apiarist likes
26. Woven wall hanging
27. *When backyard astronomers gaze
29. Cobblestone
31. Mix together
32. Tiny purses
33. Like Flonase
35. Type of film
37. Mosque V.I.P.
39. *Crafters' e-outlet
42. Preface
45. Novelist Honoré de ___
49. 1/100 of afghani
51. Zambian or Malawian money
54. Fido's restraint
56. Olden day anesthetic
57. Assume a posture
58. Russian mountain range
59. Eagerness
60. Again
61. Alleviate
62. Celestial bear
63. Whiskey grain, pl.
64. *Model-builder's purchase
66. Diminutive

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77th Annual Meeting
Saturday, April 1, 2017 • Roseau High School Theatre

Starting at 9 am ~ Business Meeting 10 am

Notice is hereby given that the annual meeting of members of Roseau Electric Cooperative, Inc. will be held in the Roseau High School theatre in the city of Roseau, Roseau County, Minnesota, on Saturday, April 1, 2017, at 10 am.

ANNUAL MEETING AGENDA

9 am

- Registration
- Coffee and doughnuts in the high school commons
- Assembly entertainment: *Nite Ryders*
- Gym & Swim begins (kindergarten and over; supervision will be provided)
- Child care available

10 am

- Invocation
- National Anthem (Gabbie Johnson, Roseau 9th grader)
- Business Meeting
- Election of director candidates
- Guest speaker: Darrick Moe, MREA
- Entertainment: *Nite Ryders*
- Door Prizes

12 Noon

- Comments, adjournment
- Announcement for lunch
- Entertainment: *Nite Ryders*

Register for Prizes!

Must be present to win.

GUEST SPEAKER

Darrick Moe President & CEO Minnesota Rural Electric Association

Minnesota Rural Electric Association (MREA) welcomed Darrick Moe as President & CEO in 2014. As Minnesota's state wide association, MREA serves 50 rural electric cooperatives, providing safety support, education, training, political and policy leadership.



Grygla/Gatzke Food Shelf continues with March Campaign

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

Donations are coming in at a slower pace this year than in years past. So far, the Grygla/Gatzke Food Shelf has received 41 pounds of food and \$900.00 donations. This is a long way from last year's March donations of 828 pounds of food and \$4,737.00 in monetary donations.

There is still time to get your donations in as the Grygla/Gatzke Food Shelf is participating in the Minnesota Food Share March Campaign, which runs until April 4th. By doing so, we are eligible for matching funds based on the amount of funding and food donations we receive as compared to that raised by other food shelves.

One of our big supporters is Walmart in Thief River Falls. We are fortunate to be able

to pick up donated food on a monthly basis. This varies as to their supplies (slightly dented cans or squashed boxes etc.) and we are able to pick up several boxes before our food shelf day. Since we are only open once a month, it is difficult for us to keep fresh fruits and vegetables on hand, but last month we had apples and pineapples from Walmart and that went over good. (Although donated garden surplus in the summer/fall goes over good, as well!)

We are more fortunate than some food shelves because we have freezer space and can offer some frozen fruits and vegetables, and with refrigerator space, we can offer milk. We usually have whole-wheat pasta, dried beans and rice available, but we're always on the lookout for quick and easy recipes using them. If you have any good recipes, please let Juanita

Watne, Shirley Holte or Cheryl Sistad know.

Just a reminder that with your monetary donations, we are able to purchase food items from the North Country Food Bank at a greatly reduced rate. This allows us to really stretch our donations to meet the needs of our community.

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 this grant program. Food donations may be left at participating area churches or at the Grygla Coop. Donations can be sent or given to the Treasurer of the Grygla/Gatzke Food Shelf, Lori Thompson, 222 Evelyn Avenue, PO Box 105, Grygla, MN 56727.



Celebrating March Senior Birthdays, L-R: Eunice Schulz, David Lian and Karol Byklum! Monthly birthday parties are held the 2nd Wednesday of every month at the Grain Bin Cafe in Grygla. Interested in joining the Senior Citizen's club? Contact Thelma Thomas or Rose Hanson!



Kendra and Kansas Jensen performed a vocal selection at the Night of the Stars Talent Show last week in Goodridge.

'Night of the Stars' Talent Show

The Goodridge School held their Night of the Stars Talent Show last week with various performances by GHS students. This event was held in conjunction with the Goodridge Close-Up fundraiser supper, to help send the group to Washington, D.C. Admission dollars from the show will benefit the music department.



Neveah and Geneva Kotrba sat down at the piano to perform a duet for the crowd.



Goodridge Choir teacher, Mrs. Skalsky, took to the stage saying nice things about Alec Kiesow, as he always does the sound system for her at all the events. She added, "He will be missed next year!"



Alec Kiesow was the only senior who performed in the show last week.



Elliot Philipp, who recently earned his red trim belt, demonstrated his board breaking skills for the crowd! Looking on is Norah Philipp and Izabel Horning, both of whom also showed off their skills at the talent show!