



				
Today Partly Cloudy H 63 L 39	Thurs Mostly Sunny H 62 L 42	Fri Partly Cloudy H 64 L 42	Sat Partly Cloudy H 67 L 44	Sun Scatt. Showers H 65 L 46



A look at next week... Goodridge Prom photos to be shared with our readers

Colette Brobst is recognized during National Volunteer Week

Each year, thousands of volunteers in Minnesota donate their time and energy to make their communities a better place to live. These volunteers were among the millions across the country who were spotlighted during National Volunteer Week, which was held April 23-29, 2017.

One group that relies heavily on volunteers is the University of Minnesota Extension's 4-H Youth Development Program. Minnesota 4-H supports nearly 11,000 adult volunteers annually who engage young people in a variety of hands-on learning experiences. Volunteers are critical to the success of 4-H programs and making differences in the lives of youth. In Roseau County, nearly 100 volunteers, both youth and adult, serve as club leaders, project leaders, committee members, and in advisory capacities for the 4-H Youth Development Program. Volunteers spend numerous hours working on tasks, such as mentoring a child with a 4-H project, leading a project with youth to serve the community, or helping organize an event at the county fair.

The work of 4-H volunteers is continuous. Every day volunteers lend a helping hand to make 4-H programs more beneficial to the residents of Roseau County.

A few of these leaders were recognized recently and Colette Brobst, Grygla, was one of them.

Colette has been an adult 4-H volunteer for 19 years and a local leader for about the last 10! She helps lead the Grygla Go-Getters 4-H Club and was asked what she loves about it the most. She replied, "So many things! The kids, the opportunities available to youth to help them gather life skills they can use their whole lives, parents and families working together, life-long friendships! But probably the best feeling you can have as a volunteer is when a former or current 4-Her tells you that you made a difference in their life and thanks you for it!"



Roseau County 4-H thanked all the Roseau County 4-H Volunteers for all their hard work and dedication to the 4-H Program. Included was Colette Brobst, Grygla Go-Getters 4-H Club volunteer. She is pictured in row 2, second from the left.



Pat Bratten, left, from Violence Intervention Project out of Thief River Falls, is pictured with Grygla Lions member Nadine Wold. The Lions invited Pat to speak at the annual Lions Senior Night that was held last week at Yo-Hawn's. She spoke to the Class of 2017, and their families, about red flags in relationships, abusive relationship statistics, making good choices, and information on consent and respect in a relationship, to name a few topics.



Nolan Anderson placed 6th in the 100 Meter Dash (B Division) and 6th in the 1600 Meter Run at last week's track meet in Warren. (See page 3 for more track photos and results.)



Grygla's National Honor Society held their induction ceremony last week. Current members "kidnapped" the new inductees around 5am last Wednesday morning and gathered at Carlye Kiesow's home where they ate breakfast (and napped)! Parents and inductees were hidden in the ball room before the student body gathered in the gym for the induction ceremony, trying to add to the surprise! One by one the inductees, with their parents, joined center stage. After the induction, inductees and their parents were treated to another breakfast.

New inductees, seated, L-R: Jaden Kiesow, Cheyenne Irlbeck, Abby Kiesow, Lucian Tinnies, Julianne Nordby and Kaitlyn Olson. Current members, standing, L-R: Carlye Kiesow, Brooke Limesand, Alaina Monson and Ashley Moe.

Up close and personal

Written by Kari Sundberg, Eagle Editor

Last week, I made the scenic drive along Moose River Road, northeast of Grygla. I was headed to Ralph Lee's farm to get a photo of some baby owls. Ralph stopped into my office last week and told me that some Great Horned owls had nested in one of his Spruce trees. The two babies had since fallen about 30 feet out of the tree and were on the ground, unable to fly.

Not knowing much about the horned owl, or any owls for that matter, I reached out to my DNR Wildlife Specialist contacts. I found out some interesting facts that I thought I'd share with you.

Great Horned owls are common, especially around this area. It's pretty typical for them to nest in Spruce trees near farmstead because farmsteads often provide, not only trees for nest-sites, but also sources of food like mice and rabbits. Did you know horned owls don't build their own nests? They rely on the nests of other birds, or sometimes cavities inside of trees, to nest in. Nests that are used by them are often abandoned crow and hawk nests.

Great Horned owls are not an endangered species, but they, like all species of raptors, are federally protected. They are the largest species of owl in Minnesota. They might look smaller than the Great Gray owl, but Great Horned owls are

actually heavier than Great Grays. The Great Horned owl is one of 12 total species of owls that occur in Minnesota. And those little "horns" on the great horned owl? They're not horns, of course, they are actually just tufts of feathers.

The owls nest fairly early in the season, and as a result, fledge earlier than most other birds. Often when the young birds are close to flight stage they'll exercise their wings and find that they aren't quite flight capable yet, and end up on the ground. The adults will continue to feed them and often they are flying within days of this occurring.

Ralph brought me back to the nesting spot and I was shocked at how close I was able to get to these two babies! About two feet away from them, they started clacking their bills so I backed up and gave them their desired space.



Looking west down the peaceful and scenic Moose River Road; a great place for a drive and some wildlife viewing!

By the time this article reaches your mailbox, these owls should be up and flying!



'It's a Hit!' spring program



Grygla Elementary kids have been practicing for their spring program! 'It's a Hit!' is the theme for this year's program, which will be held this Friday, May 12th, at 2pm in the new gym. You are invited to attend as the group converts the gym floor to a baseball field with the audience/fans sitting in the outfield bleachers! The 5th grade band will also perform at the beginning of the program. Several classes will also be exhibiting projects they have been working on this spring in their classrooms. Hope to see you at the "ballgame!"

GRYGLA CENTENNIAL SNEAK PEEK



REMEMBERING THE PAST

CELEBRATING THE PRESENT

EMBRACING THE FUTURE

AUGUST 25-27, 2017

2K/5K Color Run



Friday, August 25th, 5:30pm

Don't miss your chance to be blasted at every color station throughout this awesome 2K or 5K run! At just \$15 a person, no pre-registration is required. (5 years old and younger are free.) Runners will each be given a t-shirt to wear at the beginning of the race. Along the route, they will be showered with colored powder, made of food-grade corn starch.

The Color Run is being organized by Grygla Student Council members.

STAY UP TO DATE BY LIKING THE "GRYGLA CENTENNIAL 2017" PAGE ON FACEBOOK!

Another sneak peek to come next week!



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 8pm Grace Council
Sunday:
Grace: 9am Worship - Senior Recognition Sunday w/ cake & coffee to follow
OS: 10:30am Worship

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

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday:
Ekelund: 8:30 Worship
Faith: 9:45 Worship - Honor Grads & Confirmation Students
Bethany: 11am Worship

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
Sunday:
8am Worship w/ 9am SS
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
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

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

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SUMMER MUSIC LESSONS

Anyone interested in summer music lessons, please give Gene Lunsetter a call (294-6155) at the Grygla School by 3 PM, May 19.

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

Community Calendar

Wed | May 10
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; May Senior Birthday party at Grain Bin Café 2:30pm; Grygla School Open House 4-8pm; Goodridge High School Spring Concert 7pm

Thurs | May 11
Goodridge PreSchool Graduation 6:30pm

Fri | May 12
Senior Meals at Grain Bin Café 11am; Grygla Elementary Spring Program in the new gym 2pm; Senior High Track Meet in Warren 4pm

Sat | May 13

Sun | May 14
Happy Mother's Day

Mon | May 15
Spring Cleanup Week in Grygla; Senior Meals at Grain Bin Café 11am

Tues | May 16
Junior High Track Meet in Roseau 3:30pm; National Honor Society Banquet in Grygla (time TBD)

WIC Schedule

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. They feel that the 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.

Monday-Friday, May 8-12: Thief River Falls Redeemer Lutheran Church

Monday, May 15: Warren Evangelical Covenant Church
Tuesday, May 16: Karlstad First Lutheran Church

Wednesday-Thursday, May 17-18: Roseau LifeCare Medical Center Basement Auxiliary Room

Thursday, May 18: Grygla Grace Lutheran Church

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 218-874-7845.

Immunizations, dental varnishing & blood lead testing available at the Newfolden and Warren clinics from 9-11am.



Thank you to the Rescue Squad and those that assisted after I fell on March 31st. Also, thank you to the visitors and those sending cards, flowers and phone calls while I was a patient at the hospital in Grand Forks.

Very grateful,
Ralph Smith

POSITION OPENING ANNOUNCEMENT:

Northwest Community Action, Inc., a private non-profit agency, with an annual operating budget of \$4-\$5 million is now accepting applications for the position of Executive Director. The Executive Director will have overall strategic and operational responsibility for Northwest's staff, programs, and execution of its mission. Areas of responsibilities are as follows:

Leadership & Management:

Ensure ongoing programmatic excellence, evaluation, and consistent quality of administration of programs.

- Actively engage with board members, funders, and partnering organizations.
- Develop, maintain, and support a strong Board of Directors; serve as ex-officio of each committee.
- Lead, encourage, support, and retain a high performing senior management team.
- Ensure effective systems are in place for monitoring progress, and regularly evaluate programs and effectively communicating such to the board, funders, and other constituents.

Specific Position Requirements:

- BA degree a preference, with major emphasis placed on senior management experience.
- Unwavering commitment to quality programs and data-driven program evaluation.
- Excellence in staff management, setting strategic goals, and budget oversight.
- Past experience in working with a Board of Directors.
- Strong ability to build outside relationships with other stakeholders, and build public support.
- Excellent ability to build and maintain supportive relationships with staff and board.
- Strong written and verbal communication skills.
- Ability to work effectively in collaboration with all groups of people and communities.
- Passion for the work of Community Action, integrity, positive attitude, and mission driven.

Salary to be commensurate with education and other qualifications. Quality benefit package includes vacation and sick leave, substantial health insurance contribution, life insurance, and retirement.

A letter of interest and resume should be sent to and received by 4:00 PM May 26, 2017 at the following address:

Kathy Bernstrom, Chairperson
PO Box 217, Lancaster, MN 56735
or emailed to bernstrom@wiktel.com

Spring Clean Up Week

is May 15-19th
If anyone needs anything picked up they can contact Rocky
218-689-3271
or 294-6728

RABIES CLINIC

held at the
Grygla City Garage on
Thurs., May 25th
from 5:30-7:30

FSA 2017 Acreage Reporting Maps are available for producers

The Marshall County Farm Service Agency (FSA) has the 2017 Acreage reporting maps printed and ready for Producers to pick-up at the Marshall County Farm Service Agency office. Due to budget constraints the FSA County Office will not be mailing out maps to producers for acreage reporting. The County Office asks that farm operators stop by the Marshall County FSA Office and ask to pick up their 2017 acreage reporting maps.

If farm operators have made changes to the land they operate they are asked to inform the County Office of these changes prior to picking up their maps.

To better serve producers, Marshall County FSA has additionally arranged a map pick-up day for producers at the following times and locations. Please stop by and ask for your maps at these locations if it is more convenient for you to do so.

- Monday, May 15 from 9am-1:30pm at KodaBank in Stephen, MN.
- Tuesday May 16 from 9am-1:30pm at Newfolden Co-op Oil CO.
- Thursday, May 18 from 9am-1:30pm at American State Bank of Grygla

Once producers have completed planting they should complete their maps and then call the County Office to schedule their appointment for Acreage Reporting. A letter attached to the map explains how to complete the map and what information is needed on the map. This information will be the crop, variety, planting date, and intended use.

Producers with questions about picking up their maps or acreage reporting requirements should contact their local FSA County Office or the Marshall County FSA Office @ (218) 745-4251 ext. 2.

Grygla holds successful blood drive

A total of 49 people volunteered to donate blood with 39 being able to give during Grygla's April 19th blood drive. 8 people gave blood on the automated 2RBC machine that collects 2 units of red blood cells which resulted in 47 total products. Every community and everyone within each community has a stake in an adequate blood supply.

To meet the needs of local patients, United Blood Services needs to recruit 250 blood donors every day! Blood will be available only because of blood drive sponsors, coordinators, and volunteer donors. Blood donors are eligible to donate blood every 56 days. There were 2 people who volunteered for their first time in Grygla!

Ralph Rundell coordinated the drive and Grygla Lions sponsored and assisted with recruiting donors, publicity, providing refreshments, and registering donors. Others who assisted the day of the drive were: Sheldon Peterson, Mildred Klamar, Nadine Wold and Ida Stanley. 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.

Wednesday, May 10, 2017

U.S.P.S. No. 002330

Grygla Eagle



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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HELP WANTED

at Yo-Hawn's Bar & Grill in GRYGLA
Various positions open.
Apply in person.



Fourtown Sportsman's Club held their annual picnic/ride/ditch cleaning day last Saturday. The folks in attendance had great weather for the event, which was held out at Grande Corner.



Use your debit card and make your home cozy.

Each time you use your debit card to make purchases between April 1 - June 30, 2017 you'll automatically be entered for a chance to win!

No purchase is necessary to enter to win. A purchase will not increase your chances of winning. Void where prohibited. Promotion period is April 1, 2017 through June 30, 2017. www.asbgrgla.com/rules for official rules and complete contest details. All rights reserved. Target is not affiliated with and does not sponsor or endorse the services of SHAZAM, Inc. or the Home Sweet Home Rewards campaign.

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FAX (218) 687-2328



Written by Kari Sundberg, Grygla Librarian

Maybe you've seen the posters around town and are already planning to attend, but I wanted to share this event with you again in case you missed it. The Grygla Library will be hosting a musical tribute to Minnesota Lumberjacks on May 24th.

Michigan based singer/storyteller Bill Jamerson will present an hour-long musical tribute to the Minnesota Lumberjacks on May 24 at 1pm at the Grygla Community Center. The program is sponsored by the Northwest Regional Library, hosted by the Grygla Library and is free to the public.

With guitar in hand and dressed in costume, Jamerson sings traditional lumberjack songs, tells stories about life in the lumber camps and shows a short video clip of the old logging days. He takes his audience on a musical journey with songs about working in the woods, living in a bunkhouse, the hardships of river drives, the importance of camp food, and going into town in spring.

Most of the lumberjacks were newly arrived immigrants who brought a zest for living and a hunger for the American dream. The majority came to

America to become homesteaders. Many lumberjacks who acquired property for farming, continued to spend their winters working in the logging camps for extra income. Jamerson shares many stories he has learned first-hand from the men who worked in the woods and from family members.

The program includes traditional lumberjack songs that were passed from camp to camp. They range from foot stomping jigs to soulful ballads.

The program contains stories of strength, wit and charm. The stories are as entertaining as they are educational; as honest as they are fun.

Other newsworthy info from the library includes a mention of our new books coming in weekly. Last week we got in all new Juvenile Non-Fiction books. This week we're getting in all new "easy read" picture books. Great ones for the kids to check out, right? Right. So c'mon in and take a few home. We're open Wednesday from 2-6pm.



Meet the Goodridge/Grygla Seniors

GRYGLA CLASS OF 2017

GOODRIDGE CLASS OF 2017



Name: **Kameron Wayne Dahl**
Family: Wayne (dad), Melanie (mom), Kevin (brother), Koby (brother), Wyatt (brother)
School activities involved in: n/a
Favorite teacher and why: Grandstrand – very laid back
Dream vacation destination: Alaska
What song do you know word-for-word: Jason Aldean – Dirt Road Anthem
Last thing in your Google history: 4x4 Off Road Truck Parts
What could you give a 40-minute presentation on with absolutely no preparation: Trucks
What takes up too much of your time: Homework
Future plans: Pipeline welding



Name: **Alison Kaye Satre**
Family: Parents: Gary & Kristine, Sibs: Susan & Geoffrey
School activities involved in: Basketball, volleyball, student council, yearbook, peer helping, knowledge bowl
Favorite teacher and why: Mrs. Kucera – she is the one person I can go to anything for. She is always there to listen and has great advice. She has been a great influence on my high school experience.
Dream vacation destination: Norway
What song do you know word-for-word: Just Breath – Pearl Jam
Last thing in your Google history: School lunch
What could you give a 40-minute presentation on with absolutely no preparation: About how much I dislike public speaking
What takes up too much of your time: Netflix
Future plans: I will be attending RRCC in the fall and playing volleyball. After graduating with an Associate of Arts degree I hope to transfer to a four year university to finish out my education towards a degree in Radiology.



Name: **Ashley Moe**
Family: Parents: Jared and Kristie Moe, Siblings: Alexis and Avery
School activities involved in: Basketball, River Watch, Envirothon, Knowledge Bowl, Student Council, NHS
Favorite teacher and why: Mr. McDonald because he was always fun to talk to and he taught me a lot about basketball.
Dream vacation destination: Bahamas
What song do you know word-for-word: Pokemon theme song
Last thing in your Google history: Weird boy names
What could you give a 40-minute presentation on with absolutely no preparation:

Kaitlyn Olson
What takes up too much of your time: My phone
Future plans: I plan to attend Northland Community & Technical College this fall and play basketball. I will be going to school for a business degree.



Name: **Ryce Skime**
Family: Darwin Skime/Teri Shafer – parents, Gavin Skime/Jerry Hubbard – siblings
School activities involved in: Knowledge Bowl, choir, school store
Favorite teacher and why: Mr. Loe – I could relate and talk to him about anything.
Dream vacation destination: The woods
What song do you know word-for-word: Far From Home by Five Finger Death Punch
Last thing in your Google history: What is Thermodynamics
What could you give a 40-minute presentation on with absolutely no preparation: How to fix a 1991-1993 Polaris 350L 4x4 2 Stroke Trail Boss
What takes up too much of your time: Technology
Future plans: Get my degree in Automotive Technologies



Name: **Katrina Smith**
Family: Jeff Smith (dad), Shelley Mueske (mom), Chris Mueske (brother), Ethan Fish (brother), Makayla Smith (sister)
School activities involved in: Envirothon
Favorite teacher and why: Mrs. Erickson from Badger because her class was always fun and we always got things done. I laughed the most in her class.
Dream vacation destination: Pendleton Round-up
What song do you know word-for-word: North to Alaska
Last thing in your Google history: Probably NFR Barrel Racer runs
What could you give a 40-minute presentation on with absolutely no preparation: Horses
What takes up too much of your time: My phone
Future plans: Going to school in Amarillo, TX, to be an Equine Dentist



Name: **Tanner Wayne Anderson**
Family: Dad Chad Anderson, Mom Wendy Ostby, Brother Dillon Anderson
School activities involved in: None
Favorite teacher and why: Mrs. Rindahl
Dream vacation destination: Alaska
What song do you know word-for-word: Country Boy Aron Lewis
Last thing in your Google history: Homework answers
What could you give a 40-minute presentation on

with absolutely no preparation: Wrecking stuff
What takes up too much of your time: Working on vehicles
Future plans: Pipeline welding



Name: **Kaitlyn Olson**
Family: Greg & Shaunna (parents), Courtney & Jacob (siblings)
School activities involved in: Envirothon, Knowledge Bowl, Student Council, Volleyball, Band, Choir, St. Council
Favorite teacher and why: Mr. Loe – he always gave good advice and had a positive impact on my life.
Dream vacation destination: Italy
What song do you know word-for-word: Any song by Justin Bieber
Last thing in your Google history: “Small tattoos behind ear”
What could you give a 40-minute presentation on with absolutely no preparation: Taking naps
What takes up too much of your time: Sleep
Future plans: I am attending NCTC this fall to obtain my Liberal Arts degree, then will go on from there to major in Psychology.



Name: **Michael Jelen**
Family: Colleen, Chris, Shaunna
School activities involved in: Football, basketball
Favorite teacher and why: Grandstrand because he's pretty cool
Dream vacation destination: Florida to go gator hunting or fishing
What song do you know word-for-word: You Should Be Here by Cole Swindell
Last thing in your Google history: Cabela's website
What could you give a 40-minute presentation on with absolutely no preparation: Hunting and fishing
What takes up too much of your time: School
Future plans: To help a farmer out of Warren for a couple years then probably try to buy some of my own land and have a few cows and maybe go back and work at Marvin Windows.



Name: **Layne Steven Hlucny**
Family: Mom – Shelly, Dad – Paul, Brother – Paul Jr.
School activities involved in: n/a
Favorite teacher and why: Mr. Grandstrand – very easy to work with and talk to
Dream vacation destination: Owning my own log cabin in where I can go whenever I want.
What song do you know word-for-word: Bartender - Rehab
Last thing in your Google history: Amazon
What could you give a 40-minute presentation on with absolutely no preparation: Trucks
What takes up too much of your time: Working on trucks
Future plans: Work – maybe college



Name: **Kayla Jean Walseth**
Family: Parents – Dough & Heidi Horachek, Daughter – Harper Walseth, Siblings – Trinity Walseth, Chase Nomencland & Brody Bunker
School activities involved in: Knowledge Bowl, Choir, Envirothon, Yearbook
Favorite teacher and why: Lacey Hruby – you can be yourself around her and you can vent about anything to her.
Dream vacation destination: Bahamas
What song do you know word-for-word: Closer by The Chainsmokers
Last thing in your Google history: Quizlet
What could you give a 40-minute presentation on with absolutely no preparation: Raising a kid
What takes up too much of your time: School
Future plans: Go to NCTC-TRF for Nursing



Name: **Alec Kiesow**
Family: Alan, Shaunna
School activities involved in: Band, chorus
Favorite teacher and why: Kjono – political views
Dream vacation destination: Private island
What song do you know word-for-word: Springsteen by Eric Church
Last thing in your Google history: Toyota Tundra
What could you give a 40-minute presentation on with absolutely no preparation: Real country music vs. pop bro country
What takes up too much of your time: school
Future plans: Nashville, TN



Name: **Hannah Dietsch**
Family: David & Donna Dietsch
School activities involved in: Band, choir, yearbook, school play, volleyball, basketball
Favorite teacher and why: Mrs. Anderson because she was my first teacher when I moved here and she was always nice.
Dream vacation destination: Bahamas
What song do you know word-for-word: You Belong With Me – Taylor Swift
Last thing in your Google history: Some question I googled for a paper I had to write.
What could you give a 40-minute presentation on with absolutely no preparation: Netflix
What takes up too much of your time: Sleep
Future plans: Possibly going to Northland, if not, moving to Iowa with my family and possibly going to college there.



Name: **Tyler Stinar**
Family: John & Connie Stinar
School activities involved in: Basketball, football, track
Favorite teacher and why: Granny because he's granny
Dream vacation destination: Mexico
What song do you know word-for-word: Watching You by Rodney Atkins
Last thing in your Google history: The weather

Name: **Alexis Marie Kiesow**
Family: Tony & Nicole Kiesow and siblings Kayla & Hunter
School activities involved in: Football managing, Knowledge Bowl, Yearbook, Student Council, Envirothon, Choir
Favorite teacher and why: Lacey Hruby – she's always there for her students whenever she is needed
Dream vacation destination: Bora Bora
What song do you know word-for-word: Closer by The Chainsmokers
Last thing in your Google history: How to MLA format a paper
What could you give a 40-minute presentation on with absolutely no preparation: How cute dogs are
What takes up too much of your time: My brothers racing
Future plans: I plan on attending UND and majoring in Occupational Therapy



Name: **Logan Carlson**
Family: Travis & Tracy Carlson
School activities involved in: Football
Favorite teacher and why: Mr. Kjono
Dream vacation destination: Togwotee, Wyoming
What song do you know word-for-word: Starships, nothing is gonna stop us now
Last thing in your Google history: How to get to Rollag from Kent, MN
What could you give a 40-minute presentation on with absolutely no preparation: Snowmobiles
What takes up too much of your time: School
Future plans: Move out, work & hope to be farming in 2 years.



Name: **Katrina Jensen**
Family: Don & Danette Jensen, Patricia Amaya
School activities involved in: Band, choir, volleyball
Favorite teacher and why: Saurdiff because she's so fun
Dream vacation destination: Barbados
What song do you know word-for-word: Carry on my Wayward Son by Kansas
Last thing in your Google history: Amazon
What could you give a 40-minute presentation on with absolutely no preparation: Harry Potter
What takes up too much of your time: School
Future plans: Don't really have any yet



Name: **Tanner Wellman**
Family: John & Connie Stinar
School activities involved in: Basketball, football, track
Favorite teacher and why: Granny because he's granny
Dream vacation destination: Mexico
What song do you know word-for-word: Watching You by Rodney Atkins
Last thing in your Google history: The weather

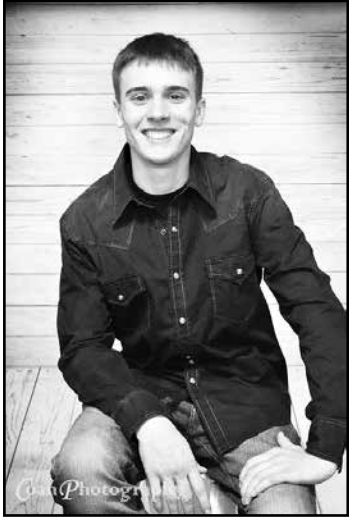
What could you give a 40-minute presentation on with absolutely no preparation: How much I hate school
What takes up too much of your time: School
Future plans: Football NCTC



Name: **Jordan Nelson**
Family: Jared & Diana Nelson
School activities involved in: Art, choir
Favorite teacher and why: Lacey Hruby - always understand us and is very nice.
Dream vacation destination: Mexico with mom and grandma Boutain
What song do you know word-for-word: Follow Me by Uncle Cracker
Last thing in your Google history: Why isn't my duck laying on her eggs
What could you give a 40-minute presentation on with absolutely no preparation: Turtles
What takes up too much of your time: Work and social media
Future plans: Get right to work and start a family



Name: **Kristin Nicole Farris**
Family: Harry & Deb Farris and brothers Dwayne, Joe, Ryan, Sean
School activities involved in: Football & boy's basketball manager, NHS, Drama, 4H, Student Council, Close Up, Band, Choir (until 11th grade)
Favorite teacher and why: Mrs. Saurdiff – she taught me about Germany, which was where I was born. It's pretty cool.
Dream vacation destination: Maldives
What song do you know word-for-word: Hoedown Throwdown by Miley Cyrus/Hannah Montana
Last thing in your Google history: How to cite a website in MLA format
What could you give a 40-minute presentation on with absolutely no preparation: 4H or poultry or sheep
What takes up too much of your time: Hockey and 4H
Future plans: Bemidji State University for Chemistry with an emphasis in Criminalistics



Name: **Tanner Wellman**
Family: Brian & Cheryl Wellman (father and mother)
School activities involved in: Trap Club
Favorite teacher and why: Mr. Kjono – shares food
Dream vacation destination: Pearl Harbor (Hawaii)
What song do you know word-for-word: Ice Ice baby
Last thing in your Google history: Cabelas
What could you give a 40-minute presentation on with absolutely no preparation: Something to do with hunting and fishing
What takes up too much of your time: Hunting and fishing
Future plans: Military

GOODRIDGE CLASS OF 2017

...CONTINUED



Name: **Jesse Wiseth**
Family: Tony & Carol Wiseth

School activities involved in: Football & basketball

Favorite teacher and why: Kjono, cause we can actually joke around with him.

Dream vacation destination: Cancun, Mexico

What song do you know word-for-word: The Prayer, Kid Cudi

Last thing in your Google history: Ram 1500 tires

What could you give a 40-minute presentation on with absolutely no preparation: Snowmobiles

What takes up too much of your time: Being at school

Future plans: Finish college & have a job working with heavy equipment



Name: **Robert Brummitt**
Family: Tamy & Robert Brummitt and Grandmother Judy Jourdain

School activities involved in: Football, basketball, track

Favorite teacher and why: Kjono because he is very funny

Dream vacation destination: Philippians

What song do you know word-for-word: Benny and the Jets

Last thing in your Google history: Quizlet

What could you give a 40-minute presentation on with absolutely no preparation: Native American facts

What takes up too much of your time: Social Media

Future plans: To go to the Army



Name: **Jeremy Wayne Wiskow**

Family: Dean, Sheila and Amy

School activities involved in: Football, basketball, Honor Society, band

Favorite teacher and why: Mr. Kjono – he is fun to joke around with

Dream vacation destination: Pearl Harbor (Hawaii)

What song do you know word-for-word: Cruise by Florida Georgia Line

Last thing in your Google history: Youtube

What could you give a 40-minute presentation on with absolutely no preparation: WWII history

What takes up too much of your time: Homework

Future plans: Graduating from Nothland and working at Digi-Key



Name: **Ashlyn Marie Henrickson**

Family: Paul & Kristy Henrickson

School activities involved in: Volleyball, basketball, track, envirothon, spring play, band, choir, yearbook

Favorite teacher and why: Mr. Mick – he was always funny and made everything fun

Dream vacation destination: Bora Bora

What song do you know word-for-word: Our Song – Taylor Swift

Last thing in your Google history: ?

What could you give a 40-minute presentation on with absolutely no preparation: (no answer provided)

What takes up too much of your time: Netflix

Future plans: Playing volleyball at MSCTC Fergus Falls and taking general classes so I can apply for the Dental Hygiene program at MSCTC Moorhead the following year.



Name: **Karlee Ann Johnson**

Family: Brian & Jen Sargent and siblings Mataya & Jolson

School activities involved in: Volleyball, track, basketball, yearbook, Student Council, Envirothon

Favorite teacher and why: Lacey Hruby – she understands us kids and doesn't pile on the homework.

Dream vacation destination: Australia

What song do you know word-for-word: Any Man of Mine by Shania Twain

Last thing in your Google history: Where can you buy sparkly crocs

What could you give a 40-minute presentation on with absolutely no preparation: How to use almost any social media

What takes up too much of your time: Social media/Netflix

Future plans: Get my generals done at NCTC then attend BSU to major in education and minor in coaching. I want to become a teacher in the Goodridge/Grygla area while coaching volleyball.



Name: **Blaine Kriel**

Family: Ryan Kriel, Twila Kriel, Jenny Anderson, Doug Anderson

School activities involved in: Basketball, football

Favorite teacher and why: Kjono – he's like the only teacher that you can joke around with.

Dream vacation destination: Bahamas cliff diving

What song do you know word-for-word: The Ride by David Allen Coe

Last thing in your Google history: The fate of the furious

What could you give a 40-minute presentation on with absolutely no preparation: Logan Carlson

What takes up too much of your time: Sitting at home

Future plans: Go to Northland for 2 years, transfer to NDSU and become an agronomist.



Name: **Dylan Walker**

Family: Arlen and Tiffany Eideldes and Mike Walker

School activities involved in: Football, basketball

Favorite teacher and why: Kjono – he's funny and his

class is easy

Dream vacation destination: Mexico

What song do you know word-for-word: Backstreets Back by Backstreet Boys

Last thing in your Google history: You Tube

What could you give a 40-minute presentation on with absolutely no preparation: Sports players and computers

What takes up too much of your time: Some people

Future plans: Play basketball in college



Name: **Brooke Amber Anderson**

Family: Stacy & Brent Anderson

School activities involved in: Volleyball, basketball, track, choir, yearbook stuff

Favorite teacher and why: Mrs. Anderson – she always had fun & creative projects to do.

Dream vacation destination: Fiji

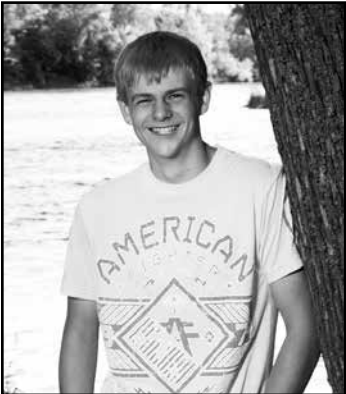
What song do you know word-for-word: The Climb by Miley Cyrus

Last thing in your Google history: Caribou Coffee

What could you give a 40-minute presentation on with absolutely no preparation: (no answer provided)

What takes up too much of your time: Netflix

Future plans: I plan on attending NCTC for two years to get my Liberal Art degree, then I plan on going to UMC to get a degree in Animal Science and hopefully become a large animal vet.



Name: **Cameron Jacob Naeseth**

Family: Denise & Dave Naeseth

School activities involved in: Basketball, student council, band, school play

Favorite teacher and why: Harry Farris – he's helped me become the person I am now. He changed my way of living.

Dream vacation destination: Go to Florida

What song do you know word-for-word: Ice Ice Baby

Last thing in your Google history: NBA best dunks 2016-2017

What could you give a 40-minute presentation on with absolutely no preparation: Fishing

What takes up too much of your time: Sitting inside my house

Future plans: I plan on going to Northland to get my AA degree.



Name: **Hogan Frank Bruno Lundeen**

Family: Perry & Sally Lundeen, Rita & Tony Marsh

School activities involved in: Football, basketball, play

Favorite teacher and why: Mr. Kjono –he's a guy you can talk to

Dream vacation destination: Mexico

What song do you know word-for-word: Honey I'm Home by Shania Twain

Last thing in your Google history: proffootballtalk.com

What could you give a 40-minute presentation on with absolutely no preparation: NFL football

What takes up too much of your time: Working at Cenex

Future plans: Go to Northland for a couple years and hopefully be a county sheriff.

Grygla/Gatzke School Board April Minutes

Thursday, April 20, 2017, 8:00 p.m. Chairperson of the board Nicolette Leach called the meeting to order at 8:00 p.m. with Karina Tinnes, Charisa Limesand, Jim Verbout, Jeremy Rychlock, Andrew Oslund, Principal Lunsetter and Superintendent Clow present. Pledge of Allegiance.

Motion by Jeremy Rychlock, second by Karina Tinnes, to approve the agenda as amended. Passed 6-0. Minutes of the 3/16/17 regular school board meeting were approved as presented/amended. Motion by Charisa Limesand, second by Karina Tinnes, to approve payment of the bills check #35031 through check #35119. Passed 6-0

Finance Report: Given by Superintendent Clow. The bills were not included in the finance report so the total fund balance may be slightly lower than what is shown in the packet.

General Fund: MSDLAF: \$1498711.08 Food Service: Checking: \$56225.39 Comm. Service: Trust: Scholarship: Total: \$1554936.47

Student Report: Given by Alison Satre and Lucian Tinnes. Spring Fling week was organized by the Student Council during the week of 3/20-24/17. The Juniors won the points competition and their candidates, Clay Irlbeck and Shawntel Ignaszewski, were crowned King and Queen. Seven students participated in the Visual Arts Festival in Fosston on 3/22/17. Trystan Jelle and Taylor Berberich, chaperoned by Mrs. Saurdiff, attended German Camp at Concordia Language Village in Bemidji 3/23-26/17. The Senior Boys Basketball players took part in two Senior Challenge games in Red Lake Falls and Roseau. The ECFE Fundraiser and Elementary Basketball were a success and were held on 3/30/17. Several Junior High Music students attended a music Festival in Mahnomen on 3/31/17. The Seniors went on their class trip to Duluth on 3/31-4/2/17. Stops included Gooseberry Falls, Canal Park, Adventure Zone and the JJ Astor revolving restaurant. The Winter Sports Banquet was held at the Goodridge Community Center on 4/4/17 at 7:00 p.m., with over 150 student-athletes, coaches, and family members in attendance. Driver Education classes have been held after school, led by Mr. Gast. The Robotics teams participated in the National Championships held in Council Bluffs, IA. The G team finished with a 4-6 record, while the C team finished with a 5-5 record, and both teams represented the school and communities excellently. Alaina Monson, Layla Jelle and Jamie Dougherty all received "Excellent" ratings at the vocal ensembles in Roseau on 4/6/17. Post Prom Bingo was held on Tuesday, April 11

at 7:00 p.m., with around 100 people attending. Riverwatch has begun taking samples of local rivers. The yearbook staff has been busy during homeroom and after school getting this year's yearbook ready for publishing. The track team has its first meet, tomorrow, Friday, April 21st in Mahnomen. Eight Student Council members will be attending the State Student Council Convention in Rochester this weekend, 4/21-24/17, with Mr. Westbrook and Mrs. Kucera chaperoning. The High School Spring Music Concert will be held next Tuesday, 4/25/17 at 7:00 p.m. The Envirothon team will travel to Lake Bronson for their annual competition next Wednesday, 4/26/17. Trap shooting pictures were taken today, and the season is going well, with the team shooting on Sundays or Thursdays. The Kindergarten and 5th grade classes, under the supervision of Mr. Smith and Mr. Gast, will be attending the Shrine Circus next Friday, 4/28/17. Prom will be on Saturday, 4/29/17, with pictures at 3:30 p.m., Grand March at 6:00 p.m., meal at 7:00 p.m., dance at 8:00 p.m., and Post-Prom at 12:00 midnight. The 6th grade trip will be from 5/3-5/5/17, and Evening with the Arts will be on the evening of 5/5/17.

Teacher Report: Kristina Kaml from the University of Minnesota has been working with the 4th and 5th grade classes on a weekly nutrition program. They recently took part in a wellness challenge that involved creating paper chains based on the fruits and vegetables they ate. 3rd and 4th grade classes visited their pens at the TRF Care Center on Tuesday, April 18th. The 4th graders recently started their Civilization/House project. The orders for Charger shirts designed by the School Store are due tomorrow, 4/21/17. A benefit will be held on 4/25/17 for Emmitt Halvorson, the son of Cole and Katie, in Thief River at the Community Church. Mrs. Westbrook's 6th grade class completed "4x4's" from 1 to 100 and are displayed in her room, and is also planning to include STEM activities in the classroom in the near future. Mr. Westbrook's class has created 3-D images of themselves and will be printing them on the 3-D printer soon.

Principal Report: The new track uniforms were ordered and should be in shortly. A recommendation was made to keep the current uniforms and find a possible use for them. A new athletic schedule was handed out, including an updated Track and Football schedule. Interviews have been held for the Elementary position as well as the Business position, and coaching interviews will be held in the upcoming weeks. The 2017-18 school calendar is up for approval and a

preliminary 2017-18 academic schedule was handed out, noting that it is still a work in progress. The Grygla School will be hosting a spring open house 5-10-17 for families interested in enrolling their children in the school next fall. Principal Lunsetter also noted that the Scholarship Committee is in need of representation from the school board. Mr. Westbrook has suggested implementing some coding activities to supplement SSR as a way to get students engaged in STEM programs. The Boys and Girls BB teams will be placed in the East sub-district for the 2017-18 BB season. The Elementary Reading curriculum will be updated this spring, as the staff chose to go with Pearson as their provider.

Superintendent Report: The bus log was reviewed with no major bus issues. Certified desire to negotiate was briefly discussed, as was the bus bid for bus #5. Motion by Nicolette Leach, second by Jim Verbout to review the updated Wellness Policy #533. Passed 6-0. Motion by Jeremy Rychlock, second by Andy Oslund to accept the resignation of Brooke Olson as Head GVB coach. Passed 6-0. Motion by Jim Verbout, second by Charisa Limesand, to accept the resignation of Tori Miller as JV GVB coach. Passed 6-0. Motion by Karina Tinnes, second by Jeremy Rychlock to accept the resignation of Mike Gast as elementary instructor (includes resignation for all positions). The board expressed their most sincere appreciation for his years of service and dedication to the students of the Grygla School. Passed 6-0.

Motion by Jim Verbout, second by Nicolette Leach, to approve the hire of Andrew Sundberg as elementary teacher. Passed 6-0. Motion by Charisa Limesand, second by Andy Oslund to approve the transfer of Renae Westbrook from grade six instructor to grade five instructor, effective 2017-18 school year. Passed 6-0. Motion by Nicolette Leach, second by Jeremy Rychlock to approve the 2016-17, 2017-8 Principal Contract as negotiated. Passed 6-0. Motion by Charisa Limesand, second by Jim Verbout to approve the 2017-18 school calendar as presented. Passed 6-0. Motion by Andy Oslund, second by Karina Tinnes to approve hire of Jana Nelson as business teacher. Passed 6-0. Motion by Jeremy Rychlock, second by Jim Verbout to accept the bid from Chris Jelen for the 1999 59 passenger Thomas bus. Passed 6-0. Trustee Reports: Nikki recently attended a Special Education Finance Training at the NWRIC in Newfolden. The meeting closed to discuss Superintendent negotiations. The meeting was adjourned at 8:57 p.m. Next Mtg. time/date: 5/18/17, 8:00 p.m.



It was "Evening with the Arts" in Grygla last Friday night. The GHS Drama Department presented two plays titled, "The Great American Talent Show" and "Country Ella!" The cast was directed by Jessica Nordby.



Wednesday, May 10, 2017

Ingeborg von Agassiz to perform at Goodridge Liquor Store



The Goodridge Liquor Store will host a concert by a Duluth-based artist called Ingeborg von Agassiz — the solo electronic-folk project of former Oklee-area resident Emma Rustan. The free event will be in promotion of a Kickstarter project that Rustan is putting together to 'kickstart' the manufacturing process of her debut album. It will be held on Friday, May 19th from 7-9:30pm. Rustan has been making music and performing live under the moniker Ingeborg von Agassiz for two years. The name she chose for her project refers to the area where she comes from. The name "Ingeborg" was the birth name of Rustan's great-grandmother, for whom she is named (Ingeborg was translated back then as Emma), 'von' is a German word meaning 'of' or 'from,' and 'Agassiz' refers to the ancient Lake Agassiz that once covered the upper northwest region of Minnesota. Ingeborg von Agassiz performs live with keyboards, electronic beats, and live vocal looping and recently had a track included on a live compilation album, prompting reviewer Tony Bennett of the Duluth News Tribune to write that Ingeborg von Agassiz is "the real deal — able to write a tune that is instantly memorable, able to do the one-woman-band thing, and able to imbue her stuff with a lot of personality without seeming like she's being disingenuous."

Also, last year Ingeborg von Agassiz was listed as one of three emerging Duluth artists to be excited about in The Local Current Blog from

Twin-Cities based radio station 89.3 The Current (a service of Minnesota Public Radio). Brit-tany Sanford, who works at Duluth's Electric Fetus record store, stated in the blog, "[Ingeborg von Agassiz] doesn't currently have a CD, which is really sad because she did an in-store [performance] at the Electric Fetus, and I've never had more people come up to me and be like, 'Where can I find her CD?'"

The Kickstarter project that Rustan will be promoting at her upcoming performance in Goodridge allows folks in the community with the opportunity to be a part of making Ingeborg von Agassiz's CD a reality. Kickstarter.com is a crowdfunding platform with the mission to "help bring creative projects to life." The project for this album launched April 28th with an online video explaining the project's scope and goals. The general public will have the chance to 'back' the project by pre-ordering the CD, T-shirts, and other merchandise, as well as contribute additional funds to earn their names a spot in the album's liner notes. The Kickstarter is an all-or-nothing business model, which means that there is a funding goal and a set number of days to reach the goal, meaning, that if the goal is not met, then the 'backers' are refunded the money, and the project will have to find funding elsewhere. Rustan attended elementary school in Oklee, graduated from Goodridge Public School, and earned an A.A. at NCTC in Thief River Falls before leaving for Duluth in 2003. She returned to the Oklee area in 2008-09 and was a bartender TJ's Tavern. She also worked as a substitute teacher at Goodridge, Oklee, and Plummer schools during that time.

The event at Goodridge Liquor Store on Friday, May 19th will run from 7pm-9:30pm and is free and open to all ages. Jordynn Johnsrud will take the stage and open from 7-7:30pm. Guests can expect to hear a variety of sounds and songs, both originals and covers, from Ingeborg von Agassiz, who will perform from 7:30-9:30pm.

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Milliner

noun

1. a person who designs, makes or sells hats for women.

\mil-uh-ner\

A HIPPIE'S HEALTH

Written by Tara Waltman

You know what I really enjoy doing? Yoga. How many have tried this? It's meditating and exercising at the same time! I can remember when I started yoga way back when (about 10 years ago, wow I'm old) it was one of the first times I could just shut my brain off. You know what I mean? I wasn't thinking - I was doing.

This is key folks.

It is important to just be and do and try to get out of our heads. Yoga does this for me. You match your breath with each changing pose. You may have watched yoga and thought how on earth do people do that? There are modified poses, so anyone can do it! There are like a million benefits to exercise and a million benefits to meditating. (Million might be a slight exaggeration.)

To name a few, it can decrease stress, increase flexibility, increase muscle tone, improved respiration and protection from injury. It helps us to slow down and take a deep breath. Yoga for kids helps to develop body awareness. Why is this important? It helps build a positive self-image, increase confidence and emotion regulation (I'll touch on this a little more in a bit). It builds concentration and helps to manage stress. Now look at all those benefits, people!

You know what's cool? I used to teach yoga to my nieces and I loved it; so did they. I would bring my yoga DVDs home on Christmas break and my cousins and nieces and I would do yoga and my brothers and I would play trivial pursuit because we are nerds like that (my brother Mark being the biggest nerd, I like to call him Professor Plum). And he is going to love that I put him in the paper!

Okay back on topic now. They have done research and found that yoga can help with post-traumatic stress disorder (PTSD). I think it was mainly if not all women in the studies. It can help decrease flashbacks, panic/fear and increase body awareness and acceptance of our bodies and with that in-

crease self-esteem and self-respect. This is where the emotion regulation bit comes in. It can help symptoms of PTSD related to fear and decrease shame and guilt and with that it can increase joy and feeling calm. Pretty awesome, huh?

I have used some essential oils (like frankincense) to increase my spiritual connection while doing yoga and or meditating. So yet another thing to try, folks!

The picture is me doing the tree pose on top of Lions Head Mountain in Cape Town, South Africa. I was scrolling through my pics and a realized I like to take tree pose pics on mountains. I guess we all have our things.

Just a heads up, my awesome, friend Paula Peterson is opening her own yoga studio, A River Life Yoga! How cool is this?! I just found out it will be opening sometime in June! So if you feel like making a trip to the big city of TRF go check out her studio and do a little yoga. Your body and mind will thank 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.

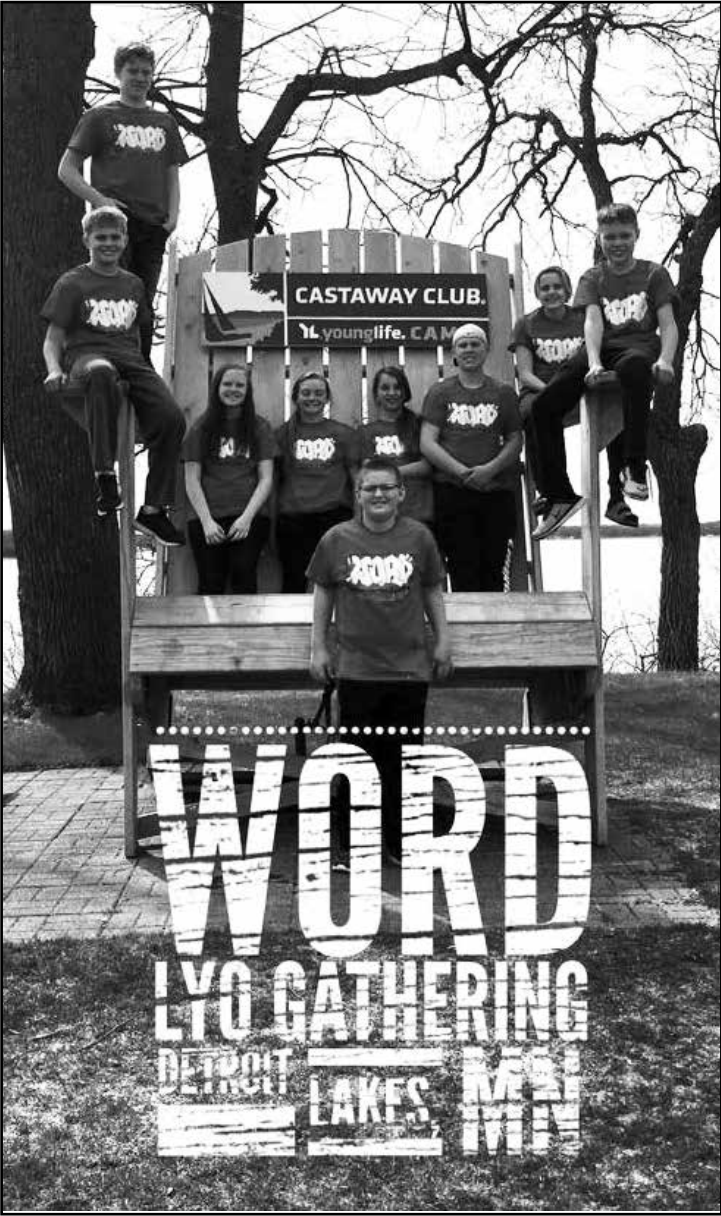


These track photos were taken from the Senior High Track Meet in Mahnomen last Thursday, May 4th. Top to bottom: Karlee Johnson ran the 200M, Hudson McMillin ran the 400M, Libby Johnson was the last leg of the 4X100M relay.



Junior High Track Meet results

- Here are the results from the Junior High Track Meet in Warren on Monday, May 1st. They awarded ribbons to the top 10 finishers so below is a list of the Chargers that finished in the top 10.
- Top 10 Finishes
- Girls Results:
- Trinity Walseth-6th Place 100 Meter Hurdles
 - Madison Cullen-9th Place 100 Meter Dash
 - Vivian Coan-1st Place Shot Put, 5th Place Discus
 - 4x100 Meter Relay-4th Place (Morgan Burns, Chloe Kuznia, Madison Cullen, Trinity Walseth)
 - 4x200 Meter Relay-5th Place (Morgan Burns, Chloe Kuznia, Madison Cullen, Trinity Walseth)
- Boys Results:
- Moses Jensen-4th Place 100 Meter Dash, 1st Place 200 Meter Dash
 - Eli Sundberg-3rd Place Shot Put
 - Hudson McMillin-6th Place 100 Meter Dash
 - Levi Kiesow-6th Place Shot Put
 - Jared Haack-4th Place High Jump, 4th Place Discus
 - Nolan Anderson-6th Place 100 Meter Dash (B Division)
 - 6th Place 1600 Meter Run
 - Gabe Arveson-10th Place Shot Put
 - Andrew Loken-6th Place 200 Meter Dash
 - Mason Laidley-10th Place 200 Meter Dash
 - Jordan Coan-10th Place Discus, 9th Place Shot Put
 - 4x200 Meter Relay-4th Place (Jake Olson, Moses Jensen, Nolan Anderson, Clayton Suchoski)
 - 4x400 Meter Relay-4th Place (Mason Laidley, Eli Sundberg, Levi Kiesow, Jared Haack)



Grace and Our Savior's Church LYO (Lutheran Youth Organization) kids attended a junior high retreat at Castaway Club in Detroit Lakes the last weekend in April. Attending was, L-R: Nolan Anderson, Kaylor Torgerson, Mya Anderson, Riley Saurdiff, Ahna Stanley, Avery Moe, Chloe Kuznia, Sheldin Sundberg and Justin Thompson (front).

EXTENSION NEWS

Women in Agriculture Network announces June event

The June Women in Agriculture Network (WAGN) seminar will be a farm transition and estate planning workshop entitled, "Where Do I Begin?"

The event will be June 6, 2017 at the Halstad Legion Recreation Center (580 2nd Ave. West, Halstad, MN 56548). Registration is at 9am with the program running from 9:30am-3:30pm. The fee is \$20, which covers the cost of lunch. Payment can be made the day of event.

"Many farm families struggle with beginning the process of transitioning the family business to the next generation," shares Gary Hachfeld, Extension Educator. "The process takes communication, trust,

and respect as a foundation to begin the task. The 'Farm Business Transition: Where Do I Begin?' program addresses many of these items. Program participants will be introduced to ideas, concepts, and tools they can use to help them get started with the process."

Participants will learn about different communications styles; transferring labor, income, management, and assets; retirement considerations for the senior generation; assessing an operation's financial viability; and goal-setting. Through fun, hands on exercises, families will learn how to apply these concepts to their farm and begin their own transition and succession plan.

To register, please visit: <http://z.umn.edu/junewagn>.

SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor

You only need three things to make this SIMPLY DELICIOUS recipe so it's not much of a "recipe" but more of an "idea" for you to make.

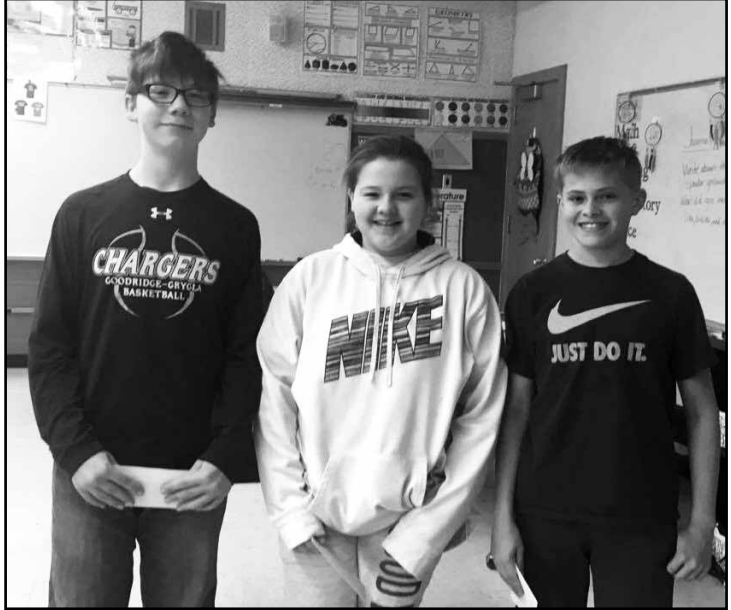
Peppers, cream cheese and bacon. Together, a little slice of heaven.

For two people, grab two



peppers. Wash and cut them, taking the seeds out. Spread each "boat" with cream cheese and add diced up bacon to the top. I slow cooked these at 350 degrees for an hour.

Older American Essay Winners



The Grygla 6th grade class recently wrote essays on the Older Americans they admire in their lives. The top 3 winners are, L-R: Tre Alten, Kia Klein and Kaylor Torgerson. The essays (in their own words and unedited) are included below.

Tre Alten – 1st place

The person that is special to me is my grandpa Alfred Alten. He is special to me because he is my grandpa, we like almost the same things, and I really just love spending time with him.

What I admire about him is that he is very nice, knows many things, loves to hunt, fish, be outdoors, go places, do many things, likes some sports, and is a funny grandpa.

When we spend time together we play board games, cards, go fishing together, tell funny jokes, watch tv together, have fun outside, play outside, and talk about how your day was going.

He helped me drive a four wheeler, ride a bike, fix a car, shoot a gun, fish, hunt, feed horses, and ride a horse. I've helped him by doing chores for him, getting things he needs, helped him fix cars, build things, helped him clean his house, make food, clean animals, and helped him fix cars he needs help with.

Things that are also special about him is that he is very funny, awesome, weird sometimes, a cool grandpa, got to see so many old cars, got to see many places, can do amazing things, and was always been there for me.

Kia Klein – 2nd place

My person that I look up to is my Grandpa Bob. He means a lot to me because he teaches me things, will always spend time with me, makes me laugh, and is always at my basketball games and volleyball games.

I admire him because he has a great personality, and is always making someone laugh. He also tells all his grandchildren and great grandchildren funny stories from when their mom's and dad's were younger, and when they did bad things. He also tells stories when he was young, and about the people who have passed I our family. He tells me stories about what they did, who they were, and things like that.

When I go over to his house we usually go to breakfast somewhere, then sometimes go and feed his cats out at the farm, then go back to his house play cards and watch Let's

Make A Deal, then have lunch, play some more cards, or watch The Price Is Right, and usually after that my mom is there to pick me up.

Here are a few that he has done for me. He comes to my games and supports me, bringing places when no one can, and takes care of me. I could be more helpful by cleaning up when I am there, and sending more letters. I have helped him by sending some letters, and picking up branches at the farm.

I would also like to say that he is very hard working and is the best!!! THANK-YOU

Kaylor Torgerson – 3rd place

The older person I have in mind is my great grandma Violet. She is very special to me because I got to see her a lot and talk to her a lot. She was very thoughtful to me and others like she would make food for everyone and deserts and she loved everyone.

Things I admire about her is she was always working on stuff like her garden, her flowers, working on the pond, decorations around the pond. She had a big pond with cool little bridge that went over the pond she was working on painting big objects that went around her house.

When we seen her here are some things we did. We played a lot of different types of card games and she knew a lot of card games. She would tell stories about her childhood and what it was like back then for them and how they lived, like milking the cows, how they hunted for food and how planted crops. We watch movies too, she likes movies a lot.

Some of the ways she helped me was she taught me how to play cards and how to play all most every card games he knew some of the ways I helped her were helping her around the house, grabbing stuff she dropped.

She is in a nursing home now in Erskine she likes it there but wants to go home. They are very nice to her. She has some people she knew in there back then. I love my grandma a lot and I can not wait to see her again.

CONGRATULATIONS

GOODRIDGE-GRYGLA HIGH SCHOOL

Class of 2017

GRYGLA HIGH SCHOOL

Class Motto:

"Sometimes you will never know the value of a moment until it becomes a memory."
-DR. SEUSS



Tanner Anderson



Kameron Dahl



Layne Hlucny



Michael Jelen



Ashley Moe *



Kaitlyn Olson *



Alison Satre *



Ryce Skime



Katrina Smith *

(ASTERISK MARKS HONOR STUDENTS)



Graduation:

Sunday, May 21, 2017, 2pm,
at Grygla High School

Ushers/Usherettes: Clayton Irlbeck, Carlye Kiesow,
Dustin Smith, Trystan Jelle

Class Flower: Oriental Lily

Class Advisors: Beth Kucera, Brady Olson

Class Colors: Royal Blue, Gold, White



GOODRIDGE HIGH SCHOOL



Brooke Anderson



Robert Brummitt



Logan Carlson



Hannah Dietsch



Kristin Farris



Ashlyn Henrickson



Katrina Jensen



Karlee Johnson



Alec Kiesow



Alexis Kiesow



Blaine Kriel



Hogan Lundeen



Cameron Naeseth



Jordan Nelson



Tyler Stinar



Dylan Walker



Kayla Walseth



Tanner Wellman



Jesse Wiseth



Jeremy Wiskow

Valedictorian: Kristin Farris

Salutatorian: Jeremy Wiskow

Honor Graduates: Hannah Dietsch, Ashlyn Henrickson, Alec Kiesow, Alexis Kiesow, Hogan Lundeen, and Dylan Walker

Motto: We may not have it all together, but together we have it all.

Flowers: Blue-tipped white rose, lavender rose

Colors: Purple, Teal, and Silver

Advisors: Lacey Hruby and Duane Kiono

**Goodridge Class of
2017 Graduation
Goodridge School
Gymnasium**

**Saturday,
May 20th, 2017
2:00 PM**



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