



 Today Sunny H 66 L 47	 Thurs Scatt Showers H 60 L 37	 Fri Partly Cloudy H 58 L 40	 Sat Sunny H 66 L 48	 Sun Scatt Showers H 65 L 48
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Wednesday, September 27, 2017

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Vol. 44 Number 13

A look at next week ... Goodridge and Grygla Schools crown their 2017 Homecoming King & Queen!



The mural was hung on the side of the Grygla Coop Store on August 19th. Beau Bakken stands next to his creation.

Grygla Coop mural painted in Hallock

Last fall, Betsy Saurdiff, Cheryl Sistad and Amy Holte began working on grants for the Grygla Centennial from the Northwest MN Arts Council. They contacted Beau Bakken, of Hallock, MN, back in October of 2016 because Betsy knows him and knew that he had painted murals for cities in NW Minnesota. Bakken agreed to paint a mural for the Centennial celebration and you've probably seen it (and been in awe of it) on the side of the Grygla Coop grocery store.

Beau Bakken is the Northwest MN Arts Council 2016 Artist of the Year. He learned art creation from his father, artist Rock Bakken, but also credits his sixth-grade teacher with his favorite lesson: "Paint what you see, not what you think you see." Beau says he has always done pencil draw-

ings from as far back as he can remember and started painting in his early 20's. He sold his first painting about ten years ago. Over the years, he has been interested and influenced in his art by things like Japanese Manga comics to 40's advertising to pixelated videogame art. His artwork includes wall murals throughout the NW MN region and award-winning acrylic paintings.

A grant was written specifically for the mural and was later approved and funded. Bakken received the original photo and designed a mural 16 feet by 8 feet. It was painted in his garage on four 4x8 sheets of plywood and sealed to protect it from the weather. He also made a 2x4 frame to go around it. Beau arrived in Grygla to hang it on Saturday, August 19th, with help from

Lee & Betsy Saurdiff, Wayne Thomas and Amy Holte. It was quite the sight to see and was hung right in time for the Grygla Centennial celebration that was held August 25-27.



This activity was made possible in part by a grant provided by the Northwest Minnesota Arts Council with funds appropriated by the Minnesota State Legislature from its general fund.



This original photo is from the Coop in 1940. L-R: Carl Holbrook (Manager), Charlotte Lloyd, Karl Sundberg, Margaret Lillevold, Alice (Ole) Peterson.



Beau Bakken began painting the mural in his garage last spring, finishing weeks before the Grygla Centennial in August.

Grygla City Council approves August minutes

The September meeting of the City Council was held at the Grygla Civic Building on Monday, September 11th. Council members approved the August minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

August 14th Minutes of the Regular Meeting of the Grygla City Council

The meeting was called to order, at 7pm by Mayor Mosher with the following council members present: Gavin Nordby, Dave Dunrud and Robert Thompson, Lindsay Oslund. Absent: None. Also present were Kristi Hanson, from NW Regional Library, and Rose Aune.

Council approved minutes, along with receipts, disbursements, checking, savings & total balances for that month. The payment of all bills was also approved and a motion was made and approved for the city to cover the landscaping expenses by the fire hall, but not the monument. Other items included:

WATERTOWER
KLM did an inspection of the water tower on Aug 2nd. Shawn Mulhern wants to meet with the council to go over the findings. The inside does need some work, but not this year.

BURN PILE
Cameras and a sign have been bought and received.

STOP/YIELD SIGNS
It was approved to change the STOP sign to a YIELD sign at the intersection of Park Drive and Liberty Ave on the south side.

COMMUNITY CENTER
Painting is done. The flooring will be done tomorrow.

PLAYGROUND EQUIPMENT
Oslund to talk to the guy that does the Roseau Splash Pad.

AIRPORT AND CAMPSITE ADDITIONAL HOOKUPS
There were 10 electrical hookups added.

RADAR SPEED LIMIT

SIGNS
Thompson is going to order the signs.

FF ELECTRIC POLE
There is nothing new to report at this time.

REVOLVING LOANS
There was nothing new to report at this time.

AIRPORT M&O CONTRACT

Approved the 2017 Airport Maintenance and Operation Contract and Resolution.

NW REGIONAL LIBRARY BUDGET

Kristi Hanson, from the NW Regional Library, went over the budget for the library. She said everything looks good for the year and that Kari is doing a great job with getting more people and activities going on at the library.

THIEF RIVER WATERSHED

There's a meeting for the Thief River One Watershed One Plan on Aug 18 at 9am. **JARED BURNS PICNIC SHELTER MEMORIAL**

Checking for space at the softball field.

EXTRA MEETINGS

None

CENTENNIAL ROSTER

Approved the roster for the Centennial.

CENTENNIAL CLEANUP

It was approved to pay \$18/hr for Centennial cleanup.

REVOLVING LOAN RECOMMENDATION

Council approved a \$28,000 loan for Yo-Hawn's for 5 years at 3% interest under the recommendation of the revolving loan committee.

GRYGLA SIGN

Thompson is going to check with Salo Signs to fix up the west sign where the letters are peeling off.

SIDEWALK IN FRONT OF FAR NORTH APARTMENTS

Dirt needs to be added between the sidewalk and the road.

MOWING AIRPORT

Richard Mosher will be paid \$250 for mowing the airport.

SCHEDULE BUDGET MEETING

September 14th at 5:45.

LYO plays a big part in our small community

Have you heard of LYO? Maybe you or your kids are already a part of it! If not, now is the time to get involved! Lutheran Youth Organization (LYO) is for youth in grades 6-12. As a whole, it consists of four major areas: Outreach, Community Service, Fellowship Gatherings and Stewardship/Youth Education. The local coordinators of the organization are Ruth Anderson, Maureen Monson and Nikki Leach.

Last Sunday, the group gathered for a kick-off night and started the year off with a lot of great conversation, activities, games, food and fun! Let's take a look at this group worthy of being a part of.

Outreach
LYO donates money to various organizations, including Souper Bowl Sunday, Grygla and TRF Food Shelf, Northlands Rescue Mission, Crookston Shelter and Violence Intervention Project. The group also sends school kits through Lutheran World Relief and gives Christmas gifts to the Sharing Tree through the Marshall County Social Services. Projects they participate in to raise money include Lenten Suppers, Firemen's Supper and working at Bounce Houses.

Community Service

Every year the group cleans ditches and participates in the food drive during the March Food Share Campaign.

Fellowship Gatherings

Lots of fun activities are set up throughout the year. This year's events include a Glow N' Bowl outing, Skiing, Valentine's supper, Halloween activities, and a movie night!

Stewardship/Youth Education

Middle School and Senior High Youth Gatherings are scheduled around the area and make for a fun and educational experience for our youth. They are also a part of Peer Ministry. What is Peer Ministry? Two words describe it – welcoming and awareness. Students study lessons in: how to listen with your ears & your eyes; be supportive to family & friends; look for the good in people & how to be positive; how to be nonjudgmental; appreciate each other's strong points & talents, and figuring out your goals & helping friends.

All students in grades 6-12 are encouraged to join the Grace and Our Savior's LYO.



There was an LYO kick-off night last Sunday at Grace Lutheran Church. Youth members gathered for an evening of great conversation, activities, games, food and fun! LYO is open to students in grades 6-12.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
Interfaith Bible Study 8pm
Sunday:
Grace: 9am Worship
OS: 10:30am Worship w/ 9:30am SS

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

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Sunday:
Faith: 8:30 Worship, 9:45 SS
Bethany: 9:45 Worship, 10:30am SS
Ekelund: 11am Worship, 9:45am SS

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

St. Clement's: 11:45am
St. Ann's: 10am

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship, 10:30am 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 Merseeth
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Nazareth: 9:45am Worship w/ 8:30am SS
Oak Park: 11am Worship w/ 9:45am SS

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

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
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16						17				18				
19					20			21	22					
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68						69			70					
71						72			73					

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StatePoint Crossword
Theme: Hollywood

- ACROSS
- * Jessica Parker
 - Bag, in Paris
 - Diplomat's forte
 - Opposite of cathode
 - *"Chinatown" sequel: "The Jakes"
 - Chocolate tree
 - Considering everything
 - Pro vote
 - Sleep spoiler?
 - *Famous filmmaker Cecil
 - *"The Jazz Singer" was the first one
 - "To Kill a Mockingbird" recluse
 - *Cary Grant in "His Friday"

25. FedEx competitor
28. Family room staple
30. *Hollywood, a.k.a. town
35. Not kosher
37. Perfect houseplant spot
39. Mother-of-pearl
40. Tiny amount
41. Island, NY
43. Pre-college school
44. Opposite of rappel
46. *Japanese American actor with star on Hollywood Blvd.
47. Religious offshoot
48. Trojan hero
50. Superbright
52. Pilot's deadline
53. "we forget"
55. Ballerina's support
57. *Famous boulevard
60. *Grauman's Theatre
64. A mood disorder

U.S.P.S. No. 002330

Grygla Eagle

Serving Eastern Marshall & Northern Beltrami Counties

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Kari Sundberg-EDITOR

Phone 294-6220

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\$30 per year outside of the area

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65. Before
67. Did not smell good
68. Discrimination against seniors
69. Immeasurable period
70. Fear-inspiring
71. *Scorse and De Niro flick
72. "the wild rumpus begin!"
73. Goes down

- DOWN
- Aforementioned
 - *Hathaway or Bancroft
 - Knock about
 - Impromptu
 - How-do-you-dos
 - Eye affliction
 - Leave speechless
 - Raccoon's South American cousin
 - *Feature film actors first did it in the 1920s
 - Antioxidant-rich berry
 - Kind of package
 - *Director Ford or actor Hanks
 - Summon one to enter
 - *Clint Eastwood's "Every Which Way but form
 - Motion picture, a visual form
 - Dandy
 - Carthage's ancient rival
 - Proletarian, for short
 - Become established
 - *The industry
 - Takes a siesta
 - Rocks at mountain base
 - Upright
 - Former Greek coin
 - *Walk of
 - Facebook button
 - Truth, in the olden days
 - Type of fir
 - "Savvy?"
 - Made noise
 - Stainless stuff
 - *Bruce Lee's "the Dragon"
 - *"Hollywood" by brother of 19 Across
 - Computer operating system
 - Inconclusive
 - Copper coin
 - Eurozone money
 - Edward Scissorhands' sound
 - Augments
 - Dojo turf
 - Future fish

Community Calendar

Wed | Sept 27
Senior Meals at Grain Bin Café 11am; Grygla Eagle office open 9-6pm; Grygla Library open 2-6pm; FB practice in Goodridge; VB practice in Grygla

Thurs | Sept 28
Chargers Homecoming Volleyball game vs. BGMR in Grygla; FB practice in Goodridge

Fri | Sept 29
VB practice in Goodridge 6am; Senior Meals at Grain Bin Café 11am; Chargers Homecoming Football game vs. SAC in Goodridge 7pm with tailgate supper beginning at 5pm

Sat | Sept 30
JH Volleyball tourney in Warroad 10:15am; Church of Cash at Goodridge Municipal Liquor Store 8:30 pm (Jensen Sisters to open prior)

Sun | Oct 1

Mon | Oct 2
Senior Meals at Grain Bin Café 11am; VB vs. RLCC in Oklee; JH/JV FB vs. SAC in Argyle

Tues | Oct 3
VB game vs. LOW in Baudette

grygla.eagle@gmail.com

School Lunch Menus

Grygla Lunch Menu
Wednesday, September 27: BBQ on a Bun, Baked Potatoes, Veggie, Fruit
Thursday, September 28: Shrimp Poppers, Mashed Potatoes, Veggie, Fruit, Bread
Friday, September 29: Corn Chowder or Chicken Noodle Soup, Turkey on a Bun, Veggie, Fruit
Monday, October 2: Chicken Nuggets, Mashed Potatoes, Bread

Goodridge Lunch Menu
Wednesday, September 27: Burritos w/ Lettuce & Cheese, Green Beans, Applesauce, Bread
Thursday, September 28: Chicken Nuggets w/ Assorted Sauces, California Blend Veggies, Fruit Salad, Bread
Friday, September 29: Polish Sausage on a Bun, French Fries, Broccoli, Carrots & Celery w/ Dip, Oranges
Monday, October 2: Chicken Patty on a Bun w/ Lettuce & Mayo, Green Beans w/ Cheese, Peaches & Pears

Bridal Shower
for
Katie Petersen
Bride-to-be of Mike Brobst

Saturday, September 30th
10am

Riverside Lutheran Church
Wannaska, MN

RUMMAGE SALE

September 29-30
9am-5pm

LYLE & JONI ANDERSON'S GARAGE - GRYGLA -

Women's clothing, girls and boys clothing. Large selection of boys clothes (size 10-12 to adult small). Lots of boys shoes and boots. Many pairs of boys jeans in various sizes - like brand new! Several dress shirts and dress pants (size mens small) for boys needing to dress up for basketball game days.

COME AND TAKE A LOOK!

grygla.govoffice2.com

City of Grygla

218-294-6292

Minutes/Agendas avail.



Elections for the 2017 County Committee

USDA Farm Service Agency (FSA) County Committee Elections are underway in Marshall County.

It is important that every eligible producer participate in these elections because FSA county committees are a link between the agricultural community and the USDA. The 2017 election in Marshall County will be conducted for the representative Local Administrative Area Three (LAA 3): This area consists of the eastern most four ranges of townships in Marshall County.

County committee members are a critical component of FSA operations. Committees should be comprised of members who reflect the diversity of producers involved in production agriculture in Marshall County. This means that producers representing underserved groups or communities should be on the committee to speak on behalf of their constituency.

Underserved producers are beginning, women and other minority farmers and ranchers and land owners and/or operators who have limited resources. Other minority groups including Native American and Alaska Natives; persons under the poverty level, and persons that have disabilities are also considered underserved.

County committee election ballots will be mailed to eligible voters on Nov. 6, 2017. The last day to return completed ballots to the Marshall County USDA service center is Dec. 4, 2017.

For more information on eligibility to serve on FSA county committees, visit: www.fsa.usda.gov/elections.

NWRDC seeks representatives

The Northwest Regional Development Commission (NWRDC) is seeking nominations for two Minority and Six At-Large Public Interest Representatives on the Commission. These are two year terms of offices and members receive a \$50.00 "per diem" payment, as well as travel expenses, for the days on which they attend Commission meetings. The

Northwest Regional Development Commission (NWRDC) serves the counties of Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau. See www.nwrdc.org for more information. Nominations should be submitted by November 1, 2017 Contact Carol Sorensen at 218-745-6733 or go to www.nwrdc.org for a nomination form.

American State Bank - special notice

Equifax, one of the nation's three largest credit bureaus, disclosed that it was subject to a massive data breach - one of the worst in the nation's history. By the company's own admission, the breach affects as many as 143 million Americans or roughly half of the U.S. population. This constitutes a much larger share of Americans with a credit history.

According to the company's press release, "the information accessed primarily includes names, Social Security numbers, birthdates, addresses and, in some instances, driver's license numbers."

Given the risks posed by the data breach, American State Bank wants to inform their customers about the following precautions they can take to minimize potential fraud.

What Should Customers Do?

- Visit www.equifaxsecurity2017.com, an online service Equifax has set up, to check if personal information has been compromised.
- Consider a security freeze. A security freeze or credit freeze on your credit report restricts access to your credit file. Creditors typically won't offer you credit if they can't access your credit reporting file, so a freeze prevents you and others from opening a new account in your name. In almost all states, a freeze lasts until you remove it. To learn more about the credit freeze process, you can go to the following websites: Minnesota Office of the Attorney General www.ag.state.mn.us/consumer/publications/identitytheft.asp
Federal Trade Commission <https://www.consumer.ftc.gov/articles/0497-credit-freeze-faqs>
Minnesota state law requires a \$5 fee for each credit freeze. Consumers may contact the credit reporting agencies as follows:
Experian Security Freeze (888) 397-3742
<https://www.experian.com/freeze/center.html>
Equifax Security Freeze (800) 685-1111

<https://www.freeze.equifax.com/>
TransUnion Security Freeze (800) 680-7289
<https://www.transunion.com/securityfreeze>

- Set up a fraud alert. Fraud alerts require that a financial institution verifies your identity before opening a new account, issuing an additional card or increasing the credit limit on an existing account. A fraud alert won't prevent lenders from opening new accounts in your name, but it will require that the lenders take additional identification verification steps to make sure that you're making the request. An initial fraud alert only lasts for 90 days, so you may want to watch for when to renew it.
- Read your credit card and bank statements carefully. Look closely for charges you didn't make. Even a small change can be a danger sign. Thieves sometimes will take a small amount from your account and then return to take much more if the small debit goes unnoticed.
- Review credit reports every three or four months. Consumers are entitled to one free credit report from each of the three major credit bureaus per year. They can request a single report from one of the bureaus every three or four months. By staggering these requests, consumers will be able to monitor credit throughout the year.
- Don't ignore bills from people you don't know. A bill on an account you don't recognize may be an indication that someone else has opened an account in your name. Contact the creditor to find out.
- Shred any documents with personal or sensitive information instead of throwing them away. Keep hard copies of financial/sensitive information in a safe place.
- Change your passwords for all of your financial accounts and consider changing the passwords for your other accounts as well. Create strong passwords and do not use the same password for all accounts.

THIEF RIVER FALLS RADIO
KTRF AM 1230
KKAQ AM 1460
KKDQ FM 99.3

LISTEN LIVE ON TRF RADIO KKDQ/KTRF

THURSDAY, SEPTEMBER 28
Chargers Homecoming Volleyball vs. BGMR in Grygla

FRIDAY, SEPTEMBER 29
Chargers Homecoming Football game vs. SAC in Goodridge

MONDAY, OCTOBER 2
Chargers Volleyball at RLCC

Your Library Link

Written by Kari Sundberg, Grygla Librarian

Hey kiddos! Come and visit us Wednesdays after school and check out our new interactive rug! You can learn to spell your own name (and a friends!) in sign language. You can check out some good book while you're there, too!

We have new books coming in weekly. If you have a special book you want to read for school and take an AR test on, come in and I'll help you find a good one! See you soon!



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In two locations



Last week, Marshall County Deputy Sheriff, Ben Kucera, visited the Grygla School to conduct an official installation of the school safety patrols in grades 4-6. The school patrols stood in front of the assembled students and took an oath promising to do their best job in keeping our students safe as they travel to and from the school building.

Front row, L-R: Lakylie Brobst, Allie Sundberg, Addi Severts, Anna Sundberg, Janessa Torgerson, Harlie Hagen and Molly Lunsetter.

Middle, L-R: Callie Loken, Rease Stratton, Payton Dougherty, Brody Saurdiff, Kian Ahlbeck, Kinsley Oslund, Hunter Vad, Robbie Mosher and Ava Sorvig.

Back row, L-R: Allie Ose, Molly Cullen, Chelsie Nelson, Liv Bourman, Lewis Jones, Deputy Sheriff Kucera, Gavin Aune, Russell Ryan, Christian Loken, Blake Rychlock and Tatum Carrlson.



DNR says wolf population increases with rise in deer density

Results from the Minnesota Department of Natural Resources' 2016-2017 wolf population survey suggest Minnesota's wolf population has increased 25 percent since the 2015-2016 survey.

After remaining stable during the past four years, the survey estimates that within Minnesota's wolf range there were approximately 500 wolf packs and 2,856 wolves. The survey's margin of error is about plus or minus 500 wolves. The 2015-2016 survey estimated the number of packs at 439 and the wolf population at 2,278.

Minnesota's wolf population remains well above the state's minimum goal of at least 1,600 wolves and also above the federal recovery goal of 1,251 to

1,400. The DNR has consistently managed wolf populations at levels that exceed both state and federal minimums.

Survey results suggest packs were slightly larger (4.8 vs. 4.4) and used smaller territories (54 square miles vs. 62 square miles) than the previous winter. Although neither individually represented a significant change from recent years, collectively they explain the increase in the population estimate and are consistent with a continuing increase in deer numbers observed in many parts of wolf range. From spring 2015 to spring 2016, deer density within the wolf range is estimated to have increased 22 percent.

"From approximately 2005

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

Sensorium

1. A part of the brain or the brain itself regarded as the seat of sensation. 2. The sensory apparatus of the body.

to 2014, a decline in prey appears to have translated into larger wolf pack territories, fewer or smaller packs and a reduced wolf population, said John Erb, the DNR's wolf research scientist. "Now, the reverse appears to be happening." Although other factors such as pack competition, disease and human-caused mortality can influence wolf population dynamics, prey density typically determines the carrying capacity for wolves. "Changes in estimated wolf abundance generally have tracked those of deer over the past 5 years," Erb said.

The wolf population survey is conducted in mid-winter near the low point of the annual population cycle. A winter

survey makes counting pack size from a plane more accurate because the forest canopy is reduced and snow makes it easier to spot darker shapes on the ground.

Pack counts during winter are assumed to represent minimum estimates given the challenges with detecting all members of a pack together at the same time. A winter count also excludes the population spike that occurs each spring when the number of wolves typically doubles immediately following the birth of pups, many of which do not survive to the following winter.

Wolf population...
Continued on back

Grygla School Board approves August Minutes

The August 16th meeting minutes were approved at the September School Board meeting last week. They are below for your reference.

Chairperson of the board Nicolette Leach called the meeting to order at 8:00 p.m. with Karina Tinnes, Charisa Limesand, James 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 presented. Passed 6-0.

Minutes of the 7/27/17 regular school board meeting were approved as printed.

Motion by Charisa Limesand, second by Andrew Oslund, to approve payment of the bills check #35330 through check #35337. Passed 6-0.

Finance Report: Given by Superintendent Clow. District cash is about the same as last year.

General Fund	\$86,310.71
MSDLAF	\$1,342,175.98
Food Service	0.00
Checking	86,298.47
Comm. Service	57.93
Scholarship	0.00
Trust	0.00
Total	\$86,368.64
Total	\$1,428,474.45

Student Report: No student report.

Teacher Report: The teacher

report was presented by Robin Johnson. Isaac Kvasager and Jesse Westbrook have been updating all staff and student computers and will install a new server next week. Federal funding has been held up, so the Wi-Fi will be updated at a later date. Mr. Westbrook and the student council students will be leading the 5K and 2K Color Run and kiddie games at the Grygla Centennial/Fall Fest. Katelyn Tharaldson, head VB coach, reported 39 girls 7-12 in volleyball; they will compete at the WAO jamboree soon. Jason Grandstrand, assistant FB coach, reported 21 players in grades 9-12 out for football this fall; 8/26/17 is the jamboree in SAC. Sixteen students in grades K-6 participated in the Read-Write-Math program this summer, led by Robin Johnson. Swimming lessons have wrapped up for the summer: 54 kids attended and received compliments for good behavior from the folks at the Fosston pool.

Principal Report: Given by Principal Lunsetter. He began by reviewing graphs showing the MCA testing results; he is pleased with the outcome and sees improvement. The athletic update included participation numbers, as given in the teacher report. Football numbers are down, and that is the trend for many small schools

in the area; the new volleyball coaches are off to a good start. The bus routes haven't changed much from last year; there will be four bus routes and the skinny route in the suburban going west to the 6-mile corner. The Gatzke/Wannaska route, driven by Wayne Warne, is longer than the others. Student council students have been busy planning for the fun run and kiddie games at the Grygla Centennial/Fall Fest. There will be some staff members at the school during the all-school reunion. The floor in the ECFE room should finally be done; the company had to come back twice because it wasn't done properly.

Superintendent Report: Given by Superintendent Clow. Nothing to report for the bus log. Gina Amos will be driving the new bus in the Centennial/Fall Fest parade on 8/26/17. New doors have recently been installed by the new gym and by the office. Motion by Karina Tinnes, second by Jeremy Rychlock, to approve the fall 2017 paired sports committee minutes. Passed 6-0.

Motion by James Verbout, second by Andrew Oslund, to approve the 2017-18 school house lease to Drew Kjono at \$450/month upstairs and Travis Smith at \$375/month downstairs. Passed 6-0.

Motion by Jeremy Rychlock,

second by Charisa Limesand, to set the truth/taxation date and time for 12/21/17, at 8:00 p.m. Passed 6-0.

Motion by Karina Tinnes, second by James Verbout, to approve the 2017-18 bus routes with authority given to administration to make adjustments as needed. Passed 6-0.

Motion by Jeremy Rychlock, second by Nicolette Leach, to approve the hire of Andrew Sundberg as junior high football coach. Passed 6-0.

Motion by Andrew Oslund, second by Karina Tinnes, to approve the hire of Syra Naik as grades 7/8 VB coach. Passed 6-0.

Motion by James Verbout, second by Charisa Limesand, to approve the hire of Sara Panek as grades 7/8 VB coach. Passed 6-0.

Trustee Reports: A list of NWRIC staff assignments for the 17-18 school year was passed around. Open house is approaching on 8/17, with school board members grilling from 6-8 p.m. Thank you to all staff that worked on cleaning, repairing, and updating the school all summer; the building and grounds look great.

The meeting was adjourned at 8:37 p.m. Next Mtg. time/date: 9/21/17, 8:00 p.m.

▶ SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Our garden is like Tomato City, USA. It's fun to try new recipes with the fresh produce and I found a winner in this one.

Parmesan Baked Tomatoes

If you're craving pizza but not the calories, these baked tomatoes are like a pizza without the dough. The bake fast and have few ingredients.

Preheat oven to 450 degrees. Wash and slice up 1-2 large tomatoes. Arrange slices in a baking dish as you see fit. Drizzle olive oil on top of the tomatoes. Sprinkle with Parmesan cheese, pepper and oregano to your tasting. Bake for 15 minutes. You can use grated or shredded Parmesan cheese – shredded is better. And I'm

assuming freshly-chopped oregano would be better on top, too, but the dried spice I had on hand provided that great pizza flavor, too.

This is a great side dish that's unexpected and satisfies the taste buds. Give it a try!



▶ DO IT YOURSELF

Paper Punching Autumn Leaves

When the leaves turn from green into beautiful hues of orange, yellow, red and brown, we know it's time to get crafty. While raking your yard or going for a walk in the park, collect the prettiest leaves and grab your paper punches. These leaf die cuts would look great in paper crafting, Modge Podge projects and homemade cards. Be sure to preserve your leaf shapes by pressing them inside some heavy books.

This is a great after school or weekend project to do with the kids and it's fun to see what their creative minds come up with! Paper punches can be purchased in any craft aisle.



▶ WHAT A JOKE

The room was full of pregnant women and their partners, and the Lamaze class was in full swing. The instructor was teaching the women how to breathe properly, along with informing the men how to give the necessary assurances at this stage of the plan. The teacher then announced, "Ladies, exercise is good for you. Walking is especially beneficial. And, gentlemen, it wouldn't hurt you to take the time to go walking with your partner!" The room really got quiet. Finally, a man in the middle of the group raised his hand. "Yes?" replied the teacher. "Is it all right if she carries a golf bag while we walk?"

A woman takes her 16-year-old daughter to the doctor. The doctor says, "Okay, Mrs. Jones, what's the problem?" The mother says, "It's my daughter Darla. She keeps getting these cravings, she's putting on weight, and is sick most mornings." The doctor gives Darla a good examination, then turns to the mother and says, "Well, I don't know how to tell you this, but your Darla is pregnant – about 4 months, would be my guess." The mother says, "Pregnant? She can't be, she has never ever been left alone

with a man! Have you, Darla?" Darla says, "No mother! I've never even kissed a man!" The doctor walked over to the window and just stares out it. About five minutes pass and finally the mother says, "Is there something wrong out there doctor?" The doctor replies, "No, not really, it's just that the last time anything like this happened, a star appeared in the east and three wise men came over the hill. I'll be darned if I'm going to miss it this time!"

Q. My childbirth instructor says it's not pain I'll feel during labor, but pressure. Is she right?

A. Yes, in the same way that a tornado might be called an air current.

If any of your friends ever say that they would love to babysit, get that stuff in writing and sign it with their blood.

Lie: You're Glowing. Truth: You're Sweating

Lie: The baby weight will just melt off once you start breastfeeding. Truth: Yes, as long as you also stop eating.

Lie: One the baby is born, you will forget the pain of labor. Truth: You will forget your children's first names before you forget the pain of labor.

▶ A HIPPIE'S HEALTH

Written by Tara Waltman

I was reading this article the other day and this woman was suffering from symptoms of MS, I believe, and a friend recommended that she give something to someone for the next 30 days. The woman was skeptical and wondering how this would help her in anyway. She didn't do it. After some time, her symptoms only were getting worse so she thought, what do I have to lose?

So she started.

On the first day she called a friend who was sick and talked and listened to her. At first she didn't notice a change, but I think after a week or two she noticed her symptoms were decreasing. She was in disbelief and so thankful.

Now I am not saying that paying it forward cures cancer. What this article was trying to say, is that by changing what we do and our thoughts and by creating more positive in our life, this can impact our physical health as well.

I have wrote about this similar topic in the past. Our thoughts, our stress level, even what we watch on TV have an impact on our mental, emotional and physical health. This article and seeing people around me get sick reminded me that we are getting in that time of year where immune system is down and germs are everywhere! Now you wouldn't it know it was that time of year in PA because it has been 85 degrees here! Yikes. I personally enjoy it, but I also love fall!

So a few reminders on how to increase your immune system. Positive thoughts and believing in your health is important. Believing that your body will fight off sickness and stay healthy. Eat less sugar, less processed foods and more veggies and fruits! Also, one thing I have started drinking like a true hippie, bone broth. Have I wrote about this before? Bone broth is considered

a super food, very good for you! Making homemade soups out of bones would be very beneficial. Blueberries, coconut oil and kale/spinach are also considered super foods (very good for you - haha). Sunshine and Vitamin D are very important, especially in the winter to boost your immune system. Also, remember I wrote about the benefits of yogurt and Kombucha. This would be the time to eat or drink some of that stuff to build up a healthy gut. A reminder that approximately 70 percent of your immune system is in your gut! Healthy gut, healthy person! (This does not mean one who has a bigger gut is healthier! lol).

My family and I like to take shots of Ningixa Red supplement from Young Living daily to support immune health as well! Also, if you are coming down with something, make sure you try to get sleep and sweat! Sweating gets rid of toxins and as result gets rid of sickness! Stay healthy everyone! Happy Fall!

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



Wolf population...
Continued from page 3

The DNR's goal for wolf management, as outlined in the state's wolf management plan, is to ensure the long-term survival of wolves in Minnesota while addressing wolf-human conflicts. Minnesota currently has no direct management responsibility for wolves now because a federal district court ruling in December 2014 returned Minnesota's wolves to the federal list of threatened species. The U.S. Fish & Wildlife Service manages all animals on that list.

Chargers football ahead 16-0 before game was postponed

Last Friday night's football game in Warren was postponed due to lightening, however, the Chargers made it through the 3rd quarter and were up 16-0 before the call was made. By the time you read this, the final score of the game will be known as the Chargers are heading to Warren on Tuesday, September 26th, to finish the game. The game will resume with the beginning of the 4th quarter with the Chargers up 16-0.

Coach John Wilebski offered the following of what was played last Friday: Dylan Manderud, both rushing td's. Ben Groven pass from Manderud & Kaleb Sjulestad pass from Manderud, 2pt conversions.

The Chargers will host Stephen Argyle in Goodridge this Friday night where they will play their 2017 Homecoming game! Royalty will be announced prior to the game, around 6:30pm.

Chargers Tailgating

Come and join in for some Charger Tailgating this Friday, September 29th, at the field in Goodridge beginning at 5pm. The menu includes pulled pork sandwiches, chips and a bar for \$5. The pep squad will be doing a pep fest for fans starting at 6pm. All proceeds go to the Post Prom. GO CHARGERS!

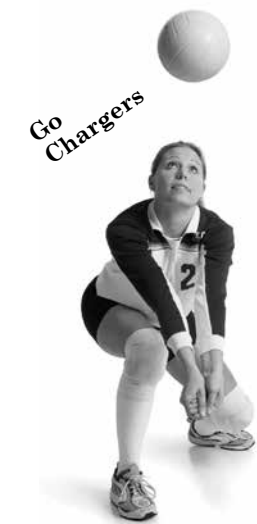
Success for all 5 Chargers VB teams

Last Thursday night was a success for all 5 of the Chargers Volleyball teams (7, 8, C, JV, V) when they hosted Warroad in Grygla.

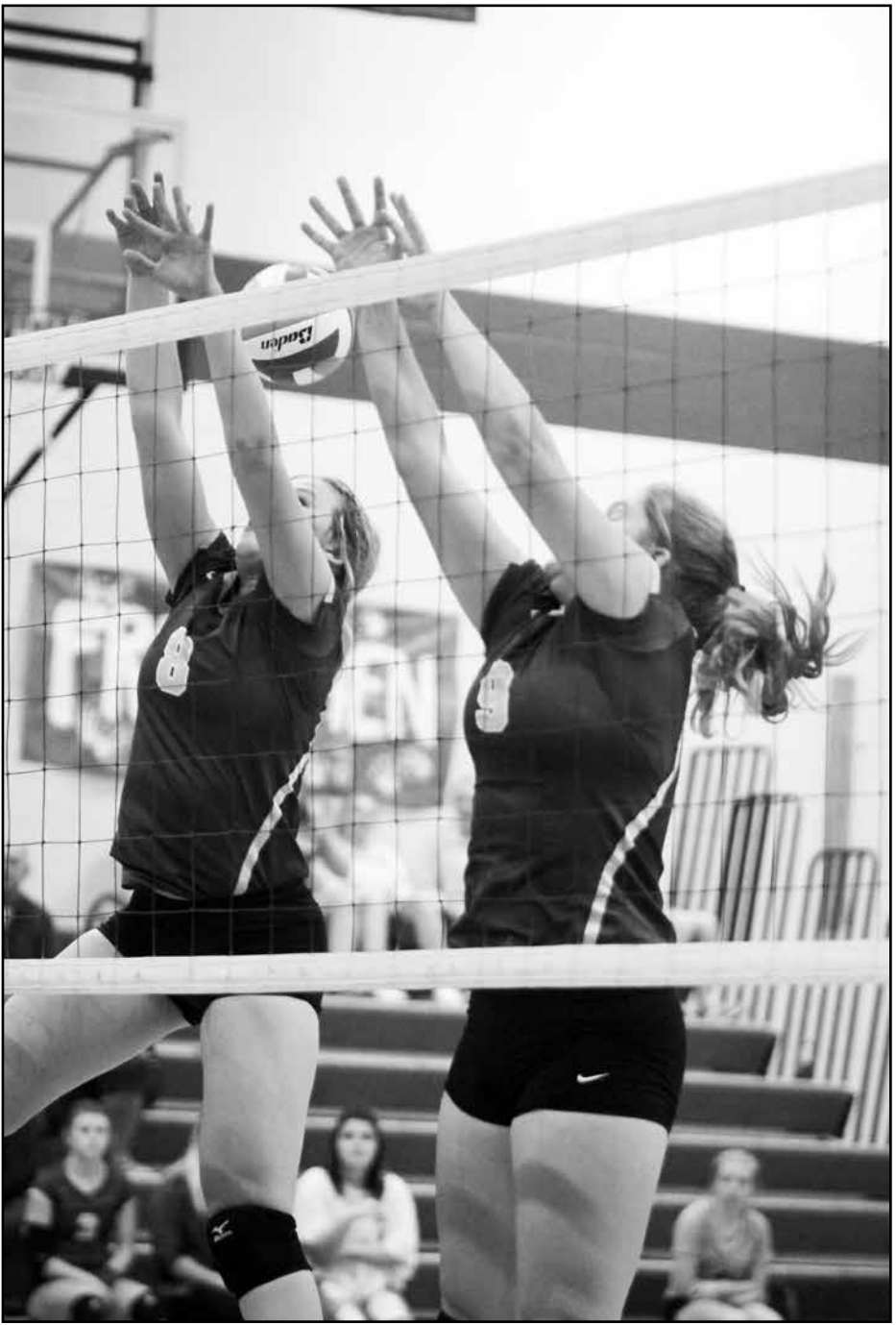
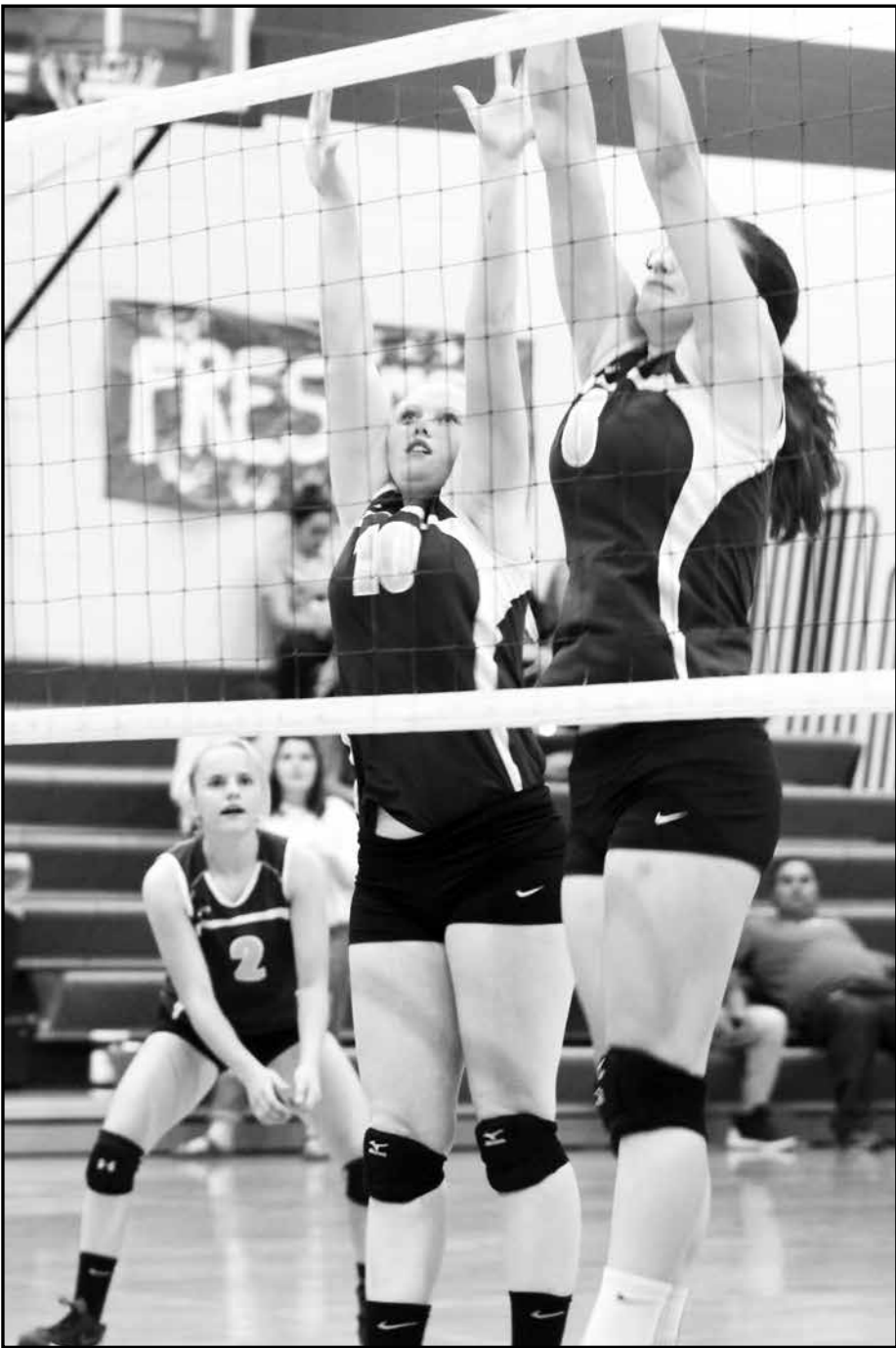
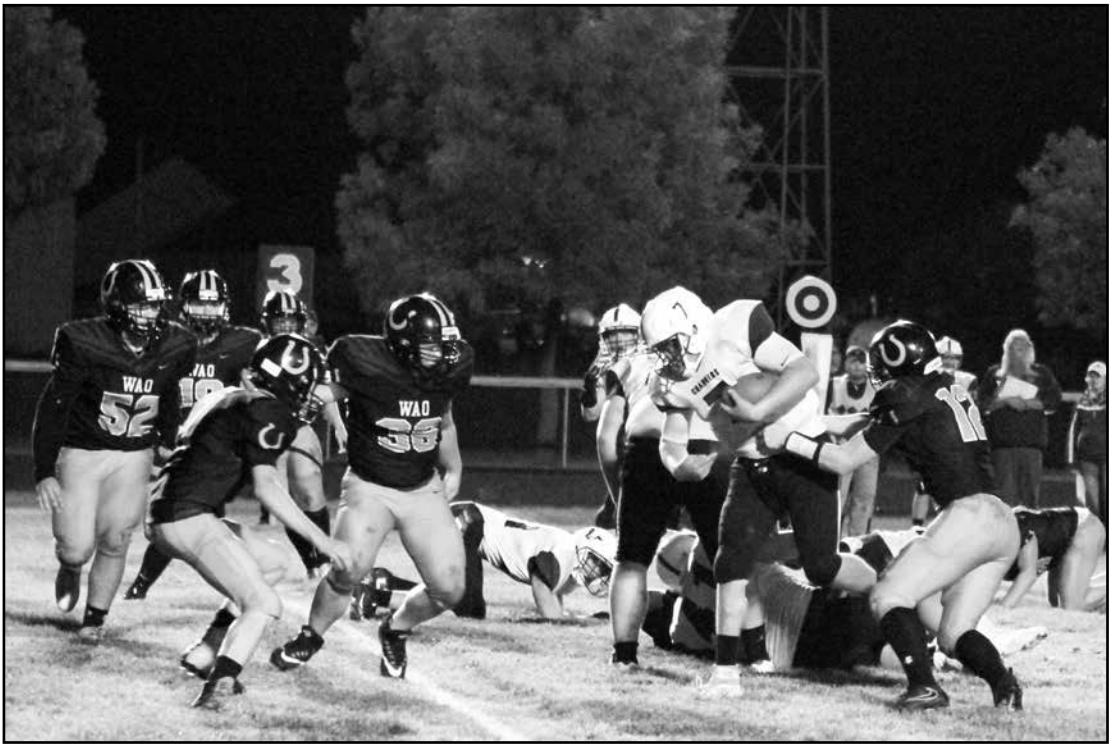
Coach Katelyn Tharaldson said, "I am so proud of all the hard work these girls have been doing and tonight it showed. This was a huge game for us and we pulled off a great win. They believed that they could come back after losing the 2nd and 3rd match and they did just that. They made it a great game to watch. They have so much to proud of after this game and I think they will carry this confidence into next week as we go to EGF to play Sacred Heart and on Thursday for our Homecoming game we will be up against BGMR."

Ace Assists: Mercedes Coan-14, Trystan Jelle-24
Kills: Alaina Monson-12, Maci Bakken-8, Madi Race-6, Libby Johnson-11
Aces: Hailey Vad-3
Digs: Nichole Arveson-10, Amy Wiskow-14
Blocks: Maci Bakken-3

As Coach Tharaldson said, the team travels to East Grand Forks on Tuesday this week to play Sacred Heart. On Thursday, they'll host BGMR in Grygla, which is their 2017 Homecoming game!



Football photos courtesy of the Warren Sheaf. Above: Peyton Verbout. Below left: Dylan Manderud. Below right: Kaleb Sjulestad



Chargers at the net in last Thursday's game against Warroad. Left: JV team Chloe Kuznia, Mya Anderson and Trinity Walseth. Right: The ball gets by blockers, Maci Bakken and Madi Race.



Left: Daria Waletzki. Right: Libby Johnson



It was a 1st place finish for the 7th grade Chargers last Saturday at Sacred Heart High School! The team is coached by Sara Panek.