



 Today Snow H 35 L 24	 Thurs Cloudy H 35 L 17	 Fri Mostly Sunny H 30 L 21	 Sat Snow H 35 L 31	 Sun Rain/Snow H 38 L 19
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A look at next week ... S P O O K T A C U L A R Halloween fun!

Saphire’s Courage Campaign makes a stop at the Grygla School



Saphire’s Courage is a campaign that began 5 years ago after Saphire Brown experienced bullying from her peers, and the mental health challenges that accompanied. Being very open about her past experiences during her teenage years, and telling the story of this challenging time in her

life, including suicidal ideation, Saphire promotes hope and shares coping skills that were effective for her as she encourages others to seek help for whatever they are dealing with. Saphire’s Courage is currently on tour in Northern Minnesota and working its way down to the Minneapolis area. The tour kicked off on October 3rd in Thief River Falls, made a stop at the Goodridge School on October 11th and also the Grygla School last Thursday, October 26th. Saphire has shared her story at many area schools, churches, and other venues for mental health professionals, and has presented for mental health conferences as a keynote speaker. She is also a Nashville recording artist who has opened for Amy Grant, Michael W Smith and Mark Schultz. Already reaching thousands of kids, Saphire connects and interacts with students while using music. The mission of Saphire’s Courage is to educate, inspire, and advocate for anti-bullying, suicide awareness, and mental health. Two years ago, Saphire moved to Nashville to pursue her music career. During her time there, she says she learned so much about writing, and the ins and outs of the music industry. She and her husband, Blake, performed at some amazing events while there, including the Vanderbilt Children’s Hospital, but felt a strong pull to come back to Minnesota to tour. She says, “While there, we met fabulous people who changed our lives, were welcomed into a church that gave us so much to be thankful for, and got to live and breathe the feeling of Nashville. Although it was so much fun, I discovered that my purpose was not only just for Nashville, but for anywhere and everywhere God lead me. After lots of praying of where He wanted us to go next, we felt a strong pull to come back to MN to tour.” She adds, “We don’t know what state we’ll be going to next, but Nashville is always home and Minnesota is always home to both of us, as well.” Saphire graduated from Northome, MN, while her husband, Blake, graduated from Thief River Falls. Saphire’s mom, Stacy (Englund) Brown, grew up in Grygla. Her grand-

parents are Melvin and Polly Englund, so she visits this area occasionally and as time allows. As for short term goals, Saphire wants to continue spreading her story and music in Minnesota and reaching as many people as she can. Looking down the road, she hopes to share her story with all 50 states and also doing some out of country events. “To me, I have already made it. I get to share my story with hundreds of people every year and I get to watch as people pull out of their darkness and find the courage to be who they are. To me that is making it. That’s been my purpose all along. And if that’s all I do for the rest of my life, it’s completely and totally worth it,” Saphire concluded. To book Saphire’s Courage, please contact Saphire’s booking manager at 218-360-0279 or via email at saphirebrownofficial@gmail.com. You can follow Saphire on Facebook @saphirebrownofficial and her Courage EP is available on iTunes. She also has her Fearless music video available on Vevo.com and YouTube.

state government. Minnesota Boys State is a program for young men who have just completed their junior year of high school. Highlights of the week include political speakers, mock trials, campaigning, elections and announcement of the Boys State Governor and State Constitutional Officers. **Abby Kiesow, Girls State** American Legion Auxiliary Girls State is a nonpartisan program that teaches young women responsible citizenship and love for God and Country. Since the inception of the Girls State program in 1937, nearly one million young people have had the opportunity to learn first-hand how their state and local government works. **Alaina Monson, AAA** The purpose of AAA is to recognize and honor high school seniors who have excelled in the classroom, on the athletic field and in the arts. The purpose is also to elevate academic standards and create greater awareness of League-sponsored activities and their values, and to provide member schools of the League with the opportunity to participate in a statewide program that supports, promotes and recognizes academic and extra-curricular achievements.



Veteran’s Day programs set for next week

The Grygla School will be hosting a Veteran’s Day Program this year. It will be held on Thursday, November 9th, at 9am in the Gymnasium. The program schedule will include Presentation of Colors, a vocal selection, Invocation, GHS Choir selection, introduction of Boys State Representative, introduction of Girls State Representative, student address from Boys and Girls State Reps, student service project, a poem reading, Benediction and Retiring of Colors.

If anyone would like to visit at the Veterans Memorial in Grygla following the ceremony, let one of our local Veterans know. There will also be a program at the Goodridge School that same day, Thursday, November 9th, also at 9am. The program will include a guest speaker, GHS Band selection, Girls State Representative address and Presentation/Retiring of Colors. Thank you to all of our Veterans for their service.



Grygla High School awards five students

Bailey Watne, Minnesota Mile Minnesota MILE (Motivating and Inspiring Leadership and Excellence) was formed to identify outstanding high school sophomores throughout Minnesota for being responsible citizens in their community and/or school and provide them with the opportunity and encouragement to recognize their leadership potential. **Maci Bakken, HOBY** Founded in 1958, HOBY’s mission is to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service and innovation. HOBY programs are conducted annually throughout the United States, serving local and international high school students. HOBY programs provide students selected by their schools to participate in unique leadership training, service learning and motivation-building experiences. **Lucian Tinnes and Abby Kiesow, ExCEL** Excellence in Community, Education and Leadership, ExCEL is a unique recognition program that is awarded annually to high school juniors who are leaders in their schools and who work voluntarily in their community helping others. **Lucian Tinnes, Boys State** Minnesota American Legion Boys State is a week-long experience of learning about Minnesota government at the local, county and state levels by “doing.” It is a week of intensive study and involvement. The participants will actually organize and participate in the various levels and branches of government in addition to participating in athletics, music, writing for the newspaper or holding leadership positions across all levels of the program. Every boy will participate in the process of city, county and

state government. Minnesota Boys State is a program for young men who have just completed their junior year of high school. Highlights of the week include political speakers, mock trials, campaigning, elections and announcement of the Boys State Governor and State Constitutional Officers. **Abby Kiesow, Girls State** American Legion Auxiliary Girls State is a nonpartisan program that teaches young women responsible citizenship and love for God and Country. Since the inception of the Girls State program in 1937, nearly one million young people have had the opportunity to learn first-hand how their state and local government works. **Alaina Monson, AAA** The purpose of AAA is to recognize and honor high school seniors who have excelled in the classroom, on the athletic field and in the arts. The purpose is also to elevate academic standards and create greater awareness of League-sponsored activities and their values, and to provide member schools of the League with the opportunity to participate in a statewide program that supports, promotes and recognizes academic and extra-curricular achievements.

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Alaina Monson, AAA.



Bailey Watne, MN Mile.



Maci Bakken, HOBY.



Lucian Tinnes and Abby Kiesow, Boys/Girls State and also ExCEL.

Fire Prevention poster winners

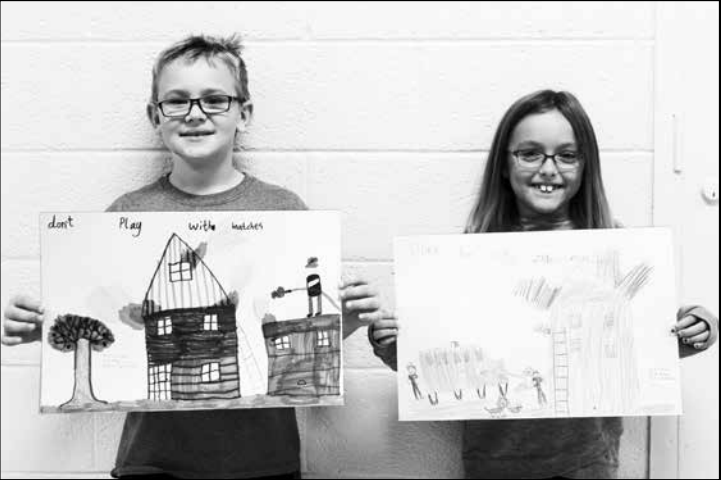
The American Legion Auxiliary sponsored the annual Fire Prevention poster contest for Grygla 1st-6th graders. The winners are pictured below in order of 1st, 2nd, 3rd place (left to right).



1st grade: Krystal Neuschwander, Everett Stratton (not pictured), Brianna Severts.



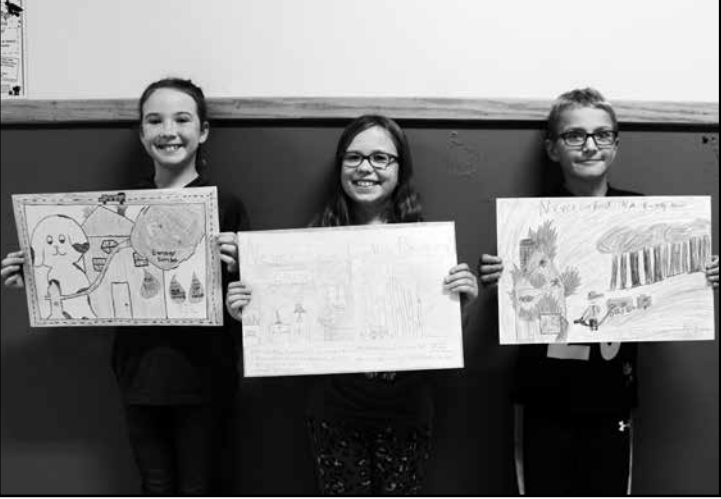
2nd grade: Gus Jones, Emma Sundberg and Rowan Johnson.



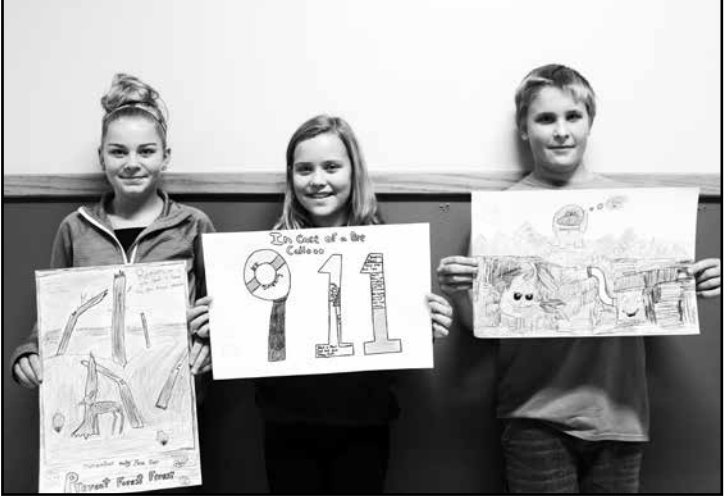
3rd grade: Brett Rychlock, Rylie Stratton (not pictured), Torii Anderson.



4th grade: Alivia Bourman, Raymond Moe, Mollie Lunsetter.



5th grade: Kinsley Oslund, Emily Johnson, Payton Dougherty.



6th grade: Chelsie Nelson, Callie Loken, Russell Ryan.

Chargers volleyball season wraps up

The GG Chargers hosted a pigtail game last week in Goodridge on Monday, October 23rd, against Fisher/Climax. GG won in 3 (25-14, 25-18, 25-20) which advanced them to a playoff game in Stephen at the end of the week.

Stats from 10/23 per Coach Tharaldson:
Ace Assists: Mercedes Coan-15, Daria Waletzki-5, Chloe Kuznia-5

Kills: Alaina Monson-8, Maci Bakken-10, Madi Race-5, Libby Johnson-5
Aces: Chloe Kuznia-6
Blocks: Maci Bakken-2
Coaches Comments: Tonight's game went really well for us. We are working with a new rotation and it seems to work in our favor. On Friday we head to Stephen for a tough match. These next two practices will be focused on what

needs to be worked on most to achieve our goal for Friday.
Because of that win against F/C, the Chargers headed to a playoff game in Stephen on Friday, October 27th. GG lost in 3 bringing the 2017 volleyball season to an end. (12-25, 18-25, 9-25)
Stats from 10/27 per Coach Tharaldson:
Ace Assists: Mercedes Coan-8

Kills: Alaina Monson-7, Maci Bakken-5
Blocks: Libby Johnson-3
Coaches Comments: We knew going into this game that it was going to be tough. The girls fought hard and unfortunately just couldn't pull off a win. I am still so proud of them and all the hard work they did this season. I'm so excited for what next year has to bring!



Madi Race goes up for the kill in the game against SAC last Friday night in Stephen. The Chargers lost in 3, ending the 2017 volleyball season. (Photo by Karey Johnson.)



Goodridge Senior and Chargers Quarterback, Dylan Manderud with the pass. GG lost 14-28 to the Bears last Friday.

Word of the Week

...enhancing vocabularies
one Grygla Eagle at a time.

Deadwood
noun
1. (in writing) unnecessary word, phrases or exposition. 2. the dead branches on a tree

A HIPPIE'S HEALTH

Written by Tara Waltman
Oh baby...
One of my favorite things to talk about is health and of course essential oils! That's obvious. I am interested in women's health (probably because I am a woman). Just saying.

Over the last year I have been learning more and more about women's health, including maternal and baby health! A lot of you probably know that I am prego, so that is why I have been learning about that kind of stuff! It has been a rollercoaster of emotions throughout the process. Right now though, I am so grateful and excited.

I did some things to prepare for pregnancy. I wanted to prepare my body for what was to come.

Do you know that in some cultures, they prepare for pregnancy years in advance? You can find this in tribal communities, where they eat foods high in fat like meats and creams, veggies and meat. My guess is in that culture, they don't have fast food or processed foods. I just found this to be fascinating that they prepare for years in advance, though; I thought that was pretty cool.

So, what did I do to prepare and what I am I continuing to do? I took prenatal vitamins for months prior to pregnancy. I also take a Vitamin D3, especially in the fall and winter. I increased fat in my diet, such as grass fed butter, coconut oil and avocados. I also eat a lot of eggs, well, 2 a day (sometimes more) before and also during pregnancy. Eggs are so good for the brain and baby, especially egg yolks! Not sure why they came out with all this egg

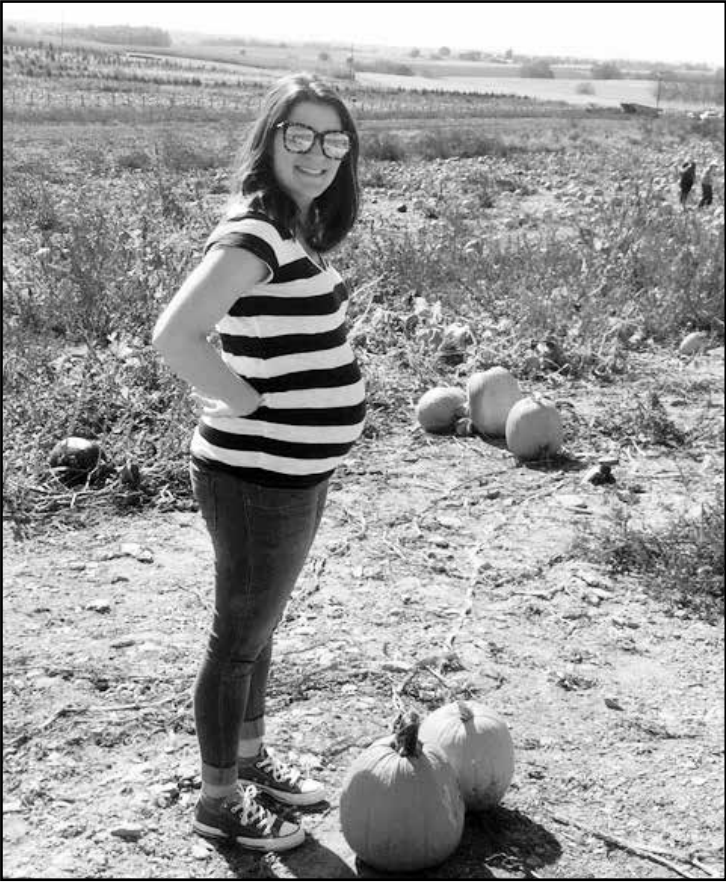
white stuff? Also, chickens that are cage free, or free range and fed their natural diet are going to lay healthier more nutrient rich eggs!

I also have been drinking Ningxia Red, Young Livings Supplemental drink almost if not daily. This has saved me a lot of mornings not drinking coffee or caffeine at all.

Oh, and I almost forgot! I take a supplement of cod liver oil. You would want to make sure you have a high quality brand. My prenats are also a whole food based capsule, only natural ingredients. Now, because I am human, I also eat pizza, chips and sweets sometimes, too! I don't want to deprive myself in anyway. Since I have been pregnant, I worry less about what I eat and just enjoy. I am now eating cereal and drinking whole milk (this didn't happen before!) Haha. It's funny what your body will crave. I have used Lavender, Peppermint, Gentle Baby (for my growing bump) and Frankincense essential oils the most, among others!

I am doing things now to take care of myself and the little babes.

I also go to the chiropractor twice a month and will likely increase this closer to my due date. This helps keep my hips and spine aligned! I have also tried to stay active with walking and yoga. I know this will help with the big day, too! I wanted to share some of this just in case it is helpful. Also, it's exciting and I want to share with my readers! I was going to end this by saying "happy fall" but I do believe in MN it is no longer fall. Happy winter, all!



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 contributes her health and wellness column weekly. Check out this week's "Oh baby..." above!

Chargers football season ends in Clearbrook

The GG Chargers headed to Clearbrook to play the Bears last week in a playoff game on Tuesday, October 24th. They lost the game 28-14 ending the 2017 season.

GG 0 6 8 0 =14
CG 0 13 7 8 =28
Stats per Coach Wilebski:
Offensively: Jaden Kiesow 22 carries for 154 yards 1 td, Dylan Manderud 19 carries for 72 yards, Peyton Verbout 8 carries for 36 yards 1 td, Dylan Manderud 6 for 14 passing for 107 yards

Receiving: Kaleb Sjulestad 3 rec for 75 yards, Jaden Kiesow 3 rec for 32 yards

Defensively: Jaden Kiesow 10 tackles, Dylan Manderud 9 tackles, Lucian Timmes 7 tackles 2 sacks, Brandon Stanley 6 tackles 1 sack, Ben Groven 8 tackles

Coaches Comments: Going into the game we knew we would have to score at least 30 points to beat this high speed offense if we weren't fortunate get them to turn the ball over. We did score in the 2nd set up by a beautiful throw/catch from Dylan Manderud to Kaleb Sjulestad who ran 50 yards breaking tackles, down to the seven with Peyton Verbout running it in on the next play for a TD.

We again were snake bitten in the Red Zone three times,

with the biggest series of the game just before half time after Jaden Kiesow caught a quick out pass and just fell short of the goal line on 2nd down. The Bears then stuffed us on third down.

On a great call by offensive coordinator Drew Kiono thinking on fourth down that Jaden Kiesow broke through for the touchdown score going off the right side with seconds before half time. The touchdown play was null due to a Chargers penalty. This was a heart-breaking momentum changer that really seemed to change the momentum back to the Bears the rest of the game. With that in the 3rd quarter Ethan Dorman of the Bears broke loose on a 45 yards scamper & then the Charger's Jaden Kiesow answered with a 10 yard TD run.

In the 4th Clearbrook-Gonvick pounded in a 3 yard Td. We had a couple opportunities inside their 20 in the 4th quarter, but were unable to answer back.

It was a valiant effort by the Chargers led by our three seniors Brandon Stanley, Ben Groven and our Quarterback Dylan Manderud. These three seniors are going to be sorely missed with their years of leadership in weight room & on the football field.

★ Congratulations ★

GOODRIDGE- GRYGLA-GATZKE CHARGERS

ON A GREAT 2017-18 SEASON!



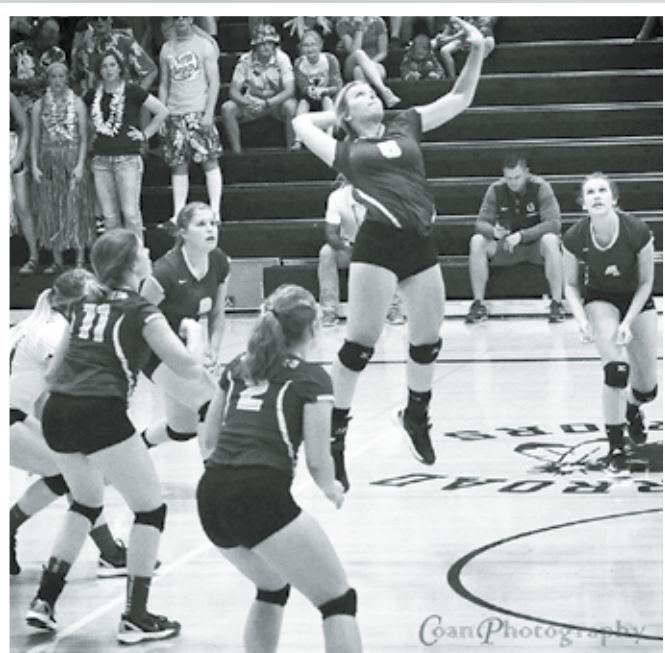
VARSITY FOOTBALL

Sitting: Managers Hannah Wilebski and Layla Jelle

Row 1, L-R: Blake Jensen, Ian Haugen, Eli Sundberg, Jaden Kiesow, Riley Manderud, Aaron Jones, Moses Jensen.

Row 2, L-R: Levi Kiesow, Gabe Arveson, Hudson McMillin, Peyton Verbout, Kaleb Sjulestad, Blake Passa, Hunter Loken, Jared Haack.

Back row, L-R: Lucian Tinnes, Dylan Manderud, Anthony Loken, Ben Groven, Brandon Stanley, Cory Clevon, Andrew Jones.



VARSITY VOLLEYBALL

Sitting, L-R: Maci Bakken, Amy Wiskow, Daria Waletzki

Middle row, L-R: Mercedes Coan, Nichole Arveson, Trystan Jelle

Back, L-R: Alaina Monson, Coach Katelyn Tharaldson, Madison Race, Hailey Vad, Coach Courtney Olson, Libby Johnson.

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