



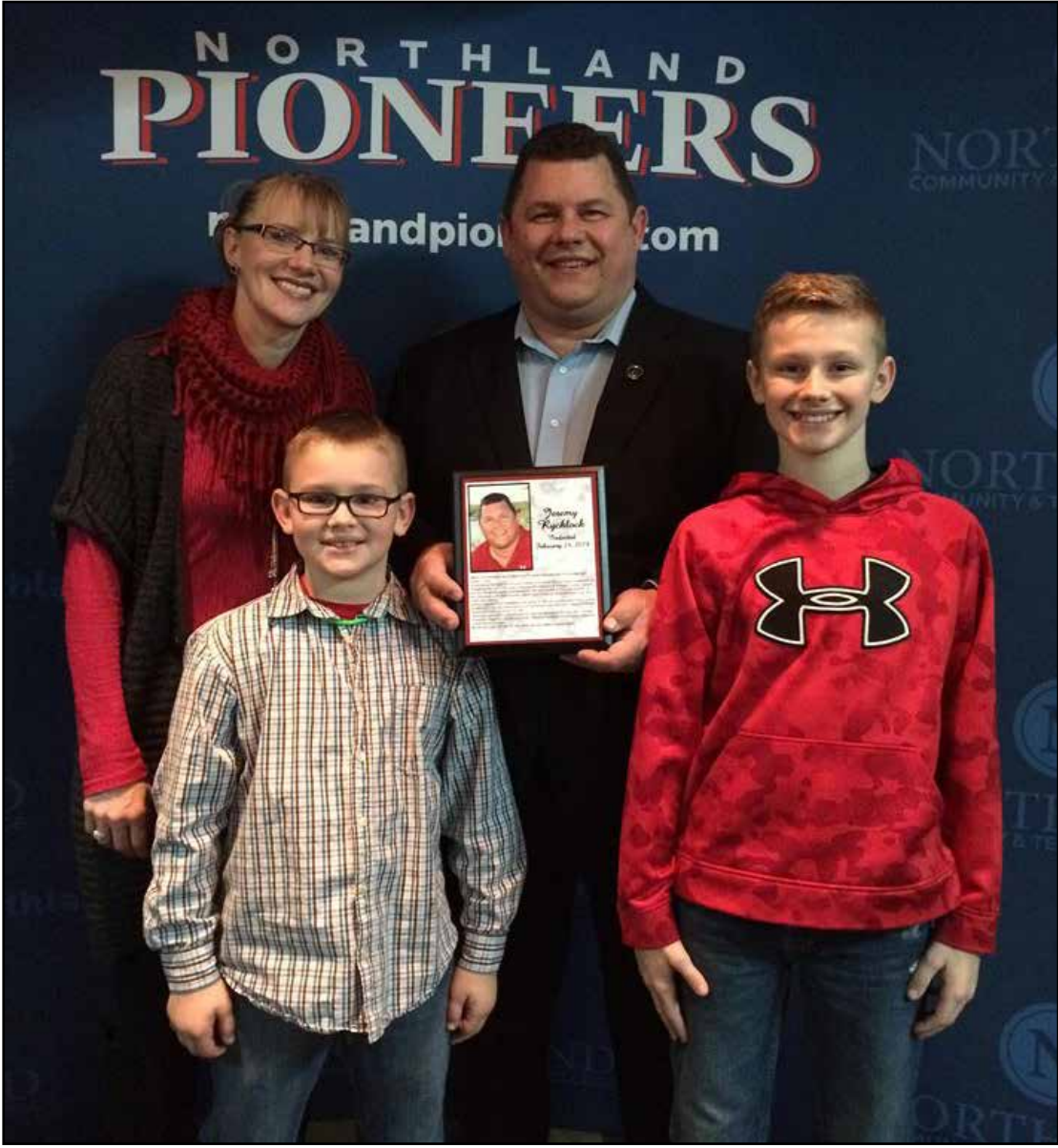
**Today**  
Partly Cloudy  
H 34 L 8

**Thurs**  
Partly Cloudy  
H 35 L 8

**Fri**  
Partly Cloudy  
H 37 L 25

**Sat**  
Cloudy  
H 36 L 25

**Sun**  
Snow  
H 33 L 23



## Rychlock inducted into the NCTC Athletic Hall of Fame

Jeremy Rychlock was selected as a 2018 inductee into the Northland Community & Technical College Athletic Hall of Fame. The banquet was held at Sundance Dining in Thief River Falls last Saturday, February 24th, and honored two individuals and one team. Along with Rychlock, Chris Nelson and the 1975 Men's Golf Team were inducted.

Criteria for induction to the Northland Athletic Hall of Fame is based upon candidate's athletic and/or academic excellence or honorable and distinctive contribution to Northland Community & Technical College. Honorees include student-athletes, teams, coaches or administrators.

The success of Northland's Athletic program can be attributed to individuals that exemplify the true Pioneer, who by definition is: "One who goes before preparing the way for others to follow." It is in the true pioneer sense that these two individuals and one team were inducted into the NCTC Athletic Hall of Fame. Jeremy was one who truly exemplified those pioneer qualities and his accomplishments have distinguished him for this honor.

Jeremy Rychlock grew up on a farm near Fourtown, and graduated from Grygla High School in 1992. He enrolled at

Northland Community College in the fall of 1992 and played football for the Pioneers in 1992 and 1993. Playing Defensive End and Defensive Tackle, Jeremy received All Conference & All Region honors. He was also named Co-Captain and helped the 1993 team qualify for the state playoffs. Jeremy played football under Eugene Klinke, Terry Wiseth and Darrin Byklum. His coaches remember him as tenacious on the defensive line.

Jeremy graduated from Northland in the spring of 1994 with an associate of arts degree. He went on to Bemidji State University and graduated with a bachelor's degree in Criminal Justice and a minor in Science in 1999.

Jeremy has worked as a probation/parole agent for the state of MN since 2002. He also worked for Clearwater and Itasca counties. Before his probation/parole career, Jeremy did charter fishing in Alaska.

He currently lives in Grygla, MN, with his wife, Elaine, and two children, Blake and Brett.

NCTC Historical Timeline  
1949 - Thief River Falls Area Vocational School was established. It was held at various locations in TRF.

1965 - Thief River Falls State Junior College was es-

tablished and housed at Lincoln High School.

1973 - Thief River Falls State Junior College was renamed Northland Community College.

1995 - The two schools were merged to form Northland Community & Technical College (NCTC)

2000 - Received a ten-year accreditation from North Central Association of Colleges and Schools.

2003 - NCTC merged with Northwest Technical College in East Grand Forks. The name remains Northland Community & Technical College.



## Gatzke resident exhibits her grain elevator paintings

The Northwest Minnesota Arts Council (NWMAC) is excited to exhibit Midwest Grain, a collection of watercolor paintings by Debbie Aune, which feature familiar landmarks to all of us living in northwest Minnesota: grain elevators. A longtime artist of Gatzke, Minnesota, Debbie grew up on a small farm in northern Minnesota, and recalls her early fascination with these historical structures.

"As a small child a trip in the old, crusty, dirty truck to the local elevator was quite the trip. In my early teens I would most likely be found in the dusty combine riding with Mom, and then at age seventeen—it was my job to turn all the fields upside down in preparation for the next year. Dirt was fun!"

Debbie's art, primarily watercolor paintings, often depicts scenes of daily life in our communities—and our region's history. "With no surprise, farm-

ing, farming equipment and storage buildings have again made their way into my latest watercolor exhibit, Midwest Grain. Elevators, tracks and trains swarm with history, stories and memories good and bad. Every town big or small has (or had) a grain elevator. Good thing I like the color gray!"

Debbie's exhibition is now open through March 31, 2018, at the NWMAC Gallery in East Grand Forks. People could swing in and meet her last Saturday, February 24th, when Debbie was at the gallery discussing her works during the Art & Wine Walk.

"My hope in painting these grain elevators of Northwest Minnesota, besides the obvious farming flashbacks and sense of nostalgia, is to show the charm and curious attraction of these big gray monuments. Their form, the perspective, the subtle changes of gray, their

rust, the interlacing spouting and conveyors—it's all a kick to paint! I have a connection with this dirt we call earth and the galvanized steel, iron and wood that rises from it. Paris, Melbourne and Rome will have to wait."

To view Debbie's art, visit the NWMAC Gallery at 211 DeMers Avenue in East Grand Forks (located within the Riverwalk Artists Gallery) now through March 31, 2018. The gallery is open Thursday-Saturday, 2:00-8:00pm and Sunday, 2:00-5:00pm. All of Debbie's art featured at the gallery is for sale and can be purchased by contacting the artist at (218) 689-2363. For more information about Debbie's exhibit, or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Kat Allen at (701) 360-0805 or email [NWArtsCouncil@gmail.com](mailto:NWArtsCouncil@gmail.com).

Shown in this issue are paintings of elevators in Gully, Thief River Falls, Newfolden, Warren and Middle River. Debbie's collection includes elevators also in Bagley, Bemidji, Brooks, East Grand Forks, Fosston, Greenbush, Oslo, Plummer and Roseau.



Gully, MN



Thief River Falls, MN



Newfolden, MN



Warren, MN



Middle River, MN

## Fourtown/Grygla Sportsman's Club 1st Annual Snowmobile Fun Run



Grygla Merchants Breakfast

The Grygla Merchants met last week and set the date for their annual Customer Appreciation Breakfast. A free pancake, sausage, coffee, juice and milk breakfast will be served on Saturday, March 24th, from 7-10am.



The Fourtown/Grygla Sportsman's Club held their 1st Annual Snowmobile Fun Run last Saturday that consisted of trail riding with 5 games stops. Over 50 riders registered to ride and take advantage of the perfect weather. Designated stops were Goodridge Municipal, Goodridge Warming Shack, Yo-Hawn's Bar & Grill, Fourtown Store & Tavern and the Grygla Dike Shelter. Registration was \$20/ride with cash prizes being awarded. These two photos were taken at the Grygla Dike Shelter, one of the designated Fun Run. (More photos on page 4.)



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH  
Grace and Our Savior's, Grygla  
Pastor Vicki Saude-Worthington  
Wednesday at Grace:  
6pm Choir, 6pm Lent Supper,  
7pm Ash Wed. Service, 8pm  
Interfaith Bible Study  
Thursday:  
6pm Lent Supper, 7pm Lent  
Service at OS  
Sunday:  
Grace: 9am Worship  
OS: 10:30am Worship w/  
9:30am SS

GATZKE-THIEF LAKE LUTHERAN PARISH  
United - Gatzke; Our Savior's - Thief Lake  
Wednesday:  
6pm Supper, 7pm Service OS  
Sunday:  
UL: 9am Worship  
OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA  
Bethany, Ekelund, Faith  
Pastor Kristin Dahlen Ostercamp  
Wednesday:  
7pm Lent Worship at Ekelund  
Sunday:  
Ekelund: 8:30am Worship,  
9:45am SS  
Faith: 9:45am Worship, 11am  
SS  
Bethany: 11am Worship,  
9:45am SS  
Monday:  
Ekelund Ladies Aid 1:30pm

THE CATHOLIC COMMUNITIES OF  
St. Clement's - Grygla; St.  
Ann's - Goodridge  
Fr. Adam Hammess  
Sunday:  
St. Clement's: 11:45am  
St. Ann's: 10am

BETHESDA LUTHERAN CHURCH

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Funeral Pre-planning Monuments  
www.johnsonfuneralservice.com

Accepting Bids

Our Savior's Church of rural Grygla is accepting bids now through March 31<sup>st</sup> for lawn mowing. Duties include mowing and trimming the churchyard and cemetery. Our Savior's reserves the right to reject any or all bids, and waive all irregularities.

Contact Mark Sax (218-294-6285) or Paul Sundberg (218-294-6514).

HELP WANTED

Substitute Cooks needed.

For information contact Jamie Lunsetter, K-12 Principal at the Grygla school at 218-294-6155, email: j\_lunsetter@grygla.k12.mn.us.

American State Bank supports...

National Consumer Protection Week

March 4 - 10

and would like to remind our customers of the 10 things you can do to avoid fraud.

1 Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request - whether it comes as a text, a phone call or an email.

2 Do online searches. Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam." Or search for a phrase that describes your situation, like "IRS call." You can even search for phone numbers to see if other people have reported them as scams.

3 Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.

4 Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear. Learn where to get real help with these issues at consumer.ftc.gov.

5 Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring money through services like Western Union or MoneyGram is risky because it's nearly impossible to get your

10 things you can do to AVOID FRAUD

money back. That's also true for reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies won't require you to use these payment methods.

6 Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an on line search, consult an expert - or just tell a friend.

7 Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1

to speak to a person or to be taken off the list. That could lead to more calls.

8 Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.

9 Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.

10 Sign up for free scam alerts from the FTC at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

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Community Calendar

Wed | Feb 28  
Knowledge Bowl Sub-Regionals at Evangelical Free Church in TRF 9:30am; Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; BBB practice in Grygla/GBB practice in Goodridge; Grygla ECFE 6pm

Thurs | Mar 1  
BBB practice in Grygla; Potential GBB game at Red Lake 7pm (Section 8A playoffs); GG 4-6 grade girls basketball practice in Goodridge 4-6:30pm

Fri | Mar 2  
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; BBB practice in Goodridge/GBB practice in Grygla

Sat | Mar 3  
4-6 grade basketball tournament in Oklee; Potential GBB game at REA in TRF at 3:30pm (Sub-Section Semi-Final)

Sun | Mar 4  
Youth hockey day at the Grygla skating rink 1pm

Mon | Mar 5  
Senior Meals at Grain Bin Café 11am

NOTICE OF ANNUAL MEETING AND ELECTION OF OFFICERS

Notice is hereby given to the qualified voters of Benville Township, County of Beltrami, State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 13, 2018. In case of inclement weather, the meeting and election will be postponed until the third Tuesday in March.

The Election Poll Hours will be open from 5:00 p.m. to 8:00 p.m., at which time the voters will elect:

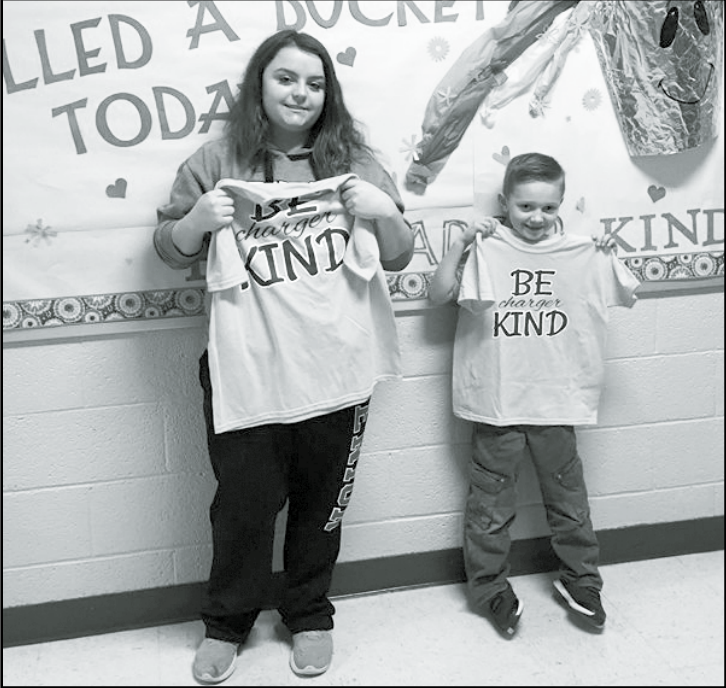
Supervisor  
Clerk

The Annual Meeting will commence at 5:00 p.m. to conduct all necessary business predetermined by law.

The Annual Election and Meeting will be held at the following location: Benville Town Hall

Marie L. Reid, Town Clerk, Town of Benville  
Dated: January 18, 2018

Be Charger Kind



The Grygla School is recognizing acts of kindness. Students are encouraged to write down their peers' names and acts of kindness that they witness and put the slips into a bucket. At the end of each week one elementary student and one high school student are chosen and they receive a t-shirt. Charger Kind winners recently chosen: Taylor Berberich & Everett Stratton



Essentia Health-Fosston presents:

# Don't Close Your Eyes

## OPIOID ABUSE FORUM

### Thursday, March 8th

5:30pm-7:30pm

New Journey Church  
505 Ninth St. NW | Fosston

EssentiaHealth.org

Join the discussion.  
Opioid Abuse Forum will feature:

- Health care professionals
- Polk County Drug Task Force
- Northwest Mental Health
- Polk County Public Health
- Clearwater Life Services

For questions or additional information, call Lynae Finseth 218.435.7660 or Carrie Danielson 218.435.7661.

Essentia Health  
Here with you

G49-50C

NOTICE TO CONTRACTORS

Sealed quotes will be received until 4:30 p.m. on March 9, 2018 by the Marshall County Highway Engineer, Warren, Minnesota, on behalf of the Marshall County Board of Commissioners for the rental of heavy equipment to be used for road and ditch repair work within Marshall County.

Proposals shall be obtained from the Office of the County Highway Engineer, 447 S. Main, Warren, MN. All quotes must be submitted in a sealed envelope marked "Quotes for Equipment Rental 2018" and addressed to:

County Engineer  
447 S. Main  
Warren, MN 56762

Marshall County reserves the right to accept or reject any or all quotes and to waive irregularities therein.

Steenerson Township Notice

Notice is hereby given to the qualified voters of Steenerson Township that the Annual Town Meeting and the Election of Officers will be held Tuesday March 13th, 2018 at the Steenerson Town Hall, 5:00pm til 8:00pm. Voters will Elect 1-Supervisor 3yr. term, 1-Clerk 2 yr. term and 1-Supervisor 2 yr. term. In case of inclement weather the meeting and election will be held the following Tuesday same time and place.

Darlyne Roen, Clerk

MINNIE TOWNSHIP NOTICE OF ELECTION AND ANNUAL MEETING

Minnie Township election of officers will be held at Minnie Town Hall 65964 Fourtown Road NW on March 13th, 2018 between 12:00 PM and 3:00 PM. Annual meeting will follow at 3:00 PM at the same location.

TOWN OFFICES TO BE ELECTED ARE:  
SUPERVISOR FOR 3-YEAR TERM  
CLERK FOR 2-YEAR TERM

MINNIE TOWNSHIP, RAY HENDRICKSON, CLERK  
2/20/2018

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

This week, I'm happy to share a juvenile book review with you. The book is titled Orphan Island by Laurel Snyder. Emily Johnson, a 5th grader at Grygla Elementary, has the book checked out right now and is really enjoying it. She says, "I highly recommend Orphan Island. Orphan Island is very mysterious and inspiring. You won't be able to put the book down! Give it a try!"

(For any youngsters reading for AR points, this book is a level 4.3 and worth 9 points!)

I remember when Emily came into the library a couple weeks ago looking for something good to read; I just knew she'd be interested in this book. It's hit or miss with kids and knowing what will keep their interest so it's always fun to know they are enjoying their books.

Also, did you know if we don't have a book within our Northwest Regional Library system that you can request the title? We can't guarantee we'll be able to purchase it as it depends on a lot of different items, mainly the cost, but we can promise that we'll look into each and every request. One patron sent a request just last week. I had never heard of the title so I looked it up. WOW! It sounds like a really amazing read. I passed it along to our ordering department and heard back almost immediately that the funds were available, the purchase price was reasonable and we're getting it in! Not only will we have a happy patron who won't have to purchase the book himself, but we'll also have it in our

system now for others to check out. The novel is based on a true story and is titled Monsters in the Hallway by Capt. Jim Kosmo.

Here is a quick summary: In December 1949, life was nearly perfect for Jason Kersen-until voices told his father to kill the family. They escaped death but Jason's father, Peder, was sent to the insane asylum.

Jason struggles with bullies while his family struggles with poverty. Life couldn't get any worse. Or so they thought.

Ten years later, Jason's friend Roy Pettit is found molested and murdered after a Boy Scout meeting. A choir girl disappears that same night. The obvious suspect is Peder Kersen, who escaped from the asylum.

Everyone in town is ready to hang Peder-everyone except Jason and Detective Joe Stroud. One month away from retirement, Stroud is haunted by the case and challenged by extreme political pressure to charge Peder. Jason knows he must prove his father's innocence, but how? Who would listen to a high school senior, the son of the main suspect?

And who would ever believe him if he named the real killer-a monster who has done more than just kill a Boy Scout?

Doesn't that sound compelling and suspenseful? It sure is receiving a lot of 5-star ratings and I'm excited to add it to my own list and find out why.

As always, I love to hear from you! Whether you want to share a book review, suggest a title, or inquire about a certain book, I'm here to help. See you at the library.

Youth hockey day

There will be a youth hockey day this Sunday, March 4th, beginning at 1pm at the Brian W. Olson Memorial Arena in Grygla. All elementary-aged students who are wanting to play hockey are encouraged to attend! Teams will be made based on the number of participants. There will be a limited amount of extra equipment (helmets, shin guards, etc.) so please come prepared, if you are able. Members of the Ice Devils hockey team are coordinating the event. Concessions will be on-site provided by the Grain Bin Café.

Summer Internship ends with newspaper

The Minnesota Newspaper Association recently announced that the MNA Pohlads Summer Intern program will not be funded in 2018. This announcement affects the Grygla Eagle Newspaper as in previous years, we have been fortunate enough to hire high school-aged interns to work for an 8-week duration over the summer.

The Pohlads Family Foundation completed its new strategic planning process and has instead established a focus on 'Housing Stability' with the goal to prevent and end homelessness for families and youth in the Twin Cities 7-County region vs. youth advancement programs.

The Grygla Eagle Newspaper has enjoyed hiring local students and providing them with an opportunity to be a part of our community and learn about the newspaper business. Hopefully one day this program can be restored, but until then, we are supportive of the new direction that the foundation is going.

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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\$30 per year outside of the area

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MEMBER NNA  
NATIONAL NEWSPAPER ASSOCIATION



Results from last week's StatePoint Crossword Puzzle.



The Grygla Lions held their potato klub supper night last week at the Community Center. Following the meal that they invited fellow Lions from Wannaska and Goodridge to, they held their monthly meeting. Pictured is Mildred Klamar, Secretary.

## Lion's glasses collection

Every year you may notice drop boxes around Grygla collecting eye glasses. Grygla Lion, Lon Englund, coordinates the eyeglasses collection drive every year and is back at it again for the months of March and April. Drop boxes will be located at the Grain Bin Café, Grygla Coop Store, American

State Bank and the Grygla School. Not only are eyeglasses, reading glasses and sunglasses accepted, but hearing aids are accepted, as well. All donations go to benefit those in less-fortunate countries.

"Where there is a need, there is a Lion."

## Non-Insured Crop Disaster Assistance Program (NAP)

The Minnesota Farm Service Agency would like to remind Producers of the following Non-Insured Crop Disaster Assistance Program (NAP) application closing dates for crop year 2018:

March 15 – Perennial Forage Pasture and spring seeded vegetables and grain crops

NAP is designed to offer disaster coverage to producers who are growing non-traditional crops that crop insurance does not cover. Please contact your local USDA Service Center for information on exemptions.

NAP fees are non-refundable and must accompany the application for coverage by the applicable application closing dates. The fees are: \$250 per

crop group, per participant regardless of the number of units or acres; \$750 per county maximum and \$1875 for all counties. Please call to make an appointment with Marshall County FSA Office at (218) 745-4251.

NAP basic provisions (CCC-471 NAP BP) are now available on-line at <http://www.fsa.usda.gov>. After accessing the web site, click on "Disaster Assistance Programs." On the Disaster Assistance Programs Home Page, Noninsured Crop Disaster Assistance Program, click here for details, right hand side View CCC-471 NAP Basic Provisions. Copies of the CCC-471 NAP BP are also available at your local USDA Service Center.

## Grygla/Gatzke January School Board Minutes

Official Minutes Grygla/Gatzke School Board Meeting Thursday, January 18, 2018, 8:00 p.m.

Chairperson of the board Nicolette Leach called the meeting to order at 8:09 p.m. with Karina Tinnes, Charisa Limesand, Jeremy Rychlock, Andrew Oslund, Principal Lunsetter and Superintendent Clow present. James Verbout was absent.

Pledge of Allegiance.

Motion by Jeremy Rychlock, second by Charisa Limesand, to approve the agenda as presented. Passed 5-0.

Reorganization of the Board: Election of Chairperson: Chairperson Leach called for nominations for chairperson. Karina Tinnes nominated Chairperson Leach for chairperson. Charisa Limesand nominated Jim Verbout for chairperson. There were no further nominations. Chairperson Leach called for a roll call vote to elect the board chair. Ayes for Chairperson Leach were Tinnes, Rychlock and Oslund. The ayes for Chairperson Leach represented a majority of the five board members present, thus electing Chairperson Leach board chairperson for 2018. Election of Vice Chairperson: Karina

Tinnes was nominated for vice chairperson. There were no further nominations. Motion by Charisa Limesand, that nominations cease and a unanimous vote be cast for Karina Tinnes for vice chairperson, second by Nicolette Leach. Passed 4-0. Election of Treasurer: Charisa Limesand was nominated for treasurer. There were no further nominations. Motion by Nicolette Leach, that nominations cease and a unanimous vote be cast for Charisa Limesand for treasurer, second by Jeremy Rychlock. Passed 4-0. Election of Clerk: Jeremy Rychlock was nominated for clerk. There were no further nominations. Motion by Andrew Oslund, that nominations cease and a unanimous vote be cast for Jeremy Rychlock for clerk, second by Karina Tinnes. Passed 4-0.

Committee Assignments  
2018 MSHSL Karina Tinnes, Paired Sports Karina Tinnes, Legislative Action James Verbout, NWRIC Nicolette Leach, Certified Negotiations Karina/Andrew, Classified Negotiations Charisa/Jeremy, 2018 Essential Negotiations James/

### School Board Mins...

Continued on page 4

## Letter to the Editor

To whom it may concern:

I'd like to start by saying a very sincere THANK YOU to the many, many people that support what we do at our schools, including our extra-curricular activities. There are so many people in our communities that understand the time, effort and energy that goes into providing quality programming for all of our students, many times at the sacrifice of our own families. I call these people the silent majority.

As I sit at my desk typing this letter today, I think about how the vocal minority has caused the people in our buildings; our teachers, coaches and advisors, along with countless other teachers and coaches in surrounding communities who have sacrificed to provide a positive experience for their children, to question, "Why do we do this?"

There is an uneasiness in the coaching community as a whole because some parents have cast them as the villains, who have stopped their child from reaching what they believe is their full potential. That notion could not be further from the truth. I think about how unfair it is to criticize our coaches for the decisions they make on the court, or the kids that they play in certain situations, or the plays they call, especially when done from the stands. We each have the opportunity to play one of four roles at a sporting event; spectator, coach, player, or official. When we try to be more than one of those roles, it causes problems. Which role are you going to play?

I wonder if people actually realize how it feels to put your heart and soul into something for all the right reasons, and then have it turned on you because the wins might not be coming, or because you're not playing the right kids at the right time, or you're calling the wrong plays. I have seen this negativity spread quickly and loudly, and although I don't have the answers to help people see that we are doing the right things, something needs to be said. We, as educators, have the responsibility to care for, nurture and teach every single student and athlete that is given to us, and I'm proud to say that we do it enthusiastically. I have personally seen and heard from parents who undercut their child's teammates and coaches, and who have told their children to look for individual success first, and team success second. That is not right, and it certainly isn't making our teams stronger and is not helping to build better people. That message completely undermines the real lessons that our children should be learning from the activities they participate in. The truth is that we have remarkable teachers and coaches doing great things for our kids. They provide them with opportunities that not all kids get. They care for their students and players, and spend more time with them than just about anyone else. They miss family meals, birthdays, and other family activities to make sure their player's needs are met. They take the personal shots, comments from some parents and the crowd, and still keep coming back to help our kids become better people first, and better athletes second. Our coaches take a personal interest in each of the kids in their classrooms and in their activity that extends beyond the school walls. Even though some of the kids and parents will never see or understand that, it remains true.

I recently asked our coaches why they coach, and these were some of the responses I received:

"I coach for the kids. When you see the sparkle in their eyes when things start to click for them...there is nothing like it!"

"I remember what a pivotal role sports played in my development as a young person. I have had the pleasure of being coached by some fine leaders, and I try to carry on the lessons those people have taught me."

"I see today's student athletes as tomorrow's leaders, and I try to impact their lives in a positive way through the game we play."

"I want to help young people realize what they have inside them. More than just athletic ability, what they have as a leader, a teammate, and an overall citizen. Everyone has potential to be someone who can go on to positively impact the lives of others. I want to help them get there."

"I continue to coach today because I enjoy being able to see the players having fun, and as they grow as a person. We aren't just teaching players how to play basketball, we should also be preparing them to get ready for the real world."

"I coach because of the connection made between the players and coaches. A team should feel like a family, and I think our team does. Most weeks, I see the players more than I see my own kids."

"I coach because of the strong healthy relationships made while coaching that can last a lifetime. Watching the players smile and have fun when they succeed at something."

"I have a passion to teach kids the sports that I loved playing as a kid and the life lessons that will be instilled in them for the rest of their lives."

"I coach because there is nothing better than seeing a kid reach their goal or do something they thought was impossible. The smile on their faces is when that happens is what keeps me coaching."

"I coach to teach kids that life is not about the result, it's about the process and the execution. I teach kids how to perform at their highest level so they can be successful now and in life?"

"I take pride in being someone who is trying to make things better and more enjoyable for the kids because I care about them and want them to experience success in school and life."

"I do this to build relationships and help these boys become men of character, integrity, and respect. If I can play a small part in helping these boys fulfill some of their dreams, I could look back with pride at my coaching and teaching careers."

There are common themes in each of these responses, and it is what we should be striving to find in all of our coaches. Our coaches emphasize teamwork, commitment, positive relationships and leadership. These are life skills that will help them be successful adults.

The wins and losses will come and go, but focusing on these qualities, ensure that we will always be successful, no matter what the scoreboard says. I know that the people we trust to coach our kids are teaching the right values, along with the fundamentals of the sport that will help them be competitive on the court, field or ice.

Many of you already see the passion that our coaches possess for what they do. To others, it wouldn't matter what we say or how much time we spend preparing, planning and working with our kids because you're already convinced we are wrong. The reality is that we do this because we love it and we love all of our kids. Coaches get up in the morning, prepare for a full day of teaching, spend three more hours at practice, or six more hours at a game, and get home late, only to do it all over again the next day. Often times, the only feedback a coach gets is when things go wrong. That doesn't sound like a job that anybody would like to have, yet they continue to do it. Why? Because they have a passion for their profession, and they care. Period.

In summary, we are profoundly fortunate to have the coaches and teachers that we have in our schools. Their sacrifices are extremely important examples for our children, and the work they do is important and they deserve our full support. THANK YOU to all of our coaches and teachers for all you do!

**This letter has been endorsed by the Region 8A Athletic Directors Association.**

Sincerely,  
Jamie Lunsetter, Grygla Public School; Kevin Kuznia, Stephen/Argyle Central; Becky Carlson, Goodridge Public School; Ivan Hirst, Roseau High School; Nick Amb, Tri-County Schools; Aaron Cook, Win-E-Mac School; Chad Kujava, Lancaster School Dist.; Steve Bengston, Warroad Public School; Blake Karas, Sacred Heart; Chad Hazelton, Lake of the Woods School; Mike Biermaier, Lincoln High School; Kelsey Wagner, Fisher-Climax; Kyle Christianson, Clearbrook-Gonvick School; Ryan Hanlon, Fosston High School; Doreen Zierer, Bagley High School; John Schumacher, Park Rapids Schools; Kelly Anderson, Ada/Borup High School; Randy Pederson, Red Lake County Central; Seth Schmitz, Lafayette High School, RLF; Brad Dunham, NCE/UH; Brian Marcus, Walker-Hackensack-Akeley; Scott Koberinski, East Grand Forks H.S.; Bryan Wormley, Nevis High School; Paul Clark, Waubun High School; McKeag Borne, Norman County West; Dan Alto, Kelliher-Northome; Ryan Grow, Blackduck Public Schools; Nolan Desjarlait, RLHS ISD#38; Greg Garmen, Crookston High School; John Clark, Mahnomen High School; Dan Gannon, TrekNorth High School

## Word of the Week

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

Tutti

adjective

\too-tee\

1. Music. all; all the voices or instruments together.
2. Music. intended for or performed by all the voices/instruments together, as a passage or movement in concert music.

## A Note from Principal Lunsetter's Desk

*"Never be afraid to trust an unknown future to a known God."* - Corrie ten Boom

I think if we knew what was going to happen in the future, it would affect our lives, but not necessarily in a good way. I believe that when we have faith and trust, we don't need to know what's going to happen tomorrow, or next week or next year. We only need to focus on right now, and do what's right in this moment and in this decision. When we believe, we are free to enjoy each moment, not having to worry about what's coming up tomorrow. Believe. Have faith. Trust. Have a remarkable day!

## A HIPPIE'S HEALTH



Written by Tara Waltman

The reason I took a little hiatus from writing was...this cute little bundle of joy we call Waverly. Yes, kind of a hippie name, but guess what? I was not the one to pick it. My spouse is a secret hippie, too! We love it, though, and we love her so much.

So, where do I begin? I went into labor on January 31st and Waverly was born February 1st. First of all, I have never been in so much pain...holy man! I hope this doesn't scare anyone?!

I used essential oils like a true hippie and I used pain medications as well after quite a few hours. There came a time where I was physically and emotionally exhausted more than once. I had Jasmine essential oil diffusing. I used Panaway for my back and Copiaba internally. I also used stress away essential oil and orange essential oil blend and peace and calming. I had quite the oils helping me out!

It felt like labor that lasted forever. I ended up having to have a C section, so not as we had planned. It had to happen, though.

So there I was being hauled off to the OR. It was a tad bit

scary, but I had faith. I had amazing support and an amazing team of doctors and nurses that I am so grateful for. Waverly and I have been recovering at home and where does my day go? It flies by! Some days I don't have time to brush my teeth until 10am or later but it's all good. I have been making sure to take time to apply my essential oils daily, but even that is a challenge sometimes!

I used my oils to recover and I will tell you they were very effective for my emotional and physical health. One thing I have found, I cry much easier than I ever used to. Like daily. Hormones. Yay! I am so thankful everything went okay and Waverly is doing so well. We are all doing well! And I'll be back next week!

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.

## SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor

### Slow Cooker Angel Pork Chops

I made these last week and feel confident telling you these were the best pork chops ever. They were so tender and full of flavor - my whole family cleaned their plates. They are called Angel Pork Chops because they are served over angel hair pasta. The gravy is

so good spooned on top of the pasta, too. That's definitely a MUST when making these.

This was a great weeknight meal because it doesn't get any easier - you just dump everything (minus the pasta) into the crockpot and let it cook away!

#### Ingredients:

- 4 pork chops (I used bone-in)
- 1 packet Italian dressing mix

- 1 block of cream cheese
- 3 tbsp butter
- 1 can cream of chicken soup
- 1 cup chicken broth
- Angel hair pasta

#### Instructions:

Put your pork chops in the slow cooker. Combine dressing mix, cream cheese, butter, soup and broth. Pour over chops. Cover and cook on low for 8 hours. Serve over cooked angel hair pasta. Watch family devour and wait for compliments to the chef.



Jordon Johnson (Goodridge 7th grader, left) and Avery Moe (Grygla 8th grader, right) in the junior high games on Tuesday, February 20th, vs. Lake of the Woods in Grygla.

Wednesday, February 28, 2018



The Chix from the Stix teamed up with the Sportsman's Club and put on a Chili/Polish meal for all the riders who were on last Saturday's Fun Run. Proceeds from the event and numerous raffles throughout the night will benefit the Marshall County Relay for Life/American Cancer Society. Money raised totaled over \$1500!

Event sponsors were: Farmer's Union of Grygla, American State Bank, Yo-Hawn's, Machinewell, Goodridge Municipal and Fourtown Store & Tavern.

Above: Shaunna Olson and Maureen Monson, Chix from the Stix team members. Below: Danny Haack, Donald Haack and Greg Jelle were among the 50 riders last Saturday in the Fun Run.



The Grygla Legion Auxiliary sponsored a pizza party for the Grygla School Patrol last week. School Patrol is made up of 4th-6th grade volunteers. Travis Smith (back left) serves as the Advisor of the group. Thelma Thomas and Rose Hanson (each on an end) represented the Grygla Legion Auxiliary.



7th grade girls took home 2nd place in the 2018 Universal Screenprint basketball tournament last weekend in Thief River Falls. Saturday the team played East Grand Forks Greenwave and Bemidji Lumberjacks and beat them both. Sunday they played Fertile-Beltrami for the Championship and were named runner-ups. The girls were coached by Jason Kotrba and Stacy Anderson as their regular season had already wrapped up.

Front row, L-R: Kylie DeLage, Jorja Salo, Caitlyn Jacobson. Back row, L-R: Paige Burns, Sadie Anderson, Payton Homme and Kia Klein.

# Charger Basketball stats from last week

**Boys basketball - February 20th in Grygla vs. LOW**  
GG 68, LOW 39

GG Scoring: Brandon Stanley 24 (15 reb, 3 ast), Ben Groven 22 (10 reb, 3 ast), Moses Jensen 5 (2 reb), Peyton Verbout 5, Dylan Manderud 4 (5 ast, 7 reb), Jake Tharaldson 4 (3 reb, 2 ast, 2 stl), Jaden Kiesow 4 (2 ast), Blake Nerhus (2 reb), Hudson McMillin (2 reb), Kaleb Sjustead (1 reb, 1 ast, 2 stl)

Coach's Comments: We played well overall. We moved the ball nicely and played sound defense for much of the game. Our two big guys inside had some very nice games for themselves.

**Girls basketball - February 20th in Grygla vs. Fertile/Beltrami**  
GG 35, F/B 54

GG Scoring: Chloe Kuznia 4 points, 6 rebounds, 4 steals, Maloni Henrickson- 2 points, Madi Race- 2 points, Vivian Coan- 16 points, 5 steals, Brooke Limesand- 9 points, Carlye Kiesow- 2 points, 5 rebounds

Coach's Comments: We started off sluggish in the first half. We had a lot of turnovers with their pressure. The second half we did better. We played with a lot of intensity and confidence. We shot better in the second half also. The girls were able to see how they can play for our playoff game.

**Boys basketball - February 23rd in Goodridge vs. Sacred Heart**  
GG 52, SH 82

GG Scoring: Ben Groven 22 (4 reb), Brandon Stanley 10 (8 reb), Kaleb Sjustead 10, Jaden Kiesow 4 (3 stl, 5 reb, 3 ast), Dylan Manderud 3 (3 stl, 4 reb), Blake Nerhus 2 (2 stl), Jake Tharaldson 1

Coach's Comments: They shot very well and out ran us a bit in transition. We played them tight the first time and had an effect on them not shooting as well, but tonight the shots fell for them. We showed a lot of the positives that we have shown throughout the year, including continuing to battle and compete even as the score got out of hand.



Cheyenne Irlbeck in the Varsity game against Fertile/Beltrami last week in Grygla.

## School Board Mins... Continued from page 3

Andrew, Administrative Negotiations Nicolette/Karina, Superintendent Evaluation Nicolette/Karina, Safety Jeremy Rychlock, Staff Development Charisa/Jeremy, Policy Review Charisa/Jeremy, Community Education Charisa Limesand, Buildings/Grounds Nicolette/Karina, Transportation James/Andrew, Marshall County Collaborative Charisa Limesand

Minutes of the 12/21/17 regular school board meeting were approved as printed. Motion by Charisa Limesand, second by Jeremy Rychlock, to approve payment of the bills check #35672 through check #35692 and wire payments. Passed 5-0.

Finance Report: Given by Superintendent Clow. General Fund: \$77,931.53 MSDLA: \$1,466,737.17 Food Service: Checking: \$92,316.32 Comm. Service: Trust: Scholarship: Total: \$77,931.53 Total: \$1,559,053.49

Student Report: Given by Elise Monson and Bailey Watne. Bailey discussed Girls' and Boys' Basketball progress, including the recent double-header in Warroad, as well as upcoming contests. The knowledge bowl team has competed in Thief River Falls the previous two Wednesdays. The Robotics team traveled to Kimball to scout teams for their upcoming state tournament in St. Cloud. Both teams are working hard to complete the robots for the tournament. The 8th grade art class attended the annual creativity festival at BSU on January 4th. The 10th grade class attended the Team-Up Seminar at the Ralph Engstad Arena in Thief River and returned with new leadership skills and techniques. Snowmobile training took place at the school on Sunday, January 14th. The Northwest Division of Student Council members Hailey Vad, Bailey Watne and Carlye Kiesow attended the planning meeting for the Spring Summit. Students recently presented their progress on their Genius Hour projects to their classes. The Fill the Bucket program has already seen a few winners. Several students grades 9-12 took part in the Band Festival in Fergus Falls recently. Their performance can be viewed online.

Teacher Report: Given by Andrew Sundberg and Jean Schulz. Amy Mulry from Trident Staff Development gave a staff training on classroom management techniques. Several staff members have started using these techniques in the classroom with some success. The 8th graders enjoyed their trip to the Creativity Festival with Mrs. Saurdiff. Intramurals started last Friday. Jean Schulz had written a letter to the Marshall County Commissioners on behalf of ECFE, asking for funds for the Dolly Parton Library. Marshall County Commissioner Gary Kiesow delivered a check for \$2000 on behalf of the County. Deb Stenell has been providing parenting sessions at the ECFE events this year.

Principal Report: Principal Lunsetter noted that the volleyball and football schedules are done for the 2018-19 school year, basketball schedules are 99% done, and he will be finalizing the officials next week. New away football uniforms have been ordered for next season. Brian Bolduc and FLR Sanders have both submitted bids for re-finishing the new gym floor. Mr. Lunsetter recommended going with Brian Bolduc for the project. The end of the semester was last Friday, January 16th, and was slightly complicated by the storm day on Thursday, January 15th. Amy Mulry from Trident Staff Development provided staff training on classroom management techniques, which was appreciated by the staff. John Polansky provided grades 6-12 students a presentation of his accomplishments after high school. His main point was to use where we come from as an advantage in getting to where you want to be. Students and staff were all extremely grateful for Mr. Polansky taking the time to deliver his message. Mr. Lunsetter briefly discussed the Excused Absence Policy and would like it approved at the February board meeting. Discussion was held on a new bus purchase, with the main topic being the possibility of purchasing a gas bus. The board chose to deauthorize the use of Paytek for NSF check collections. New homerooms were selected by students at the beginning of the third quarter. The juniors and seniors will be attending a career fair at NCTC in the coming weeks.

Superintendent Report: No major budget issues were discussed by Superintendent Clow. Mr. Clow informed the board that Amy Holte would be starting her new hybrid combination of the business manager position on February 1st and asked if there was any board discussion re: the new hybrid combination. There was no discussion.

Motion by Karina Tinnes, second by Andrew Oslund, to direct administration to evaluate all programs for reductions for the 2018-19 school year. Passed 5-0. Motion by Jeremy Rychlock, second by Charisa Limesand, to support the state and federal resolutions to fully fund special education services. Passed 5-0. Motion by Andrew Oslund, second by Nicolette Leach, to support the MSBA resolution to support the purchase and exchange of school trust lands in the Boundary Waters Canoe Area Wilderness Proceeding in Tandem. Passed 5-0. Motion by Karina Tinnes, second by Jeremy Rychlock, to approve the 1-31-18 pay equity report. Passed 5-0.

Trustee Reports: Nicolette Leach reminded the school board that next year's MSBA conference might be beneficial for the board to consider attending. Certified/Classified Negotiations: The meeting was closed to discuss certified negotiations.

The meeting was adjourned at 8:59 p.m. Next Mtg. time/date: 2/15/18, 8:00 p.m.

## Weekend tournament



Goodridge School hosted a 5-6 grade basketball tournament over the weekend. Parents helped work concessions and raffle tables. L-R: Twila Kriel, Alyssa Nelson, Sandy Parnow and Pam Rubischko volunteering their time! The commons area was full of great raffle drawings donated by many local businesses and individuals.



The Goodridge/Grygla 6th graders, coached by Joe Robischko and David Jones, took home first place in the Goodridge basketball tournament last Saturday for 5-6 grade boys and girls.