



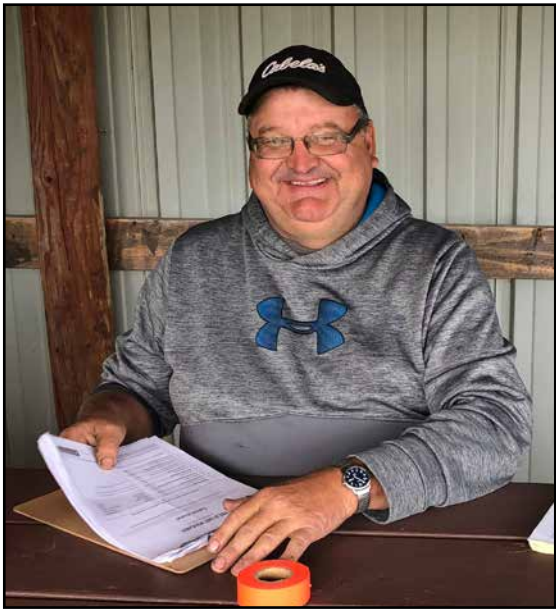
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Wednesday, September 12, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 11

A look at next week ... Meet Goodridge School's new staff!



Robert Paulson, of Goodridge, is one of the field day instructors, left, along with Donald Haack, far right, of Grygla. Photos by Grygla Eagle Newspaper

Sportsman's Club holds field day and picnic

The Fourtown/Grygla Sportsman's Club hosted their annual youth firearm safety field day last Saturday at Grande Corner from 9am-1pm. This is the 8th year the range course has been held at the location 11 miles east of Grygla, along Highway 89. Numerous stations were set up for youth hunters to practice and get tested on their skills. Stations included visiting with land-owners/gaining permission, safely hunting with a gun in a boat, shooting clay targets, safely climbing and being harnessed in a tree stand, compass work in the woods, and different scenarios on when it's safe to shoot or not. Many Sportsman's Club members and volunteers helped to make the range course another successful one for the 27 kids participating. Youth hunters showed up to test from the Grygla/Goodridge area, along with Roseau, Red Lake Falls, Newfolden, Bemidji and one from North Dakota!

The Fourtown/Grygla Sportsman's Club held their annual picnic following the youth firearm safety field day.

2018 officers include: Jack Nelson, President; Donald Haack,

Vice President; Tonia Haack, Secretary/Treasurer; Bob Thompson, Snowmobile Trail Admin.; Ryan Petersburg, ATV Trail Admin.

Board members include: Loren Pittman, Jeremy Haack, Kyle Haack, Robby Anderson, Nick Harris, Jake Sundberg and Robert Sundberg.

New members are always welcome to join; the club holds a new membership supper every January with information coming out closer to that time. The club meets every 3rd Tuesday of the month switching between TRF, Grygla and Fourtown for meeting spots.

President Jack Nelson says the Fourtown/Grygla Sportsman's Club gives out approximately \$10,000 each year towards the benefit of community projects, which include Fall Fest, school scholarships and Post-Prom parties, to name a few.

The Sportsman's Club Fall Gun Raffle is currently going on. You can pick up your tickets from club members or at local businesses. The drawing is Saturday, Nov. 17th, at Fourtown, 9pm.



L-R: Youth Firearm Safety Field Day volunteers included Cody Halvorson, Jimmy Verbout and Donald Wikert. Photos by Grygla Eagle Newspaper

Meet Grygla School's new staff



Nick Mickelson

What is your new position at the school? I am the 7-12th grade science teacher.

What/where were you previously teaching? This is my first full-time teaching position. Previously, I was a K-12 substitute teacher in the Goodridge, Grygla, and RLCC school districts.

Educational background? I graduated from the University of North Dakota with my

Bachelor's Degree in 2011 and am currently working with Bemidji State University to complete their FasTrack Post-Bac program and to obtain a Master's Degree.

Where are you living? My wife and I just purchased a home north of Trail.

What attracted/drew you to your new position/school? Honestly...everything! The staff members are caring and in-

Nick Mickelson...
Continued on back



Jake Sundberg

What is your new position at the school? Bus Mechanic, Custodian and Transportation Supervisor.

Where were you previously working? Farmer's Union Cenex Station as the Shop Manager.

Where are you living? I live in rural Grygla, near Fourtown.

Family? Wife, Abby; daughter, Scarlett (age 4), Willa (age

1.5)

What are you most excited about with your new position at the school? My wife teaches here...the girls will go to school here...so just to be a part of all that, I'd say.

Five adjectives that describe you? Personable, friendly, funny...aahhhh, mean and grumpy?

What interests/hobbies do you have outside of the classroom? I enjoy fishing, hunting and snowmobiling.

Grygla School 2018 MCA test scores see steep rise

The old saying is that Minnesota has two seasons: winter and construction season. Now you can add a third: testing season. Every Spring, Minnesota students, beginning in third grade, take the State-mandated MCA Tests. These tests are designed to measure progress in Math, Reading and Science. Last Spring, the students at the Grygla School worked hard, focused and earned a steep increase in their test scores. Students in Math tested at 64.6% proficient. Those scores surpassed the statewide average by 7.6%. In Reading, students earned a 52.5% proficient, an increase of 8.7% over the 2017 testing results. Grygla Students also improved on the MCA Science test, with their scores growing to 51.4% proficient, a gain of 2.8% from 2017.

Principal Jamie Lunsetter had the following to say: "As a district, we are very excited to see the gains in MCA scores from previous years. Testing season can be a stressful time

for our kids and staff members, as some students are tested as many as three different times. These tests definitely don't tell the entire story about who we are as a school, staff or students, but it's always nice to see these kinds of gains. It's a huge credit to the incredible staff we have, who continually go beyond what is required of them to give our students the help they need, and to our student body who worked tremendously hard to gain this type of recognition. We are incredibly blessed to have all the people here that we do, and are very proud of this team effort!"

In addition, the Grygla Elementary was recognized by the State of Minnesota for their attendance. Attendance in the elementary was 97.4%, and schoolwide was 86%. The test scores that were achieved were definitely a reflection of that attendance.

Congratulations to the students and staff at the Grygla School on their achievements!

Volleyball Parent's Night on Thursday

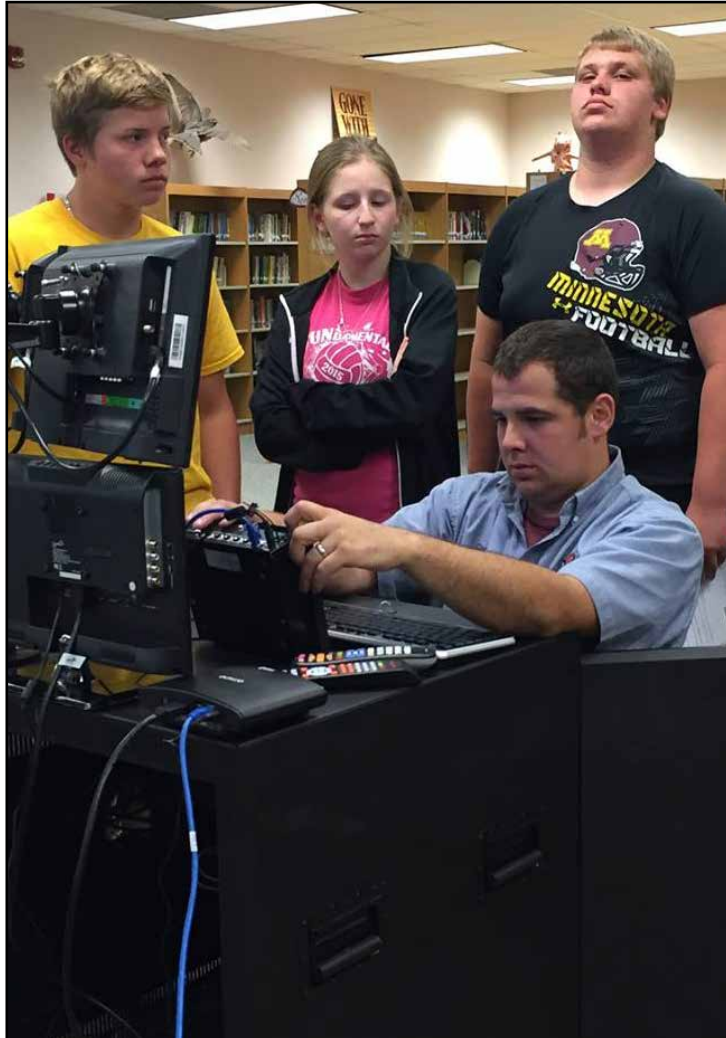
The Charger's Volleyball team will be holding their Parent's Night this Thursday, September 13th. The game is against the Roseau Rams in Grygla with 7th and C beginning at 4:30pm. 8th grade and

JV will start at approximately 6pm with Varsity to follow. Parents of seniors are asked to be at the gym by 6:30pm and will be announced prior to the Varsity match. There will also be pepband this night!

Football Parent's Night this Friday

Plan to come out and support the Chargers this Friday evening in Goodridge. The football team hosts Northern Freeze with kickoff beginning at 7pm. This game is Parent's Night; parents of seniors will

be introduced prior to the game and are asked to be at the field by 6:30pm. All parents of football players will be admitted free to the game. There will also be pepband this night!



GVT sets up broadcasting equipment at the Grygla School last week. Photo courtesy of Garden Valley

Grygla High School students get local channel

Garden Valley Technologies was at the Grygla School last Thursday, September 6th, working with the high school students in Mrs. Jana Nelson's Media Productive elective class in preparation for their GVTV Channel 36, which is coming soon! Mrs. Nelson said the students will be running the live

broadcasts as they figure it out. The main focus is broadcasting home games and various events that take place in the school gymnasium. She added, "As for when we first broadcast live, we'll see how quickly the kids can figure all of this out! We're in the very beginning stages of learning the process."

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Sept. 12:
6pm Grace Choir
8pm Grace Council
Sunday:
Grace: 9am Worship
OS: 9:30am SS, 10:30am Worship
GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Sunday:
UL: 9am Worship
OS: 11am Worship
GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday, Sept. 12:
7pm 9th grade Confirmation at Faith
Sunday:
Ekelund: 8:30am Worship, 9:45am SS
Faith: 9:45am Worship, 11am SS
Bethany: 9:45am SS, 11am Worship
Church Council Meetings
THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm
BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship
COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS
CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseith
Wednesday, Sept 12:
Wed. School/Confirmation 5-7pm
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship, 9:15am SS
Oak Park: 8:30am SS, 9:45am Worship, Coins for Missions
Potluck Brunch
Nazareth: 10am SS, 11am Worship
LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

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

Copse
noun
\kops\
A thicket of small trees or bushes; a small wood.

FOURTOWN FALL CLEANUP

Location:
Fourtown Store
Saturday,
September 22,
2018
9 AM to 2 PM

Beltrami County Residents "Only."
You must bring a copy of your property tax form in order to use this service.

Roll-Off Company will supply:

- (2) roll off trucks with pup trailers
- (2) large containers on each truck unit
- (1) roll off truck with pup trailer
- (1) large container
- (1) 20 yard container
- (1) skid steer loader
- (3) employees to operate the trucks and/or machinery

FREE: Household Waste, Car Tires, E-Waste (Radios, Computers, Ext.), Appliances, Fluorescent Tubes, Household Hazardous Waste, AG Wrap (Recapture Bags), Batteries, Scrap Metal

NOT FREE: Demolition Debris (\$12 Per Yard)
By-Pass Material (Furniture, Treated Wood, anything not considered Demolition Debris (\$24 per Yard)
Large tires (truck and/or tractor) will cost:
• Semi Truck Tires: \$10 EA
• Tractor Tires: \$65 EA

Community Calendar

Wed | Sept 12
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; September Senior Birthday party at Grain Bin Café 2:30pm
Thurs | Sept 13
Grygla School Patrol Installation 10:30am; Chargers Volleyball vs. Roseau in Grygla (Parent's Night)
Fri | Sept 14
Senior Meals at Grain Bin Café 11am; Chargers Football vs. Northern Freeze in Goodridge (Parent's Night)
Sat | Sept 15
JH VB Tourney in Roseau 8:30am; JV VB Tourney in Lancaster 9am; Varsity VB Tourney in Warren 10am
Sun | Sept 16
Mon | Sept 17
Senior Meals at Grain Bin Café 11am; JH/JV FB at Northern Freeze
To get your community events, meetings and happenings on the calendar, please call 218-294-6220 or email grygla.eagle@gmail.com

U.S.P.S. No. 002330
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Karl Sundberg - EDITOR
Phone 294-6220
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\$30 per year outside of the area
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THIEF RIVER FALLS RADIO
KTRF AM 1230
KKAQ AM 1460
KKDQ FM 99.3
LISTEN LIVE
FRIDAY, SEPTEMBER 14
Chargers Football vs. Northern Freeze in Grygla (Parent's Night)
6:35 pm on The Falls

FOR SALE
Grygla School District has for sale on written bids:
19 iMac desk computers (2008, 2.66 GHz Intel Core 2 Duo Processor, 4 GB RAM, 320 Hard Drive)
2 MacBook Pro laptop computers (2012, 2.5 GHz Intel Core i5 Processor, 8 GB RAM 500 GB Hard Drive)
For information and bidding, contact Jesse Westbrook, technology coordinator, Grygla School. Phone: 218-294-6155, email: jwestbrock@grygla.k12.mn.us. Bidding closes 3 PM, 9-21-18.
The district reserves the right to accept/reject any/all bids.

School Lunch Menus

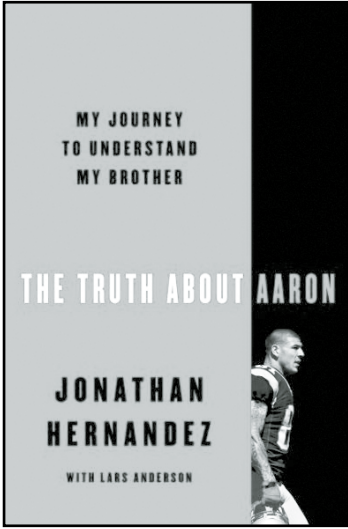
Grygla Lunch Menu
Wednesday, September 12:
Taco on a Tortilla Shell w/ Lettuce & Cheese, Vegetable & Fruit
Thursday, September 13:
Hot Dog on a Bun, French Fries, Vegetable & Fruit
Friday, September 14:
Italian Spaghetti, Garlic Bread, Vegetable & Fruit
Monday, September 17:
Piza Roni Hotdish, Bread, Vegetable & Fruit
Tuesday, September 18:
Chicken Patty on a Bun, French Fries, Vegetable & Fruit
Goodridge Lunch Menu
Wednesday, September 12:
Hog Dog on a Bun, French Fries, Corn, Apples
Thursday, September 13:
Chef Salad w/ Ham & Turkey, Broccoli, Carrots, Celery, Peppers, Cucumbers & Tomatoes, Grapes, Bread Stick
Friday, September 14:
Pork Chop Patty, Seasoned Rice, Steamed Carrots, Mandarin Oranges
Monday, September 17:
Quesadillas, Garden Salad, Green Beans, Pears
Tuesday, September 18:
Chicken Tenders, Mashed Potatoes & Gravy, Steamed Carrots, Apples, Oranges, Bread

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GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian
This week's book suggestion is not only for any football fans out there, but it's a biography for anyone who was wrapped up in the tragic life and death of Aaron Hernandez, New England Patriots star convicted of murder.
The book isn't being released for purchase until October 30th, but is available for pre-order today. It sure sounds like one worth getting on your "to-read" list, that's for sure. The book is titled "The Truth About Aaron: My Journey to Understand My Brother" by Jonathan Hernandez.
Overview
The unvarnished true story of the tragic life and death of Aaron Hernandez, the college All-American and New England Patriots star convicted of murder, told by one of the few people who knew him best, his brother.
To football fans, Aaron Hernandez was a superstar in the making. A standout at the University of Florida, he helped the Gators win the national title in 2008. Drafted by the New England Patriots, in his second full season with the team he and fellow Patriots' tight end Rob Gronkowski set records for touchdowns and yardage, and with Tom Brady, led New England to Super Bowl XLVI in 2012. But Aaron's NFL career ended as quickly as it began.

On June 26, 2013, he was arrested at his North Attleboro home, charged with the murder of Odin Lloyd, and released by the Patriots. Convicted of first-degree murder, Aaron was sentenced to life in prison without parole. On May 15, 2014, while on trial for Lloyd's murder, Aaron was indicted for two more murders. Five days after being acquitted for those double murders, he committed suicide in his jail cell. Aaron Hernandez was twenty-seven years old.
In this clear-eyed, emotionally devastating biography—a family memoir combining football and true crime—Jonathan (formerly known by his nickname DJ) Hernandez speaks out fully for the first time about the brother he knew. Jonathan draws on his own recollections as well as thousands of pages of prison letters and other sources to give us a full portrait of a star athlete and troubled young man who would become a murderer, and the darkness that consumed him. Jonathan does not portray Aaron as a victim; he does not lay the blame for his crimes on his illness. He speaks openly about Aaron's talent, his sexuality, his crimes and incarceration, and the CTE that ravaged him—scientists found that upon his death, Aaron had the brain of a sixty-seven-year old suffering from the same condition. Filled with headline-making revelations, The Truth About Aaron is a shocking and moving account of promise, tragedy, and loss—of one man's descent into rage and violence, as told by the person who knew him more closely than anyone else.
As mentioned, the official release date isn't until late October so you have some time to finish up any books that are currently on your fall reading list, leaving enough time to get this one added to it. NWRL has this biography on its list to order so if you're interested in getting your name on the hold list - definitely let me know and I'll be happy to get you a copy to dive into.

VOTING NOTICE

Submitted by Grygla City Clerk, Rose Aune
For mayor we have Richard Mosher, Kelly Klein and Blair Saurdiff that have filed.
For 2 council positions we have Lindsay Oslund, Gavin Nordby, Karla Byklum and Tanner Sletten that have filed.
If you want any say in who gets elected, make sure you are registered to vote! There are links on the city website and Facebook page or you can get an application in the city office.
For those of you that don't vote because you don't want to have jury duty, they don't go by registered voters anymore. From what I've been told, they go by driver's licenses now because people quit voting.

September WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of September 2018.
Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.
All potential clients must contact the WIC Program to schedule an appointment.
The following is the schedule of WIC Clinics for the month of September.
Monday-Friday, September 10-14: Thief River Falls Redeemer Lutheran Church
Monday, September 17: Warren Evangelical Covenant Church
Tuesday, September 18: Karlstad First Lutheran Church
Wednesday-Thursday, September 19-20: Roseau, LifeCare Medical Center Basement Auxiliary Room
For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 or 1-800-223-1591, or e-mail at quinchs@wiktel.com.
North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9-11am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.

This week's 'Food for Thought'

Submitted by TW
You never know when the end will come. Are you ready?

OF INTEREST
Middle River Community Theatre to present the hilarious "How to talk Minnesotan"

"How to Talk Minnesotan" is a book by Howard Mohr, a former writer for A Prairie Home Companion, which featured the famous Garrison Keillor. Published in 1987, the book provides examples of stereotypical Minnesotan speech and mannerisms. This production is a musical version by Mohr and Drew Jansen and has been produced at Plymouth Playhouse by Troupe America, Inc. Some of the things the musical performance covers:
• Useful phrases such as "You bet", "That's different", and "Whatever".
• Refusing food three times before accepting
• The art of waving
• Hotdish
• Lutfisk
• Talking about cars and starting cars in the winter
• The Minnesotan "long goodbye"
Much of the material for the book was originally performed as sketches on A Prairie Home Companion. The book also includes fictional ads for improbable businesses such as "Raw Bits Cereal," "Polka Pants," and "Walleye Phone Company."
The show opens on Tuesday, September 25, at Ye Olde Depot Theatre in Middle River as a kickoff to the annual Goose Festival. Evening performances at 7pm are scheduled for September 25-29, and will conclude with a 4:00 afternoon performance on Sunday, September 30. Get your tickets now so you don't miss out on the laughs! Advance tickets are available at Young's Store in Middle River.

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LENDER
A FULL SERVICE BANK

Arts grant applications have October 15 & November 1 deadline

Grant money is available from the Northwest Minnesota Arts Council. Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

Individual adult artists can apply for an Individual Artist Grant of up to \$5,000. The once a year deadline to apply is October 15, 2018. Performing artists, visual artists, media artists, creative writing artists are all welcome to apply. Grants are often for projects that include equipment and training needed to create a new body of work and then showcase that work to an audience. Time spent on the project is eligible for reimbursement. Only individuals who show serious commitment and earn part of their living from their art form are eligible to apply. This grant is not for hobby artists or those that are interested in trying a medium that they have not worked in before.

The Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Non-profit organizations, school districts, and cities are some of the main applicants. Funding for the grants comes from the Minnesota State Legislature through the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment. These grants have a cash match requirement and a maximum grant request of \$10,000. The deadline is November 1, 2018, and

again March 1, 2019. Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. Local libraries and county fairs use this category. These grants are a maximum of \$3,000.00 with a required cash match. This grant programs have substantially less reporting requirements than Legacy grants.

Applications funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Arts Equipment for Schools Grants are considered a special category of our Arts Project Grant Program. This grant allows schools to purchase artistic equipment for their art room, theater, band room, etc. Equipment that is used solely for the pursuit of arts like a kiln or theater lights, or a band instrument has a better chance of being funded. There is one annual deadline for this grant on November 1. Grants of up to \$3,000.00 are awarded with a 25% cash match requirement.

Also available on a first come-first served basis are Artist Residency Grants for school districts. Grants of \$2,100.00 are awarded to sponsor artists working with children usually in a traditional weeklong residency but it can also be a different format that serves your school or summer program. An extra \$400.00 may be requested for art residencies that need supplies. Schools are strongly

urged to use a Teaching Artist Roster Program (TARP) artist from our roster or a COMPAS roster artist because they have been professionally trained in working in schools. We have five local artists on our TARP roster currently at <http://www.northwestminnesotaartsCouncil.org/arts-directory/teaching-artist-roster/> and 12 more artists training this fall. Local artists who are sponsored need to provide lesson plans and show their professionalism in a classroom setting.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. We are offering two workshops -- Tuesday, September 25, at 4pm in Roseau and Monday, October 1, at 1pm at our office -- for people who have questions related to our on-line system, grant applications, grant management once they get a grant, and final reporting. You must RSVP for our grant writing workshops since low attendance will cancel the location. Our Executive Director Mara Hanel covers all aspects of the grant process. You will find that it is really helpful to attend. The first half hour relates to the deadlines coming up and the second half hour relates to the system and questions on grants management and reporting. Don't let your fear or inexperience with grants stop you from applying! You must RSVP. Email marah@nwrdc.org or call 218-745-9111.

► DIY



Simmer a simple DIY pot-pourri on your stove this fall season!

Participants sought for Princess Program

Now offering a unique program aimed at showing little girls that they, too, can be STARS! The Little Miss North Star Princess Program is a one day mentorship program that coincides along with the Miss North Star Pageant. The participants have the opportunity to spend a day of “royal fun” with Miss Minnesota, Miss North Star, and the contestants, while learning how to make a positive impact in their community, making new friends, and participating in the Miss North Star pageant!

If your daughter is:

- Between the ages of 5 and 9
- Live within a 100 mile radius of Middle River, Minnesota
- Enjoys making new friends
- Loves all things glitz and glam
- Wants to make a difference in her community

What will the first 20 participants do on the day of the Miss North star pageant?

- Receive a gift, crown and picture with the crowned Miss Minnesota
- Spend time at the tea party talking with Miss Minnesota and Miss Middle River
- Decorate a picture frame to place the picture of themselves and Miss Minnesota in
- Go onstage in their favorite dress to get crowned Little Miss North Star
- Have the opportunity to be introduced onstage during the pageant

- Will learn to walk and wave like Miss Minnesota
- And much more

What parents need to know about the Little Miss North Star Princess mentor program:

- Each girl is to wear a dress of their choice; something they are comfortable in and LOVE

- Participants arrive at 11:30am until the end of the pageant in order to be involved in the Little Miss Program. Miss North Star Pageant is held at 2 p.m. Sunday, Sept 23.
- The cost to participate is \$35 (this will include 1 adult ticket for the Miss North Star Pageant).
- Girls will be supervised throughout the pageant
- There is NO JUDGING or single winner. Each participant receives a crown.

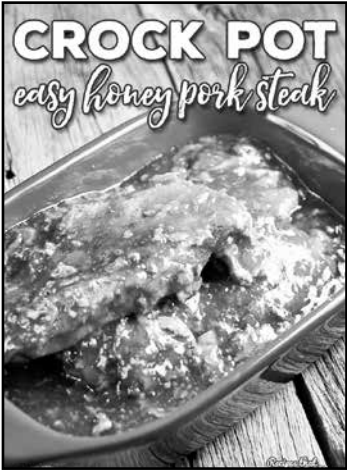
DEADLINE TO APPLY is September 16th, 2018, and is limited to the first 20 registered participants. More information visit: <https://miss-northstarpagea.wixsite.com/missnorthstarpageant> or text Michelle Lorenson at 686-0486.

A Note from Principal Lunsetter’s Desk

“Man’s greatness consists in his ability to do and the proper application of his powers to things needed to be done.”
~Frederick Douglass

I think the key word in this quote is ability. All of us are born with the ability to do great things. We are also born with the ability to make decisions. It is more the decision than the ability that allows us to either reach or fall short of greatness. We can choose to help others when they are in need, or we can choose to ignore them. We can choose to learn something from those around us, or refuse to listen to anyone. We can choose to get out of bed and hit the ground running with a great attitude everyday or to hit snooze and mope around grumpy. We can choose to continue to grow spiritually, mentally and physically, or we can decide where we are is good enough. It is the ability to make the choices and then see those choices through that allows us to achieve greatness. We don't have to be great in everything we do, but make the effort to be great in one thing, and those habits, that lifestyle will spill over into the rest of our lives.

► SIMPLY DELICIOUS



Written by Kari Sundberg, Eagle Editor

Crock Pot Honey Pork Steaks

I needed an easy recipe for some pork steaks we have in the freezer and every day is so busy so an easy crockpot recipe is a necessity. I hit up my trusty Pinterest and am taking a chance on this recipe below. I plan to make it mid-week - maybe it'll be cooking in

my crockpot at the same time you're reading this...

Ingredients
2-3 lbs pork steak
12 oz can cola
1 cup honey
3 tablespoons cornstarch
3 tablespoons cold water
Instructions

Place your pork steaks in a crockpot. Pour the honey all over them, followed by the can of Coke. Cover and cook on low for 4-6 hours. Remove the steaks. Combine water and cornstarch in a small bowl. Pour into the crockpot sauce and stir until it reaches the thickness you desire. The recipe suggests to serve the sauce over your pork steaks, however, I'm going to change that up a bit.

I'm choosing to also make some rice, sauté some broccoli and onions to mix in, and then pour that honey/coke sauce on top of the rice – all served alongside the pork steaks. Yum. I'm hoping it tastes as good as I think it will.

► A HIPPIE’S HEALTH

Written by Tara Waltman

I once read this quote, “Take care of your body - it's the only one you have.” It was something like that, anyway.

So recently I have been seeing a little bit of a pattern with some clients I have been seeing in outpatient therapy. Some of the clients I have worked with have recently had their gallbladder removed and had an increase in depression. I have heard of some of my friends getting their gallbladder removed at kind of a young age. I think the gallbladder becomes inflamed and it becomes so painful one of the solutions is to remove it because it is so painful.

Why does the gallbladder become inflamed? My guess is foods we eat or difficulty digesting foods or issues with the functioning of the gallbladder for some reason. How does this impact mental health? I am not a doctor, obviously, so I am not really sure, but it's interesting to me. We do know that about 80 percent of Serotonin is produced in the gut! Yup! So the happy hormone is produced primarily in our gut and not our brain! Isn't that cool?

How does the gallbladder fit into that or does it?

From Google (a certified source for information - hahaha):

The gallbladder is a small storage organ located inferior and posterior to the liver. Though small in size, the gallbladder plays an important role in our digestion of food. The gallbladder holds bile produced in the liver until it is needed for digesting fatty foods in the duodenum of the small intestine.

Bile is important because it helps with the digestion of fat and its transfer from the

► WHAT A JOKE

Two young rednecks were looking at a Sears catalogue and admiring the models. Earl says to the Bubba, “Have you seen the beautiful girls in this catalogue?” Bubba replies, “Yes, they are very beautiful. And look at the price!” Earl says, with wide eyes, “Wow, they aren't very expensive. At this price, I'm buying one.” Bubba smiles and pats him on the back, “Good idea! Order one and if she's as beautiful as she is in the catalogue, I'll get one too.” Three weeks later, Bubba asks his friend Earl, “Did you ever receive the girl you ordered from the Sears catalogue?” Earl replies, “No, but it shouldn't be long now. I got her clothes yesterday!”

How to install a redneck security system:

Go to Goodwill and buy a pair of size 14-16 men's work boots. Place them on your front porch, along with a copy of Guns & Ammo magazine. Put four dog dishes next to the boots and magazine. Leave a note on your door that reads:

Bubba,

Me, Ray and Jimmy Earl went for more ammo and beer. Be back in an hour. Don't mess with the pit bulls. They got the mailman this morn-

intestine into the body. When the gallbladder is removed, bile made by the liver can no longer be stored between meals. Instead, the bile flows directly into the intestine anytime the liver produces it.

Sooooo...we do know that the gallbladder plays an important part in digestion and digestion of food and healthy gut plays an important role in mental health! So what to do with this information....one may look at what they eat each day or maybe a supplement of some sort to help with digestion to help the gallbladder out. Or maybe the organ isn't functioning properly for some reason? For me, being a part of the chiropractic cult (that's why my dad says anyways - lol), I go to the chiropractor to make sure my body is functioning at 100 percent or close to it! Some people may use essential oils, supplements or some might try other natural things or try medicines to help with gut health and the gallbladder. One thing I have talked about a lot is probiotics for gut health, so that is something one could try, too!

Moral of the story: try to take care of your body, it's the only one you have! I say this with love and not judgment, my friends!

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.

CROSSWORD

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Statepoint Crossword Theme: Civil War

ACROSS

- Rodeo garb
- Prefix for prior
- a.k.a. leaf cabbage
- Conversation starter
- “___ the land of the free ...”
- Drunks
- Tree in Latin
- Exec’s degree
- Full of emotion, in slang
- *Meeting at Appomattox Court House
- *Major Civil War issue
- Sun in Mexico
- Recover
- *It was split during the

Civil War

- ___book
- Be in the right place
- Botticelli’s Venus, e.g.
- Soccer ___, pl.
- Excessive sternness
- Orthodox artwork
- Homeless cat’s home
- Presented at customs
- Galactic path
- Desperate
- Like never-losing Steven
- Vital
- Grannies
- “C’ ___ la vie!”
- “At ___, soldier”
- Casual attire
- *Spielberg’s 2012 movie
- *American Nightingale”

Grygla/Gatzke School Board approves July Minutes

Official Minutes Grygla/Gatzke School Board Meeting on Wednesday, July 18, 2018, 8:00 p.m. Chairperson of the board Nicolette Leach called the meeting to order at 8:05 p.m. with Karina Tinnes, Charisa Limesand, Jeremy Rychlock, Andrew Oslund, James Verbout, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance.

Motion by Karina Tinnes, second by Andrew Oslund, to approve the agenda as presented. Passed 6-0.

Minutes of the 6/28/18 regular school board meeting were approved as printed. Motion by Charisa Limesand, second by Nicolette Leach, to approve payment of the bills check #36117 through check #36131 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund: \$201096.67 MSD-LAF: \$1569330.78 Food Service: 7.68 Checking: 99902.58 Comm. Service: 123.73

Trust: 0 Scholarship: 0 Total: \$201228.08 Total: \$1669233.36

Motion by Charisa Limesand, second by Jeremy Rychlock, to designate American State Bank, Grygla, and the Minnesota Liquid Asset Fund as the official depository. Passed 6-0. Motion by James Verbout, second by Andrew Oslund, to designate the Grygla Eagle as the legal newspaper. Passed 6-0. Motion by James Verbout, second by Karina Tinnes, to set board wages at \$50 for in-district meetings, \$75 for out-of-district meetings, yearly compensation at \$500 for chairperson, \$400 for clerk, \$400 for treasurer, meetings to be held the third Thursday of the month when possible, meeting time to be 7:00 PM, location to be in the Grygla School library. Passed 6-0.

Student Report: No Student Report

Teacher Report: Given by Drew Kiono. Summer athletic practices are going well and have been well attended.

Principal Report: Prin-

icipal Lunsetter updated the board on the 2018-19 Fall Sports meeting being held in Goodridge on Monday, August 6th at 6:45 PM, with the Paired Sports meeting being held at 5:00 PM .The building projects are being completed in a timely manner, with only 2 small jobs left to do, which will be done prior to Fall Festival. The new bus has arrived and will show up on the 2018-19 Budget. The staff will be receiving new computers this year from Isaac Kvasager’s computer business. He can provide a better machine for \$500 less per machine. The Student Council Lock-in will be August 2nd and 3rd, where they will discuss the Fun Run, Kiddie Games, Homecoming and Return Retreat.

Superintendent Report: Superintendent Clow discussed the bus log with the board as well as the Unpaid Meal Charge Policy.

Motion by Jeremy Rychlock, second by James Verbout, to accept the milk bid from Food Services of America for the

School Board Mins...
Continued on back

Wednesday, September 12, 2018

Nick Mickelson...
Continued from front

innovative, the students are engaged in their learning experience, and the community strongly supports the school and its staff in a way that is rare to find.

Describe your teaching style? I would say that I believe students learn best by doing and, therefore, I try to incorporate hands-on activities in all of my classes.

What goals have you set for your first year? My goals are to maintain a high standard of academic achievement with my students and to help our robotics program reach another successful season. Five adjectives that describe you? I would say caring, determined, patient, vocal, and creative.

What interests/hobbies do you have outside of the classroom? I enjoy fishing during all seasons, camping, hiking, watching/participating in sports, and spending time with family.

If you could trade places with anybody for a week – who would it be? I would trade places with Neil deGrasse Tyson, because he is so influential in the world of science and gets to do some incredible work with NASA and many other organizations.

School Board Mins...
Continued from page 3

ment), 421 (Gifts to Employees and School Board Members), 504 (Student Dress and Appearance, 506 (Student Discipline), 509 (Enrollment of Nonresident Students), 525 (Violence Prevention), 530 (Immunization Requirements). Passed 6-0.

Motion by Andrew Oslund, second by Charisa Limesand, to accept the following donations: \$2750.00 Classes of 2018 and 2019-new gym wall mats donation 200.53 Class of 2018-music program donation 500.00 Pheasants Forever-trap shooting donation 90.00 Goodridge Trail Blazer-Andrew Sundberg 7th grade BBB trip to Pacesetter 1000.00 Fourtown-Grygla Sportsman's Club-2018 Scholarship

Trustee Reports: NWRIC hired an employee pending a standard background check.

The meeting adjourned at 8:29 PM. Next meeting date/time: 8/16/18 7:00 PM.

19th Annual Saddle Up for St. Jude event raises funds for hospital

A Saddle Up for St. Jude event is being planned for Saturday, September 22nd, in beautiful Beltrami State Forest Bemis Hill Campground near Warroad and Roseau, MN. This event will raise funds for St. Jude Children's Research Hospital, the premier center for the research and treatment of childhood cancer and other deadly diseases.

This volunteer based horse-back trail/wagon ride will begin with registration starting at 8:00 and the ride beginning at 10:00. The trail ride will be approximately 10 miles. Riders are asked to collect donations from sponsors based on every mile ridden or a flat donation. Sponsorship forms are still available. Following the ride, riders will be treated to a lunch at the lodge provided by area businesses

A silent auction is also being planned from 3-7pm with all the proceeds going to St. Jude. Mark Wojciechowski will be providing the entertainment.

A catered supper will start at 5:30. The Groovy Grub from Hallock will be serving a delicious supper. On the menu is Philly steak sandwiches with fries, coleslaw and dessert. Cost of supper \$10.00 per meal. Everyone is invited to attend this event. Participants are encouraged to bring their family and friends and spend the day or weekend in beautiful Beltrami State Forest. Free primitive camping is available at Bemis Hill Campground for the weekend.

Last year's riders and wagoners raised over \$16,000. Through programs like Saddle Up for St. Jude, the idea of St. Jude founder Danny Thomas to raise funds for the hospital through community-based events is able to continue.

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases.



Chargers vs. Wildcats in Laporte, MN. 48-8 win for GG! Photo courtesy of Sue Ann Sjulestad



The Chargers Junior High Football game vs. Win-E-Mac in Goodridge last Thursday, September 6th, was a success! 22-0 was the final score with GG defeating the Patriots! Pictured above is #18 Kaylor Torgerson with the handoff to Lewis Jones while #19 Elliot Philipp and #23 Sheldin Sundberg hold off a Patriot. Photo by Grygla Eagle Newspaper



L-R: Vivian Coan, Maci Bakken and Amy Wiskow in the Varsity game against Warroad last week. Photos by Grygla Eagle Newspaper



Members of the WIN RV Singles Travel Club stayed in Goodridge, MN, September 1-6, 2018, where local member, Jim Dahlen, played host to the group. One of the activities lined up for the small crew included a tour of Mike & Linda Hanson's robotic dairy farm, right. Left photo by Grygla Eagle Newspaper/Right photo courtesy of WIN

WIN RV Singles Travel Club makes a week-long stop in Goodridge

What is WIN RV Singles Travel Club? It is a premiere RV club for singles over the age of 65. Local member, Jim Dahlen, of Goodridge, has been a member for a few years now and just finished up hosting a small crew from September 1-6, 2018. The active, adventurous club for single campers and travelers has circuits all across the US, Canada and Mexico. 12 RV's, a fairly small group, signed up for this outing in northern MN and made their way to Goodridge where Jim had many activities lined up for the group. Those activities included touring Mike & Linda Hanson's robotic dairy farm, along with factory tours of Arctic Cat, Polaris and Digikey. The group also planned to do some hiking and kayaking in Thief River Falls. Free dry camping was provided to the group on a vacant lot in Goodridge.

The WIN RV Singles Travel Club has over 400 members who have the option of traveling with, joining up and meeting with other singles all across the nation! One member, who visited Goodridge, Kurt Glassell, is from Arizona and has been traveling with the club for 14 years now! Another member who was among those visiting Goodridge, Jan Steele, left her home in Illinois on January 3rd and still hasn't been back yet, traveling all year with the club to various destinations! She says the social network is addictive and you look so forward to the gatherings with other singles!

Jim Dahlen, of Goodridge, previously lived in Florida, but now lives in his RV full-time, being a member of the club and traveling with them for a few years now. He enjoyed hosting the group and planning fun outings!

Chargers Football 2-0 after game against Laporte

Last Friday, September 7th, the Chargers traveled to Laporte to play the Wildcats. They got themselves another win with a 48-8 final score!

GG: 16.13.19. 0=48
LP: 0.0.0.8 =8

Stats courtesy of Head Coach, John Wilebski: Jaden Kiesow 7-86 yds 1 TD {passing} 3-3 111 yds 3 TD's; Peyton Verbout 14-74 1 TD; Moses Jensen 4 -49 yds; Nolan Anderson 8-23 yds 1 TD; Kaleb Sjulestad 3 rec 111 yds 3 TD's

Defense: Jaden Kiesow 10 tackles; Levi Kiesow 6 tackles; Aaron Jones 25 yards fumble recovery for a TD; Jordon Coan fumble rec; Anthony Loken QB sack

Blake Passa had a break out game on the offensive & defensive line for the Chargers, as well.

Coach's Comments: It was a good win vs. a scrappy Laporte team. The Chargers started out somewhat sputtering on the offensive line. An inspired Wildcat defense gave us all we could handle in the first half. But three first half TD strikes from Jaden Kiesow to Kaleb Sjulestad of 10 yds, 36 & 65 yds opened the game up. It was nice to see we can be diversified on the offensive side of the ball when needed.

Defensively, again, we turned over our opponent setting up scoring opportunities & also scoring a defensive touchdown off of the kickoff by Aaron Jones fumble recovery return. This week we need to be ready & focused when a solid Freeze team will be coming to Goodridge on Friday night. They will give us somewhat of a match up problem with their size & speed, which will be a real challenge if we don't come ready to play.

Chargers Volleyball falls short to Warroad

Tuesday, September 4th, in Grygla

Warroad over GG in 3 (24-26, 24-26, 22-25)

GG: Mercedes Coan 13 assists, 3 blocks, 3 digs, 1 ace; Chloe Kuznia 7 assists, 5 kills, 2 digs, 1 ace; Libby Johnson 3 kills, 2 blocks, 1 dig; Nichole Arveson 14 digs; Maci Bakken 1 assist, 10 kills, 3 digs, 1 ace

Warroad: Marlie Johnston 24 assists, 1 ace; Sky Boucha 22 assists; Katie Kotbosla 16 kills, 8 blocks, 19 digs, 2 aces; Madi Fish 12 kills, 4 blocks

Coach's Comments: We knew Warroad would be a good/fun match and we went into it having positive attitudes that lasted every match. The girls kept fighting but unfortunately just couldn't get the lead.