



 Today Rain H 56 L 28	 Thurs Mostly Sunny H 46 L 33	 Fri Showers H 41 L 36	 Sat Scatt. Showers H 41 L 34	 Sun Cloudy H 45 L 35
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Wednesday, October 3, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 14

A look at next week ... Local author from Grygla, Emily Yager, releases her third novel.

Meet the Goodridge and Grygla School Board Candidates

With the November 6, 2018, Election right around the corner, meet the School Board Candidates on this year's ballot.

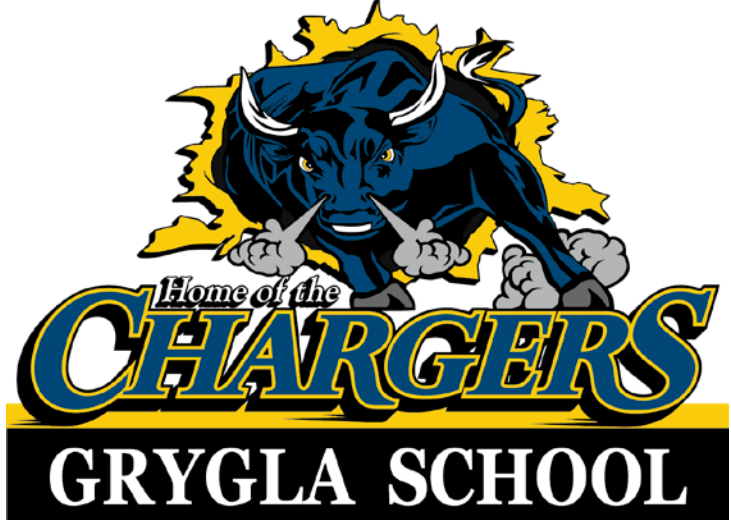
For Grygla/Gatzke, the fol-

lowing people are not up for re-election and will continue to serve on their board: Karina Tinnes, Jeremy Rychlock and Andy Oslund. The ballot has the below four names on it, in

which three will be voted in. (Charisa Limesand is not seeking re-election.)

For Goodridge, John Lovly, Tim Hruby and Terry Drangstveit are not up for re-election

and will continue to serve on their board. The ballot has the below seven names on it, in which three will be voted in.



Nicolette Leach (Incumbent)

Occupation: Risk Advisor, North Risk Partners

How long have you lived in this school district? 26 years

Do you have children in the school district? Yes. Hailea (25) and Hunter (22) graduated from GHS and Hudson (16) is currently a junior at GHS.

Years and positions on the Grygla/Gatzke School Board: I am fortunate to have been on the board for 23-25 years. I have held the positions of Clerk, Vice Chair and currently serving as Chairperson.

What motivates you to want to be a school board member? It has truly been an honor to serve on the Grygla School Board. Our district, even though small in numbers, is simply outstanding. What our students have been able to accomplish, both academically and personally, is a true testament to the dedication of everyone that is employed by our district. I am thankful to have been a small part in these accomplishments. It is a team effort.

In your opinion, what are the basic requirements for a successful school board member? To have the ability to think outside the box. Due to our size, we have to be creative. Our funding is based on student count, so you have to be fiscally responsible when making the decisions that impact our students. In short, you have to be able to do a lot with a little. Also, have the ability to collaborate with other board members, staff and administration. Again, this is a team effort with the students' success as our main objective.

What is one thing you want to bring to the board table? We have a very positive atmosphere in our district; I would like to be a part of maintaining that. There are the basics of education, but if a student can be surrounded by positivity, I feel that their success is elevated to a different level.

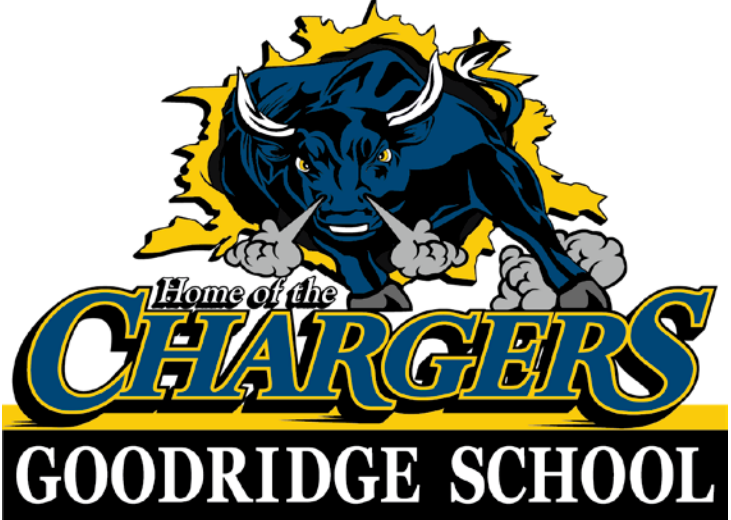
Any goals or visions you have for education in our community? One goal or vision that I hope could happen in our district is to do more 'out of the classroom' instruction. I do feel that the students of this generation are quick to learn and understand using the hands on approach. We have had the opportunity to do external instruction and I would like to see more.

Other community involvement/activities: I am a member of Grace Lutheran Church, serve on the Grace LYO Advisory Board, the ECFE Advisory Board, the NWRIC Advisory Board, a member of the Chix from the Stix Relay for Life Team and volunteer at the Pennington County Food Shelf.

Jim Verbout (Incumbent)

Occupation: Full-time Farmer

How long have you lived in



Roxann Coan (Incumbent)

Occupation: Digi-Key/Procurement Associate (Purchasing)

How long have you lived in this school district? I have been part of this community for 23 years.

Do you have children in the school district? Vivian (10th) & Jordan (9th)

What motivated you to become a school board member? My dad was a member/Chairman of the Gonvick-Trail & Clearbrook-Gonvick School Board for many years. His passion for the community, education & school district always held a special place in my heart growing up. I felt like I had a lot of the same qualities that would make me a good member of our local school board. The kids of our community are a big motivator for me. I enjoy getting to know them and supporting them in their academics, athletics and other events outside of school. I know personally how important it is to keep a school alive and well in a community. It is the basis of any community.

How long have you served on the Goodridge School Board and what positions have you held? I have served the board for 4 years. The various committees I have served on during this time are the NW RIC Board, Certified Staff Negotiations, Paired Sports Committee, Interview/Hiring Committees for both Classified & Non Classified Staff, Technology Upgrade Committee & Gym Surface Refinishing Committee.

In your opinion, what are the basic requirements for a successful school board member? To be a successful board member you have to be involved in the community and happenings of the district. In order to make good sound decisions you need to fully understand the processes. You also have to be very open to different opinions and suggestions. We are voted in by the voters of our district therefore we represent our community and their families. That feedback needs to be discussed with the board & administration. Anyone is welcome to call, email or swing by our place if there is a comment, suggestion or you just want to talk. The door is always open. My contact information is 218-686-5078 (cell), 218-378-4156 (home) & rroan@gvtel.com.

What is one thing you want to bring to the board table? I don't feel I have just one thing to bring to the board table. I feel I'm very involved on a daily, weekly basis. If I feel something needs attention I do reach out to that individual for clarification or request that we discuss at the next board meeting. When contacted by voters of our district in regards to comments or concerns I do bring the information forward.

Any goals or visions you

have for education in our community? I believe we as a district have overall goals & visions for the future. We discuss and then move forward on the goals. I believe the School Board Members, Administration & community keep an open dialogue. I feel like a joint collaboration between all and act in the best interest of our students. Our goal at the end of the day is to provide the best possible education for ALL of our students.

Other community involvement/activities: Goodridge Area Development Board (Secretary/Treasurer), Faith Lutheran Church (Financial Treasurer), Digi-Key Cares (Community Volunteer Program). I have also previously served as a Sunday School Teacher (20 years) & Inter County Community Council Board.

Thanks for your previous support. I would appreciate your vote November 6.

Neil Jensen (Incumbent)

Occupation: Farmer

How long have you lived in this school district? My entire life

Do you have children in the school district? Carly - 1st grade, Nels - Preschool

How long have you served on the Goodridge School Board and what positions have you held? I have served for 13 years on the board. I currently hold the position of Vice Chair.

In your opinion, what are the basic requirements for a successful school board member? To always put the student's needs first, and keep an open mind.

What is one thing you want to bring to the board table? My goal has always been and will continue to be, to support and improve student achievement, and the financial stability of the district to ensure that our doors stay open for years to come.

Any goals or visions you have for education in our community? To keep up with technology in the classroom.

Other community involvement/activities: I am a member of the Goodridge Fire department, Highland Township Supervisor and a member of Ekelund Church.

Dale Manderud (Incumbent)

Occupation: Farmer

How long have you lived in this school district? My entire life

Do you have children in the school district? Dylan 18 (2017 GHS Graduate), Riley 15, Chase 12

How long have you served on the Goodridge School Board? This is my 8th year.

What motivates you to want

Goodridge board... Continued on back



September 21st marked Jordan Herseth's graduation from the Marine Corps Recruit Depot in San Diego, California. He is pictured with his parents, Steven and Leighanne Kaczor, and his brothers, Seth and Brayden, who both attend Grygla Elementary School.

Grygla Alumnus to begin combat training in the US Marine Corps



Jordan Herseth was back home for a quick 10-day trip before heading back out to California earlier this week. A 2018 Grygla Graduate, Jordan left for the Marine Corps Recruit Depot in San Diego, CA, on June 4th. (What was supposed to be a 13 week Boot Camp, ended up being about 16 weeks due to a hip injury he sustained in the process.)

With no contact other than the form of hand-written letters since early June, his family flew out to San Diego for his September 21st graduation and enjoyed the reunion im-

mensely! It was an emotional and joyous occasion for the entire family.

While home on his break, Jordan not only enjoyed spending time with family and friends, but he also visited the Grygla High School students one morning to share a bit about his experience in the United States Marine Corps, thus far.

Jordan will be flying out west again on Tuesday, October 2nd, where he will begin his month-long combat training at Camp Pendleton in Oceanside, CA. He says this time will be a lot more physically challenging, whereas Boot Camp was definitely a mental challenge.

Jordan won't be back home for about another year as after his combat training, he'll be sent to MOS (Military Occupational Specialty) school in Fort Leonard Wood, Missouri, where he'll be trained as an MOS 3531 Motor Vehicle Operator.

Jordan's enlistment with the US Marine Corps is for 4 years total. When his time of service ends, he plans to attend college and pursue a career in Law Enforcement.



It was an emotional reunion for Jordan and his brothers after not seeing each other for a few months. Photos courtesy of Leighanne Kaczor

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Sunday:
Grace: 9am Worship
OS: 9:30am SS, 10:30am Worship

St. Clement's: 10:15am
St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am 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 Merseeth
Wednesday, Oct. 3:
Wed. School/Conf. 5-7pm; LYS 7pm
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship, 9am SS
Oak Park: 8:30am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, Oct. 3:
6pm Faith WELCA
Sunday:
Bethany: 8:30am Worship, 9:30am SS
Ekelund: 9:45am Worship, 8:30am SS
Faith: 9:45am SS, 11am Worship

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

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

Our Savior's FALL FANCYWORK SALE
RURAL GRYGLA
Come for a fun evening of bidding on quilts, embroidered items, crafts, baked goods and much more.
Coffee and goodies will be served.
Sat., October 6th 7:00pm
Everyone is welcome to attend!

Grace Lutheran Church of Grygla
Annual Lutefisk Supper
Lutefisk, Lefsa, Swedish Meatballs w/Gravy
Real Mashed Potatoes, Carrots, Cranberries, Homemade Desserts
Prices:
13 yrs to Adults: \$16.00 (Lutefisk)
13 yrs to Adults: \$10.00 (Meatballs)
5-12 yrs: \$6.00
Preschool: Free
**To Go Boxes Available
**Also Bake Sale/Handcraft Item Sale
Where: Grygla Community Center
When: Saturday, October 13th
Time: 4:00 to 7:30 pm

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian
Short and sweet for you this week! In case you missed last week's column, I will repeat the good news - I've been busy getting ALL NEW BOOKS on the shelves for you guys! With the help of our other Northwest Regional Libraries, I've been swapping out and receiving new books in almost every category! (Westerns, Large Print, Christian Fiction, Children's, Young Adult, Audiobooks, DVD's...) Come check it out! Oh, and I should let you know that next Wednesday, October 10th, there will be a sub working for me at the library. Kristi Hanson will be in helping you from 2-6pm that day. I'm off to St. Cloud for the Minnesota Library Association Conference for a few days and I'm SUPER PUMPED about it! The schedule is jam packed each day with great stuff and I'll be excited to share my experience with you when I return!

Community Calendar

Wed | Oct 3
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Cafe 11am; Grygla Library open 2-6pm; Arm Knitting Class at Grygla Library 7pm

Thurs | Oct 4
Charger's Homecoming Volleyball game vs. KCC in Goodridge

Fri | Oct 5
Senior Meals at Grain Bin Cafe 11am; Grygla Merchants Tailgate Party 5:30pm; Charger's Homecoming Football game vs. KCC in Grygla 7pm; Homecoming Dance for GG 7-12 grade students at the Grygla School 9pm-12am

Sat | Oct 6
'C' team VB tourney in Greenbush 10am; Our Savior's Lutheran Church Fancywork Sale 7pm

Sun | Oct 7

Mon | Oct 8
Columbus Day; Senior Meals at Grain Bin Cafe 11am; JH/JV FB game at KCC; Charger's VB vs. BGMR in Grygla; Grygla City Council meeting 7pm

Tues | Oct 9
Charger's VB vs. RLCC in Goodridge

To get your community events/meetings/happenings on the calendar, please email grygla.eagle@gmail.com or call 218-294-6220!

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Editor: Karl Sundberg
Phone: 294-6220
Subscription Rates: \$25 per year in the trade area, \$30 per year outside the area.

School Lunch Menus

Grygla Lunch Menu
Wednesday, October 3: Piza, Fruit, Vegetable & Bread
Thursday, October 4: Hamburger on a Bun, Fruit, Vegetable & French Fries
Friday, October 5: Chili on Corn Chips, Cinnamon Roll, Cheese Slice, Carrots & Applesauce
Monday, October 8: Pork Chop, Potatoes, Gravy, Vegetable & Fruit
Tuesday, October 9: Macaroni & Cheese, Turkey Sandwich, Vegetable & Fruit

Goodridge Lunch Menu
Wednesday, October 3: Hamburger Gravy, Mashed Potatoes, Steamed Carrots, Fruit Salad, Bread
Thursday, October 4: Hot Ham & Cheese on a Bun, Baked Beans, Romaine Lettuce Salad, Pine-apple
Friday, October 5: Pork Chop Patty, Seasoned Rice, Corn, Mandarin Oranges, Bread
Monday, October 8: Tacos w/ Lettuce & Cheese, Green Beans, Applesauce, Bread
Tuesday, October 9: Chicken Nuggets w/ Assorted Sauces, Broccoli w/ Cheese, Peaches, Pears, Bread

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Food for thought

Submitted by TW
Look at all God has given us. What have you given him?

Grygla School District FOR SALE:
320 John Deere lawn mower, 48" hydraulic lift, 42" snowthrower, cab, 2061 hours, needs battery.
For information/bidding, contact Jake Sundberg, maintenance, at the Grygla School at 218-684-0656.
Deadline for written bids: 3 PM, 10-12-18. The Grygla School District reserves the right to accept/reject any/all bids.

Statepoint Crossword Theme: Talk Shows

- ACROSS
1. Tulip precursors
6. "Le ___ des cygnes"
9. Education-related acronym
13. Heads-up
14. Fertility clinic stock
15. A la ___
16. Curl one's lip
17. Cub's home
18. "The Goldbergs" sibling
19. *Carpool ___ with James Corden
21. *Fallon is on when?
23. Crime scene evidence
24. Sounds of amazement
25. Tokyo, once
28. Strong hold
30. *Host of "Good night, and good luck" fame
35. Roll call document
37. End of prayer
39. Bowl unsuitable for water
40. Shakespeare's king
41. Cocoyam, pl.
43. What egoist and egotist have in common, pl.
44. Encourage
46. Madam, to a cowboy
47. Pleasant gentle accent
48. Intellectual
50. Not us
52. Lusitania's last call
53. Sherlock Holmes' assignment

Flu clinics scheduled

Cost: \$30.00
Insurances that can be billed by North Valley Health Center: Medicare & Medicaid. Bring insurance cards!
New this year: High-dose flu vaccine available to those that are 65 years of age and older. This is covered by Medicare.
North Valley Public Health will hold Flu Clinics on the following dates:
Warren Community Center: Tuesday, October 2nd, 2018 at 9-11am
Holt Church: Thursday, October 4th, 2018 at 11am-12pm
Argyle Community Center: Friday, October 5th, 2018 at 9-11am
Stephen Community Center: Thursday, October 11th, 2018 at 9-11am
Middle River Community Center: Friday, October 12th, 2018 at 9-10:30am
Newfolden Community Center: Wednesday, October 17th, 2018 at 9-11am
Grygla Community Center: Wednesday, October 17th, 2018 at 12-2pm
Oslo Community Center: Wednesday, October 17th, 2018 at 11:30am-1pm
Viking Community Center: Thursday, October 18th, 2018 at 12-1pm
Alvarado Community Center: Friday, October 19th, 2018 at 10:30am-12pm

Vendors wanted for Diva Days

There will be a Diva Days vendor show on Saturday, November 17th, from 9am-3pm at the Grygla School. This will be held in the commons area and hallway during the girls basketball jamboree. Vendors wanted. Call Rose Hanson at 218-280-5944 if interested in taking part. Bring your own table/\$10 a spot.

NW Minnesota Synod, Conference Two Women of the ELCA Fall Gathering

Conference Two Women of the ELCA Fall Gathering will be on Saturday, October 6th, at Redeemer Lutheran Church, 1300 Nora Street East, Thief River Falls, Minnesota. Registration is from 8:30-9am with morning coffee. The program will begin at 9am. Cost is \$10.00 for registration per person and includes morning coffee and noon lunch. This year's theme is "I Love to Tell the Story."
A morning of fellowship and inspiration has been planned.
Briana Ingraham is the guest speaker. She is a relatively new Minnesotan, coming here from outside of Baltimore, Maryland. She now calls Red Lake Falls her home and will tell her story.
A presentation will be given by LaVonne Forsberg, local artist. She will tell about the stained-glass windows she designed at Redeemer Lutheran Church. Special music will be provided and the event will close with a luncheon at noon. Everyone is welcome.

THIEF RIVER FALLS RADIO
KTRF AM 1230 KKAAQ AM 1460 KKDQ FM 99.3
LISTEN LIVE
THURSDAY, OCTOBER 4
Chargers Volleyball vs. KCC in Goodridge, 7:05 pm on KKDQ.
FRIDAY, OCTOBER 5
Chargers Football vs. KCC in Grygla, 6:35 pm on KKDQ
Both of these games are the GG Chargers' Homecoming Games!

Grygla Merchants' TAILGATE PARTY in GRYGLA
Friday, October 5th at 5:30 pm
Free Food will be served at 5:30pm until start of game at 7pm, against KCC.
This will be the Charger's Homecoming Football Game.

CROSSWORD
1 2 3 4 5 6 7 8 9 10 11 12
13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74

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dish

- © StatePoint Media
55. Waikiki garland
57. *Letterman's successor
61. Do like in "A River Runs Through It"
65. To a bartender: "The ___"
66. Argonaut's propeller
68. Empower
69. Of a particular gray shade
70. By way of
71. Theatrical characters
72. Displeasure display
73. Australian runner
74. Editor's "Let it stand" marks

- DOWNS
1. Derive pleasure
2. Forearm bone
3. Malicious look
4. Cabbage
5. Chris Hemsworth's movie

Crossword clues... Continued on page 3

Wednesday, October 3, 2018

National 4-H Week to be celebrated October 7-13



Submitted by Sandi Weiland, 4-H Program Coordinator, Roseau County

October 7-13, 2018, is National 4-H Week and Roseau County is celebrating the 4-H youth who have made an impact on the community, and are stepping up to the challenges of a complex and changing world. In October, throughout Roseau County communities and participating communities outside of our county (Grygla/Godridge) 4-H youth will connect with the community by extending a personal invitation to all youth and adults to visit and join a 4-H club near you.

Roseau County 4-H has 11 community clubs who are welcoming new members in the month of October and beyond. Below is a list of clubs as well as their meeting location, date and time and a list of the club volunteer leaders with contact information.

Badger Pacers club meeting: Sunday, October 2 at 1:00 p.m. at Badger Community Center. Club Leaders: Jodie Davy (528-3265) Steph Olafson (528-4542)

Grass Lake club meeting: Tuesday, October 9 at 6:30 p.m. Greenbush Community Center. Club Leaders: Trish Waage (782-2708) Anita Locken (781-4491)

Green Acres club meeting: October 14 at 2:00 p.m. Greenbush Location TBD. Contact Club Leaders: Sharla Kilen (782-5626) Sara Eeg (701-730-0482)

Grygla Go Getters club meeting: Wednesday, October 24 at 6:15 p.m. at Grygla Civic Building. Club Leaders: Lori Jones (218-459-3344) Colette Brobst (218-294-6305)

North Star club meeting: Tuesday, October 23 Warroad time & location TBD. Contact Club Leaders: Nichole Jensen (469-3430) or Kristi Lien (386-1503)

Dieter Doers club meeting: Sunday, October 14 at 2:00 p.m. in the Roseau School Commons. Club Leaders: Heather Magnusson (469-0371) or Jess Omdahl (469-1864)

Gopher club meeting: Sun-

day, October 28 at 4:00 p.m. at Enstrom Town Hall, Salol. Club Leaders: Rob & Dawn Crowe (424-8064)

Malung club meeting: Sunday, October 28 at 2:00 p.m. in the FACS classroom, Roseau School. Club Leaders: Tara Kihle (469-0491)

Roseau 4-H Shooting Sports (Wildlife, Archery, Air Rifle/BB & other Project Areas) club meeting: Monday, October 8 at 6:30 p.m. at the Roseau County Courthouse Board Room. Club Leaders: Sandi Weiland (242-3381) or Miriam Hanson (242-9181)

Cool Clover Kids (after school program for Grades 3-12) club meeting: Thursday October 25, 3:15 p.m.-5:00 p.m. in the Elementary Music Room, Roseau School. Club Leaders: Aimee Wilson (242-5178) or Beth Johnson (242-3513)

Roseau Cloverbuds (after school program for Grades K-2) club meeting: Thursday October 11, 3:15 p.m.-4:30 p.m. in the Elementary Music Room, Roseau School. Club Leaders: Sandi Weiland & Steph Olafson (UMN Extension Roseau County Office- 463-1052)

The 4-H youth development program provides "learn by doing" experiences to encourage youth to experiment, innovate and think independently. 4-H programs are offered through school-based, after-school and camp settings and within community clubs, where groups meet regularly to work on projects, perform community service and develop leadership skills. Through this unique process, youth obtain essential life skills such as problem solving, decision making, coping and communicating.

"4-H provides positive non-school learning opportunities that are critical for the development of young people," said Dorothy McCargo Freeman, State 4-H Youth Development Program Leader. "As a result, 4-H youth are able to contribute and make a difference in positive ways in their homes, schools and communities throughout Minnesota."

Today's 4-H projects include the traditional and still popular agriculture and animal science projects. But, 4-H youth also work on cutting-edge technology projects, such as aquatic robotics, digital photogra-

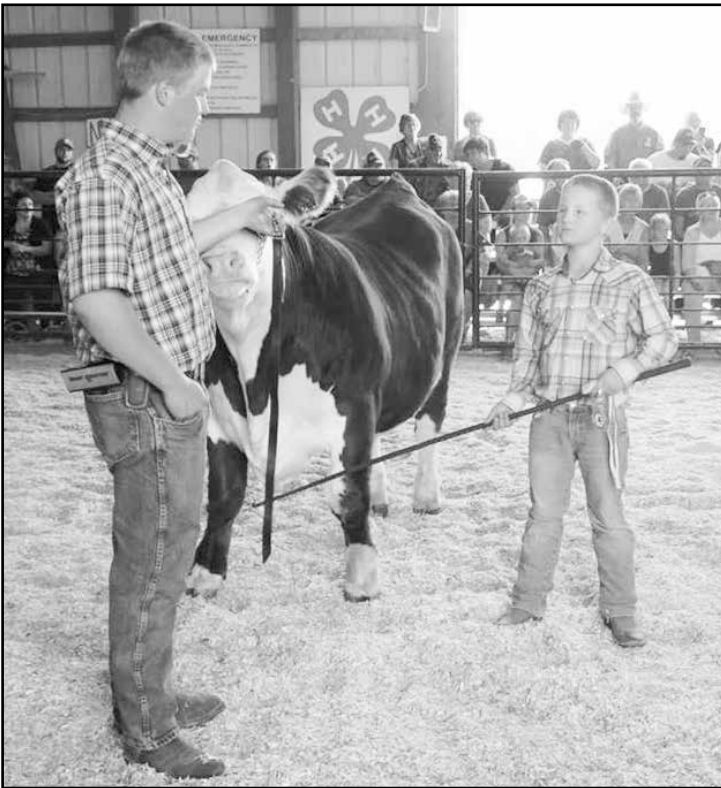
phy, community service and environmental projects, such as maintaining local hiking trails and testing water in area streams for contaminants.

"We helped out at the food shelter which helped us understand people's situations and to help spread awareness," said Roseau County 4-H Member in 7th grade on a 4-H evaluation survey from September, 2018. This female member also shared a project experience from her 4-H club saying, "My group made a "fit bit" that tracked your heartbeat and pulse. We had to put it together from a kit's instructions and design a way to wear it with limited supplies."

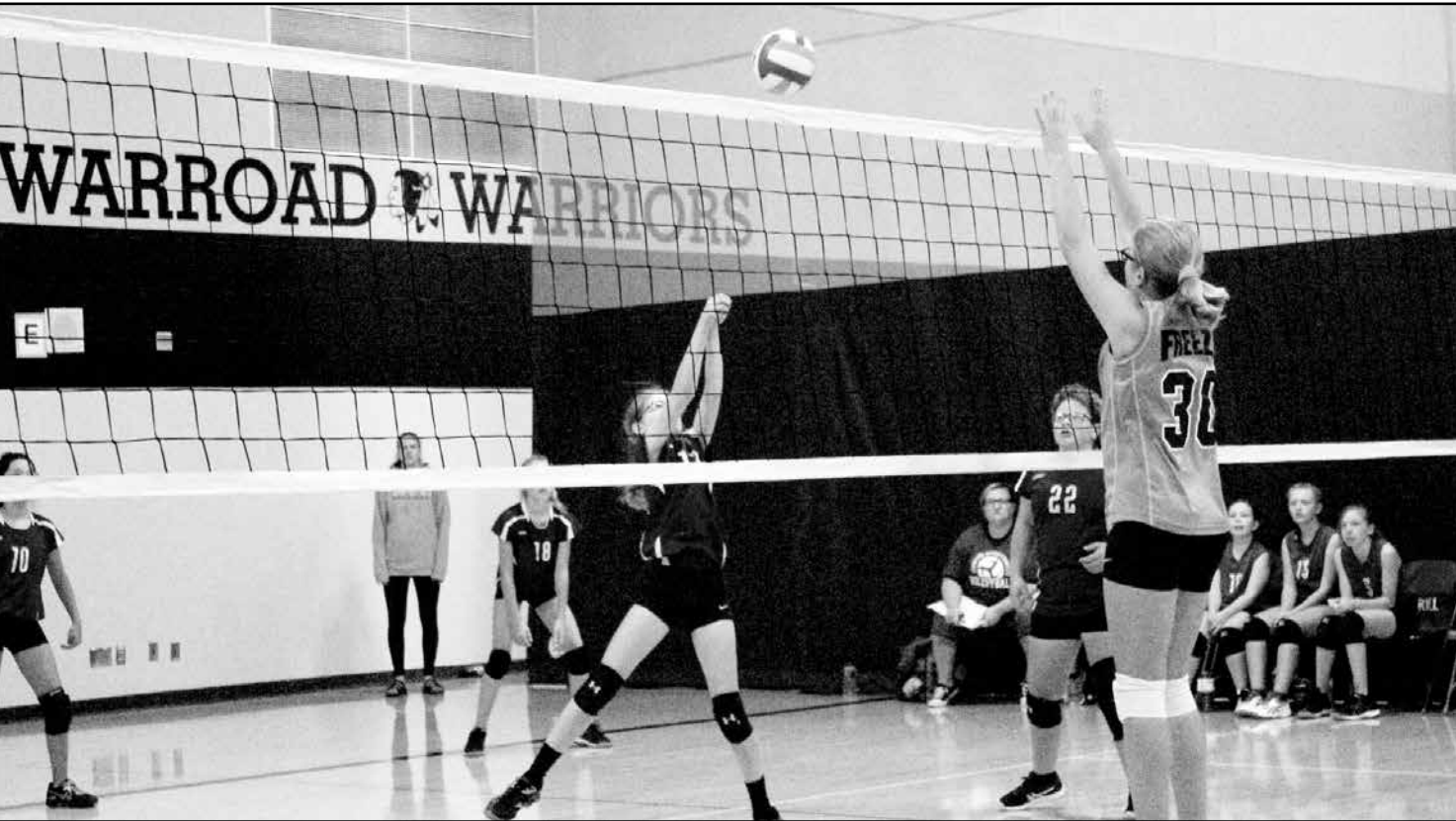
Recent findings from Tufts University's 4-H Study of Positive Youth Development indicate that young people in 4-H are three times more likely to contribute to their communities than youth not participating in 4-H. Notably, the Tufts research discovered that the structured learning, encouragement and adult mentoring that 4-H'ers receive play a vital role in helping them actively contribute to their communities. In Roseau County, more than 350 4-H members and 90

volunteers are involved in 4-H. Learn more about 4-H in Minnesota and how you can get involved at extension.umn.edu/youth/mn4-h or contact Sandi Weiland, Roseau County 4-H program coordinator, at 218-463-1052 or weila006@umn.edu.

About UMN Extension 4-H: Minnesota 4-H is a youth development program available throughout Minnesota for youth grades K-1 year after high school. 4-H's learn-by-doing model guides youth in designing and participating in their own programs and activities, which results in hands-on learning. Through this unique process, youth obtain essential life skills such as problem solving, decision making, coping and communicating that prepare them to succeed in their school, college, community and careers. Research shows that youth who participate in 4-H have better grades and are more emotionally engaged with school, are more than twice as likely to be civically active and contribute to their communities, and are 47% less likely to have risky or problem behaviors.



Pictured above: Brothers, Walter and Gus Jones, of Gatzke, are both members of the Grygla Go Getters 4-H Club. Consider joining this local club and attend the meeting on Wednesday, October 24th, at 6:15pm at the Grygla Civic Building!



There was a Junior High Volleyball tournament in Warroad last Saturday. The Chargers participated in the sporting event with the 7th graders placing 7th and the 8th graders placing 2nd! Pictured above is Molly Cullen with the bump over the net while #22 Kennedy Panek looks on. Below, L-R, on defense: Chesney Salo, Mimi Johnson and Morgan Coan. Photos courtesy of Laurie Burns



Crossword clues... Continued from page 2

- 26. Muralist Rivera
- 27. "___ County" with Streep
- 29. Mosque V.I.P.
- 31. Cambodian money
- 32. *Kelly's ex
- 33. Convex molding
- 34. Adam and Mae

- 36. Ragtime turkey dance
- 38. *Jon Stewart's successor
- 42. Fresh Prince: "___ ya later!"
- 45. In a pleasant manner
- 49. *Where some James Cor-den segments are set

- 51. *Former "Weekend Update" host
- 54. *Appliance on Rachael Ray' Show set
- 56. "___ me, then who?"
- 57. Pointy part of a tooth
- 58. Nobel Peace Prize capital

- 59. Hula feast
- 60. Quilter's stuffing
- 61. German Mrs.
- 62. Not in use
- 63. Edible fat
- 64. Hitler's Deputy
- 67. Go for the bull's eye

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

Interloper *noun* \in-ter-loh-per\
1. A person who interferes or meddles in the affairs of others.
2. A person who intrudes into a region, field or trade without a proper license.

A Note from Principal Lunsetter's Desk

"And we know that all things work together for good to those who love God, to those who are called according to His purpose." ~ Romans 8:28

There are really two great messages in here for us to remember. The first, is that we really don't need to worry, no matter what circumstances we find ourselves in the middle of, because we are experiencing them for a reason. Whether we see them as good, bad or challenging, everything that we go through is used to help carve us into the person we are supposed to become. Because of that we are supposed to rejoice in all our circumstances! The second one is that when we talk about working for good, it is al-ways for our own good, whether we recognize it or not, because it is for a greater good. When we focus on that greater good, it allows us to step away from our current circumstances and realize that our problems generally are not that significant in the bigger picture. When we focus on serving others, we put our problems down, and are rewarded with the knowledge that we have helped someone in greater need. Have a great day today, knowing that whatever you're going through, it is serving a purpose, and it will help build you into the person you were meant to be!

A HIPPIE'S HEALTH

Written by Tara Waltman
I would say one of the most hippie-ish things I have done is thanks to my awesome parents, Karen and YoHawn, himself. You know what we did when I was younger? We took our old, blue VW van traveling around! How cool is that? I want one of those cool vans now.

Here's what I remember about this van...these may or may not be true.

I remember not wearing seat belts - they were either broken or we didn't have any? My father is quite the outlaw so this probably isn't surprising. Lol. We sat on the floor and guess what? I think there was al-most a hole in the floor. So we were basically "flintston-ing" it around. It made for an

extra adventure! Whenever YoHawn is around you're in for an adventure, am I right? My goal is to get a VW van some-day!

So, what is your most hippie-ish thing you have done? Share with your friends! Maybe it was grow out your armpit hair? Wear a peace necklace? Or wear Patchouli? Maybe all of the above? Then you are a true hippie!

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and well-ness 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 contrib-uting a health and wellness column weekly.

SIMPLY DELICIOUS



- Ingredients
- 2 tablespoons olive oil
 - 1 lb butternut squash, peeled, seeded, and diced
 - 1/2 large yellow onion, diced
 - 2 celery ribs, diced
 - 1 large carrot, peeled and diced
 - 1 tablespoon garlic, minced
 - 1 small apple, peeled, cored and diced
 - 2 tablespoons apple cider vinegar
 - 1/4 teaspoon cinnamon
 - 1/4 teaspoon ground ginger

Written by Kari Sundberg, Eagle Editor
Creamy Butternut Squash Soup

How about a warm and creamy squash soup for these cooler fall nights?! Yes, please.

BUT. I need your help. I haven't made this recipe yet, nor have I ever made a squash soup, for that mat-ter. Does anyone have a favorite one worth sharing?! If so, please email it, text it, call me with it...whatever works best...I need it. I'm dying to find the best one. Oh! Or a recipe for a pumpkin soup while we're at it! When I was in the Dominican Republic, I had the best pumpkin soup I've ever tasted. I've tried to replicate it at home a couple of times, but have failed. Well, I like squash WAY better than pumpkin, so I'm thinking this squash soup below sounds fantastic.

And if you're like us, your garden is full of squash just waiting to be made. I can only do so much squash with butter and brown sugar in the oven, too, so a few are destined to end up as a soup.

I'm going to give this one a go and we'll see how it turns out.

In a large pot, heat the olive oil over medium heat. Add the onion, celery and carrot, stirring occasionally. Cook until somewhat softened and onion is starting to become translucent, about 15 minutes.

Add garlic, stirring frequently, and cook for 2 more minutes. Add the apple cider vinegar and scrape up any browned bits on the bottom of the pot. Add the butternut squash, apple, cinnamon, ginger and nutmeg. Cook for 2 minutes.

Add 4 cups of the chicken stock and heavy cream. Bring to a boil, then reduce down to a simmer. Cover the pot and simmer for 1 hour, until squash and carrots easily fall apart when cut with the side of a spoon.

Use an immersion blender or transfer to a stand blender and blend until completely smooth. Add the last cup of stock if necessary to reach desired consistency and salt to taste.

Support Domestic Violence Awareness Month with morning coffee

19 Women in Minnesota have been killed due to domestic Violence in 2017. October is Domestic Violence Awareness Month (DVAM). Violence Intervention Project (VIP) joins with supporters and allies across the country to recognize DVAM. "Domestic Violence Awareness Month is an opportunity for everyone to take a stand against domestic violence," says Executive Director Sandi Bentley. "To create change, we have to talk openly and acknowledge how domestic violence affects our communities, our families and our lives. We can't just turn away."

DOMESTIC VIOLENCE IN MINNESOTA

- In 2011, Minnesota courts processed 27,288 cases of domestic violence.*
- Over 80% of domestic violence victims in 2002 did not

report the violence to Minnesota law enforcement.*

- 1 in 3 homeless women in Minnesota is homeless because of domestic violence.*

- In 2017, at least 19 women died from domestic violence and 5 family members/friends/ or bystanders were murdered.**

- In 2017, 53% of Minnesota domestic violence homicides were committed with firearms.**

- In 2017, at least 12 minor children were left motherless due to domestic violence murders.**

VIP is partnering with three local coffee shops with a message on coffee cup sleeves. Be sure to grab one and place it

DVAM... Continued on page 4

Grygla board...
Continued from front

education each and every day and maintain the high quality teachers and staff.
Other community involvement/activities: Grygla Go-Getters 4H and Grace Lutheran Church member

Tera Nordby

Occupation: I am an insurance agent at American State Agency. It's been a wonderful career change for me and my family. Being able to be so close to home has been a wonderful bonus.
How long have you lived in this school district? I have lived in the school district area for 11 years now.
Do you have children in the school district? Three kids are enrolled in the school district – Hailey is in 10th grade, Land-on is in 4th grade and Mauer is in Kindergarten.

What motivates you to want to become a school board member? With my kids being in school, I want to be able to be a voice for their education and extracurricular activities so that they have a bright future in all aspects of life.
In your opinion, what are the basic requirements for a successful school board member? A successful school board member is one that is a good listener, understands the needs and concerns both in the school and throughout the community. There is always going to be a difference in opinion, whether it's at home with your own family or with an entire community and you have to take each of those into consideration, but also have the confidence and knowledge to be able to take those opinions and focus on the ones that are the most effective.

What is one thing you want to bring to the board table? More awareness on mental health. There are so many varying levels of mental health, so the way to take care of one issue may not be right way to take care of the next issue and so on. I would like to see more knowledge, training to all members including students, teachers, parents, etc.

Any goals or visions you have for education in our community? I feel that no matter what age we get, we are never too old to stop learning, with that, I would like to see more community education programs.

Other community involvement/activities: I teach Sunday School at Grace Lutheran Church, a member of the Four-town/Grygla Sportman's Club and a member of the Grygla Sports Boosters. I am also on the Special Education Parent Advisory Council as the Grygla ISD rep. This is near and dear to my heart as I have a strong love for Special Education. I hope to be able to have more resources and spin-off groups for members in our community who have children with Special needs.



#9 Maddy Race and #7 Amy Wiskow in the Varsity game against Sacred Heart in Goodridge last week. VB photos courtesy of Deanna Coan



Maddy Race and Daria Waletzki at the net against Sacred Heart on Tuesday, September 25th. Chargers lost the game 3-0.



A win and a loss for Chargers Volleyball

Varsity stats provided by Katelyn Tharaldson
GG wins in 4 at Warroad on Thursday, September 20th
26-24, 25-19, 22-25, 25-16.
Chloe Kuznia- 33 assists, 2 blocks, 5 digs, 3 aces
Maci Bakken- 14 kills, 3 blocks, 9 digs, 6 aces
Vivian Coan- 3 assists, 8 kills, 3 blocks, 4 digs, 1 ace.
GG loses 3-0 in Goodridge vs. Sacred Heart on Tuesday, September 25th
22-25, 15-25, 12-25
Chloe Kuznia- 11 assists, 1 kill
Libby Johnson- 3 kills, 4 blocks
Maci Bakken- 1 assist, 10 kills, 2 blocks, 9 digs, 1 ace.



Winning streak ends for Chargers football

The Chargers are now 4-1 after the winning streak came to an end last Friday night in Argyle where they played the Stephen/Argyle Storm. Head Coach John Wilebski said, "It was a tough loss to a very good team. A battle between two state-ranked teams. A handful of plays will dictate the outcome of a game." He added, "Unfortunately for the Chargers, the Storm made a couple big pass plays early on for touchdowns. After a missed opportunity early in the first quarter, the Chargers did

battle back & score just before half to make it 14-6. The third quarter was a stalemate & in the fourth quarter the Storm found a weakness in the Charger's defense & broke two big TD runs to seal the game. As a team it was our first loss, but as good teams do, they are resilient & bounce back. Hopefully, we learned a lot from this game as players & coaches and can make adjustments and come back better for it. I was happy with our effort & play & am looking forward to another opportunity to play this team

again hopefully in the section Championship game. But we need to refocus at the games in hand & prepare for a very tough opponent, our next biggest rival in Kittson County Central, if we want to stay on track to secure the #2 seed for playoffs."
Stats provided by Wilebski:
Friday, September 28th:
G-G 0 8 0 =8
S/A 14 0 0 12=26
Yutzenka 15 yard td pass to Durand, Neushwander kick good, Yutzenka 31 yard td pass to Durand, Neushwander

kick good, Jaden Kiesow 1 yard TD run, Kiesow run good, Nathan Kotts 43 yard TD run, kick no good, Kotts 17 yard Td run, Kick no good, Jaden Kiesow 38/ 193 ltd, Peyton Verbout 12/26, Moses Jensen 3/ 10 yard, Kiesow passing 3-5 22 yards 2 INT's, Kaleb Sjulestad 3 rec for 22yards
Defensively: Jaden Kiesow 10 tackles, Anthony Loken 11 tackles, Lucian Tinnes 12 tackles. Our defensive line really did a nice job controlling the Storms inside trap. This was a highlight of the night for us.



#34 Peyton Verbout and #41 Lucian Tinnes last Friday in Argyle. Photo courtesy of Heidi Whitmer Hanson

Goodridge board...
Continued from front

to be a school board member? I believe I have a strong interest in the community and the best interest for kids in the school district – I care what's going on in our community.
In your opinion, what are the basic requirements for a successful school board member? Someone that listens to the community. The people vote us in to make decisions in our school district and it's up to us to represent them and follow through with where we want to go.
What is one thing you want to bring to the board table? I've always said that I have an opinion and you're going to hear it. I'm not intimidated by other people's views.

Any goals or visions you have for education in our community? Stay on top of updating things so we can stay current with how society is working.
Other community involvement/activities: Volunteer on the Fire Department, Township board, Snowmobile Club member, and involved on numerous committees in the community.

Stacy Anderson

Occupation: Digi-Key Electronics
How long have you lived in this school district? 25 Years
Do you have children in the school district? Sadie Anderson 8th grade & Brooke Anderson (NCTC)
What motivates you to want to become a school board member? To provide every child with the education they deserve.
In your opinion, what are the basic requirements for a successful school board member? Keeping up on educational needs and working together with the members of the board and Administration to make sure they are implemented and met.
What is one thing you want to bring to the board table? One program I would like to see implemented is job shadowing for Juniors/Seniors. Other schools have done this for a while now and in listening to young adults that have been able to participate in a job shadow have sometimes changed their career choice.

Any goals or visions you have for education in our community? To be able to give our young adults heading off to college or the workforce the tools they need to be successful.
Other community involvement/activities: Goodridge Area Fire and Rescue, Goodridge Area Development, and former Elementary Girls Basketball coach.

Nicole Kiesow

Occupation: Physician Assistant (MPAS)
How long have you lived in this school district? 20 years
Do you have children in the school district? Alexis Kiesow, 20, GHS 2017 Graduate; Kayla, 16; Hunter, 12.
What motivates you to want to become a school board member? I want to make more of a difference in the education of the children of our district. We have good kids and we need to help them reach their full potential.
In your opinion, what are the basic requirements for a successful school board member? I think a good understanding of the educational system and the willingness to work hard to get what we need, to think outside the box, to use the strengths that we have as a district to make up for the things we lack.

What is one thing you want to bring to the board table? It would have to be get back to doing the essential things well and then work on all the extras. We spend so much time working on the extra activities that we forget that the children are here to learn and this is the basis for the rest of their lives. They need to graduate and be good functioning members of society.

Any goals or visions you have for education in our community? I would like to see our athletic teams to be top in the state in the GPA. It is good to win games, but being good at school and winning games is even better.
Other community involvement/activities: I am active in the Goodridge Lion Tamers and the Goodridge/Grygla 500 Race committee.

Jason Kotrba

Occupation: Self Employed Farmer and Owner Operator Kotrba Ditching
How long have you lived in the school district? I have lived in the school district my entire life, I graduated from Goodridge School in 1994.
Do you have children in the school district? Yes, I have four daughters in school in Goodridge. Kylie Delage Grade 8, Gemma Kotrba Grade 3, Layken Kotrba Kindergarten, Kyra Kotrba Pre K 3
What motivates you to want to become a school board member? I feel no matter what profession, club, institution, or board you are a part of there is always room for improvement and the school our kids attend is no exception. We should always strive toward improvement. In order to improve sometimes changes need to be made. I would like to be a part of the forward change and constant improvement in Goodridge.
In your opinion, what are the basic requirements for a successful school board member? An open mind, and the ability to objectively do what's best for our school and the kids in our community. Also, the ability to be able to listen to others opinions and be objective about the goals at hand.
What is one thing you want to bring to the board table? To be able to look at issues with a fresh set of eyes.
Any goals or visions you have for education in our community? My goals are to make constant leaps towards improvement and always be looking at what we can do better to prepare our kids for their futures outside of school.
Other community involvement/activities: Goodridge Area Fire and Rescue, Goodridge Lions Club, Vice President of Church Council Ekelund (Goodridge Area Lutheran Parish), Bray Gentilly Mutual Insurance Company Board of Directors member

Joe Rubischko

Occupation: Farmer
How long have you lived in this school district? I have lived in the Goodridge School District my entire life of 34 years.
Do you have children in the school district? Carson 7th grade, Evan 4th grade, Gavin 2nd grade
What motivates you to want to become a school board member? I have three sons active in the school. I am very involved with my children's activities and education. While attending the various activities for them I have heard numerous parents and students talking about improvements, or that sometimes they feel unheard when approaching the board. I have an approachable personality and try to put myself in the other person's shoes before making decisions. I believe that this is something that I could bring to the board - a voice for the quiet and common sense for all. I also believe that education is very important. There have been many successful people that have graduated from our school district in many different fields and all add something to the community and I would like to help this continue.

In your opinion, what are the basic requirements for a successful school board member? Someone who listens to people and makes decisions that will put the district and students in the best position for education and life experience. Also must be able to vote for things that maybe is not what you personally want but know that it's what the people want or is the best for the district.

What is one thing you want to bring to the board table? I would bring common sense.
Any goals or visions you have for education in our community? To make sure that all students are given the opportunity to achieve a good and well-rounded education that will send them down the road of life successfully.

Other community involvement/activities: I am an active member of the Ekelund Lutheran Church, Ekelund Church Council, Goodridge Fire & Rescue team, Goodridge of the Goodridge Creamery Board, Northland Community & Technical College Farm Business Management Advisory Board and coach elementary basketball.

DVAM...

Continued from page 3

on your coffee cup to support us during the month of October.
Coffee shops: Wired Bean in Thief River Falls, MN; Bear and Bean, Roseau, MN; Bean and Brush, Hallock, MN.
You can also support Domestic Violence Month by following VIP on Facebook and Twitter

and share their message to help increase awareness and prevent domestic violence.
*National Coalition Against Domestic Violence
**2017 Femicide Report, Minnesota Coalition for Battered Women
Violence Intervention Project
Sandi Bentley or Kelly Taggart, 218.681.5557