



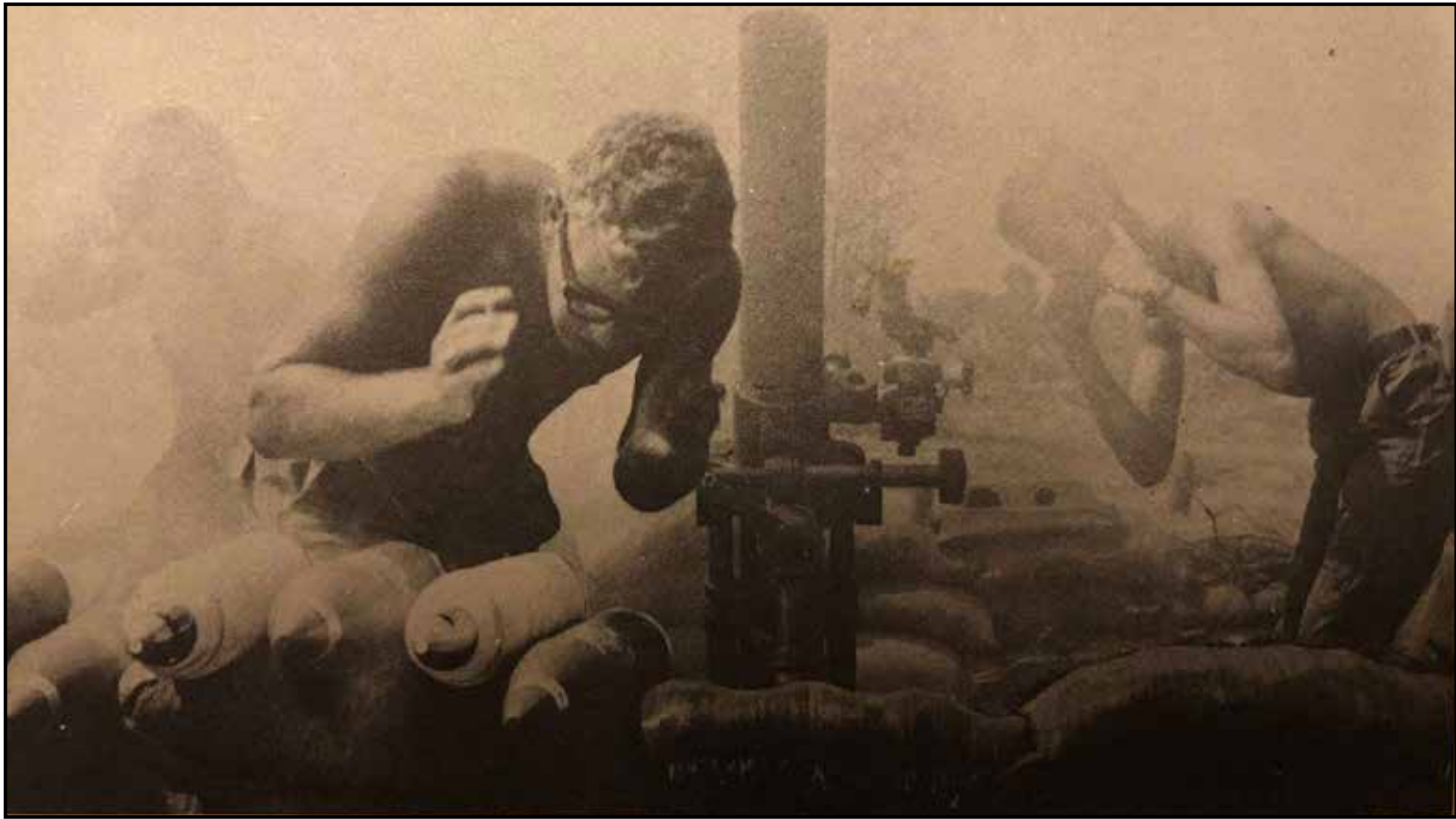
				
Today	Thurs	Fri	Sat	Sun
Cloudy	Mostly Cloudy	Partly Cloudy	Snow	Partly Cloudy
H 26 L 14	H 22 L 11	H 20 L 8	H 24 L 11	H 23 L 12

Wednesday, November 7, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 19

A look at next week ... Turning Point Nutrition offers health and wellness consults in Grygla.



John Lovely, pictured above, was part of the United States Army 25th Infantry Division, serving in the Vietnam War from April 1969 until June 1970. This picture can be found in the Vol. 1, No. 4, Summer 1969 Thunder book and is captioned, “As the projectile rapidly leaves the mortar tube, these Wolf-hound motarmen attempt to protect their ears from the thundering charges.”

“The ultimate personal understanding of battle comes in that searing moment when a man discovers that he’s been hit; he’s bleeding.”

Written by Kari Sundberg, Eagle Editor

“After being lost for quite some time, 9/11 brought patriotism back to our country,” said John as he situated in his chair, agreeing to share his story. “But it seems like it’s getting lost again,” he went on. John Lovly was discharged from the United States Army as a Sergeant on June 20th, 1970. After serving with the 25th Infantry Division, an outstanding and highly experienced combat unit, John boarded a plane for home. To say he was thankful for that moment would be an understatement. One of his most memorable experiences in the Vietnam War was right then. Filled with soldiers whose lives had been spared, John remembers how quiet it was as the plane left Vietnam. “We were all just overwhelmed with thankfulness...gratitude,” he teared up. Upon arrival to the country over a year earlier in April of ‘69, John shares of a very different emotion. “I’m not ashamed to admit I was scared and worried. From the air, you could see smoke and bomb craters everywhere. Everyone on that plane had the same thoughts: Will I make it back home or not?”

John graduated from Goodridge High School in 1967 and was working at a gas station in Thief River Falls. The draft was in full swing and he had already passed his physical mandated by the Selective Service. He says it really wasn’t a matter of “if” he’d be drafted, it was more of a “when” situation. Instead of waiting weeks or months to find out, John decided to volunteer. Word spread and soon six high school friends had voluntarily signed up for service. Along with John, the local men leaving for Basic Training included Larry Grabowska, David Vraa, Brad Nelson, Tim Kassa and Lyle Watne.

All of them boarded the train together and made the 30 hour trip to Fort Lewis, Washington, where they’d go through Basic Training for eight weeks. Besides the men he went with, John met others there that he still considers friends. He said it seemed like the Midwest people stuck together. “In those days, the east and west coasts were going through a hippie period,” he pointed out, adding that being a farm boy from Minnesota helped. “Physically, it wasn’t hard,” John recalls. “The men-

tal harassment is what would get you if you let it.”

Basic Training began in November of 1968. After completing that and getting to go home for a short Christmas break, John would then head to Fort Sill, Oklahoma, for infantry training; at the end of that came the “jungle training.” John got orders that stated he’d be going to Vietnam in April of 1969. Before his journey to the battle zone, he was able to go back home for about three days, saying goodbye and soaking in any last-minute moments to carry with him over to war.

John didn’t pick the infantry, which is the branch that engages in military combat on foot; it was assigned to him. When asked how this assignment made him feel, he casually replied, “I don’t know if it made a hell of a lot of difference what the job was going to be. Vietnam was a different war. There were no front or rear lines. It didn’t matter if you were in the jungle or on the base.”

When he arrived to Vietnam, he was quickly put on a helicopter that flew a group of men to a fire support base where they would meet up with their company. John explained that there were two types of bases – the base camps typically held a hospital, landing pads, communications, runways...then there were fire support bases, which normally was the perimeter of artillery where infantry stayed when they were out on patrol.

Around the Cu Chi area, John was stationed in a part of South Vietnam that was called The Delta. In his squad, there were nine guys. Sometimes it was just them getting dropped off in a landing zone, sometimes they would group together with others. The time period being off base could vary from a day or night to 6-8 days before they’d be picked back up. “Sometimes we’d be awake for 24-30 hours at a time. We’d try to get some sleep, whether that be on the ground, an air mattress or if we were with a mechanized company, we’d sleep on the tracks,” he shared. The terrain would vary from jungle to rubber tree plantations to rice paddies.

Out of respect for his up close and personal experience, no questions were asked about John’s time in the field of battle. He did offer some insight, however, explaining that the initial engagement was made



by the infantry. Artillery would shell the area, along with gunships, which are heavily armed helicopters. And if/when needed, the infantry would call in backup, which would include the Airforce with their F-11’s.

A term he also used during our interview was “Dustoff.” The technical definition of a Dustoff is an aeromedical evacuation. The practical definition is the difference between life and death to a wounded American in the field.

John has a couple of professional books that document The U.S. 25th Infantry Division in Vietnam from 1968-1969. In fact, his photos appears on several of the pages. In this book, which is so captivating, yet emotional, to page through, the term “Dustoff” is brought to life.

The book describes: “The ultimate personal understanding of battle comes in that searing moment when a man discovers that he’s been hit; he’s bleeding. At that instant begins the most phenomenal of all operations in the war – the Dustoff. Medics assigned to the platoons provide immediate and skilled first aid, often at the risk of their own lives. But that is temporary, designed only to prevent shock and loss of blood. In a matter of minutes the dustoff ship, an unarmed flying ambulance, will land to pick up the wounded man and rush him to one of the base camp hospitals where the finest medical skills and equipment are available. The crew aboard the chopper is trained to administer further medical aid, anesthetics, or blood, and to prepare the man for the emergency room”

Dustoffs had a red cross on them – on the belly or the side. John knows this, personally, as he was injured and evacuated by one on June 6th, 1969. “Every year I drink a little beer that day,” he got quiet and lowered his head.

John was on patrol that day when a Vietnamese-launched RPG (rocket-propelled grenade) struck. Two men in his group lost their lives in the attack while John sustained stomach and leg injuries. He was evacuated to a hospital about 30-40 miles away and says of the Dustoff, “Those guys that come in to get you... they are heroes in every sense of the word.”

The raw emotions don’t go away; not even years later.

After taking a moment, we went on to briefly discuss John’s time in Cambodia. He was moved there from April until June of 1970 as the Vietnamese used the Cambodia border as a supply route to bring in arms and personnel. While there, John received the opportunity to go on a short R & R (rest and recuperation). “A lot of us went to Australia. Some of the married guys would go to Hawaii for a couple of days and meet up with their wives. Some would go to Thailand,” he recalled. John spent his 6-day R & R in the Sydney and Melbourne areas of Australia.

During his time of service, John didn’t keep a personal diary or take any photos, but he did write a lot of letters. With mail only occasionally coming and going, those letters were sent back home to family, high school classmates and good friends.

John was in Cambodia when he received his discharge papers. He was flown back to the base in Saigon, Vietnam, for the transition process, where he would then leave Vietnam on June 20th, 1970. Flying to Japan, then to Alaska, next to California and a couple of days later to Minneapolis, John caught a ride home with Tim Kassa. After

John Lovly... Continued on back

Sportsman’s Club members attend trail dedication

Last week, Tuesday, October 30th, offered fantastic weather for many outdoor enthusiasts up in the Beltrami Island State Forest! Along with a fantastic turnout and grillout, there was a ribbon-cutting ceremony for the opening of Dam 4 connection on the North Star Trail.

Together, the Fourn town/Grygla Sportsman’s Club and the Roseau/Lake of the Woods Sportsman’s Club sought to improve the trail by connecting two existing roads via dead ends only a quarter of a mile apart.

Congressman Collin Peterson facilitated a land exchange between the DNR and the U.S. Fish and Wildlife Service to connect the two State Forest roads.

What took only about a dozen days of physical labor to construct, took over 370 days of paperwork, phone calls, meetings, etc., and resulted in a finished project everyone feels makes the most sense and provides the safest route that saves about 15 miles of gravel riding down a heavily traveled forest road that’s used by cars, trucks and other large vehicles.

That afternoon, everyone came together to celebrate the success! Attendees from both the Fourn town/Grygla and Roseau/Lake of the Woods Sportsman’s Clubs were present, along with DNR Commissioner Tom Landwehr, U.S. Rep. Collin Peterson, State Rep. Dan Fabian and Senator Mark Johnson, to name a few.

At the mic, Congressman Peterson shared that in order to get this done, tough conversations took place with the Fish and Wildlife Service; he had to threaten them with potential legislation to cut funding for the federal agency to purchase land in the future. Peterson went on to say that, “In the end, everyone saw the light.”

Directions from Grygla for those interested in checking it out: Head north on Hwy 54 to Skime. In Skime, turn right on Cty Road 18. Head east for approx. 6 miles. Turn right onto Morehouse Forest Road. After approx. 4 miles, Minimum Maintenance Road 1188 will be on your left. From here, you can head in to access the trail head, which is approx. 1 mile down.



Jack Nelson and Myles Hogenson make the official cut! (Aaron Holthusen is also pictured with his 3-year old daughter, Myla.) Photos by Grygla Eagle Newspaper



U.S. Rep. Collin Peterson, D-Minn., played a huge part in the reality of the new Dam 4 connection.

Diva Days Vendor Show

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.

As of right now, some of the vendors and items include: Homemade candy/caramels, homemade quilts & runners, doll clothes, chip dips, Avon,

Pink Zebra, Tupperware, Fit Team, BNE Tackle, Gold Canyon candles, Thirty-One, Bake My Day, Lemongrass Spa, Pampered Chef, L’Bri, Color Street, Origami Owl, Simply, Posh, Westside Crafts, Young Living Essential Oils and Scentys.

Call Rose Hanson at 218-280-5944 if interested in taking part. Bring your own table/\$10 a spot.

CHURCH CALENDARS

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

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, Nov. 7:
6pm Faith WELCA, 7pm Conf.
Class for TRF Students at Faith
Sunday:
Faith: 8:30am Worship, 9:45am SS
Bethany: 9:45am Worship, 10:30am SS
Ekelund: 11am Worship, 9:45am SS
Monday, Nov. 12:
Rachel Circle 9:30am, Ekelund Ladies 1:30pm, 7pm Parish Board Mtg at Faith

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For Sale on Written Bids
2007 Chevrolet Uplander Van
Approx. 138,000 miles.
For more information and bidding contact Jamie Lunsetter, K-12 Principal at the Grygla Public School, at 218-294-6155, email: jllunsetter@grygla.k12.mn.us.
Written bids accepted until 3 PM, 11-8-2018. The Grygla School District has the right to accept/reject any/all bids.

Ann's – Goodridge
Fr. Adam Hammes
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 Merseeth
Wednesday, Nov. 7:
Wed. School/Conf. 5-7pm
Saturday:
Mt. Olive Worship 9am
Sunday:
St. Petri: 8am Worship, 9:15am SS
Oak Park: 8:30am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

Goodridge/Grygla Athletics
Position Open:
Junior High GBB Coach
Contact: Athletic Directors Jamie Lunsetter (phone: 218-294-6155), email: jllunsetter@grygla.k12.mn.us or Becky Carlson (phone: 218-378-4134) email: becky.carlson@goodridgeids561.org. Open until filled.

Fall sports banquet for athletes/families

The Fall Chargers Sports Banquet is scheduled for Monday, November 19th, at 7pm at the Grygla Community Center. Athletes, managers and coaches will have dinner at no charge. For all others, the charge will be \$8/students 12 years of age through adults and \$5/students 6-11 years of age.

The hard work and achievements of the students will be recognized and awards will be given. Student athletes, parents and families are encouraged to attend.

Food for thought

Submitted by TW
God gave his Son. What you have given? His house is open for all.

Food Shelf hours

The Grygla/Gatzke Food Shelf will be open early this month. Please make note of this month's hours of operation the Saturday prior to Thanksgiving, which is on November 17th and will be open from 8-10:30am.

School Lunch Menus

Grygla Lunch Menu
Wednesday, November 7:
Cheese Pizza, Bread
Thursday, November 8:
Meatballs, Mashed Potatoes, Bread
Friday, November 9: No School
Monday, November 12: Italian Hoagie
Tuesday, November 13:
BBQ & Twister Fries
Goodridge Lunch Menu
Wednesday, November 7:
Hamburger in Gravy, Mashed Potatoes, Steamed Carrots, Fruit Salad
Thursday, November 8:
Hot ham & Cheese on a Bun, Baked Beans, Tossed Salad, Pineapple
Friday, November 9: No School
Monday, November 12: Pepperoni Pizza, Garden Salad, Mixed Fruit
Tuesday, November 13:
Burritos w/ Lettuce & Cheese, Steamed Broccoli, Seasoned Rice, Applesauce

StatePoint Crossword Theme: Thanksgiving

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- ACROSS
1. Newton or Stern
6. Hot springs resort
9. Gene Simmons' band
13. Cuban dance
14. Anticipated outcome
15. Type of rug
16. Shiny suit
17. Red area between Saudi Arabia and Egypt?
18. Telephone company
19. *Which Thursday is Thanksgiving?
21. *Gathering
23. To boot
24. India location
25. Deli order
28. Walked on
30. Authoritative declaration
35. Milano moolah
37. Swear, not curse
39. Kappa Alpha ____
40. Battery fluid
41. Long-necked wading bird
43. Biz bigwig
44. Chirp
46. Gauche or Droite, in Paris
47. On one's guard
48. Take for ransom
50. Gingrich of politics
52. Female sib
53. Hoodlum
55. Comic cry
57. *Early Thanksgiving celebrant
61. *It's on the final Thanksgiving Parade float
64. Convex molding
65. High or low
67. "Roots" author
69. *Post-Thanksgiving song
70. Yoga accessory
71. Accustom
72. "The Man Who ____ Too Much"
73. Possessive of it
74. Opposite of digest
DOWN
1. Roth ____
2. Turf alternative
3. Shots, for short
4. Roughly
5. Root vegetable
6. "I flew like a flash, tore open the shutters, and threw up the ____"
7. *Not cake
8. Wet nurses
9. Capital of Ukraine
10. Capri, e.g.
11. Hollow baglike structures
12. Vegas bandit
15. Gibraltar or Bering
20. Synagogue read
22. Willie Nelson's "Farm ____"
24. Like fans
25. *Like Friday after Thanksgiving
26. Chinese fruit
27. "____-and-true"
29. *____-eating
31. "The ____" talk show
32. Astros' homeland
33. Wombs
34. *Parade organizer
36. Port in Yemen
38. Created a rug?
42. Handrail post
45. "Snow ____," band
49. Between Sigma and Epsilon
51. Tittering laugh sound
54. Savory taste sensation
56. Asian wild ass
57. From chicken pox
58. He was terrible
59. Elders' teachings
60. Neon effect
61. Exercise groups
62. Adhesive
63. Not his
66. *The oldest balloon animal
68. Hitherto

Community Calendar

Wed | Nov 7
Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla City Council meeting 7pm
Thurs | Nov 8
Parent/Teacher Conferences 4-8pm
Fri | Nov 9
No School; Senior Meals at Grain Bin Café 11am
Sat | Nov 10
Elementary Basketball practice 9-11am; Goodridge Liquor Store Hunter's Ball
Sun | Nov 11
Veterans Day
Mon | Nov 12
Veterans Day program at Grygla School 9am; Senior Meals at Grain Bin Café 11am; Veterans Day program/High School Band & Choir Concert at Goodridge School 2pm; GBB practice begins; Grygla School holds Turkey Bingo 7pm
Tues | Nov 13
Parent/Teacher Conferences 4-8pm

TURKEY BINGO TURKEY BINGO TURKEY BINGO
TURKEY BINGO
PRIZES INCLUDE FROZEN TURKEYS & BACON
Grygla Commons Area
REFRESHMENTS AVAILABLE
G32-33C
Monday, November 12th, 7:00 p.m.

Help Wanted
Child Protection Social Worker needed at Marshall County Social Services. A Degree from an accredited four-year college with major in Social work, Sociology or Psychology, or a closely related field is required. Minnesota Merit System certification is necessary. Starting salary is \$23.36 to \$32.53 depending on level of experience. If interested please send your resume and references to 208 Colvin Avenue, Warren, MN 56762 and complete an application on line at <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>. If you have any questions, please contact Lisa at Marshall County Social Services in Warren, MN at 218-745-5124. Marshall County is an Equal Opportunity Employer. Deadline to apply is 11/9/2018.

Help Wanted
Accounting Technician needed at Marshall County Social Services. A Degree from an accredited two or four-year college with major in accounting related field preferred. Minnesota Merit System certification is necessary. Starting salary is \$19.74 to \$27.03 depending on level of experience. If interested please send your resume and references to 208 Colvin Avenue, Warren, MN 56762 and complete an application on line at <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>. If you have any questions, please contact Lisa at Marshall County Social Services in Warren, MN at 218-745-5124. Marshall County is an Equal Opportunity Employer. Deadline to apply is 11/9/2018.

GRYGLA LIBRARY LINK

Fall For These New Titles
When the Lights Go Out
The Dinner List
We All Love the Beautiful Girls
Leave No Trace

Written by Kari Sundberg, Grygla Librarian

I was casually flipping through a magazine and these book suggestions caught my eye. I thought they were worth the share if anyone is looking for a new book to pick up! If I had time to read right now, I'd start with Leave No Trace. That sounds SO intriguing to me. If anyone reads it, maybe you'd consider sharing a review?!

So, what's happening at the Grygla Library. Hmm. It's been pretty busy, which is great. People are always surprised to find out how many people come in each week, which can vary between 20-40! I've been busy getting some new items on the shelves, replacing some not-so-popular titles and sending them on to the Roseau Library, which has some room for a few extra books, unlike Grygla.

I'm still working on compiling some good information regarding "Friends of the Library." I'm going to write an upcoming article on that, but still working out my sales pitch. Ha. I'm hoping after I share my ideas, the Grygla Library will gain a couple official "Friends." (In a nutshell, Friends provide small-bigger funding for specific projects. Any amount is put towards something beneficial. I'll explain later.)

What else is up? Well, my Snapchat friends are probably sick of seeing the word "NaNoWriMo" on my story, but I don't worry much about things like that. If you recall from an earlier library column, NaNoWriMo stands for National Novel Writing Month. I'm taking part for the first time in my life, although

I've wanted to do it for years. I finally stopped making excuses and put my pen to paper. (Fingers to keyboard, really.)

I saw this quote that really resonated with me. It said, "Whatever you're meant to do, do it now. The conditions are always impossible." Then the lady pictured is wearing something vintage, appears not to care and is holding a burning cigarette. Not the point, but whatever. It still spoke to me.

I'm writing.

I don't know exactly what'll come next and I don't even have to explain that to anyone or worry about until the time comes, but for now I'm writing. And it feels right and it feels good. The goal is 50,000 words by November 30th and I'm well over a few thousand words in. My novel is fiction and I'm writing something that I, personally, would love to read. My characters aren't real, nothing is based off of me (or my friends or family...so breathe easy, people) but it's real-life situations and follows a group of characters around, who all have life-changing decisions to make. The end result of the book I hope to write is one that can be discussed at a book club - one that engages a lot of conversations surrounding characters that really stick with you.

We'll see. People who write understand. People who don't, won't.

To anyone else who creatively writes (and is possibly considering doing a NaNoWriMo) I leave you with this: A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action becomes REALITY.

November WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of November 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 November.
Monday, November 5: Newfolden, Evangelical Free Church
Tuesday, November 6: Hallock, Kittson County Courthouse
Wednesday, November 7: Warroad, Community Center
Thursday, November 8: Red Lake Falls, Community Center
Monday-Friday, November

12-16: Thief River Falls, Redeemer Lutheran Church
Monday, November 19: Warren, Evangelical Covenant Church
Tuesday, November 20: Karlstad, First Lutheran Church
Wednesday, November 21: Roseau, LifeCare Medical Center
Tuesday, November 27: Grygla, Grace Lutheran Church
For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) 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 to 11 am. 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.

Wednesday, November 7, 2018

A Salute To America's Military Heroes
Veterans Day is November 11th. This holiday was originally called Armistice Day when it was established in 1926 to commemorate the end of World War I and to honor those who sacrificed their lives.
In 1954, the day was renamed Veterans Day to honor all American men and women who have served in the military during war and peacetime. We thank all veterans for their service and sacrifice for our country.
We will be closed all day Monday, Nov. 12th in observance of Veteran's Day
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► EXTENSION NEWS

Marshall County Extension to celebrate 100 years
Submitted by Alysa Tulibaski Marshall County 4-H Program Coordinator

March 27, 1918, is a day that would become a big part of my life much before my existence. March 27, 1918, is the day that the Marshall County Farm Bureau was established, you ask why does this matter? Well, today the Marshall County Farm Bureau is known as Marshall County Extension and this is the place, I get to come to every day, to work with youth and adults, in Marshall County. Marshall County Extension, is a vital partner within our county, state and US government, especially when it comes to agriculture. Here is a fun fact for you...the very first person to work in our office was a University of Minnesota graduate of 1912, John Husby, he grew up on a dairy farm by McIntosh, Minnesota, he had the title of Agriculture Agent.

Present day, our office is now called University of Minnesota Extension, or Marshall County Extension, Extension was established with the function of providing a significant part of the region's agricultural education to local youth and adults. As mentioned in the Extension History book Helping People Help Themselves Agricultural Extension in Minnesota, 1879 -1979, Extension Services "attuned its programs to the needs and potentials of adults and youth, of families

and communities." Roland H. Abraham. At a glance of the table of contents in this book, this is evident with chapters titled: "The Testing Years, The Great War Influences Extension, 1930s: The Great Depression, Drought and Recovery" and so on.

We continue to be attuned to the needs of adults and youth in our region. Over the years Marshall County Extension has evolved into an office that currently houses the offices of 4-H youth development and agricultural services and also includes an office support staff. We strive to serve our residents of Marshall County in person, side-by-side, face-to-face, to the best of our abilities to provide optimal experiences and opportunities with Extension and 4-H. With today's technology and many resources available at our finger tips, we are able to research, provide pertinent educational programs, grow youth development programs to build upon our already rich Red River Valley agriculturally heritage.

I hope you will join us on Tuesday, November 20, for an open house celebration of 100 years of Extension in Marshall County. The open house celebration will take place at the Marshall County Court House in Warren, Minnesota, Suite 6 from 2-4 p.m. Come visit us, take a peek at the history of Marshall County Extension, Extension in Minnesota, and enjoy some cake and coffee.

Energy Assistance Funding Available

Applications for the 2018-2019 Energy Assistance Program are being taken by Northwest Community Action. To apply, please either call Northwest Community Action at 1-800-568-5329 and request an application or visit our website at www.northwestcap.org

Northwest Community Action serves households located in Kittson, Lake of the Woods, East Marshall, and Roseau Counties. Home visits available for homebound applicants, upon request. Households requesting assistance in completing the application are encouraged to phone our office to set up an appointment.

Energy Assistance eligibility is based upon household income and household size. Both

homeowners and renters may be eligible. Households who live in subsidized housing but pay either heat or electric costs may also qualify.

Income	Household size/Maximum
1/\$6,495	
2/\$8,494	
3/\$10,493	
4/\$12,492	
5/\$14,490	
6/\$16,489	

Households may apply once during our program year of October 1, 2018 – May 31, 2019. This program is funded by the Minnesota Dept. of Commerce and U.S. Dept. of Health & Human Services.

Post Prom raffle tickets for sale

If anyone is interested in buying one of the \$20.00 Post Prom Party raffle tickets, they can stop in the Grygla School office, contact a 10-12 grade student or parent, or purchase at Farmer's Union Cenex or Coop Store. There will be a

drawing at every one of the home boys and girls basketball games. 1st prize is \$50, 2nd prize is \$30 and 3rd prize is \$20. The winner will be put back into the box for the next drawing, as well.

Pictured below: Representative Dan Fabian expresses his thanks to all involved in the Dam 4 Connection up in the Beltrami Island State Forest. Jack Nelson and Myles Hogenson look on. Photo by Grygla Eagle Newspaper



September School Board Minutes

Official Minutes

Grygla/Gatzke School Board Meeting on Thursday, September 20, 2018, 7:00 p.m.

Chairperson of the board Nicolette Leach called the meeting to order at 7:00 p.m. with Karina Tinnes, Charisa Limesand, James Verbout, Jeremy Rychlock, Andrew Oslund, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance.

Motion by Charisa Limesand, second by Jeremy Rychlock, to approve the agenda as presented. Passed 6-0.

Minutes of the 8/16/18 regular school board meeting were approved as printed. Motion by Charisa Limesand, second by Karina Tinnes, to approve payment of the bills check #36177 through check #36245 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund: \$177818.95 MSDLAF: \$1582961.14 Food Service: \$51.63 Check-ing: \$36311.38 Comm. Service: \$2086.25 Trust: 0.00 Scholarship: 0.00 Total: \$179956.83 Total: \$1619272.42

Student Report: No student report given.

Teacher Report: Given by Mr. Mickelson and Mr. Kjono. The first month of school has gone very well and the students have been very busy. On September 11th, Mrs. Sundberg's 4th grade class made a paper quilt to remember 9/11/2001. A "Birds of Minnesota" tile mural, painted by staff last spring, will be placed by the office. The Robotics team began fall practice on September 12th. They will take part in 3 tournaments and a NCTC scrimmage. The Board paused for a moment to welcome Mr. Mickelson to the Grygla Staff, and thank him for his dedication to our students. Athletics is going well, with Volleyball starting quick out of the gates and the Football team starting the year 3-0.

Principal Report: Mr. Jamie Lunsetter began with the athletic update, and stated that the Football team is 3-0 and the Volleyball team is 5-8, both programs are approximately halfway through their seasons. The first day of school was a success thanks to Mr. Westbrook and the Student Council. They planned well and were able to make adjustments as some of the afternoon plans changed due to rain. Parents night was held on 9/13/18 for Volleyball in Grygla, and 9/14 for Football in Goodridge. Homecoming will be the week of 10/11-18/18, with the theme being "A Night at the Movies". Coronation will be at 7:00 p.m. on Monday, October 1st in Grygla. The Homecoming Volleyball game will be on October 4th in Goodridge versus KCC, and the Homecoming Football game will be on October 5th in Grygla versus KCC, with the dance to

follow. There will also be a reunion for the 30 year anniversary of the first Blue Devil Conference Championship, with the team being honored at halftime. Mr. Lunsetter also reported that the gym floor was in need of some small repairs, which were completed by Brian Bolduc and the floor looks like brand new. The test score article that Mr. Lunsetter wrote for the Grygla Eagle was meant to reflect the positive, upward trend in last year's MCA scores and attendance. Mr. Lunsetter is looking for incentives that will help secondary students get to school regularly. Several old letters and invoices dating back to the building of the original elementary school have been found, and the office is looking at ideas for how to display them. The staff and students would also like to thank all of the local businesses that donated money for the purchase of the scoreboard on the football field. Isaac Kvasager and Mr. Westbrook worked well together to have the new staff computers up and running for the beginning of school. The first broadcast on Garden Valley channel 36, our local channel, will be on October 2nd for our volleyball game versus Lake of the Woods in Grygla.

Superintendent Report: Mr. Clow is setting up a Yoga class for Community Education and discussion was held on putting together a pottery class.

Motion by Andrew Oslund, second by Jeremy Rychlock, to set the 2018-Pay 2019 Tax Levy at maximum. Passed 6-0. Motion by Nicolette Leach, second by James Verbout, to approve approve the 2018-19 Superintendent contract as negotiated. Passed 6-0.

Motion by Karina Tinnes, second by Andrew Oslund, to approve hire of Andrew Sundberg as varsity boys basketball coach. Passed 6-0. Motion by James Verbout, second by Charisa Limesand, to approve hire of Karlee Johnson as temporary assistant volleyball coach. Passed 6-0.

Motion by Jeremy Rychlock, second by Nicolette Leach, to adopt the Further Flexible Benefit Plan. Passed 6-0.

Motion by Karina Tinnes, second by James Verbout, to approve MSBA updated policies 602, 611, 620, 707, 708, 709, 713 and 903. Passed 6-0.

Trustee Reports: There has been great support for our Junior Varsity and Junior High Football team, which reflects well on our team and parents. The Thief River Falls Food Shelf is always looking for help if any of our students need to fill some service hours. There are also a lot of opportunities to help out with the rising homeless population in the Thief River Falls.

Meeting adjourned at 7:37 p.m. Next school board meeting time and date: 10-17-18, 7:00 p.m.

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

Sennachi \sen-uh-kee\
noun

Chiefly Scot., Irish. A professional storyteller of family genealogy, history, and legend.

A Note from Principal Lunsetter's Desk

"Very little is needed to make a happy life; it is all within yourself, in your way of thinking." **Marcus Aurelius**

We all have the opportunity every day to make our experience amazing, no matter where we are, who we are, or what we have. The best way I know how to do this is with gratitude. I know that when I am looking at all of the things I have to be grateful for everyday, I don't have time to dwell on the things that aren't so great in my life. When we recognize that even on our worst day, we have a better quality of life than 99% of the billions of people who have ever walked on this planet, we find a peaceful, humbling acceptance. We all know that life is not perfect, but when we approach life's obstacles from a positive position rather than a negative one, we make a decision that we are going to live a happy life. Take some time today, or this weekend when you're sitting in a deer stand to reflect on all the blessings that you've been given. After all, whether you choose to live a happy life or not, it's all within you.

► SIMPLY DELICIOUS

Written by Kari Sundberg, Eagle Editor

Ok, so no picture for you to drool over because the entire pan of rolls were eaten up at Bette's house. (No surprise there, considering they are the best caramel rolls I have ever had.) I decided to get the recipe, not only to share with you guys, but because my daughter guilted me into it. The conversation went something like, "Mom, why don't you ever make us anything good? Why can't you make caramel rolls like Bette does?"

The joke's on her though because I didn't realize they were made with a bread machine and I don't have one. Nor do I have plans of getting one. So, kiddo, looks like you gotta keep going to Aunt Bette's when you want something good to eat.

Bette Sundberg's Amazingly Delicious Goopy Caramel Rolls That Taste Like Something Resembling Heaven On Earth

(I'm still working out the title as she didn't provide anything official.)

Moving on.

Bette's recipe for the dough is done in her bread machine;

she never does it from scratch. Here is the recipe she provided:

1 cup luke warm water and 1 egg, mix together. ¼ cup sugar, ¼ cup oil, ¼ to ½ tsp. salt, 3 cups bread flour, 1.5 tsp yeast. Do the dough setting.

When finished, spread dough out on a buttered surface. Butter the dough, add brown sugar (don't measure, just cover the dough with it), then add cinnamon.

Once you have the brown sugar and cinnamon on the dough, roll it the long way and cut about 1" pieces and place in a greased cake pan. Bette uses an 11 x 14 cake pan.

Caramel topping:

1 small "cook and serve" vanilla pudding, 1 stick of butter, 1 cup cream, 1 cup of brown sugar. Mix in sauce pan and bring to a boil – boil for 1 minute. Pour over rolls. Bake at 350 degrees for 20-25 minutes. Let cool about 5 minutes before removing them.

Bring the pan over to Kari's house – if she isn't home, you have permission to open the door and leave the rolls on the bench inside.

(I added that last part.)

► A HIPPIE'S HEALTH



Written by Tara Waltman

You know, I have been thinking...we live a lot in fear. Or maybe it's just me and that is why I apply Valor essential oil all the time! Haha.

I did some essential oil classes in the Twin Cities a couple weeks back. It was so much fun! I stepped out of my comfort zone. I didn't let my fear stop me. I know people are fearful too when it comes to their kids and oils. Like, can I put this on? How much do I use?

These are all valid questions.

For me, it was important to do research and get resources as this made me feel a heck of a lot better about what I was doing! I did a little demonstration on putting Young Living essential oil on Waverly's little feet and she loved it! I had a friend comment about worrying about putting oils on babies. This is a good worry though, too. As a parent, you want to protect your babies.

I also like to remind people that essential oils are made out of plants. Now some of those plants are very powerful...so it is good to do your own research to be informed. Also, as a mother, it is important to trust your gut, as well. Do your own research and trust your gut. There are also so many helpful resources out there! Don't let you fear stop you from enjoying your life.

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.



Left: A Halloween carnival was held for Grygla Elementary students last week with lots of games and activities led by teachers and volunteers! Right: Teachers and Staff got into the Halloween spirit by dressing up last Wednesday! Who thinks they can name this bunch?! Photos courtesy of the Grygla School

John Lovly...
Continued from front

going their separate ways after Basic Training, the two friends were discharged from the United States Army at the same time and even ended up on the same plane. They had written to each other some as Tim was also in the 25th Infantry, although he wasn't directly with John. The two did end up seeing each other a couple of times overseas.

That summer of '70 involved a lot of "welcome home" parties before John returned back to work. Because everyone was getting drafted at the same time, a lot of people were coming back within weeks of each other. Of that time, John admitted honestly, "The summer of '70 is something we just had to do."

He later began working part-time in heating and air conditioning. He also attended tech school on a GI Bill. At that time, tech school was tuition-free; the only thing you had to pay for was books and tools

you needed. The VA provided a monthly allowance to those furthering their education. John went to one year of electronics, but ended up not finishing; that part-time job turned into a full-time career that would last 50 years!

He took pride in joining numerous veteran organizations that summer of '70 and is still a proud member today. After the Grygla VFW dissolved, John transferred his membership to Thief River Falls, where he is also a member of the American Legion Post #117 and is a very active member and President of the Color Guard. He is also a member of the DAV (Disabled American Veterans) and encourages any veterans out there to join any one of these clubs, saying, "We are running out of people and we need them." He urges anyone interested in becoming a new member to do so, or even an ex-member who wants to rejoin and become a little more active. "We do 30-40 military funerals a year. It's getting harder and

harder without members," he pointed out.

As a veteran, John reflects back on his time of service with pride and respect. When asked if he would do it all over again, he quickly responded, "Definitely," adding, "Our country, the government, our flag...it's all very important to me."

John has visited the Vietnam Memorials in St. Paul and also Washington, D.C., saying that each contain so much history and opportunity for reflection. He has also seen the Traveling Vietnam Memorial about half a dozen times when it's been in the area. Called "The Wall That Heals," John can agree there is some healing in it and closed our interview by acknowledging his fellow veterans in attendance at these memorials. "There's other people there that get it – they understand what you went through," he nodded quietly.

Thank you, John, for sharing your story and for serving our country. Happy Veterans Day.

There is no season like deer season



Both of these bucks were shot on Saturday morning, November 3rd. Callie Loken got her 10-pointer in Palmville Township near Wannaska. Richard Vraa got his 8-pointer in Reiner Township near Goodridge.



John Lovely is pictured second from the right. This photo is featured in the book titled, 1969: Vietnam, The U.S. 25th Infantry Division.

Veteran's Day programs scheduled in Grygla and Goodridge

The Grygla School will be hosting a Veteran's Day Program this Monday, November 12th, at 9am in the Gymnasium. The program schedule will include Presentation of Colors, GHS Band selection, Invocation and Memorial History, Girls and Boys State Representative Address, Student Service Project, Student Poem Reading, Benediction and Retiring of Colors. The Presentation and Retiring of Colors will

be led by the American Legion Post #162.

If anyone would like to visit at the Veterans Memorial in Grygla following the ceremony, let one of our local Veterans know.

There will also be a program at the Goodridge School that same day at 2pm. The High School Band and Choir concert will be merged with the Veteran's Day program. The concert will include Prelude Music by

the 7-12 grade Band, Presentation of Colors, Address by Girls State Representatives, Americana Musical Selections by the High School Band and Choir, Guest Speaker Scott Guidry and Taps, followed by the Retiring of Colors.

Everyone is invited to attend these local programs. Thank you to all of our Veterans for their service.

ASB pumpkin contest winners



Here are the 2018 American State Bank Pumpkin Decorating Contest Winners:

Most Original Winners:
Krystal Neuschwander: Painted Flowers, House & Crow; Brayden Neuschwander: Painted Ghosts; Kari Sundberg: Wilson from Castaway, Harmon Westbrook: Dinosaur, Mauer Nordby: Happy Sticker Face, Marin Peterson: Spider

Web, Misty Manderud: Red Top Most Traditional Winners:

Brody Saurdiff: Multi-Face, Hailey Knutson: Surprised Face, Robert Sundberg: Carved Black Cat, Brett Rychlock: Carved with Stitches, Sheldin Sundberg: Baseball in Eye, Josie Saurdiff: Triangle Eyes, Landon Nordby: Vikings Helmet, Blake Rychlock: Carved

Judge's Favorite Winners
Lettie Peterson: Fire/Witch in Cauldron, Anna Sundberg: The Grinch, Cheryl Sistad: Black Kitty with Mouse, Lea Ann Torgerson: White Pumpkin, Janessa Torgerson: Rainbow, Liam Westbrook: Penguin, Kendall Neuschwander: Striped black & white with glitter

Photo courtesy of ASB

MCAC Volleyball: 2018 Northern All-Division Teams

The Minnesota College Athletic Conference recently concluded the 2018 MCAC Volleyball regular season, with four teams advancing on to the NJCAA Region XIII tournament. Head coaches from around the Northern Division took time to recognize and honor some of the top performers from this past season, naming 18 student-athletes as First Team and Second Team All-Division honorees.

The MCAC All-State Volleyball team, as well as NJCAA All-Region and All-America teams will be named in November. The NJCAA Division III National Championship volleyball tournament will be held in

Rochester, Minnesota at Rochester Community & Technical College.

Coaches selection for the 2018 MCAC Volleyball Northern All-Division First Team



included: Hannah Dietsch, left, Goodridge, So./Setter, Northland Community & Technical College; Alison Satre, right, Grygla, So./Libero, Rainy River Community College



Emily Johnson, of Gatzke, shot her first deer over the weekend. Her button buck was shot on Sunday from 50 yards while hunting with her dad, Jim, up by Roosevelt.



Riley Saurdiff got her 10-point buck last Saturday morning near her Great Uncle's farm north of Goodridge! All deer photos featured are printed with permission.

Blast from the past



Here is a Donnie Wilkens "Blast from the Past!" Look at the size of those horns! Donnie's wife, Gail, says that he got in the Minnesota record book with that rack, which still hangs in his gun room! She believes this 16-pointer was shot with his dad's gun back then!