





Today
Mostly Sunny
H 37 L 23



Thurs
Snow
H 35 L 18



Fri
Cloudy
H 35 L 8



Sat
Partly Cloudy
H 15 L 8



Sun
Mostly Cloudy
H 25 L 19

A look at next week ... Grygla School celebrates American Education Week.

Turning Point Nutrition offers health and wellness consults in Grygla



Wendy Dahl is now accepting appointments in Grygla every Tuesday. Photo by Grygla Eagle Newspaper

Written by Kari Sundberg, Eagle Editor

When Wendy Dahl started her own business three years ago, her main focus was on nutrition. Based out of Thief River Falls, she began Turning Point Nutrition with intentions to heal people through their food. She says it's now evolved into focusing on the entire body as a whole.

As a Certified Natural Health Practitioner and a Certified Holistic Nutrition Practitioner, Wendy works full-time with offices in Thief River Falls, Roseau and now Grygla. Located in office space off the Grain Bin Café, she is available by appointment every Tuesday in Grygla.

Her alternative medicine practices include designed clinic nutrition, Reiki energy healing, energy testing, massage therapy and Chakra balancing. Wendy has many years of working experience in home health care and nursing homes, but says she decided not to pursue a career as a nurse as prescrip-

tion drugs are not her route. She acknowledges, "It wasn't my life path to medicate." Believing strongly in the power of food, Wendy says she'd rather lead someone to the grocery store with a list and leans more into what herbs and plants our bodies need to heal. When she first started her business, Wendy's diet was 80% plant based, 10% fat and 10% protein. She detoxed her body and was eating clean. She viewed her nutrition as a lifestyle vs. a temporary diet and decided to start coaching others on what she is so passionate about. She admitted to still not feeling 100% at that point, "I was agitated, crabby, my lower back was weak and I wasn't sleeping well. I had someone do Reiki on me and it was like everything resonated and balanced inside of me; it was very easy for me to pick what wasn't balancing me anymore."

This Reiki experience is what made Wendy decide to get certified and start practicing Reiki and Chakra balanc-

ing, as well. She says touch is very important and we all have the ability to heal. With Reiki, Wendy places her hands on the body and uses the inside energy to activate natural healing processes and restore physical and emotional well-being. When asked to elaborate on the Chakra balancing, Wendy explained that Chakras are essentially your energy portals located at different points of the body. Your energy inside can go stagnant and it needs to be balanced in order to resonate throughout the body and radiate. "Your thoughts, your perceptions, how you communicate, how you love...it's all connected to our energy," Wendy described.

Along with her energy work, Wendy also does an energy/muscle test. She says it unravels what the body is hiding or needs assistance with. After completing schooling at the University of Natural Health out of Indianapolis, and doing online Reiki courses at a master's level, Wendy says the muscle testing essentially started 13 years ago when she was introduced to it while working for a chiropractor in Thief River Falls. She traveled further down that path by obtaining training at Ulan Nutritional Services down in Clearwater Beach, Florida.

"When it comes to health, every single body is different. Everyone's layers are different, but I like to start with someone nutritionally first by taking things out of the diet or adding things in," she says. "At that point, we look at what needs improvement. Do we add in some massage therapy or how do we keep that person on course," she added. Wendy encourages everyone to pay special attention to their bodies the next few months by stating that this is the time of year we get off course. "Once Halloween hits, we deplete our bodies. We've got all the sugars from the candy then we get into the wine, drinks and big meals

around the holidays; we're out of vitamin D because we aren't going outside much; it's just a huge depletion to our bodies," she said.

Turning Point Nutrition is available to help guide your body in the right direction and give people the tools they need to use whole-foods to promote natural healing. Wendy shared the story of when her daughter was sick with thyroid and auto-immune problems at just nine years old. "We had went to the Mayo numerous times and saw every skin doctor, allergist, thyroid specialist... her dad was very white-coat. In the end, it wasn't a thyroid issue at all; it was a heavy metal toxicity from getting her braces on. The thyroid got so overactive due to the stress of metal coming into her mouth and that's what was needing to be treated, which can easily be done with food. Cilantro, for example, is the easiest way to pull out heavy metals and chemicals from the body," she offered.

Wendy sees clients for an array of issues. She does not accept insurance, however, her visits are approximately \$35 (based on what you receive) after the initial \$100 hour-long consult.

With her office in Thief River Falls at 1571 Hwy 59 S or in Roseau at 216 Center Ave W, or, lastly, in Grygla at the Grain Bin Café, Turning Point Nutrition can be reached by calling 218-689-1050 or emailing turningpointnutritionllc@gmail.com

Wendy encourages anyone to contact her if they would like to set up a consult and discuss issues their bodies are currently going through. She closed the interview by suggesting this route be the "turning point" for you. She knows alternative medicine isn't always well-received, but pointed out that by visiting with her and exploring these options, "What do you have to lose?"



All new ornaments on the Sharing Trees! Photo submitted by Stacey Urbaniak

It's beginning to look a lot like Christmas

The time is here for the Christmas "Sharing Tree" Project! Once again this year, Marshall County Social Services is sponsoring the "Sharing Tree" Project. This is an opportunity for the people of Marshall County to show their love and generosity by purchasing a gift for a child in need.

This year you will see new ornaments on the trees, these were made possible with the help of volunteers who were willing to cut and gather the supplies and tools to make it happen. The Warren Boy Scouts also volunteered their time by assisting in painting all the ornaments. The help was greatly appreciated in freshening up the look of the trees. 9 trees were set up in the county last week, with ornaments on them representing a child in need of a Christmas gift. The locations of

the trees are the American Federal Bank, Bremer Bank and Frandsen Bank & Trust all in Warren; United Valley Bank in Argyle; KodaBank in Stephen; the Marshall County State Bank in Newfolden; Frandsen Bank & Trust in Oslo; Border State Bank in Middle River; and the American State Bank in Grygla.

If you would like to make a difference by purchasing a gift for a child this Christmas season, stop at one of these locations and choose an ornament. Project details are available at the sites; all gifts must be returned to the tree location before December 5th. If you would like to purchase a gift, but are unable to get to one of these sites contact the Marshall County Social Services Office at 218-745-5124 and ask for Stacey Urbaniak.

November 6, 2018, local election results

22° 6:47

Last Updated: 11/06/18 11:43 PM Voters Registered

Results for Selected Contests in School District No. 447 - GRYGLA

Results By Precinct 19 precincts in contest. 19 of 19 precinct

Candidate	Totals	Pct
Tera Nordby	326	28.03%
Clinton R. Brobst	257	22.10%
Nicolette Leach	222	19.09%
James Verbout	347	29.84%
WRITE-IN**	11	0.95%

TRATION:

NUMBERS:

Mayor City of Grygla	
(Vote For 1)	
Kelly Klein	26
Richard Mosher	39
Blair Saurdiff	15
write-in, if any	0
Over Votes	0
Under Votes	1
Total	81
Council Member City of Grygla	
(Vote For 2)	
Gavin Nordby	49
Tanner Roy Sletten	7
Lindsay Oslund	63
Karla Byklum	25
write-in, if any	1
write-in, if any	0
Over Votes	4
Under Votes	13
	162

Meet the Chargers this Thursday

The Grygla School has set up a Meet the Chargers Night for this Thursday, November 15th. At 6:30pm, parents/players and coaches will have a meeting with girls in the Common's and boys in the Li-

brary. At 7pm, there will be an introduction of players and a boys vs. girls competition! At 7:45pm, the girls will do a short scrimmage with boys to follow. Come and join in meeting the 2018-19 Chargers teams!

Chargers basketball season begins with jamborees

The girls basketball season began this week with practice starting on Monday and a jamboree this Saturday at the school in Grygla. The GG Chargers will play their first game beginning at 9am vs. Fosston. The rest of the days schedule is as follows: 10am vs. NF, 11am vs. WEM, 11:30am vs. Heritage, 2:30pm vs. WEM.

Boys basketball practice begins next Monday, November 19th. They'll have a jamboree on Saturday, November 24th, in Clearbrook with their first game vs. RLC at 12pm. They're also scheduled to play CG at 1pm, Red Lake at 2pm and Sacred Heart at 4:45pm that day. Go Chargers!

A life dedicated to volunteering and honoring veterans



Written and submitted by Katie T. Kleven

Jean Walker's enthusiasm for volunteerism and honoring veterans has led her down a unique path. Within the

past year she has become the Department President of the Minnesota American Legion Auxiliary and the Minnesota State President of the General Federation of Women's Clubs (GFWC) and has taken upon herself, with the help of the members, to honor veterans through both organizations.

Jean Walker resides in Warren, MN, with her husband John. She has one son Michael Blumberg who is married to Heather and together they share two children, Arietta and Bennett. She enjoys four-wheeling and ice fishing, but volunteering is her passion.

She is an active 25-year member of the Warren Ameri-

can Legion Auxiliary Unit #27. She became a member under her father Joseph Penk, a World War II Army Veteran. She proudly wears a pin with his Army photo everywhere she goes. It serves as a constant reminder of why she does what she does. On the other side of her jacket is her American Legion Auxiliary pin which she chose to put all the emblems of the military on and two wings. One wing is to represent her grandson, Mason, who passed away the day of her Ninth District Testimonial and the other wing represents all of our veterans that have passed on. It's evident after sitting and talking with Jean that she is extremely

passionate about veterans and veteran's affairs.

She became American Legion Auxiliary Department President this past summer and her term will end in July of 2019. Her focus this year, as Department President of the Minnesota American Legion Auxiliary, is "Who We Are, What We Do and Why We Matter!" She believes that we all matter and that we need to continue to advocate for our veterans, their families and our communities. As part of her year as Department President, Jean had to choose a project to

Honoring veterans... Continued on page 3

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Nov. 14:
6pm Grace Choir, 6:30pm
Confirmation, 7:30pm Worship
Sunday:
Grace: 9am Worship,
10:15am SS
OS: 10:30am Worship,
9:30am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Sunday:
UL: 9am Worship, 10am SS
Christmas program practice
OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Sunday:
Faith: 8:30am Worship,
9:45am SS
Bethany: 9:45am Worship,
10:30am SS
Ekelund: 11am Worship,
9:45am SS

BETHESDA LUTHERAN CHURCH

Skime
Pastor Steve Bliss
Sunday: 8am Worship
THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm

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 Merseth
Wednesday, Nov. 14:
Wed. School/Conf. 5-7pm
Sunday:
St. Petri: 8am Worship,
9:15am SS
OP: 9:45am Worship,
8:30am SS
Nazareth: 10am SS, 11am
Worship

LIBERTY CHAPEL Grygla
Sunday: 9:30am Worship

Community Calendar

Wed | Nov 14
Grygla Eagle office open
9-6pm; Senior Meals at
Grain Bin Café 11am;
Grygla Library open 2-6pm;
November Senior Birthday
Party at Grain Bin Café
2:30pm

Thurs | Nov 15
Meet the Chargers Night at
the Grygla School 6:30pm
players meeting, 7pm intro/
scrimmage; Grygla/Gatzke
School Board Meeting 7pm

Fri | Nov 16
Senior Meals at Grain Bin
Café 11am

Sat | Nov 17
Grygla/Gatzke Food Shelf
8-10:30am; Chargers GBB
jamboree in Grygla begin-
ning at 9am; Diva Days Ven-
dor Show at Grygla School
9am-3pm; 4-6 grade Snow-
flake basketball practice
in Goodridge 9-11am (bus
leaves Grygla at 8:30am);
Grace/OS LYO retreat in
Alexandria (leaving Grace at
11:45am); Fourtown/Grygla
Sportsman's Club Fall Gun
Raffle Drawing at Fourtown
9pm

Sun | Nov 18

Mon | Nov 19
No School; Senior Meals at
Grain Bin Café 11am

Tues | Nov 20
Senior Meals at Grain Bin
Café 11am; BBB practice
begins today; Chargers Fall
Sports Banquet in Grygla
7pm

School Lunch Menus

Grygla Lunch Menu
Wednesday, November 14:
Chicken Fajita on a Tortilla
Shell w/ Lettuce & Cheese
Thursday, November 15:
Turkey, Gravy, Mashed Potatoes, Dressing, Corn, Pears
Friday, November 16: Piz-
za, Tossed Salad, Fruit
Monday, November 19: Ital-
ian Spaghetti, Garlic Toast
Tuesday, November 20:
Chicken Patty on a Bun,
French Fries

Goodridge Lunch Menu
Wednesday, November 14:
Polish Sausage on a Bun,
French Fries, Apples & Oranges, Carrots & Broccoli w/ Dip
Thursday, November 15:
Turkey in Gravy, Mashed Potatoes, Corn, Coleslaw, Dinner Roll, Ice Cream Cups or Orange Sherbet.
Friday, November 16:
Chicken Patty on a Bun w/ Lettuce & Mayo, Green Beans, Tossed Salad, Oranges & Apples
Monday, November 19:
Scalloped Potatoes w/ Ham, Steamed Carrots, Fruit Salad, Bread
Tuesday, November 20:
Chicken Tenders w/ Assorted Sauces, California Blend Veg-
gies, Apples & Oranges

Goodridge/Grygla Athletics
Position Open:
Junior High GBB Coach
Contact: Athletic Directors Jamie Lunsetter (phone: 218-294-6155), email: jlunsetter@grygla.k12.mn.us or Becky Carlson (phone: 218-378-4134) email: becky.carlson@goodridgeids561.org. Open until filled. G32-34C



Results from last week's crossword puzzle
Be Charger Kind



The Grygla School is recognizing acts of kindness. Students are encouraged to write down their peers' names and acts of kindness that they witness and put the slips into a bucket. At the end of each week one elementary student and one high school student are chosen and they receive a t-shirt. Charger Kind winners recently chosen, L-R: Cheyenne Irlbeck, Josephine Landsrud, Brianna Severts and Payton Grandstrand. Photo courtesy of Tausha Severts

Goodridge Close-Up
Saturday Dec. 8th, 2018
1st ANNUAL Chili Cook Off with Bingo
Goodridge Community Center
\$5.00 a bowl and a baked potato.
Check-in 4:30pm with Judging at 5:30pm
\$10.00 Entry Fee
Awards will be given for People's Choice and Runner Up!
Come support our Goodridge Close up kids trip to Washington D.C in April 2019! G34, 37C



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 Guidelines for 3-Month Period
Household size/Maximum Income
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.

Diva Days Vendor Show

There will be a Diva Days vendor show this 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.
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 Scentsy.

THANK YOU!
THANK YOU for your support in the General Election. It is greatly appreciated.
I look forward to continue serving all the people of Marshall County as Auditor-Treas.
Scott Peters
SCOTT PETERS
Marshall Co. Auditor/Treasurer
Prepared and paid for by Scott Peters on his own behalf.
16935 230th St. NW, Viking, MN 56760 G34C

Food Shelf hours

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

Date change

The Grygla School Junior High and Senior High Fall Music Concert has been moved to December 10th at 7:30pm. The elementary concert will be Friday, December 14th, at 2pm.

Monson Electric Services, Inc.
Grygla, MN
LICENSED - BONDED - INSURED
Residential - Commercial and Farm Wiring - Underground Trenching
Brad Monson • 294-6349 G32-60W

JOHNSON FUNERAL SERVICE, INC.
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Christmas party

The American Legion & Ladies Auxiliary Christmas Party will be on Saturday, December 1st, at Yo-Haw'n's Bar & Grill. From 6-7pm will be Happy Hour with a 7pm supper to follow. Meal choices are steak or chicken/ribs. Please RSVP to Rose Hanson at 218-280-5944.

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Karl Sundberg - EDITOR
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**IMPORTANT PROPERTY TAX NOTICE
Special Agricultural Homestead
Do you own agricultural land but do not have an agricultural homestead?
Homestead is available on farmland as long as all the following conditions are met:
(1) The owner must live within four cities, townships or a combination thereof from the farm;
(2) The owner or qualifying relative must actively farm the land;
(3) The owner must be a Minnesota resident;
(4) Neither the owner nor their spouse claim another agricultural homestead in Minnesota; and
(5) The farm consists of at least 40 contiguous acres.
What is a qualifying relative?
For special agricultural homestead, a qualifying relative includes a spouse, child, grandchild, sibling, or parent of the owner, either on the person's own behalf as an individual or on behalf of an entity.
When do I apply?
You must apply on or before December 15, 2018. This is an annual application accompanied by your 156EZ from the 2018 crop year. Contact your county assessor for applications.
Marshall County Assessor's Office 218-745-5331 G34-35C

*IMPORTANT PROPERTY TAX HOMESTEAD NOTICE
Agricultural & Residential Homestead*
This will affect your 2019 property taxes and eligibility for Property Tax Refund.
Have you purchased or moved into a property in the past year?
Contact your county assessor to file a homestead application if you or a qualifying relative occupy the property as a homestead on or before December 1, 2018.
What is a qualifying relative?
For agricultural property, a qualifying relative includes the child, grandchild, sibling, or parent of the owner or owner's spouse.
For residential property a qualifying relative also includes the owner's uncle, aunt, nephew, or niece.
When do I apply?
You must apply on or before December 15, 2018.
Once homestead is granted, annual applications are not necessary unless they are requested by the county assessor.
Contact the assessor by December 15, 2018 if the use of the property you own or occupy as a qualifying relative has changed during the past year.
If you sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status.
Marshall County Assessor's Office (218) 745-5331 G34-35C

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-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, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or TRF residents) or 1-800-223-1591, or e-mail 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.

SHARING TREE is now set up at American State Bank
1. Choose an ornament.
2. Sign up on Sharing Tree List.
3. Purchase gift with at least a \$20.00 value for child.
4. Bring unwrapped gift back to this tree site before December 5, 2018 deadline.
BANKING On A First Name Basis
In two locations
FDIC
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
ASB AMERICAN STATE BANK
www.asbgrygla.com
201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328

EXTENSION NEWS

(Submitted)
Marshall County Extension celebrating 100 years of service

The mission of Extension: making a difference by connecting community needs and University resources to address critical issues in Minnesota. Extension does this by discovering science-based solutions, delivering practical education and engaging Minnesotans to build a better future. Extension has been doing just this for 100 years in Marshall County. Over those 100 years, the education and research has evolved to meet the needs of the people of Marshall County.

As mentioned last week, John Husby, was the first Marshall County Agent and at best guess he served in Marshall County from 1918 until 1920. In 1921, then Marshall County Agent, B. R. Houser reported that eleven farmers of the Warren, Radium and Argyle districts were growing seed plots as a part of the movement for the development of an early maturing corn which would be adapted to the Red River valley. Those eleven Marshall County farmers along with the Northwest School of Agriculture (known today as U of M Crookston) made great gains in all-around farming basis in the famous valley. Today, J. William "Bill" Craig serves as the Marshall County Agent and his role is split 50 percent of the time with Pennington County. A few of his current

responsibilities include: corn and soybean plots, feedlots, and supporting farm families in multiple ways.

Over the years Extension evolved to meet the needs of the people of Marshall County. There was a period of time that Marshall County Extension included the role of a Home Economist. We were able to discover records that in 1958 Miss Kyseth served in the role of Assistant Home Agent in Marshall County. Home Economist was a role in Marshall County until 2017, Linda Gornowicz was the last person to hold that role in Marshall County, upon her retirement. The role of Home Economist was invaluable to people, from food and nutrition, clothing and textiles, home demonstrations, and many times they assisted with youth development and the 4-H clubs.

University of Minnesota Extension is creating a stronger Marshall County by making education and research available to us. We 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.

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.

Grygla City Council approves October meeting minutes

The November meeting of the City Council was held at the Grygla Civic Building on Wednesday, November 7th. Council members approved the October minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

October 15th Minutes of the Regular Meeting of the Grygla City Council

The meeting was called to order, at 7pm by Mayor Moshier with the following council members present: Gavin Nordby, Dave Dunrud and Robert Thompson. Absent: Lindsay Oslund. Also present: Sue Aune, Loren Lusignan, John Wynne and Rose Aune.

Council approved minutes, along with receipts, disbursements, checking, savings & total balances for that month. The payment of all bills was also approved. Other items included:

SMALL CITIES PROGRAM
Council approved Wynne Consulting to start the application process for Small Cities Program. The program will allow single and multifamily housing to apply for funding to fix up their homes. Housing is limited to \$25,000 and businesses are limited to \$40,000. For businesses, 80% can be deferred after 10 years. The pre-application is due November 12th and the final application is due February 25th.

Rose will post on Facebook and add to water bills that if there is anyone interested in the program to contact John

Wynne with Wynne Consulting.

WATER TOWER
There is nothing new to report at this time.

COMMUNITY CENTER
There is nothing new to report at this time.

PLAYGROUND EQUIPMENT

There is nothing new to report at this time.

MOTEL
Settlement is still in process.

BULK WATER METERING
Rocky is going to check with the shop class about possibly building the shelter around the meter once it's installed.

SOUTH ADDITION
Rose will do some checking on possibly selling the lots to a developer instead of adding them to a TIF district.

TENNIS COURTS
Checking for pricing from Dakota Fencing for repositioning the posts. The school will be sent a bill for \$6,000 for their share of tennis/basketball court resurfacing.

LOT 11 & 12 BLOCK 1 HYLLAND'S ADDITION
There is a "For Sale" sign up.

FIRE STATION DOORS
Northern Door & Supply Co gave an estimate for \$20,000 and Hartmann Construction gave a proposal for \$23,600 for overhead doors for the fire hall. Council voted to go with Northern Door & Supply for the project.

MEETING CHANGES
The November meeting is changed to Wednesday the 7th.

EXTRA MEETINGS
None

To the woods



On Friday, October 26th, Mr. Loberg's 8th grade Geography class traveled to the Goodridge School Forest, which is 4 miles north of Fourtown in Beltrami Island State Forest. 8th graders met with Mike Nooker from the Grygla and Wannaska Forestry Station. Mike took the students on a tour of the Goodridge School Forest, which is 40 acres of mixed hardwoods, conifers and wetland.

In the afternoon, the students traveled to Norris Camp and met with Red Lake WMA Manager Gretchen Mehmel. They were given a tour of the historic CCC buildings and were also given a tutorial on safety in the woods by Jeff Bircham.

Front row: Caitlyn Jacobson, Mike Nooker, Paige Burns, Wyatt Seyller, Lakota Bliner, Anna Mickolio, Jordan Johnson, Matt Busse, Elliot Philipp, Kylie Delage, Jennah Henrickson, Sadie Anderson, and Sydney Langseth.

Back row: Aliyah Smith, Brianna Carpenter, Sydney Solberg, Cody Nelson, Justin Jordain, Chantel Grindeland, Payton Homme, Thor Henrickson, Noelle Merrill and Mr. Loberg.



Front row: Manager Gretchen Mehmel, Paige Burns, Wyatt Seyller, Jorja Salo, Anna Mickolio, Sydney Solberg, Brianna Carpenter, Elliot Philipp, Jordan Johnson, Jennah Henrickson, Kylie Delage, Caitlyn Jacobson and Sydney Langseth.

Back row: Chantel Grindeland, Lakota Bliner, Cody Nelson, Noelle Merrill, Payton Homme, Thor Henrickson, Matt Busse, Sadie Anderson, Aliyah Smith and Mr. Loberg.

Photos courtesy of Tomas Loberg

A Note from Principal Lunsetter's Desk

"Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you." ~ Joel Osteen

I think this quote is more relevant today than ever. We live in a society where it has become easy and accepted to be offended. We see it in our politics, our entertainment and in our newspapers. It's everywhere. There are things that have offended me in the past, and I look back now and think, "Why did I waste my time on that" and "Why would I allow somebody else to have that kind of power over me." Today, I choose more and more to not be offended by things that others do. When we are able to have a humble confidence in who we are, and have the strength to stand up for our beliefs in a fair and positive way, we set an example for others around us. We can agree to disagree on certain subjects and maintain a level of respect for one another. We keep our power, even if others are telling us that we aren't deserving and we take control of our lives. The outcome of that life will be exactly what we have prepared ourselves for. Keep a positive attitude and surround yourself with others who maintain that same attitude. Believe in yourself, and choose to live in happiness.

SIMPLY DELICIOUS



Written by Kari Sundberg, Eagle Editor

Ahhhhh, Thanksgiving side dishes are about to happen. For that, I am thankful (among many other things). I can take or leave the turkey, but set ALL the side dishes within arm's reach, please. I found this recipe online for "Slow Cooker Mashed Sweet Potatoes." My mind is picturing this on a plate next to a scoop of stuffing, some type of cheesy green bean casserole and A LOT of gravy.

From cooking to mashing to seasoning, this entire recipe happens in one convenient spot – the slow cooker. Sprinkle

your mashed sweet potatoes with mini marshmallows for some extra sweetness and holiday spirit.

Servings: 8

Ingredients

5 lbs sweet potatoes, peeled and cut into cubes

½ cup chicken stock

¼ cup firmly packed brown sugar

4 tbsp butter, cut into chunks

2 tsp cinnamon

½ tsp nutmeg

2 cups mini marshmallows

Directions

Spray the inside of the crockpot with no stick spray. Add your potatoes, chicken stock and brown sugar. Cover and cook 4 hours on high, stirring after each hour. Then stir in butter, cinnamon and nutmeg. Next, beat potatoes with mixer until smooth. Top with marshmallows. Cover. Cook for another 10 minutes or so until marshmallows are slightly melted.

A HIPPIE'S HEALTH

Written by Tara Waltman

So, the question of the day.... where do you carry anger? Take a guess! I just did an online class a couple weeks ago on this so some of you may know this. The emotion anger is associated with your liver! Did you know that our emotions and the energy from them can change the way an organ functions? Isn't that fascinating? I think I talked about this in a past article but wanted to bring it up again.

I also heard that one minute of anger creates six hours of depression. I heard this on a video at my chiropractor's office the other day. Now I don't know if I believe this because I would be depressed every day all day if that were the case. Lol. I get

frustrated throughout the day, not super angry, though.

I have been using the release essential oil blend on my heart before bed though to help release emotions. So far it seems to be working! Haha. Life is too short to be so angry. Really, it is. Let it go. Have fun! Smile and laugh often.

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.

Honoring veterans...

Continued from front

work on during her term. Jean chose the Fergus Falls Veteran's Home to help construct "Patriot's Park." The park includes a pond that allows veterans to race remote control boats. This gives them a fun activity to do outside the home. She hopes to raise \$25,000 for her project. Most of the money raised will go towards making the pond accessible for everyone. It will include benches, bushes and vines growing over pergolas, a dock and finally, a large monument with matching granite benches. The monument will have three soldiers and the motto "NO ONE LEFT BEHIND" engraved in it with the emblems of all branches of service.

Jean has also chosen to honor veterans through her projects as GFWC State President. She was elected as president in April of 2018 and her term will end in 2020. She has also been an active member of the GFWC Mawami Club for 25 years too. The projects Jean has chosen to support are the Veterans Honor Flight of ND/MN and the Eagle's Healing Nest.

The purpose of the Veterans Honor Flight of ND/MN is to take North Dakota and Minnesota veterans to Washington D.C. to visit the memorials built in their honor. The flight transports veterans on a direct charter to Washington D.C. for a two-day journey to see the WWII, Korean and Vietnam War memorials. Other sites visited include Arlington National Cemetery (with the changing of the guard ceremony), FDR Memorial, Iwo Jima, the National Archives, and a tour of the city. The Honor Flight is an all-expense paid trip for the veterans, but money is needed to send each veteran. The cost to send each veteran is \$1,100. Jean is hoping to raise money to help send as many veterans as she can on this once-in-a-lifetime trip. Priority is given to WWII veterans who have not yet seen their memorial followed by Korean War Veterans and terminally ill veterans form any service era. If a veteran needs

an escort to help with them, the escort must pay the \$1,100 fee for themselves. If you would like to learn more about the Honor Flight program, or to donate, visit their website at www.veteranshonorflightofndmn.org.

The Eagle's Healing Nest is "a non-profit organization committed to meeting the needs of [our] veterans, service members and their families who suffer from the invisible wounds of war." The "nest" is a residential veterans campus where veterans of all ages are able to live for as long as they need and a place to help heal invisible wounds from war. The founder, Melony Butler says, "The idea is for them to have their own place to heal at their own pace. It's not a shelter. It's not a hospital or clinic. It's their home, and they're a family." Veterans live together with others who are facing similar circumstances and work together to heal. The Eagle's Healing Nest has become so successful that they now have two locations, Sauk Centre and Anoka, and are currently raising funds to build more to house the many veterans on waiting lists to join this program. For more information about the Eagle's Healing Nest, to view their needs list or how to donate, visit www.eagleshealingnest.org.

Jean would like to thank her family, friends, the Warren community and coworkers, especially Brent and John at Evergreen, for their continued support during her time as American Legion Auxiliary Department President and GFWC Minnesota State President.

At the end of the day, it's all about veterans for Jean. She has been traveling all over Minnesota meeting with veterans and hearing their stories. From her veteran father to veterans in Warren and surrounding areas, Jean does what she can do to honor and help them in any way possible. Jean believes veterans deserve the very best and will continue to advocate for them. If you have any questions about making a donation to any of Jean's projects, you can contact her at: jmwalker1992@hotmail.com.

Wednesday, November 14, 2018

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

Rewild

\ree-wahyld\

verb

1. To return (land) to a more natural state; rewilding an unpopulated island for use as an animal preserve.
2. To introduce (animals or plants) to their original habitat or to a habitat similar to their natural one.

Extension to hold meeting for area Beef Producers in Newfolden

Marshall County Extension/Ag Services to host Livestock Meeting focusing on Beef Nutrition, Marketing and Economics. The meeting will be held in Newfolden at the Community Center, beginning at 10am on November 29th. Dr. Chad Zehnder and Daryl Rupprecht with Land O' Lakes Purina Feed will discuss optimizing efficiencies in the feedyard. Dr. Zehnder's and Mr. Rupprecht's presentation will focus on finding opportunities to cut costs and maximize profits in the feedyard, which is extremely important in times like these with high ration and feeder calf prices. Bill Craig, Marshall

County Feedlot Officer, will review Minnesota's feedlot rules and update producers on the county's feedlot registrations. Dr. Tim Petry, NDSU Livestock Economist will discuss current cattle market prices and give an outlook to what prices producers should expect going forward. The meeting is open to all livestock producers in Marshall and adjoining counties. Please RSVP to Cindy at the Marshall County Extension office at 218-745-5232. A lunch will be served following the meeting with proceeds going to the Marshall County 4-H Federation.

All-Conference



The District 9-West All-Conference for 2018 was held on Monday evening, November 5th, at the school in Stephen. Charger Football players awarded, L-R: Anthony Loken (Honorable Mention), Kaleb Sjulestad, Peyton Verbout, Jaden Verbout and Lucian Tinnes.

Jaden Kiesow was also named Sub-District Back of the Year and Lucian Tinnes named Sub-District Linemen of the Year. *Photo courtesy of Jamie Lunsetter*

GG students participate in Honor Band

Northland Community & Technical College hosted a High School Honor Band concert on Thursday evening, November 8th. Directing the Northern Community Band and Northland HS Honor Band was Linda Samuelson.

Goodridge High School Music Director Lorrissa Skalsky selected the following students to perform: Nichole Arveson, flute; Chantel Nerhus, flute; Amy Wiskow, flute; Liberty Johnson, clarinet; Maloni Henrickson, clarinet; Mataya Sargent, bass clarinet; Mercedes Coan, trumpet; Felix Jensen, trumpet.

Grygla High School Music Director Gene Lunsetter selected the following students to perform: Abby Kiesow, flute; Sarah Suchoski, trumpet.

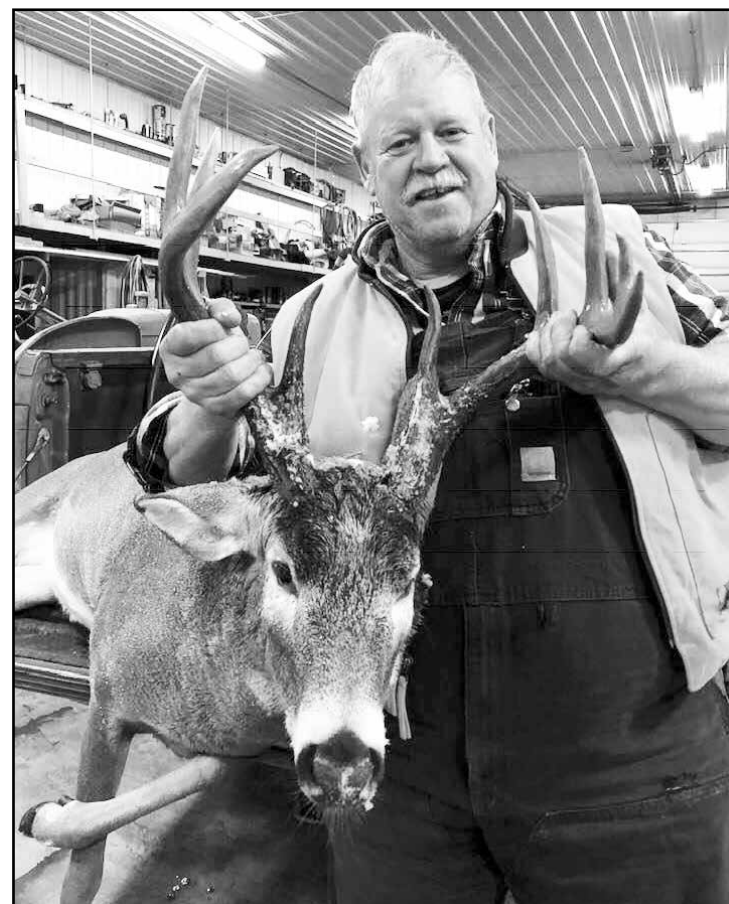


L-R: Sarah Suchoski and Abby Kiesow were selected from Grygla to participate in Honor Band. They are both seniors this year.



Goodridge High School students selected for Honor Band, L-R: Chantel Nerhus, Maloni Henrickson, Mataya Sargent, Amy Wiskow, Felix Jensen, Liberty Johnson, Nichole Arveson and Mercedes Coan. *Honor band photos courtesy of Deanna Coan*

With a little luck, these hunters bagged a buck



Dave Sjulestad shot this 216-pound 9-pointer last Saturday night about 10 miles southeast of Goodridge.



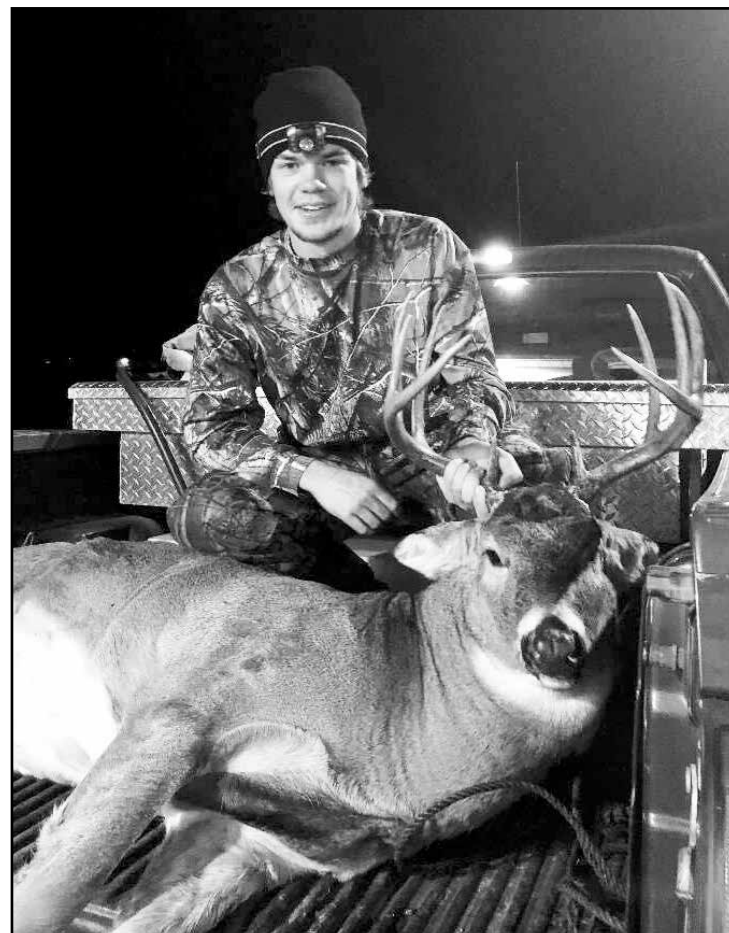
Sadie Miller tagged this big 13-pointer Thursday morning, November 8th, east of Goodridge!



Lakylie Brobst shot her first buck, which was an 8-pointer, last Saturday evening while hunting with her Grandpa Roger Ignaszewski near Badger in Stokes Township.



Sheldin Sundberg passed up some smaller horns during the youth hunt and that patience paid off. He got a 7-pointer last Sunday evening northwest of Fourtown.



Hudson McMillin shot his 10-pointer a couple miles southwest of his house near Gatzke on Sunday, November 4th.



Samantha Abrahamson took this 10-point buck near Skime last weekend. She is pictured with her boyfriend Steven Olson.



Don Rindahl got his 10-point buck on his land by Ditch 20 on Thursday, November 8th. *(All buck photos printed with permission.)*