





Today  
Rain  
H 52 L 44



Thurs  
Mostly Cloudy  
H 64 L 49



Fri  
Scatt. Showers  
H 62 L 47



Sat  
Cloudy  
H 64 L 43



Sun  
Mostly Cloudy  
H 65 L 42





Wednesday, May 22, 2019

WE'RE ONLINE [www.tricocanary.com](http://www.tricocanary.com)

Vol. 45 Number 47

The Grygla Eagle will be one day late next week due to the Memorial Day holiday!



Young Grygla students were busy cleaning the bleachers and helping get the gym all ready for Graduation as part of the Charger Kindness Day. Photos courtesy of Grygla School

# Charger Kindness Day

The Grygla School held a Charger Kindness Day on Friday, May 17th. K-12 students and staff took part in a full day of community cleanup.

Assignments included: finishing the benches in the new dugouts, washing the walls and bleachers in school, cleaning up garbage at the runway/demo area, downtown cleanup, yard work at the homes of local residents and ditch cleaning on both sides of

town.

Grygla School Principal, Jamie Lunsetter, said, "The students were so excited to be able to help out in keeping our community looking great! They truly understand the value of service and community pride. Thank you to Drew Kiono and all of our teachers and students for making this all happen!"



## Grygla School visits courthouse in Warren



The 3rd graders were at Law Day in Warren, MN, on May 6th. They toured the Marshall County offices and had a mock trial while the 6th graders toured the jail and courthouse that day as part of their DARE class. They saw the dispatch area, booking room, checked out a squad car, and went to both courtrooms. Photos courtesy of Grygla School



## New season, new exhibits

*Submitted by MCHS*

The Marshall County Historical Society would like to welcome you to the 2019 season. The museum officially opens Memorial Day, May 27, 2019, and will be open through Labor Day weekend in September. Our hours are from 10:00 a.m. to 5:00 p.m., Monday thru Friday. The museum will open on evenings and weekends for special events by appointment.

We are happy to tell you that the new HVAC installation in nearly complete. This new system will allow us to circulate cleaner air throughout the museum, better control humidity, and allow for a consistent temperature. It will ensure the preservation of artifacts in the collections while allowing visitors to continue to enjoy the displays for years to come.

We have some egg-citing news hatching this spring! An incubator is being set up and soon eggs will hatch and little chicks will arrive. Child care providers are encouraged to

leave your phone number with the museum so we can call you when they start to hatch. This will provide a memorable educational opportunity for children.

As the new season gets underway, we are incredibly excited about another huge undertaking. A series of murals will be painted by museum staff in the main gallery of the Visitor Center. The murals will depict the beginnings of Marshall County and will be paired with artifacts from our collections to create a new and beautiful exhibits. You are invited to come and watch the creation of each mural beginning in mid-June.

We would like the opportunity to welcome you to Settlers Square. We strive to make the collections accessible to all guests and the museum experience fun and exciting for all.

For more information about the Marshall County Historical Society and the Settlers Square Museum, please contact us at 218-745-4803.

## More than \$569,100 of Garden Valley capital credits paid in May

Over 15,900 checks, totaling more than \$569,100, were issued on May 16 to Garden Valley Technologies members who had service with the cooperative in 2000 and/or 2018, including over \$33,000 for members with Grygla, Gatzke and Goodridge addresses.

**Advantages of a Cooperative**

Nearly \$20-million of capital credits have been authorized by the board of directors for payment to Garden Valley members over the last 15 years.

Article VII of the cooperative's By-Laws provides that capital credited to members may be retired and paid if the financial condition of the cooperative will not be impaired.

**114th Annual Meeting**

Garden Valley's 114th annual membership meeting will be held in the auditorium of the Win-E-Mac Public School near Erskine on Tuesday, June 4, beginning at 10:30am. Registration starts at 8:30am and "The Woodpicks" will entertain from 9:00 to 10:15am.

## Lions host Senior Night

The Grygla Lion's Club held their annual Senior Night for the 2019 Grygla graduates and their families at Yo-Hawn's last Wednesday evening. The Minnesota State Highway Patrol was invited to speak to the crowd about numerous safety topics, including the usage of drugs and alcohol. Represent-

ing the department was MN State Patrol Shawn Rominski. Safety was stressed throughout the presentation as the young men and women head off to college/work in larger cities, including the discussion of self-defense, sexual assault, consequences of date rape and the importance of "no means no."



It was a full house at Yo-Hawn's last week, which was the site of the Lion's Senior Night in Grygla. Photo courtesy of Robin Johnson

## All Grygla Area Seniors

Living at Home Programs will be leading the next "Info & BINGO" on Wednesday, May 29th, at 11:30am at the Grain Bin Café in Grygla. Come and enjoy a fun activity; bring a friend! For more informa-

tion, contact Thelma Thomas or phone one of the Living at Home Programs: Middle River/ Thief Lake ~ 222-4466, Tri-Community (Newfolden) ~ 874-2256.

## Senior Citizen's trip to Warroad

The Grygla Senior Citizens Club will be going to the Warroad Summer Theater on June 21st. A bus will leave from the

Grain Bin Café at 3pm. Please contact Thelma Thomas for more information and to reserve your spot.

## Area student receives NDSU scholarship

Abby Kiesow, daughter of Bruce and Angie Kiesow, Goodridge, Minnesota, received the North Dakota State University Provost Award Scholarship in the amount of \$6,000. The scholarship recognizes students who scored 25 to 28 on the ACT and high academic

achievement.

Kiesow will enter NDSU in the fall and plans to major in electrical engineering. In high school, she was active in robotics, Knowledge Bowl, yearbook, Minnesota Honor Society, student council and was an auxiliary for Minnesota Girls State.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH  
Grace and Our Savior's, Grygla  
Pastor Vicki Saude-Worthington  
Wednesday, May 22:  
6pm Grace Choir, 8pm Inter-faith Bible Study  
Sunday:  
Grace: 10:30am Worship, no SS  
OS: 9am Worship, no 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, May 22:  
Breaking Free Bible Study at Faith 7pm  
Sunday:  
Bethany: 8:30am Worship  
Ekelund: 9:45am Worship  
Faith: 11am Worship

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

BETHESDA LUTHERAN CHURCH  
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  
Saturday:  
Mt. Olive Worship 9am  
Sunday:  
St. Petri: 8am Worship  
Oak Park: 9:45am Worship  
Nazareth: 11am Worship

Community Calendar

Wed | May 22  
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Rabies Clinic at City Garage 5:30-7:30pm; Grygla Volleyball League 7pm

Thurs | May 23  
Chargers Senior High Sub-Section Track Meet in Warren; Grygla Head Start Graduation 6pm

Fri | May 24  
Senior Meals at Grain Bin Café 11am; Last day of school in Grygla

Sat | May 25  
Grygla Food Shelf open 8-10:30am

Sun | May 26

Mon | May 27  
Memorial Day; Senior Meals at Grain Bin Café 11am

Tues | May 28  
WIC Clinic at Grace Lutheran Church in Grygla

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Asphalt Work Wanted  
Streets, Parking Lots, Driveways, Patching-Repairs  
Call 218-230-0698 for an Estimate! Agassiz Asphalt, LLC 67 State St 56738  
G7-18C

CUSTODIAN  
Goodridge Public School District is Advertising for part time evening custodial work, be willing to get bus driver license and boilers license. For information contact Tim Anderson, Custodial, Goodridge Public School, PO Box 195, Goodridge, MN 56725. Phone: 218-378-4134, email: tim.anderson@goodridgeisd561.org. Open until filled.  
G6-9C

The Grygla Lion's Club wants to thank the Grygla School Track team for helping get the Community Center ready for the Smelt Fry in years past and this last April. As a team, you have given it your all in past track meets and we wish you the best in Sub-Sections this week.  
G9C

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kids' corner

HEALTH FACT:  
WHICH PART OF THE EYES ENABLE PEOPLE TO SEE COLOR?  
ANSWER: CONE CELLS

How they say that in...  
ENGLISH: Eyelash  
SPANISH: Pestaña  
ITALIAN: Ciglio  
FRENCH: Cil  
GERMAN: Wimpern

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian  
School is out this week. Holy. I can't even wrap my head around how fast this school year went. The summer will be so busy with so many activities in our little town and of course the library is included in that! Next week, I'll have a front-page write-up about our Summer Reading Program and share all the details about that so I won't waste any more space discussing that right now. Check back with me in next week's Eagle!

Two little things this week for you.

First, look at this picture. You guys, I almost melted when I saw this picture of Nora – oooohhhh! She is the daughter of Lucas and Cameo Thomas. Cameo was going to read each of the kids a bedtime story, starting with their son Lincoln. When she got to Nora's room she found her already asleep clutching her little book. She waited so patiently but just couldn't keep those little eyes open 'til her turn came. That is so precious and it just shows how valuable story time is before bed! Kids really do love that.



Secondly, a book suggestion for anyone who wants a murder-mystery page-turner sans the blood and violence. I'm waiting on a few books of mine to be delivered this week (yay!) so in the meantime, I went and picked an e-book on the Over-



drive app, which can definitely be a hit or miss. This was a hit and it'll hold your interest for sure, and it's the perfect story to read on these cool and chilly evenings. Get the kids to sleep, crack a window, grab a blanket and dive in.

Overview: Ellie Mack was the perfect daughter. She was fifteen, the youngest of three. She was beloved by her parents, friends, and teachers. She and her boyfriend made a teenaged golden couple. She was days away from an idyllic post-exams summer vacation, with her whole life ahead of her.

And then she was gone. Now, her mother Laurel Mack is trying to put her life back together. It's been ten years since her daughter disappeared, seven years since her marriage ended, and only months since the last clue in Ellie's case was unearthed. So when she meets an unexpectedly charming man in a café, no one is more surprised than Laurel at how quickly their flirtation develops into something deeper. Before she knows it, she's meeting Floyd's daughters—and his youngest, Poppy, takes Laurel's breath away.

Because looking at Poppy is like looking at Ellie. And now, the unanswered questions she's tried so hard to put to rest begin to haunt Laurel anew. Where did Ellie go? Did she really run away from home, as the police have long suspected, or was there a more sinister reason for her disappearance? Who is Floyd, really? And why does his daughter remind Laurel so viscerally of her own missing girl?

May WIC schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of May 2019.

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. All potential clients must contact the WIC Program to schedule an appointment.

The following is the schedule of WIC Clinics for the month of May.  
Wednesday-Thursday, May 22-23: Roseau, LifeCare Medical Center Basement Auxiliary

Room  
Tuesday, May 28: 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.

Submitted by WIC Quin

EXTENSION NEWS

Cottage Food Producer Food Safety Training to be held in Crookston

Submitted by Kathy Brandt, Extension Food Safety Educator, U of M Extension Regional Office, Marshall

Do you make the best homemade bread, home canned pickles or cookies? Consider selling your product as a Minnesota Cottage Food producer. Join University of Minnesota Extension Food Safety Educator, Kathy Brandt at the Keep it Legal! Keep it Safe Cottage Food Producer class in Crookston on Wednesday, June 19, 2019

from 1:00-5:00 p.m., at the UMC Campus. The class meets the Minnesota Department of Agriculture food safety training requirements to register as a Minnesota Cottage Food Producer to sell homemade baked goods, candy, home-canned peaches, pickles, salsa, jam and jellies and more.

The course focuses on food safety practices for all processes covered under the Cottage Food Law including drying, baking, confections, jams and jellies, acid and acidified fruit and vegetables, and fermentation. Participants learn how to

produce, package, label, store, and transport a safe food product. Wonder if your product is an allowable non-potentially hazardous food? Bring it along to the class and have it tested to see if it meets exemption requirements under the Cottage Food Law.

Registration and \$50/person class fee is required. To register go to https://extension.umn.edu/courses-and-events/cottage-food-producer-food-safety-training. For more information contact, Karla at (507) 337-2808 or engel114@umn.edu.

North Valley Public Health promotes healthy behaviors for kids with Feelin' Fit-N-Fine summer program

North Valley Public Health (NVPH) is again promoting a 10-week contest this summer to encourage healthy behaviors among children. Feelin' Fit-N-Fine is a fun contest for kids that promotes a variety of healthy behaviors over the summer months, while awarding prizes. The contest will take place this summer over 10 weeks from June 3 to August 12, 2019.

The contest goes like this: each child age 3 years thru grade 6 will receive a scorecard with 24 squares on it. Each time they complete a qualifying activity parents or personnel

at scorecard sites can initial a square and specify the activity. Once all the squares are filled students can bring their scorecard into one of the prize pick up locations and pick out a prize. The scorecard will then be entered into a weekly drawing for a bigger prize. Students are encouraged to complete one scorecard per week during the 10 week program. Additional scorecards can be picked up at prize pick up locations. At the end of 10 weeks a drawing will be held for a grand prize.

Activities include sports, bike riding, skateboarding, dancing, attending summer

camp or school, watching no television in a day, wearing a bike helmet, wearing a seat-belt, cutting out consumption of pop, gardening, eating 5-9 servings of fruits and vegetables a day, active games, and mowing the lawn, to name a few. These are prize pick up locations in Marshall County.

North Valley Public Health, 115 South Main Suite 1, Warren, MN 56762, 218-745-5154.

Quin County Community Health Services, 136 W Minnesota Ave., Newfolden, MN 56738, 218-874-7845

Foot Care Clinic scheduled in Grygla

North Valley Public Health will hold a Foot Care and Blood Pressure Clinic on the following date in Grygla:

Grygla Community Center: Thursday, May 30, 2019, at 9:00 a.m.

Contact: North Valley Public Health at 218-745-5154

• Please call the person listed above to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel.  
• Please arrive 15 minutes prior to your scheduled appointment time.

• The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.  
• The North Valley Public Health staff will do free blood pressure checks upon request.

Grygla/Gatzke School Board approves April Meeting Minutes

Official Minutes  
Grygla/Gatzke School Board Meeting on Thursday, April 18, 2019, 7:00 p.m.

Chairperson of the board Karina Tinnes called the meet-

ing to order at 8:28 p.m. with Jeremy Rychlock, James Verbout, Andrew Oslund, Tera Nordby, Clinton Brobst, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance.  
Motion by Andrew Oslund, second by Jeremy Rychlock, to

School Board Mins... Continued on page 3

Memorial Day A Time Of Remembrance  
Memorial Day was first observed in 1868 for the purpose of decorating the graves of those who died in the Civil War. Since our nation began in 1776, over a million soldiers have given their lives for our country.  
We now observe Memorial Day the last Monday in may. This Memorial Day we remember the brave men and women who fought and died so we may live in freedom.  
American State Bank will be closed Monday, May 27th in observance of Memorial Day.

ASB AMERICAN STATE BANK  
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What's the Difference?  
There are four things different between Picture A and Picture B. Can you find them all?

A  
B  
Answers: 1. Missing glasses on wall 2. Extra statue in background 3. Picture frame is empty 4. Boy's shirt is all one color

THIS DAY IN...  
HISTORY  
• 1804: THE LEWIS AND CLARK EXPEDITION OFFICIALLY BEGINS.  
• 1840: THE PRACTICE OF TRANSPORTING BRITISH CONVICTS TO NEW SOUTH WALES IS ABOLISHED.  
• 1942: MEXICO ENTERS WORLD WAR II, JOINING FORCES WITH THE ALLIES.

New Word  
CORNEA  
transparent layer forming the front of the eye

Did You Know?  
EIGHTY PERCENT OF ALL VISION PROBLEMS WORLDWIDE ARE AVOIDABLE OR EVEN CURABLE.  
Can you guess what the bigger picture is?  
ANSWER: PHOTOPHOTOMETER TO MEASURE EYES

GET THE PICTURE?  
Can you guess what the bigger picture is?  
ANSWER: PHOTOPHOTOMETER TO MEASURE EYES

## Goodridge High School Senior Profiles



**Jacob Tharaldson**  
 Family: Joanne and Gerry Tharaldson  
 Favorite high school activity you were involved in: Basketball  
 Best place you've ever vacationed/visited: Iowa  
 What would you rate a 10 out of 10: Food  
 Last thing you recorded on TV: Good TV shows  
 If you didn't have to sleep, what would you do with the extra time: Hunt  
 What website do you visit most often: Amazon  
 What are some small things that make your day better: Rest  
 Who would you meet at Starbucks for a cup of coffee: Labron James  
 Future plans: Work and get a house.



**Justin Anderson**  
 Family: Dan Anderson, Lori Anderson  
 Favorite high school activity you were involved in: Robotics  
 Best place you've ever vacationed/visited: South Dakota  
 What would you rate a 10

out of 10: Food  
 Last thing you recorded on TV: TV shows  
 If you didn't have to sleep, what would you do with the extra time: Work  
 What website do you visit most often: Amazon  
 What are some small things that make your day better: Sleep  
 Who would you meet at Starbucks for a cup of coffee: I don't drink coffee.  
 Future plans: Work and get things I want.



**Mercedes Coan**  
 Family: Robert, Deanna, Mariah, Spencer & Morgan Coan  
 Favorite high school activity you were involved in: Close Up  
 Best place you've ever vacationed/visited: New York City  
 What would you rate a 10 out of 10: Libby Johnson  
 Last thing you recorded on TV: Spongebob  
 If you didn't have to sleep, what would you do with the extra time: Probably fight with Spencer and watch YouTube or Snapchat.  
 What website do you visit most often: Google Translate & YouTube  
 What are some small things that make your day better: Mint gum, my phone staying charged, a snap from Maloni, getting a good grade on a test.  
 Who would you meet at Starbucks for a cup of coffee: James Charles  
 Future plans: I will be working for Bill & Jeneane Stanley nannying this summer. For the Fall I will be attending University at Minnesota Crookston for Mass Communications & Environmental Science.

## Clean bird feeders to keep birds healthy

*Gaea Crozier, DNR non-game wildlife specialist*  
 Moldy birdseed and unclean bird feeders can make birds sick. Homeowners who enjoy feeding birds can takes steps now to help birds stay healthy, according to the Minnesota Department of Natural Resources.  
 In spring and especially in warm, humid weather, it is common for mold to form on wet birdseed. The mold can cause an avian disease called aspergillosis, which affects the birds' respiratory systems. Salmonella is another disease that affects birds and is associated with unclean feeders. Both diseases can be fatal to birds.  
 To clean a feeder, use a solution of one part bleach and nine parts water, and scrub the entire surface. Always allow the cleaned feeder to dry out in the sun, as the sunlight will help kill bacteria on the feeder. Hummingbird feeders should be cleaned about every week to 10 days during the summer, to keep the sugar water from producing mold.

Staff from the DNR Non-game Wildlife Program urges bird enthusiasts to also rake or sweep up any fallen seeds and seed hulls under their feeder to prevent moldy conditions from occurring on the ground. Seeds left on the ground can also attract meadow voles, house mice, other rodents, raccoons, deer and even bears.  
 Keep the feed dry by using a hopper-type feeder or a fly-through feeder, and always scrape out old seed that accumulates in the corners. Tray feeders with a screen bottom will allow seeds to dry out from above and below after a rain shower, but thick layers of seed could still trap moisture, so consider more frequent fillings with less seed.  
 More information about bird feeding is available at mndnr.gov/birdfeeding. Books about attracting and feeding birds include, "Wild about Birds: The DNR Bird Feeding Guide" and "Landscaping for Wildlife." These books were made possible by donations to the Non-game Wildlife Fund.

## Grygla City Council approves April Meeting Minutes last week

The May meeting of the City Council was held at the Grygla Civic Building on Monday, May 13th. Council members approved the April 8th 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](http://www.grygla.govoffice2.com)  
 April 8th minutes  
 The meeting was called to order, at 7pm by Mayor Mosher with the following council members present: Gavin Nordby, Lindsay Oslund and Robert Thompson. Absent: Dave Dunrud. Also present was 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 in-

cluded:  
 TRAILER  
 Still looking for trailer options.  
 COMMUNITY CENTER  
 Nothing new to report at this time.  
 PLAYGROUND EQUIPMENT  
 Still waiting to hear from Kaboom on grant.  
 MOTEL  
 There's nothing new to report at this time.  
 BULK WATER METERING  
 There's nothing new to report at this time.  
 SOUTH ADDITION  
 There is nothing new to report at this time.  
 TENNIS COURTS  
 Thompson is waiting to hear back from Dakota Fence  
 LOT 11 & 12 BLOCK 1 HYLLAND'S ADDITION  
 There is nothing new to report at this time.

## Grygla High School Senior Profiles



**Peyton Verbout**  
 Family: Parents Jimmy and Brandi, Brother Tucker, Sister Shantel  
 Favorite high school activity you were involved in: Football  
 Best place you've ever vacationed/visited: Valley Fair  
 What would you rate a 10 out of 10: Pepsi  
 Last thing you recorded on TV: Yellowstone  
 If you didn't have to sleep, what would you do with the extra time: Enjoy life  
 What website do you visit most often: Cabela's  
 What are some small things that make your day better: Making jokes with my friends.  
 Who would you meet at Starbucks for a cup of coffee: Something besides coffee – Hank Jr. or Eric Church  
 Future plans: Go to UMC for a degree in Agronomy.

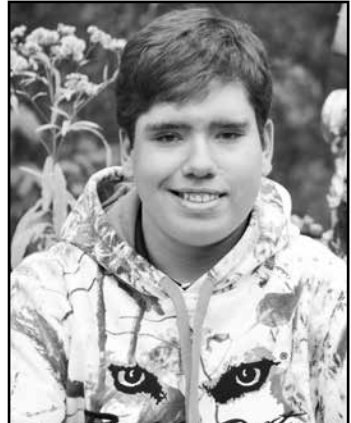


**Jake Ahlbeck**  
 Family: Clayton and Tammy Ahlbeck  
 Favorite high school activity you were involved in: Robotics  
 Best place you've ever vacationed/visited: Louisville, KY  
 What would you rate a 10 out of 10: Beef Jerkey  
 Last thing you recorded on TV: Rick & Morty  
 If you didn't have to sleep, what would you do with the extra time: Work or be outside.  
 What website do you visit most often: Amazon  
 What are some small things that make your day better: Jokes  
 Who would you meet at Starbucks for a cup of coffee: Grandparents  
 Future plans: Attend Alexandria Technical & Community College for Machine Tool Technology.



**Sarah Suchoski**  
 Family: Kristi, Clayton and Aria

Favorite high school activity you were involved in: Yearbook or Forever Friends  
 Best place you've ever vacationed/visited: San Diego, CA  
 What would you rate a 10 out of 10: Sweatshirts or blankets  
 Last thing you recorded on TV: NCIS: Los Angeles  
 If you didn't have to sleep, what would you do with the extra time: Read or travel  
 What website do you visit most often: Spotify  
 What are some small things that make your day better: Chocolate and music  
 Who would you meet at Starbucks for a cup of coffee: James Charles and Jeffery Star  
 Future plans: I plan on working over the summer then go to UND in the fall and study nutrition.



**Gavin Skime**  
 Family: Darwin and Teri  
 Favorite high school activity you were involved in: Band and Choir  
 Best place you've ever vacationed/visited: Florida  
 What would you rate a 10 out of 10: Spending time with family  
 Last thing you recorded on TV: Harry Potter  
 If you didn't have to sleep, what would you do with the extra time: Ride Fourwheeler  
 What website do you visit most often: YouTube  
 What are some small things that make your day better: Friends and family  
 Who would you meet at Starbucks for a cup of coffee: Chuck Norris  
 Future plans: Work at a restaurant and make money, buy a house and a Dodge pickup.



**Keyton Klein**  
 Family: Kelly and Tammy Klein  
 Favorite high school activity you were involved in: High Mileage  
 Best place you've ever vacationed/visited: Wisconsin Dells  
 What would you rate a 10 out of 10: Dodge and farming  
 Last thing you recorded on TV: Dukes of Hazzard  
 If you didn't have to sleep, what would you do with the extra time: Late night drives and basketball  
 What website do you visit most often: YouTube  
 What are some small things that make your day better: Basketball, friends and family  
 Who would you meet at Starbucks for a cup of coffee: Earl Dibbles, Jr.  
 Future plans: Work, get a house, have a family

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

Whataboutism \hwuht-uh-bou-tiz-uhm\  
*noun*

1. A conversational tactic in which a person responds to an argument or attack by changing the subject focus on someone else's misconduct, implying that all criticism is invalid because no one is completely blameless.

### A Note from Principal Lunsetter's Desk

*"If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success."*  
**~John D. Rockefeller**

Nobody exemplified this quote more than the man who said it. He literally built an entire industry out of oil, where there wasn't one before. It made him into the wealthiest man in the history of the United States. With that wealth, he was also able to help revolutionize other industries including Science and Medicine. He came from humble beginnings, but was successful because he worked hard, had a vision and was willing to take calculated risks when the opportunities presented themselves. His ethics maybe weren't always the most pure, but his determination is certainly something that we should strive for in our own lives. The ability to always move forward, never allow anything to get in our way, and continue to find new doors to open is a quality that we should all be working towards. Continue looking for new challenges in your own life, and exploring things that you are passionate about. Keep learning and growing, and happiness will ultimately follow.

### School Board Mins... Continued from page 2

approve the agenda as presented. Passed 6-0. Minutes of the 2/20/19 regular school board meeting were approved as printed. Motion by James Verbout, second by Karina Tinnes, to approve payment of the bills check #36616 through check #36685 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund \$132401.16 MSDLAF \$1321479.30 Food Service \$4411.81 Checking \$108737.12 Community Service \$1710.36 Trust \$0.00 Scholarship \$0.00 Total \$138523.33 Total \$1430216.42

Student Report: Given by Abby Kiesow. The band and choir both received "Excellent" ratings at the contests in Greenbush. Driver's Education started last week in Goodridge. On Tuesday, the 5th grade went to Norris Camp, where they snowshoed and saw two moose. On Wednesday, Art students went to Fosston for the Visual Arts Festival. Many students received "Excellent" and "Superior" ratings, as well as "Best in Show." The sophomores recently attended a Career Fair at NCTC. The 10th grade took the Accuplacer today for OCHS classes. The elementary basketball night and ECFE fundraiser was tonight. This Friday is the end of the 3rd quarter. Saturday is the alumni basketball tournament. Next week is Spring Fling, with dress up days every day, hallway decorating, a food drive for the Grygla Food Shelf, and coronation at 2:40 pm on Friday. Tuesday, March 26th is vocal ensembles at Stephen. Mr. Lunsetter, Elise, Maci, Bailey, Courtney and Jared will be attending. There is a Junior High Knowledge Bowl meet in Thief River on Wednesday, March 27th. Robotics also leaves for the National Tournament in Council Bluffs, Iowa on Wednesday. Monday, April 8th is the Winter Sports Banquet in Goodridge at 7:00 PM. Track also begins on Monday, April 8th.

Teacher Report: Jean Schulz and Renae Westbrook. The ECFE fundraiser was a success tonight, along with Elementary basketball night. Our ECFE program donated \$2000 to the ECI-Marshall County Dolly Parton Library. The elementary students took a trip to DigiKey in Thief River Falls. They were able to tour the facility, and also made robots out of a solo cup, small motor and popsicle sticks. Mrs.

Westbrock thanked the board and the communities for the opportunity to teach and live here, as they now look to the next chapter in their lives.

Principal Report: Presented by Mr. Lunsetter. The Drama Club has started rehearsals for the spring play under the direction of Audrya Nelson. Mr. Lunsetter also submitted a proposal for make-up storm days. Under the proposal, the two storm days in the calendar would be used. In addition, staff would make up two extra days to fulfill their 180 day contract, and two student days would be forgiven. New girls basketball and volleyball jerseys are being ordered. BSN has also provided an incentive to purchase uniforms in them, which would result in the Goodridge and Grygla schools receiving \$5000 in Nike cash each year for the next five years. The 6th grade trip is up for review. Track season will be starting on April 8th, and the track schedule was given out. The 19-20 School Calendar was presented for review. The bus inspection went very well, thanks to Wayne and Jake's dedication to maintaining our bus fleet. We are currently exploring our options for bus purchasing, and possibly selling one of our route buses. The Senior class trip is up for approval later in the meeting. An update was given on our winter heating season. We are on track to save over 2,000 gallons of fuel from last year.

Superintendent Report: Mr. Clow reported that bus #4 received new rotors and brakes, #8 new rotors and calipers, and engine brakes were installed on buses #7 and #8. Mr. Clow also thanked the board for 21 great years, with his resignation up for approval later in the meeting.

Motion by Tera Nordby, second by Andrew Oslund, to approve the Senior class trip as presented. Passed 6-0. Motion by Jeremy Rychlock, second by James Verbout to accept the resignation of Galen Clow, Superintendent, effective August 1, 2019. Passed 6-0. The board extends it's very sincere best wishes and thanks Mr. Clow for his years of service.

Motion by Karina Tinnes, second by Tera Nordby, to accept the following donation: \$613-Midway USA Foundation-trap shooting donation Passed 6-0.

Trustee Reports: None  
 Meeting adjourned at 8:54 p.m. Next school board meeting time and date: 4-18-19, 7:00 p.m.

### ► SIMPLY DELICIOUS

*Written and made by Kari Sundberg, Eagle Editor*  
 Banana Peanut Butter Chocolate Chip Ice Cream

What a mouthful – there has to be a better name for this somewhere out there!? Nonetheless, it's delicious and not that packed with calories where you'll feel guilty for having an extra scoop! I made this last week after seeing the recipe online and I felt like it was super gourmet and unique. Have at it and let me know what you think!

**Ingredients**  
 3 bananas  
 ¼ cup peanut butter  
 ½ to ¾ cup plain almond milk (or regular milk)  
 1/3 cup chocolate chips  
 Cut your bananas into slices and lay them on a parchment-lined cookie sheet. Freeze for 30 minutes. Then place frozen banana slices, peanut butter and milk into a blender. (The recipe calls for almond milk in an attempt to keep this vegan, but 1) I don't care about that and 2) I didn't have any almond milk on hand, though I some-

times do as it makes for a great coffee creamer. I used 2% milk as a substitution.)

Blend on high until a smooth consistency has formed. If it seems too thick, add the remaining milk. Add in chocolate chips and pulse to combine. Transfer to a parchment-lined bread pan to freeze for ice-cream like consistency. Freeze for about 3-4 hours. To serve this up extra fancy, place in a little dish and drizzle melted peanut butter and more chocolate chips over the top.



Wednesday, May 22, 2019

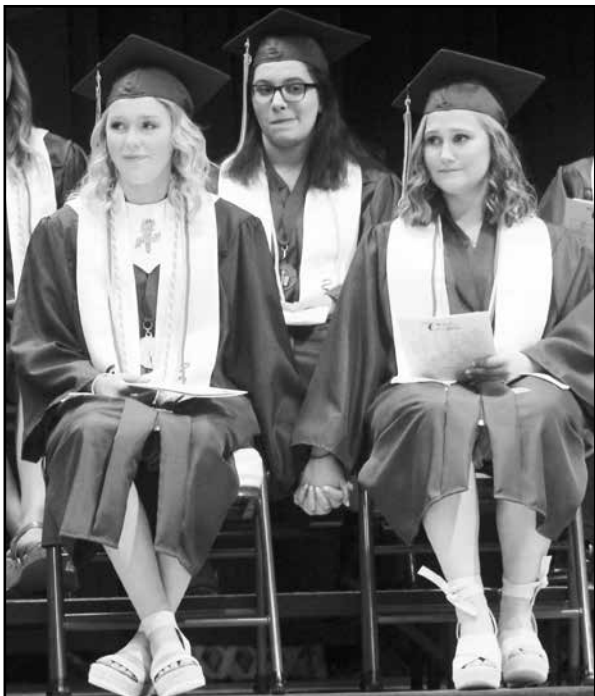
# Goodridge High School Class of 2019



Twin brothers Andrew and Aaron Jones, left. Kaleb Sjulestad is pictured above right.



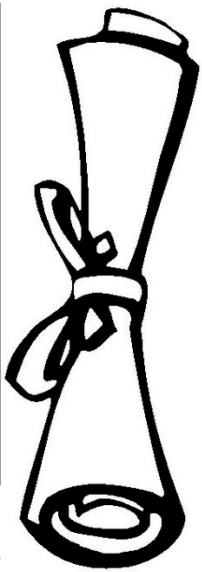
L-R: Friends and classmates Dylan Wold, Jacob Tharaldson and Kaleb Sjulestad during the Graduation Processional.



## Commencement Program Saturday, May 18, 2019



Liberty Johnson, Valedictorian, gives the graduation address last Saturday. All graduation photos by Grygla Eagle Newspaper.



Cynthia Sampson with her family during the Presentation of Flowers. The Goodridge Class of 2019's motto is: This is the beginning of anything you want.



Justin Anderson receives his diploma from School Board Member John Lovly.



Donna Quam presenting Madilyn Race, Salutatorian, with the Larry & Mavon Vigen Memorial Scholarship.



Among the scholarship winners were Mercedes Coan and Liberty Johnson, both of whom were recipients of the Jacob Quam Successful Youth Education Scholarship for \$1000 each. Mercedes is pictured with Tommy Quam, who presented the scholarship in memory of his son Jacob.



Superintendent Galen Clow with Dylan Wold.

# Grygla High School Class of 2019



Abby Kiesow, left, gave the Welcome at Graduation last Sunday. Payton Grandstrand, right, during the Presentation of Scholarships.



## Commencement Program Sunday, May 19, 2019



Jaden Kiesow with his family during the Flower Presentation. The Grygla Class of 2019's motto is: I think I am quite ready for another adventure.



Lucian Tinnies, Cheyenne Irlbeck, Olivia Tykward and Jaden Kiesow give the Class History at Graduation.



Anthony Loken, left, was among the recipients of a \$250 scholarship from Grygla Farmer's Union/Ag. On the right, Gavin Skime receives "congrats" from attendees!



Sarah Suchoski with her grandpa, Ray Benson.



Left: Peyton Verbout and Jake Ahlbeck during the Graduation Processional. Right: Keyton Klein receives his diploma.



Olivia Tykward and Ethan Englund walk to the stage.



The Grygla Class of 2019 sang "Back Home" last Sunday afternoon.



The Flower Presentation is emotional for many families at graduation time. Pictured above, Cheyenne Irlbeck gives her sister, Sierra, a hug.