



 Today Cloudy H 60 L 48	 Thurs Tstorms H 57 L 48	 Fri Showers H 54 L 41	 Sat Partly Cloudy H 69 L 52	 Sun Partly Cloudy H 72 L 56
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A look at next week ... Meet our 2019 Charger's Homecoming Royalty!

Meet the new teachers at the Goodridge & Grygla Schools



Derek Gieseke, Principal at Grygla School.

Grygla School

In addition to the three new faces in Grygla above, some other changes in the Grygla School include Beth Kucera coming back to teach Business/Computer classes, along with some Math classes. Jana Nelson switched positions and is now teaching 5th grade. Katie Brobst is also now teaching Head Start; she was previously teaching in Goodridge. The new Superintendent at the Grygla School is Jamie Lunsetter, who was previously serving as the Principal. Names and changes provided by Jamie Lunsetter, Grygla School Superintendent.

Derek Gieseke

What is your new position at the school? Principal

What/where were you previously teaching? Social Studies in Hibbing, MN

Educational background? Undergraduate degree in History and Social Studies from UND, Master and Specialists in Education Leadership Degrees from MSUM.

Where are you living? Over by Neptune Bridge.

Family? My wife's name is Kristi. Our daughters are Adalyn (3.5) and Faith (11 months).

What attracted/drew you to your new position/school? Closeness to home and great community to raise our kids.

Describe your teaching style? I work tirelessly to bring out the best of the people I work with.

What goals have you set for your first year? Make great relationships with my staff, students AND families.

Five adjectives that describe you? Happy, lighthearted, positive, hard-working, caring.

What interests/hobbies do you have outside of the classroom? I love the playing with my girls, outdoors, hunting, fishing, riding wheelers, watching/talking football and baseball, especially the Vikings and Twins!

If you could trade places with anybody for a week – who would it be? Someone with a lot more money and a lot more down time!

Megan Larson

What is your new position at the school? I am student teaching in 4th grade for 12 weeks and preschool for 4 weeks.

What/where were you previously teaching/working? I coached for Community Ed in Bemidji for 2 years.

Educational background? I attend(ed) Bemidji State University for elementary education with a pre-primary endorsement and coaching certificate.

Where are you living? I recently moved into my own home by Gatzke.

Family? My parents are John and Dawn. I have 2 brothers (Jordan and Brayden), 1 sister (Katelyn), and 2 sister-in-laws (Lyndsey and Caitlin). I have an almost 2 year old



Megan Larson and Brandon Bakken, Student Teachers at Grygla School.

niece (Lola) and another niece due in November.

What attracted/drew you to your new position/school? Ever since my sister Katelyn transferred here in 8th grade, I have been attracted to the school because of the way they make you feel a part of a family. After BSU I knew I wanted to come back home and I knew I wanted to do my student teaching in Grygla so I could also coach volleyball.

Describe your teaching style? I love doing things hands on with students to get them moving and involved. I also like to have my students know that this is their classroom not mine so they are involved with creating expectations and making decisions about what we do.

What goals have you set for your first year? During student teaching I hope to grow my own style of teaching and learn everything I can from Mrs. Sundberg and Ms. Katie/Ms. Susie.

Five adjectives that describe you? Brave, eager, outgoing, reliable, and motivated.

What interests/hobbies do you have outside of the classroom? I enjoy coaching (volleyball and basketball), farming with my dad, deer hunting, and snowmobiling.

If you could trade places with anybody for a week – who would it be? I would trade places with Joanna Gaines.

Brandon Bakken

What is your new position at the school? I am going to be student teaching in Phy Ed and Health classes with Brady Olson.

Where were you previously working? I was previously taking my classes for my degree at Bemidji State University.

Educational background? I graduated high school from Goodridge in 2015, Northland Community College in 2017, and after this fall when I finish student teaching, I will be all done with BSU, although they let me walk last May.

Where are you living? Currently live at home, but am moving out in early October.

Family? My parents are Jeff and Deonne Bakken and I have 2 brothers, Brett and Brady.

What attracted/drew you to your new position/school? I have always liked sports and being active so I just thought that becoming a Phy Ed and Health teacher would be a nice fit. It is nice to be close to home and in a smaller school setting. I like the area so I was glad that I got placed here at Grygla School.

Describe your teaching style? I haven't really had my own class yet, so I am sure I will find out more about that this semester. I hope to be the teacher that can build relationships with my students and get to know them, but when needed, I can also have good classroom management.

What goals have you set for your first year? Well, I hope to pass the edTPA that we have to do while student teaching, and

then get my licensing done, since I have already passed all my licensure tests. I then hope to get a job in the area after student teaching, or if possible substitute teach until I find something.

Five adjectives that describe you? Energetic, Weird, Funny, Honest, Outgoing.

What interests/hobbies do you have outside of the classroom? I farm with my dad so that keeps me pretty busy whenever I am not working, but when I do have time, I love to play basketball. When I was in college I sometimes got in the habit of binge watching some Netflix series, but in the summer, like I said earlier, I am busy farming so I don't get to watch as much as I would during the school year.

If you could trade places with anybody for a week – who would it be? I wouldn't mind trading places with any professional athlete just to see how it really is for them. I have not and never will see the kind of money they make so It would be pretty cool to feel what it's like to live their life. I would love to play just one week of football or of a basketball season and make the money they do in that span because that could last me a long, long time in my rural lifestyle.

Goodridge School

In addition to the new face in Goodridge, above, some other changes in the Goodridge School include Deb Farris coming back to do Special Education. Alyssa Nelson switched positions and is now teaching Preschool. Alissa Hruby is now the Social Worker; she was previously at the Grygla School. Connie Stinar also switched positions to Head Cook. The new Superintendent at the Goodridge School is Tomas Loberg, who was previously teaching Social Studies in the Goodridge High School. Names and changes provided by Becky Carlson, Goodridge School Principal.



Stephanie Olson, English Teacher in Goodridge.

Stephanie Olson

What is your new position at the school? I will be teaching English for grades 7-12.

What/where were you previously teaching? I previously taught art workshops and residencies.

Educational background? I earned my English BA from the University of North Dakota and my Writing MFA from Hamline University.

Where are you living? I live on a fourth-generation family farm between Goodridge and Thief River Falls.

Family? My husband, Krist, and I have two children, Fia (age 6) and Teddy (age 5.) We also have three dogs and a cat.

What attracted/drew you to your new position/school? Writing has always been a passion of mine. The opportunity to teach within my favorite subject seemed like kismet.

Describe your teaching style? My teaching style is heavily influenced by my experiences in the arts. I aim to be both instructor and guide and to meet students where they're at.

What goals have you set for your first year? I hope build a strong foundational relationship with my students that we can build on during the rest of their high school careers.

Five adjectives that describe you? My five adjectives: bright, artsy, kind, driven, nerdy.

What interests/hobbies do you have outside of the classroom? A lot of my "spare" time is spent painting. I mostly use watercolor so that my kids can paint with me without making an impossible mess. Some of my work is currently on display at the courthouse in Crookston.

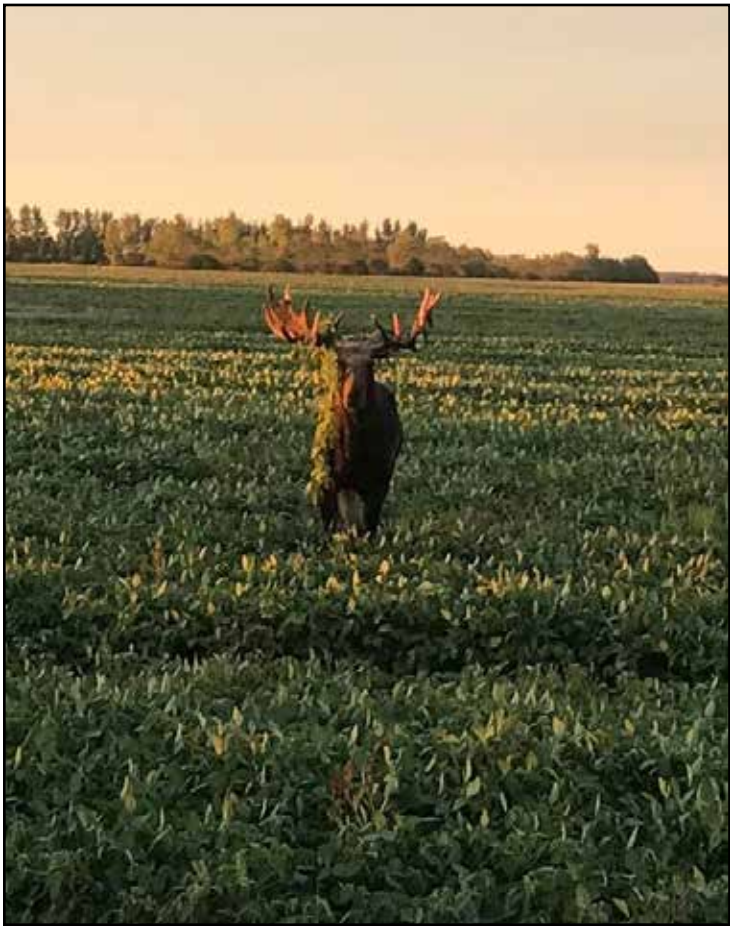
If you could trade places with anybody for a week – who would it be? I would trade places with our oldest dog! Not only does he sleep all day, but someone usually tucks him in. No chocolate would be hard, though!



Haack honored for 40 years of service

The Fourtown/Grygla Sportsman's Club hosted their annual youth firearm safety field day last Saturday at Grande Corner. This is the 9th year the range course has been held at the location 11 miles east of Grygla, along Highway 89. Many Sportsman's Club members and volunteers help make the range course a suc-

cessful one, including Donald Haack, Vice President of the Sportsman's Club, who was recognized for his 40 years of service as a gun safety instructor. He was presented with an award by MN DNR Conservation Officers, Jeremy Woinarowicz and Tony Elwell. *Photo courtesy of Robert Sundberg*



This huge bull moose was spotted last Saturday morning by Richard Vraa's house – right off Highway 1 by the Goodridge Corner. *Photo courtesy of Courtney Salo*

Bags and Brats

The Grygla JCC's will be hosting a bean bag tournament this Sunday, September 15th, at 3:30pm at the picnic shelter by the school park. The time is a little later to this go around

so all the Vikings/Packers fans can still come out for some fun. The cost is \$10/team – open to all ages. Brats, chips and water will be provided and all are welcome!



Jennifer Arveson captured this great photo at the football game last Friday afternoon in Lancaster. For the game recap, and to meet this year's football team, turn to page 3!

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Sept 11: 4pm Hymn Comm., 8pm Grace Council
Thursday, Sept 12: 1pm Grace Circle
Sunday: Grace: 9am Worship followed by Grace WELCA meeting OS: 9:30 SS, 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Sunday: UL: 8:30am Worship, 9:30 SS OS: Calendar not yet received

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Pastor Kristin Dahlen Ostercamp
Wednesday, Sept 11: 9th grade Confirmation Class 7pm
Sunday: Faith: 8am Church Council, 8:30 Worship, 9:45 SS Bethany: 9:45am Worship, 10:30am SS Ekelund: 9:45am SS, 11am Worship, Church Council to follow

THE CATHOLIC COMMUNITIES OF St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday: St. Clement's: 10:15am St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday: 8am Worship

LIBERTY CHAPEL Grygla
Congregation-Led
Wednesdays: Bible Study 7pm
Sunday: 9:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Wednesday, Sept 11: 5-7pm Wed. School
Saturday: Mt. Olive: 9am Worship
Sunday: St. Petri: 8am Worship, 9:15 SS Nazareth: 8:30 SS, 9:45am Worship OP: 9:45 SS, 11am Worship

Community Calendar

Wed | Sept 11
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; September Senior birthdays at the Grain Bin Café 2:30pm; FB/VB practice in Grygla

Thurs | Sept 12
Grygla School Patrol Installation at 12:30pm; FB practice in Goodridge; VB game at Roseau

Fri | Sept 13
Senior Meals at Grain Bin Café 11am; VB practice in Goodridge; FB vs. WAO in Goodridge – Homecoming Game; Charger's Homecoming Dance at the Goodridge School 9pm-12am

Sat | Sept 14
JH VB Tourney in Roseau; JV VB Tourney in Lancaster; Varsity VB Tourney in Warren

Sun | Sept 15
JCC's Bags and Brats Tourney at 3:30pm

Mon | Sept 16
Senior Meals at Grain Bin Café 11am; VB practice in Grygla; JH/JV FB at Warren

Tues | Sept 17
FB/VB practice in Grygla

FOURTOWN FALL CLEANUP EVENT
Saturday, September 21, 2019
10AM to 1PM (or until all containers are filled up)
Location: Fourtown Rural Site 68030 HWY 89 NW
Residents are expected to assist in unloading their items
FREE: Household Waste, Car Tires, E-Waste (Radios, Computers, Etc.), Appliances, Fluorescent Tubes, Household Hazardous Waste, AG Wrap (Recapture Bags), Batteries, Scrap Metal
NOT FREE: Demolition Debris (\$12 Per Yard) By-Pass Material: Furniture Treated Wood, anything not considered Demolition Debris (\$24 per Yard) Large tires (truck and/or tractor) will cost: Semi Truck Tires: \$10 EA Tractor Tires: \$65 EA
Beltrami County Residents "Only." You must bring a copy of your property tax form in order to use this service.

Pine Cone Apartments
(Former Mar-Bell Homes)
1-2 Bedrooms available starting August 1st
Section 8 Approved.
Located in Grygla, MN
Call Dave at 507-381-2094

Public announcement

An election for a low income representative to be on the Board of Directors for Northwest Community Action Inc., will be held on Wednesday, September 25th from 11am-

Letter to the Editor

I was driving home from Viking days (really just a little Rollag) right here in our own Marshall County. I thought – my, what a special, gifted, hard-working county Marshall County really is. All summer long almost each small town in the county is having “their days” to celebrate our communities and they draw people from afar every year. THINK OF IT AS REGULAR AMERICANA----those events built America by our ancestors and our folks are still doing them--wow.
From north to south and east to west there is a community celebration almost weekly and almost every community does their own celebration. Not many people live here but every year they make it happen.. great going to all.

I hear the same excitement from all over the county area to make our veterans memorial park happen but what really excites me is everyone's veteran story can be recorded and told for all history to learn about our “kids” who served our country in peace time and in war itself. Our chairman Russ Steer with vision has this project going with a big “GO.” I know it will happen.
“A NATION REVEALS ITSELF NOT ONLY BY THE MEN AND WOMEN IT PRODUCES.....BUT ALSO BY THE MEN AND WOMEN IT HONORS AND REMEMBERS.” - American Battle Monuments Commission
Whether your loved one is a story or a cross, “TIME WILL NOT DIM THE GLORY OF THEIR DEEDS.”
Thank you and congratulations Marshall County area people.
Don Loeslie, Warren, MN

Stand by me

It's Homecoming Week at Grygla and Goodridge Schools! Due to the timing of the newspaper print date, we are unable to announce the King & Queen until next week, but Coronation took place just this week on Monday at both schools.
Grygla Homecoming Court attendants are: (Seniors) Elise Monson, Daria Waletzki, Maci Bakken, Cory Eeven, Hudson McMillin and Evan Fish. (Juniors) Mya Anderson and Jared Haack. (Sophomores) Ellie Sabourin and Tucker Verbout. (1st Grade) Jasmine Needham and Keston Klaskan.
Dress-up days for the week will be Monday American, Tuesday Rivals, Wednesday Pink, Thursday Jersey Day and Friday Spirit Day.
Goodridge Homecoming Court attendants are: (Seniors) Katerina Groven, Maloni Henrickson, Amy Wiskow, Jordan Horachek, Blake Jensen and Zach Marquis. (Juniors) Kansas Jensen and Moses Jensen. (Sophomores) Kjerstin Nelson and Jolson Sargent. (1st Grade) Isabella Johnsrud and

Samuel Dale.
Dress-up days for the week in Goodridge will be Monday Jocks & Hicks; Tuesday Fake an Injury; Wednesday Meme Day; Thursday Dynamic Duo; Friday Spirit Day
Charger's athletics for the week of HoCo: Monday, September 9th, there was a 7/8 grade volleyball game in Grygla and JH/JV football vs. KCC also in Grygla. Tuesday, September 10th, was the Charger's Homecoming Volleyball game vs. Clearbrook/Gonvick in Grygla. There is another volleyball game on Thursday evening this week – away at Roseau. Friday, September 13th, will be the Charger's Homecoming Football game vs. WAO in Goodridge, followed by the 7-12 grade dance at the Goodridge School from 9pm-12am.
The Homecoming Courts will be announced on Tuesday night's volleyball game in Grygla before the varsity game, and also prior to Friday night's game in Goodridge. Attendants are to be to the games at 6:30pm.

A note from Superintendent Jamie Lunsetter

Thank you everyone for a great first week of school! It's been awesome to have all of you and our kids back together again. It is our job (and we do a great job of it) to teach our kids that this quote is more than just a group of words...it is reality.
When we have a clear vision of what we want our future to become, all of the steps leading up to that also begin to reveal themselves. We are able to set our priorities where they should be: Faith, Family, School/Profession, then everything else.
When we believe in something with all our soul and all our mind, we find a way to make it happen. There are no obstacles that can't be overcome. We seek out people around us who will believe in us and our goal, and help us along the way. We surround ourselves with people we know we can trust. Because of this, we are not only ultimately responsible for our own successes/failures, but we also have the ability to help others up when they're down, and get them back on track.
Take some time to look around today and see what we can do for others!

U.S.P.S. No. 002330
Grygla Eagle
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg- EDITOR
Phone 294-6220
—SUBSCRIPTION RATES—
\$30 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$40 per year outside of the area
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The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

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Junior High Girls Basketball Opening
The Goodridge and Grygla School Districts have two Junior High Girls Basketball Coaching vacancies. If you are interested, please contact Tomas Loberg at 218-378-4133 or Jamie Lunsetter at 218-194-6155. Positions are open until filled.

Back to School Screening

A free vision screening for children 3-18 years old will be taking place on Wednesday, September 18th, from 4-7pm at Sanford Health Eye Center in Thief River Falls. For more information, call 683-3937.

FARMLAND FOR SALE ON BIDS
115.40 tillable acres located in Cedar Township Marshall County, Minnesota.

Legal Description: The S1/2 of the SE1/4 Section 9 and the SW1/4 of the SW1/4 of Section 10 Cedar Township, Marshall County, Minnesota. The Loerzel property.

Parcel Identification Number: 07-0050-000 and 07-0049-000.
This parcel contains approximately 120 acres, of which approximately 115.40 is tillable.

BID PROCEDURE: Sealed Written Bids will be received by Rokke, Aandal & Associates, PLLC, law office, P.O. Box 159, Warren, MN 56762, until 5:00 p.m. on September 26, 2019. Bids should be for the total dollar amount, and not per acre. Those submitting the five highest written bids will be invited to participate in a final oral bidding to be held at Rokke, Aandal & Associates, PLLC in Warren, Minnesota on October 01, 2019.

TERMS OF SALE AND CLOSING: A 10% earnest money check will be required by the successful bidder upon placing the highest bid at the oral bidding, with the balance due within 60 days. Seller will provide a continued abstract evidencing marketable title. Seller will convey the property by Warranty Deed at closing. Seller reserves the right to reject any and all bids.

Coloring page with school supplies and the text 'kids' corner'.

HEALTH FACT: THIS BREAK FROM CLASSWORK, WHICH PROMOTES PHYSICAL FITNESS, IS COMMONLY PART OF THE SCHOOL DAY.

Creative Coloring: Celebrate a return to the classroom. Color in this picture to create your own masterpiece. Image shows a backpack, books, and school supplies.

THIS DAY IN... HISTORY
SEP 9
• 1776: THE CONTINENTAL CONGRESS OFFICIALLY NAMES ITS UNION OF STATES "THE UNITED STATES."
• 1940: GEORGE STIBITZ PIONEERS THE FIRST REMOTE OPERATION OF A COMPUTER.
• 2015: ELIZABETH II BECOMES THE LONGEST REIGNING MONARCH OF THE UNITED KINGDOM.

New Word LESSON
a period of teaching

Exciting Changes Are Happening At American State Bank!

Effective October 7, 2019, we are happy to announce the arrival of our new banking software, our online banking platform and updated website!
We have been working hard to make things better and easier for you. We realize that change can be hectic and challenging for you, but we think you will like what we will be offering.
You may not notice many external changes, except that your bank statements will have a new look, our website will be new, improved, and easy to navigate. Our online banking and Mobile App will look different, but will still offer what you have come to rely on.
Coming in the near future, we will be happy to offer Mobile Deposit Banking! Yes, you will be able to take a photo of your checks and make a remote deposit. You will also be able to make Person-to-Person transfers with your phone app.
We ask for your understanding as we learn our new systems so we can serve you in the best ways possible and assist you with any questions you may have.

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Grygla, MN 56727-0078 FAX (218) 294-6239 FAX (218) 687-2328

How they SAY that in...
ENGLISH: Learn
SPANISH: Aprender
ITALIAN: Imparare
FRENCH: Apprendre
GERMAN: Etwas lernen

Did you know?
FOR SAFETY REASONS, STUDENTS SHOULD NOT SHARE COMPUTER PASSWORDS OR IDENTIFICATION INFORMATION WITH OTHERS.

GET THE PICTURE?
Can you guess what the bigger picture is?
ANSWER: SPIRAL NOTEBOOK

Meet the 2019 Chargers Football & Volleyball teams



7th grade Volleyball
Front: Anna Sundberg. Sitting, L-R: Allie Sundberg, Emily Johnson, Morgan Coan. Kneeling: Ava Halvorson, Jamisen Wilson. Back row, L-R: Ava Sorvig, Maddy Thompson, Brooklyn Kriel, Coach Karlee Johnson. *All photos courtesy of Thoele Photography*



8th grade Volleyball
Front row, L-R: Molly Cullen, Ashlyn Nelson, Addi Severts, Kinsley Oslund, Chelsie Nelson. Middle: MiMi Johnson, Chesney Salo. Back row: Tiana Banasau, Coach Kaitlyn Olson, Carter Lee Johnsrud.



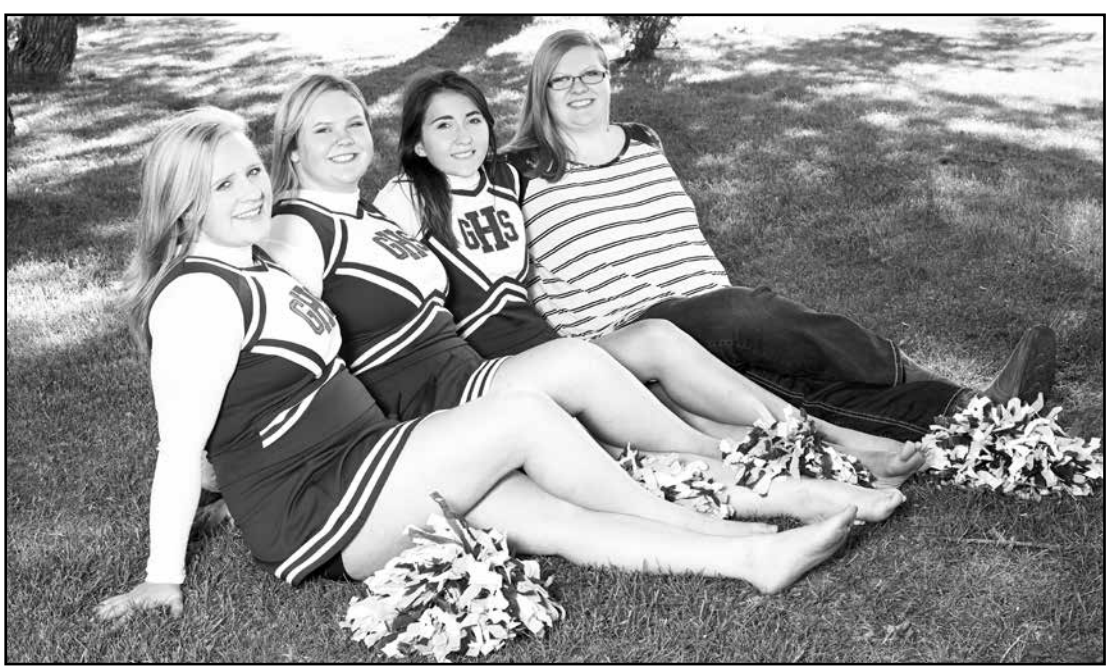
C Team Volleyball
Front: Jorja Salo Sitting, L-R: Ahna Stanley, Noelle Merrill, Jennah Henrickson. Kneeling: Sadie Anderson, Emily Carlson, Payton Homme, Zoey Fish. Back row: Coach Megan Larson, Brigitte Watne, Kia Klein, Kylie Delage, Manager Avery Moe, Coach Brenna Dallager.



Junior Varsity Volleyball
Front row, L-R: Sadie Anderson, Hannah Wilebski, Shantel Horachek, Kjerstin Nelson, Riley Saurdiff. Middle: Brigitte Watne, Zoey Fish. Back row, L-R: Coach Brenna Dallager, Hailey Knutson, Manager Avery Moe, Jamie Dougherty, Madison Paulson, Mya Anderson, Madison Cullen, Coach Megan Larson.



Varsity Volleyball
Front row: Chloe Kuznia, Amy Wiskow, Madison Cullen. Middle row: Vivian Coan, Daria Waletzki, Maci Bakken, Caitlyn Jacobson. Back row: Coach Katelyn Tharaldson, Jamie Dougherty, Maloni Henrickson, Mataya Sargent. Behind: Manager Avery Moe, Coach Megan Larson, Coach Brenna Dallager



Cheer Team
L-R: Courtney Vad, Bailey Watne, Hannah Seyller, Advisor Kass Nordby



Junior High Football
Front row, L-R: Spencer Coan, Brody Saurdiff, Brennan Parnow. Middle: Hunter Vad, Carson Rubischko, Kehan Nelson, Chase Manderud. Back row: Lewis Jones, Donny Johnsrud, Nick Hagen, Dominic Wilson, Blake Rychlock.

Chargers Volleyball has a 4-0 record with another win

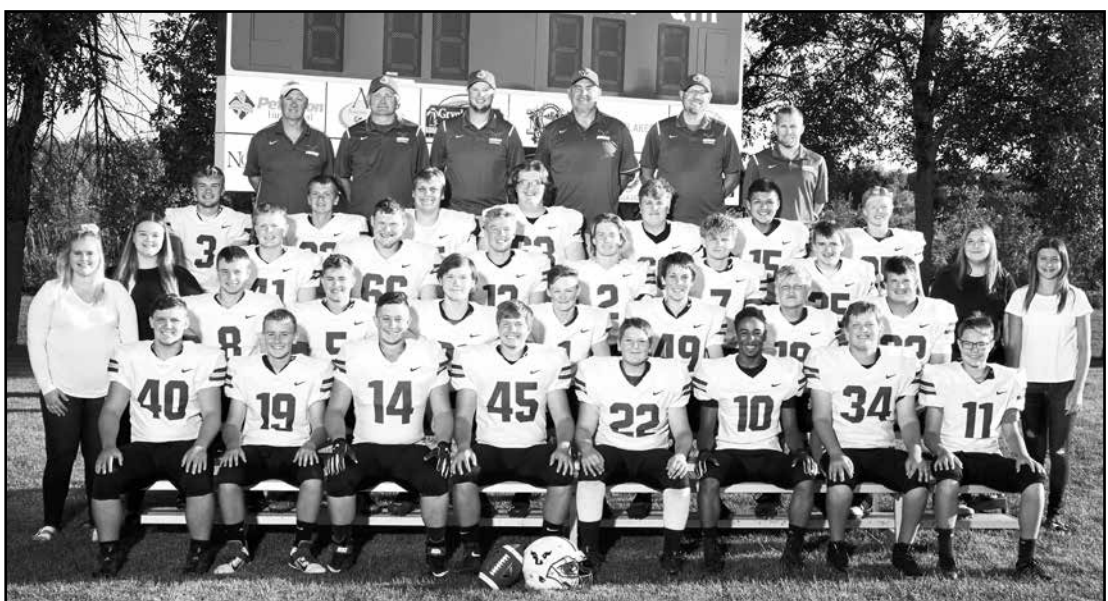
Correction: The Chargers Volleyball team is now 4-0. It was written last week that they had lost to RLF, but they won that game, to clarify and celebrate! WOOHOO!

The Chargers had another win last week against Warroad. It was there only game

of the week where they traveled north for the victory. Head Coach Katelyn Tharaldson says, "The girls played very well against Warroad. We've been working tirelessly on our coverage and overall skills of the game and in every set we can see it improving."

The game was held on Tuesday, September 3rd. Set scores with GG over Warroad were 25-12, 24-26, 25-14, 25-19.

GG Stats: Chloe Kuznia: assists 31, digs 14; Caitlyn Jacobson: aces 1, digs 11, kills 21, blocks 4



Varsity Football
Front row, L-R: Jolson Sargent, Elliot Philipp, Jared Haack, Levi Kiesow, Eli Sundberg, Moses Jensen, Justin Thompson, Sheldin Sundberg. Row 2: Manager Layla Jelle, Matt Busse, Kaylor Torgerson, Tre Alten, Blake Jensen, Dane Arveson, Thor Henrickson, Tucker Verbout, Manager Hannah Wilebski. Row 3: Manager Gracie Lunsetter, Reece Sundberg, Blake Passa, Riley Manderud, Nolan Anderson, Nick Groven, Andrew Loken, Manager Casse Alten. Row 4: Hudson McMillin, Ian Haugen, Gabe Arveson, Cory Clevon, Kyler Horgeshimer, Jordan Coan, Logan Knutson. Coaches in the back row: John Wilebski, Jason Grandstrand, Brady Olson, Mike Gast, Andrew Sundberg, David Lovly.

GG Football falls short to KCC

The Chargers ventured up to Lancaster last Friday afternoon for a game against KCC that ended in a 16-25 loss for us.

GG: 8 0 0 8=16
KCC: 6 0 12 7=25

Stats provided by Head Coach John Wilebski: Offensively Riley Manderud 3 yard TD & 6 yard TD run to cap the two scoring drives for the Chargers.

Andrew Loken led the rushing game for the Chargers with 30 carries for 201 yards and a 2 point conversion. Hudson McMillin was 3 carries for 19 yards. Matt Busse 6/19 yards. Jolson Sargent 1/3 yards. Riley Manderud 8 35 yards 2 TD's

one 2 point pass to McMillin passing 3-12 with 3 INT's

Defensively Andrew Loken & Hudson McMillin led the Chargers each with 9 tackles & Nolan Anderson had 8. Manderud had two fumble rec. Blake Passa 2 sacks & Jared Haack 1.

Passing receptions for the offense: McMillin had 2 rec for 11 yards. Jordan Coan had 1-8 yards. Matt Busse 1-7 yards.

"We controlled the whole first half leading 8-6. We had a couple chances late in the second quarter to put two more touchdowns on the board. A couple of penalties stalled the drives just inside the Bearcats 25 yard line just before half

time break.

I feel if we could've capitalized on even one of these opportunities the outcome would've been different. No one likes to have the final outcome with a loss, but we are more than happy with our teams effort & look to build on this game. Our young player's really stepped up and our great leadership from our experienced players was really nice to see. Chargers will host undefeated WAO this Friday. They are flying high coming off an upset win of state-ranked Stephen-Argyle," Wilebski concluded.

Here is where the journey is



A rest on Locke Island, which is right near the French Portage Narrows. All photos by Kari Sundberg

Written by Kari Sundberg, Eagle Editor

“The modern city-world system uses people to get work done. But here – here I’m using the work...to get myself done. What better work is there than that?” ~ Douglas Wood, The Forecast

I’ve been going back and forth with writing this since July and had made up my mind not to. However, I find myself sitting here bringing the story to life, after all, because the mood has struck and the moment is right.

The story is about one of my summer highlights at Laketrails Base Camp up on Lake of the Woods. Laketrails occupies its own island, right next to Oak Island, up at the Angle. Though it’s in Minnesota waters, it’s right by the Canadian border. I had one of the best experiences here this summer; when I left, I just had a feeling I’d be back.

That feeling was right because at this exact moment I’m back on the island sitting in front of a crackling, oversized, stone fireplace that’s awakening all of my senses. I’m so happy to be back at Laketrails, but for completely different reasons this time.

Let’s rewind a bit.

Something I’ve wanted to tackle and accomplish for a while now was a wilderness canoe trip. Some doubted I could and/or would do this, but it’s a layer to me that I knew existed; one that I wanted to peel back and explore. I had no previous experience with a trip like this, no equipment, a ton of hesitations, but a lot of eagerness to give it a go.

Laketrails Base Camp has been a teen wilderness canoe camp since 1952. Just this summer, they organized their first-ever adult “women’s only” canoe trip. Everything was provided: our guides, the canoes, food, tents, packs, etc. It seemed like the perfect opportunity and I was up for the challenge. My mom even signed up to go along with me. That was a whole other concern in itself. Haha. But it turned out to be exactly who I needed with me that week. She’s even back on the island with me right now, so I guess to sum it up: Laketrails is now our thing.

So let’s venture back to mid-July.

Over-packed and unsure,

my mom and I anxiously headed up to Young’s Bay at the Northwest Angle. After a 15 minute boat ride, the island came into view. Perched on the edge is a large bell that gets rung every time a boat or canoe approaches or leaves the docks. The bell is iconic here and there’s just something about the way it rings through your ears, traveling right to your heart.

We found out that our trip was made up of five women, along with three other female guides. After we all got acquainted and settled in, it was right to work. The group of us sat down with charts and maps and decided on a route. At various times, I questioned what I had gotten myself into and this was one of those moments. Our route the next morning would lead us into Ontario waters, ultimately bringing us up to Blueberry Inlet. This meant we would be paddling 80 miles in 5 days.

I silently panicked in that moment and thought, “What in the actual hell am I doing...”

Next on the agenda was to plan our menu for the week. What I thought would be a minimum amount of dehydrated food, ended up being completely the opposite. We might have roughed it in most other aspects, but definitely not with our food pack. We ate like kings that week, well, QUEENS, I guess.

Next up, we had to go through our bags. We all quickly found out just how much we had over-packed. The whole idea is to rough it and rid yourself of any “fluff.” This meant leaving behind things like our soap, shampoo, towels, washcloths and most of our clothes. We each brought only two outfits: one that could get wet during the day and one to keep us dry each night. In case you’re wondering, we did bathe every day. It’s just that the lake was our tub, we used leftover coffee grounds as soap and we dried off via the warm, summer air.

Anyway, that first day at base camp was overwhelming. After packing up our tents and supplies, we headed to the water for a short lesson on canoe maneuvers. We’d be venturing to quiet, unoccupied bays and inlets, but to get there, we’d have to paddle some pretty big crossings in open water, which on Lake of the Woods, usually means rolling waves. For those

familiar with paddling, basically our night consisted of learning when to do the C, J, Power or Draw strokes. It was a day of learning and trying not to tip the canoe.

As I page back in my journal from that night, I had written before bed, “Go-time at 7am tomorrow. I’m nervous, under-packed and under-prepared. Please God, keep us safe this week.”

The first and last days were spent on the island at base camp. But the five days in between were spent out on trail with each day bringing something new.

Day one was tricky. We had three major crossings to do in some really rough water. It took us hours and I felt like Moana crossing the wide-open sea. But after that, we did a short portage leading us to Johtnson’s Passage and I immediately felt like Pocahontas. (The Disney references are weirdly accurate....) But it was a beautiful, serene and calm channel. All three of our canoes were lined up and we paddled, visited and laughed the evening hours away until we reached Coste Island, which is where we set up camp that night.

Our evenings were pretty routine. We’d set up camp, get supper cooking and wash up before the 9pm invasion of bugs came, forcing us into our tents, sleeping shoulder to shoulder on hard, rocky surfaces. That brought us to the morning hours where we’d pack up and do it all over again...all along creating some of the best memories of my life.

But with the good always comes some bad – the next day was hard for me. Not so much physically, although I was feeling the previous day’s work in my body, but it was emotionally hard. To sum it up, every paddle was taking my farther away from my husband and kids and I didn’t like that feeling. Not only was there no cell service majority of the time, but we didn’t encounter many boats or cabins either. We were truly in the wilderness. Although it was so unique and beautiful to explore these quiet waters (Canada really got the best side of LOW) I couldn’t help but feel really far away from....my life....if that makes sense. It was only the second day on trail and I felt like I had been gone a month. We made our way through the French

Portage Narrows and stopped for a rest on Locke Island. Turns out I wasn’t the only one feeling unsure; the idea of paddling so far up, and Friday feeling so far away, was taking the wind out of our sails. After an open discussion and sorting through our feelings, we sat down with the charts and came up with a new route. We all agreed 50 miles seemed more doable than the original 80.

Though I was hesitant to get back in the canoe, we all glided forward. Part of my journal entry this day reads, “I don’t like feeling vulnerable or out of my comfort zone and we’ve got four more days of this.” I know those two feelings are necessary for personal growth, but they never feel good at the time. However, I ended that entry by saying, “I’m going to change my focus to: I get to do this vs. I have to do this.” That was a game changer for me and I decided to stay positive from there on out. It also helped to have my mom with me at a time like that. I hadn’t needed her for a long time, but I needed her then and she felt like home.

That night we camped on an island in Astron Bay. The view here was priceless. The sky was like a watercolor painting with the water reflecting it all back. It’s as if they were one with only the slightest ripple in the water reminding you that they weren’t. At one point, we were all sitting on the rocks by the water and one of our guides, Sarah, read us a poem called The Forecast by Douglas Wood. It sums up this entire experience and I’ve included it below. Anyway, after some reflection, we wiped our eyes and Sarah gave us each a bracelet she had cut from paracord. She explained how, yes, it ties all of our canoes together, but now it’s connecting us to each other, too. She’s a deep thinker, like myself, and reminded us that we were all put together for a reason and were meant to have this experience together. The bracelet was to serve as that reminder.

The next day was also fulfilling. We made a short hike to a secluded water fall where we sat for almost an hour. The water gushed down over the rocks and branches, making its way to a babbling little stream below.

Water so clear; trees so green; air so clean. I loved it.

That night, we headed to a campsite on Redwater Bay, paddling most of the day in a light rain that ended with the most incredible sunset.

Day four brought us some rapidly changing weather. What started out with a quick portage leading us to a calm and sunny day, quickly changed and forced us to seek shelter up on a steep, rocky island covered in the thickest brush ever. We hung a tarp and hid under it from the thunder, lightning, wind and rain. But as quickly as it came, it left and made for an easy, calm paddle across a huge open section of water, which lead us to our final camping site on Falcon Island, near Poacher’s Bay.

We had a sandy beach and a great open campsite here. Being closer to base camp, we were back in a more populated area. A few boats kept trolling by the island and informed us of the hot Muskie hole. This news reached me AFTER I had already swam and taken my “bath” there....

The next morning, after finding fresh berries on the island, and making blueberry pancakes over the fire, we were all geared up to paddle the few hours back to camp. The weather was not in our favor and we paddled for hours mak-

ing zero progress. Ultimately, we had to hide/secure the canoes and the boat had to come “rescue” us. We were all disappointed that we couldn’t paddle back to camp and hear the bell ring us in, but honestly, it was the safest option.

That last night back at base camp, we sat as a group and just reflected on our week. The ups, the downs, the challenges...we had arrived as strangers but were leaving as friends.

I felt strong, able and accomplished.

When we left the next day, we all said our goodbyes. Sue, the director of the camp, gave my mom and me a quick hug, but didn’t really say goodbye. Instead, “I just have this feeling that I’m going to see you two again,” she said.

We felt the same way.

Fast-forward a couple of months and here we are. Back at Laketrails, but for a totally different reason. After keeping in touch via text and email, Sue told me that Laketrails was hosting an Artists and Writers Retreat on September 5th-8th. She asked if we’d want to come help out for the weekend and we jumped at the chance.

Sure, there was some work to be done and tasks to be tended to, but there was also time to explore, unwind and experience Laketrails in a whole new way. With the staff all gone for the season, the island is quiet. The leaves are slowly turning, the air is cool and crisp...the canoes are all hung until next year.

As I look at my surroundings right now, my eyes fall on a hand-painted sign that reads “Welcome to the Laketrails family.”

Yes. I feel thankful.

We’re part of it; it’s part of us.

I’m not only proud of myself, but I’m also reminded how proud I am of my mom. Stepping away from your life for a week and putting yourself in a really challenging, unknown environment (with really heavy, heavy gear!) isn’t for everyone.

We get so busy in our lives; our spouses, kids, work, activities, obligations...the balancing game is just the way it is. Sometimes it can feel selfish to take time for yourself and your own hobbies, interests and goals...but you should do it. We’re here for such a short time in the grand scheme of it all.

Refuel, replenish.

Give yourself the same time and attention that you give to others and just watch yourself bloom.

.....

The Forecast

Written by Douglas Wood

There is a 95% chance today’s weather will be either too hot, too cold, too sunny, too rainy or too windy.

In many ways a canoe trip is an endlessly repeated exercise in various modes of misery, each one a contrast to the misery preceding it. So there is always the illusion of looking forward to something that will most likely be...another misery.

A canoe trip could in fact be described as paddling – paddling until arms ache, back hurts, skin is burned, legs are

cramped, and butt falls asleep.

Finally, a portage and a chance to stop paddling, stretch legs, and get out of the sun. Also a chance to deal with black flies, deer flies, and various other versions of evil incarnate; a chance to climb up and down hills with loads that would crush a burro, that strain neck, back and hamstrings and threaten to drive shoulder blades through hips; a chance to wade through mud, muck... to climb over and under dead falls and trip over stuff and to figure that death will probably arrive – mercifully – before this infernal trail reaches a sight of blue open sunlit water. Where, of course, the cycle begins again.

The great goal and end of this particular cycle is the evening camp, that blessed spot of rock and tree kissed by evening breezes and the last slanted rays of the sun. Having found the camp, at whatever stage of exhaustion seems appropriate to the lateness of the hour and rigors of the day, it is time to set up the tent, gather wood, gather water, start a fire, get out the food, cook the food, and...ahhh...eat. In a warm and happy trance of pure bliss and satisfaction. This lasts... some moments.

With the arrival of the evening watch of mosquitoes, the cooking gear is gathered and washed, the food repacked; personal hygiene is attended to; the tent entered; tent-invading mosquitoes dispatched (except for three which are never found); the sleeping bag snuggled into and finally the sleep. The sweet, dark, wonderful nothingness of...ROCK. ROOT. PINECONE.

These are the nemeses that will be there, along with three renegade mosquitoes, all through the night. They will become intimate with back, sides, and stomach, with muscles, bones, and insides – and loom ever larger and sharper and more offensive in the imagination and the anatomy, until dawn cannot come too soon.

And with the arrival of dawn, breakfast is cooked, dishes cleared, tent taken down, the canoe loaded, and – back to paddling once more.

The Backcast

So why...why go through it? Why even be here?

The second answer is easy. Because “here” is where the beauty is. Here is where the sunsets are. Here is where the campsites and campfires are, and the clear, deep waters, and the loons, and the pines, and the islands. And yes, the storms and the big winds and the rapids. Here is where the JOURNEY is.

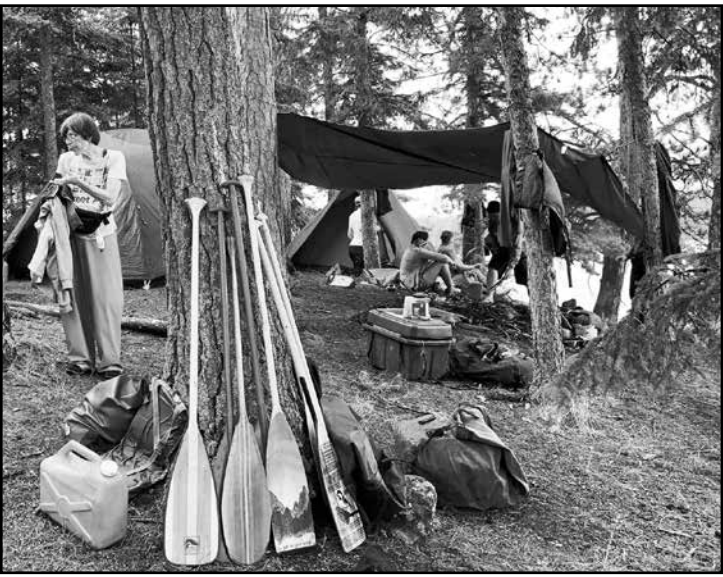
But why go through it? Why do I...Why do I go through it? I think because no one else can go through it for me. And because the modern city-world system uses people to get work done. Important work, supposedly. That’s the whole idea. That’s why we get paid. But here – here I’m using the work...to get myself done. What better work is there than that?

Or maybe...maybe it’s enough to say that I am here, as another voyageur once put it, “to iron out the wrinkles in my soul.”

And maybe it is only on the trail to nowhere-in-particular that you find the most important thing of all. YOURSELF.



Left: My weekly water came from the lake. It was just boiled, poured in the jug, then drank. That was a first for me. Morning coffee never tasted so good, though, with a view like that! Right: Notice the little bag on the steps? That’s the bag my mom and I shared on trail for the week.



A look at our campsite on Redwater Bay.

Wednesday, September 11, 2019



Our departure from Laketrails, bound for the islands, bays and inlets in Ontario waters. L-R: Guide Sarah, Brenda, Sandy (my mom), myself, Katie, Guide Christina and Solveig. (Missing Guide Elizabeth in the photo.)