



 Today Cloudy H 45 L 36	 Thurs Scatt. Showers H 46 L 33	 Fri Partly Cloudy H 54 L 43	 Sat Showers H 51 L 40	 Sun Mostly Cloudy H 50 L 36
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In this issue ... Who's up for tackling the Autumn Self-Care DIY?

Kucera begins Northern Lights Tackle



Written by Kari Sundberg, Eagle Editor

Shorty, Herring Head, Jig-saw, Hammered Gold Spinner...these were just a few of the terms Ben Kucera was throwing out there when he sat down to discuss his new tackle business!

Northern Lights Tackle is officially up and running out of the Kucera home in rural Grygla.

outdoors, especially hunting and fishing, so this is just a fun thing for me to start up. That and I get bored around the house," he laughed.

Ben first started making spinners when he was 11 years old. He'd make them in bulk quantity and just give a bunch away when the count got too high. He started playing around with jigs and molds, saying it was intriguing to him.

With time and more experimenting, so far Northern Lights Tackle has "tackled" eight different molds.

"Some of them include a bottom bouncer mold that ranges in 5 different weights, a plain jane round jig (currently available in 7 different colors), a herring head mold, which he explained, "You attach a spinner blade in any size and color that you want and it creates a flash and vibration down in the water."

Also available are shorty jigs, which just so happen to be Ben's favorite. "It's a short shank jig more so used if you are jigging with a live minnow. I use them in the winter and summer, but especially the spring season," he said.

Right now, Northern Lights offers both summer and winter tackle, but hopes to get more into the ice fishing varieties when time allows.

To make these molds, lead, zinc and tin can be used. Lead liquefies at a temperature of around 610 degrees Fahrenheit. To run smooth without any bubble issues, it has to be over 700 degrees in a smelter,

which Ben has and uses. Once it's reached the liquid stage, it gets poured into the mold, where it hardens within seconds. Next up, is the painting process, which goes smoothly. After the colors are dipped and cured in the oven, some get clear UV coats or firecracker glitter on them to help make them pop in the dark water.

Ben says he can make anything and everything in regards to what kind of fish you are wanting to catch. The things he has right now are more for walleye and Lake of the Woods, but says he can go all the way down to accommodate crappies, sunfish, perch, etc.

"Right now I'm making everything to order," Ben says. He does have some tackle on hand at home, which he plans to showcase and sell on his new Facebook page that will be up and running in the near future. He also has some of his Northern Lights Tackle for sale in the Grygla Coop.

"Eventually, maybe I'll try to sell to other tackle companies where they can buy everything in bulk, unpainted," he acknowledged.

But the goal now is to keep doing this as a hobby that he enjoys. In addition to selling tackle on his Facebook page, Ben will also be selling Northern Lights Tackle on eBay.

For those interested, you can also email nlackle@gmail.com and watch for posters around town.



Leland Thomas, Karen Longtin and Ross (RJ) Taggart celebrated their September birthdays at the Grain Bin Café last week. Photo courtesy of Rose Hanson

Marshall County Sheriff's Office Press Release

On September 25th, 2019, 9:30 am, the Marshall County Sheriff's Office received a call from a UPS driver. The driver stated that when he went to drop a package off at the Skoglund residence in Holt, MN, he was met by a male individual stating that his son was in the house with a shotgun.

The Marshall County Sheriff's Office responded to the call and upon arrival tried to make contact with the male individual. The individual was found out to be Ryan Skoglund of Holt, MN. The Marshall County Sheriff's Office and Minnesota State Patrol entered the house to try to make contact with Ryan. Ryan was not in the house at this time. Through their investigation, Ryan had fired a shot into the ceiling of the house before law enforcement arrived on scene.

It appeared Ryan ran from the house with a gun, so Marshall County Deputy Cody Gillund and K9 Eva attempted

to track Ryan. The track was unsuccessful in locating Ryan, but gave law enforcement an idea of where Ryan may have gone.

An extensive search for Ryan was conducted until about 9:00 pm the same day. Minnesota State Patrol flew their plane with a FLIR camera, Roseau County SWAT Team, Minnesota State Patrol, Border Patrol, Pine to Prairie Task Force, and Minnesota BCA all helped in attempting to locate Ryan. Marshall County also had two drones flying to see if they could locate Ryan in the woods.

On September 26th, 2019, at about 9:00, Marshall County Sheriff's Office received a call from an individual who located Ryan. Ryan was deceased at this time.

A sincere thank you to all who helped in trying to locate Ryan and condolences to Ryan's family.

Flu Shot Clinic

Thrifty White Pharmacy will be a hosting flu shot clinic on Tuesday, October 8th, from 1-5 p.m. in the Goodridge Community Center. This is open to anyone in the community ages 3 and up. Forms will be sent

home with Goodridge Elementary students and forms will be in the hallway for Goodridge High School students. Students must bring a copy of an insurance card as well.

A note from Lynette at the Grygla Co-op

A warm welcome on this cold September day. As we end September and move into October, I am still looking for the good "Indian Summer."

It was good to hear from you last week about our newsletter and even better that there was warm banana bread at homes. Nummy. Keep those ovens going as we have lots of baking

ideas and product in the store.

Our daily specials this week:

Toasty Tuesday - Swiss Miss Hot Chocolate packets. Normally \$2.89 but Tuesday only 2/\$4.75. While you're sipping hot chocolate with the kids, you could also add a shot of Dekuyper buttershots, peppermint, or many other flavors to your cup. We have many other

flavors for \$10.99 a liter.

Winey Wednesday - Our win feature is Blue Fish Riesling. A delicious Riesling normally \$13.49. On sale Wednesday for \$12.75; a great time to give it a try.

Tasty Thursday - Give our Smithfield BBQ Ribs a try. They come in two flavors and are delicious. The aroma will

fill your family's senses with warmth, and they taste great, too. Only \$3.69 a pound.

I will leave you with this thought today: "Summer is the time for squabbles. In winter, we must protect one another, keep each other warm and share our strengths."

Saphire Walker shares her 'Monthly Inspiration' article



Let's talk about it

Written and submitted by Saphire Walker

October 10th is Mental Health Awareness Day so I thought what better way to start off my column with a little insight of what I've personally gone through and why I'm so passionate about this topic.

You may know I am a motivational speaker. For eight years, I have dedicated my life to speaking and singing at schools and mental health conferences about bullying, mental health, suicide prevention and breaking the stigma

about mental health. It has been a topic I have been passionate about for many years and strive to speak out about it and educate people about it. My mom has also dedicated her life to this topic and has been a mental health professional for many years and now owns her own practice. She is the most knowledgeable person on this topic I have ever met. I grew up having a different understanding of mental health and have been around some of the most intelligent people in this industry since I was seven. So believe me when I say what I'm about to say next.

Many of us believe we need to hide our mental health. We need to keep it a secret, slide it under the rug. We believe that if we are depressed, anxious, or low that we are crazy and we must not open up about how we feel in fear that others will think we are weird or can't handle normal, daily routines. Let me give this to you straight. Just because you went through a low, just because you were depressed or felt like not being here on this earth does not automatically mean you are not capable of being a normal human being and doing normal day to day things. Being depressed, anxious or feeling low, does not make you crazy, weird or incapable of doing anything. Because if you'd like to know the real truth, over half the world's population has been there at least once in their lifetime.

Did you know that over 350 million adults have depression sometime in their lifetime? Did you know two thirds of children have mental health challenges? Let's stop and think about that for a moment. If more than half the world is going through this, why are we not talking about it? Why do we awkwardly coward at the fact of asking our friend if they

are ok? Why do we judge people and be cruel to people thinking they're crazy or not capable of doing something if they are in a low moment in their lives?

Depression is something I have struggled with since 7th grade. And like most people I get through it, I pick myself up again and each time I become even stronger than the last. Some days are better than others. I know this because I've been through it several times. We all may need reassurance from a friend or a family member to remind us we are strong enough to handle this. That we can make it through. Sometimes we need to fall to our knees in prayer and cry out to God and most days we find the strength in ourselves to run through the fire full force and push through it. Mental health challenges do not make us weak. They do not make us less capable. They do not make us less worthy. They do not make us crazy. They do not make us weird. They make us HUMAN BEINGS.

I share my story to inspire others out there, to speak up about it, hoping one day we can all be courageous enough to share our own stories to help others; even our deepest ones. To share our truths; even the

ugliest ones. I want each and every one of you to know you are not alone and we are all in this together and we should be there for each other. To the people that have reached out and to the ones that haven't; talk about it. Open up and express your truth. Let's end the stigma. You have so many people ready to listen to you, and others hoping to find strength from your story. You are not alone on this so called "journey of life." The beauty of sharing your story, is that today can be a new beginning and you can become the person you never thought you could be.

Make THIS year, the year you say yes to YOURSELF. The year that you own yourself and never allow anyone else to try and write your story for you. The year you believe in yourself. The year YOU rise up from the ground, stronger than you've ever rose before. The year you feel confident in your own skin, your body, your goals, your dreams, YOUR LIFE.

You see, depression and lows, they come in all different times of life, all different ages. You can go forever feeling like you love your life and everything is great and the next year it's not so great. And that's just

life. It doesn't mean that you're worthless or that you are any less than the person you once were or the person you want to become.

Each year, I learn more about myself and who I want to be. I've learned that it's ok, to not be ok. You shouldn't be ashamed to feel low some days. I've learned you can't place a piece of yourself all over because you'll end up losing yourself. I've learned a good friend is someone who understands when you're feeling low and takes the time to talk with you about it no matter how awkward it might seem. I've learned that giving up is not an option. I've learned to open my heart and to accept that I can't do it all. I've learned that my life is on a different timeline than others. I've learned that I should be proud of the things I've accomplished by 22. I've learned to never allow anyone to tell you who to be. And living life is a journey worth sticking around for. - Saphire

Saphire Walker lives in Thief River Falls, MN. She is an inspirational writer and motivational speaker. She will be sharing her Monthly Inspiration columns in the Grygla Eagle Newspaper the first Wednesday of each month.

CHURCH CALENDARS

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

UNITED LUTHERAN PARISH
Gatzke
Sunday:
8:30am Worship, 9:30am SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday, Oct. 2:
Faith WELCA 4pm, Confirmation Orientation at Faith 7pm
Sunday:
Ekelund: 8:30 Worship, 9:45 SS
Faith: 9:45am Worship, 11am SS
Bethany: No SS, 11am Worship

THE CATHOLIC

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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:
9:30am 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 Merseeth
Wednesday, Oct. 2:
5-7pm Wed. School, LYS Meeting 7pm
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

Church Calendars are due to the Grygla Eagle by the last Sunday of each month.
Please email grygla.eagle@gmail.com

Fancy Work Sale

Our Savior's Lutheran Church will hold their Fancy Work Sale this Saturday, October 5th, at 7pm. Lunch will follow the sale made up of quilts, embroidered items and homemade goodies.
Everyone is welcome to attend!.

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Community Calendar

Wed | Oct 2
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; VB/FB practice in Goodridge

Thurs | Oct 3
Varsity Football game in Goodridge vs. C/G 7pm; VB practice in Grygla

Fri | Oct 4
Senior Meals at Grain Bin Café 11am; VB vs. KCC in Lancaster (Bus leaves Grygla at 2:30pm); FB Practice in Goodridge

Sat | Oct 5
VB 'C' Tourney in Greenbush; JV VB Tourney in Stephen; Our Savior's Lutheran Church Fancy Work Sale 7pm

Sun | Oct 6
Mon | Oct 7
Senior Meals at Grain Bin Café 11am; JH/JV FB at Clearbrook/Gonvick; JH VB vs. WAO in Goodridge 4:30pm/5:30pm; FB practice in Goodridge

Tues | Oct 8
Flu Clinic at Goodridge Community Center 1-5pm; VB vs. RLCC at Oklee; JH/JV FB vs. BGMR in Grygla

Email your items to grygla.eagle@gmail.com or call 218-689-6901

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian
This non-fiction caught my attention so I made a note to share it with you - plus it's football season so the timing is right!
The Lombardi Rules: 26 Lessons from Vince Lombardi, the World's Greatest Coach by Vince Lombardi, Jr.
Vince Lombardi is considered by most to be the greatest NFL coach ever. His leadership and motivational skills drove the Green Bay Packers to four NFL titles in seven years, an amazing record that has yet

Gator Volleyball gets win over Chargers

Last Thursday, September 26th, the GG Chargers hosted BGMR in Goodridge. The Varsity Volleyball team lost to the Gators in five. (13-25, 25-20, 25-20, 23-25, 8-15)
GG Stats
Chloe Kuznia: Digs-12, Assists-27, Kills-8; Vivian Coan: Digs-18, Kills-8, Blocks-2; Caitlyn Jacobson: Digs-21, Kills-13, Blocks-3; Amy Wis-kow: Ace-4, Digs-20.
BGMR Stats
Alyssa Rinde: Kills-25, Ace-2; Kinsley Hanson: Kills-13; Riley Gust: Kills-11; Cassie Dahl: Assists-60

Office of the Minnesota Secretary of State
Certificate of Assumed Name Minnesota Statutes, Chapter 333
The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.
ASSUMED NAME: Northern Lights Tackle
PRINCIPAL PLACE OF BUSINESS: 28872 STATE HWY 219 NE GRYGLA MN 56727 United States
NAMEHOLDER(S):
Name: Benjamin Kucera
Address: 28872 STATE HWY 219 NE GRYGLA MN 56727, United States
If you submit an attachment, it will be incorporated into this document. If the attachment conflicts with the information specifically set forth in this document, this document supersedes the data referenced in the attachment.
By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.
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MAILING ADDRESS: None Provided
EMAIL FOR OFFICIAL NOTICES: nltackle@gmail.com
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Steve Simon
Secretary of State G27-28C

to be equaled. The Lombardi Rules examines the strategies and techniques that Lombardi followed to achieve his unprecedented success. Especially valuable in today's take-no-prisoners business environment, it provides an insider's look at Lombardi's remarkable methods and how they can be transformed to any field or endeavor.
If you're interested in reading this book, that was first published back in 2002, let me now and we'll get it on order!

October WIC Schedule for the area

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of October 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. 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 October.
Monday, October 7:
Newfolden, Evangelical Free Church
Tuesday, October 8: Hallock, Kittson County Courthouse
Wednesday, October 9: Warroad, Community Center
Thursday, October 10: Red Lake Falls, Community Center
Monday-Friday, October 14-18: Thief River Falls, Redeemer Lutheran Church
Monday, October 21: Warren, Evangelical Covenant Church
Tuesday, October 22: Karlstad, First Lutheran Church
Wednesday-Thursday, October 23-24: Roseau, Life-Care Medical Center Basement Auxiliary
Tuesday, October 29:

kids' corner

BOOK FACT

How they SAY that in...

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THIEF RIVER FALLS RADIO
KTRF AM 1230
KKAQ AM 1460
KEDQ FM 99.3
LISTEN LIVE
Chargers Volleyball @RLCC
Tuesday, October 8th
7:05pm on The Falls

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

Chairman Peterson statement on delivery of prevented planting assistance

House Agriculture Committee Chairman Collin C. Peterson of Minnesota issued a statement Thursday in response to news out of the U.S. Department of Agriculture on the delivery of additional prevented planting assistance, as authorized by the Disaster Relief Act of 2019.
"As weather continues to throw wrenches into farmers' plans, both in Western Minnesota and across the country, I appreciate USDA and crop insurance providers moving forward in delivering the pre-

vented planting plus-up that Congress provided," said Peterson. "This will provide direct help to farmers without additional paperwork, and allow them to focus on the range of other challenges they face."
According to a corrected announcement from USDA, "producers with Yield Protection and Revenue Protection with Harvest Price Exclusion will receive a 10 percent top-up payment, while producers with Revenue Protection will receive 15 percent."

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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Education Word Find
Find the hidden words in the puzzle.
ABILITY BOOKS CLASSROOM DESK GRADES HELP LEARNING MATH READING SCHOOL STUDENT'S TEACHER
S G F D P V Q M G H U T
T E N Z P A U N I J S W
N A Z I A B I L I T Y F
E U C K N D F S D K E U
D E B G A R C K S E X T
U K Y E V H A E J B E E
T Q R L O J D E U N H A
S M O O R S A L C T C
D K L S E D A R G V A H
I L O X H E L P D S M E
O W K O R N U O R T T R
U V O P B U N V C O R M
Get Scrambled
Unscramble the words to determine the phrase.
A R D G E N I G L O
ANSWER: Reading log

THIS DAY IN...
OCT 3
HISTORY
• 1863: PRESIDENT LINCOLN DECLARES THE LAST THURSDAY IN NOVEMBER AS THANKSGIVING DAY.
• 1932: IRAQ GAINS ITS INDEPENDENCE FROM THE UNITED KINGDOM.
• 1990: EAST GERMANY AND WEST GERMANY UNITE AFTER 45 YEARS.

New word
LESSON
amount of teaching given at one time

Did you know?
READING EACH DAY CAN BOOST INTELLIGENCE, REDUCE STRESS AND IMPROVE VOCABULARY.

GET THE PICTURE?
Can you guess what the bigger picture is?
ANSWER: BOOK PAGES

Grygla’s recent Blood Drive brings in 40 volunteers

The Grygla community hosted a blood drive with Vitalant, formerly United Blood Services, on August 28th, at the Grygla Community Center, which helped collect a total of 45 units of blood products for patients in need.

A total of 40 individuals volunteered to donate blood and 36 individuals were able to donate. A total of six donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. There were four people who volunteered for the first time.

Vitalant expressed their gratitude to Ralph Rundell, who coordinated the drive, and Grygla Lions, which sponsored the blood drive, as well as others who assisted the day of the drive: Sheldon Peterson, Janice Peterson, Mildred Klemar, Marshelle Benson, Ruth Anderson and Julie Sparby.

Vitalant strives to keep a 5-day supply of every blood type on the shelf at all times to be able to meet the needs of patients across the region. Donations from O-negative donors, the universal blood type, are especially important this time of year due to increased

Chargers Football comes home with a victory

The GG Chargers traveled to Laporte last Friday, September 27th, where they played an afternoon game that resulted in a 28-12 Chargers victory.

GG: 18 0 0 8 = 26
LP: 0 6 0 6 = 12

Stats per Head Coach John Wilebski

Matt Busse 10 yard TD run pat no good; Riley Manderud 1 yard TD run pat no good; Manderud 43 yard TD pass to Hudson McMillin pat no good; LP Johnson 1 yard td; Manderud 20 yard Td run, pat Manderud to Haugen pass good; LP Johnson 2 yard Td run

Manderud 18 carries for 87 yards 2 td's; 17 carries for 83 yards 1 TD; Nolan Anderson 4 carries for 18 yards; Andrew Loken 4 carries for 22 yards; Jolson Sargent 4 carries for 7 yards

Passing 3/5 for 82 yards 1 td; Rec McMillin 2 66 1 td; Jared Haack 1 for 15

Defense Blake Passa 9 tackles 1 fumble rec; Gabe Arveson 9 tackles; Nolan Anderson 8 tackles; Jordon Coan 7 tackles 1 sack; Ian Haugen 6 tackles

Coach's Comments: This game was closer than it should have been. Some early first half injuries to Loken & McMillin put the Chargers in a tail spin



Left: Matt Busse with the TD run for the Chargers last Friday in Laporte. Right: Gabe Arveson takes Laporte’s QB down in one of his 9 tackles in the game. Photos courtesy of Jennifer Arveson



A similar photo was shared in a recent issue of the Grygla Eagle, however, this is the official photo and press release from Garden Valley Technologies.

Garden Valley Technologies is proud to be at the forefront of technology and to be able to provide students the opportunity to become technology leaders of the future by making a \$5,000 donation, with funding through the Garden Valley Education Foundation, to each robotics team at schools at Bagley, Fertile-Beltrami, Fosston-Lengby, Grygla, Red Lake Falls, Red Lake County Central, Thief River Falls and Win-E-Mac in our service area. CEO/GM Tim Brinkman and the GVT Board of Directors are excited to see the ingenuity kids express through the robotics programs. We wish all the school districts the best success this coming season!

Tim Brinkman (CEO/General Manager) and Ron Kiesow (GVT Director) present the check to Grygla Robotic members: Callie Loken, Chelsie Nelson, Elise Monson, Reece Sundberg, Layla Jelle, Clayton Suchoski, Bailey Watne, Nick Mickelson (Science Teacher and Advisor) and Dustin Nelson (Advisor).



Lunch with Seniors - The Grygla High School Seniors want to make a bigger impact on the underclassmen in their school. Each Friday as a group, they have lunch with different grades and will continue this throughout the school year. On a recent Friday, the seniors and first grade enjoyed a lunch time of hot ham & cheese sandwiches, scalloped potatoes, and knock-knock jokes! Photo courtesy of Grygla School

accidents and trauma cases.

Vitalant is the only blood provider to nearly 70 hospitals across the region. The blood supply is dependent on selfless donations from volunteer donors to ensure the lifesaving needs of the region are met.

About 30 percent of Vitalant’s blood supply goes to cancer patients across the region and one in seven people entering the hospital will need blood. Those relying on blood in the region receive that lifesaving blood from Vitalant.

Donors can make a convenient appointment to give blood at www.bloodhero.com or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test and earn points in Vitalant’s donor rewards program. The next blood drive at this location is planned to be held on December 18, 2019.

Blood donation takes about an hour from check-in to refreshments. Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on www.vitalant.org

A note from Superintendent Jamie Lunsetter

“Each day offers us the gift of being a special occasion if we can simply learn that as well as giving, it is blessed to receive with grace and a grateful heart.” ~ Sarah Ban Breathnach

I had to read this quote a few times to really understand what she is saying. I think she is actually saying two things. First, she says that each day “offers” us the gift. The old saying is that you can lead a horse to water, but you can’t make it drink. The same can be said of this quote. You can be offered a special occasion, but we can’t be forced to accept it. It’s our choice whether or not we accept all of the blessings that we are offered today. Second, I think she’s saying that often times when we are offered something, we tend to refuse because we don’t feel like we deserve it. We are not worthy of blessings, or we’re simply too proud to accept them. However, if we humble ourselves to understand that none of us are really that different from one another, and we’ve all made mistakes, and had losses in this life, we are able to accept the gestures of others. We are able to take the special occasion that the day offers us, and accept it with grace and a grateful heart. Enjoy the blessings you’ve been offered today!

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

Viridity
Youth; innocence; inexperience

\vuh-rid-i-tee\
noun

DO IT YOURSELF

AUTUMN SELF-CARE
Make time for yourself!

Spend time with people you love

Try out a new hobby

Bake with apples!

Slow down and savor the moment

Enjoy a cup of tea

Write down what you want to let go of.

Embrace hygge

Decorate pumpkins or make pumpkin bread

Go to a Farmer's Market

Go on a nature walk

Drink spiced cider.

Make a soup or stew

Enjoy warm socks & pjs

For more ideas: BlessingManifesting.com

This is a bit different than the DIY’s usually shared, but a DIY, nonetheless. Make time for yourself this week. This Autumn Self-Care list might seem a bit cliché or a little basic, but you know what? Attempt this list and, guaranteed, all these little things will be JUST the things that help you have a darn good week.

SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

Pumpkin Spice Hot Chocolate

2 teaspoons pumpkin pie spice
1 teaspoon cinnamon
1/2 teaspoon vanilla

INSTRUCTIONS

Add all ingredients except vanilla to a medium saucepan. Heat the mixture over medium heat, stirring frequently, until the chocolate chips are melted and the mixture is smooth. Remove from heat and stir in vanilla. Serve with whipped cream/sprinkles on top.

Servings: 8
Cook time: 10 minutes

INGREDIENTS

3 cups milk
1 cup half and half
8 ounces semi-sweet chocolate chips, or white chocolate chips
pinch of salt
1/4 cup pumpkin puree

Minnesota state forest drives offer ‘travel-worthy’ fall color

Written and submitted by Amelie Hyams, DNR Forestry Division Outreach Specialist

A scenic drive through Minnesota’s state forests is a great way to view beautiful fall color.

Depending on the forest drive, visitors might see a spectacular mix of dark evergreen amid vivid autumn hues of maples, oaks, and aspens, set against a backdrop of bluffs, lakes and winding rivers. Minnesota’s 59 state forests cover more than 4.2 million acres, from Kabetogama State Forest at the top of the state to Richard J. Dorer Memorial Hardwood State Forest in the south. Each one is a unique experience.

“This fall’s overall color display should be vivid and travel-worthy,” said Val Cervenka, the forest health program consultant in the Department of Natural Resources Forestry Division. “Minnesota has had one of the wettest years on record since 1871, so our fall color should be impressive.”

The DNR has highlighted five fantastic forest drives for this fall. Visit the state forest scenic drives website for route directions and more details.

Late September

• Kabetogama State Forest in the northwest

• White Earth State Forest in the northwest

• Bowstring State Forest in north central

Early to mid-October

• Rum River State Forest in central Minnesota

• Richard J. Dorer Memorial Hardwood State Forest in the south

Entrance into state forests is free. State forest campsites are available on a first-come, first-served basis for \$14 a night.

Visit the Minnesota state parks and trails Fall Color Finder to find areas in Minnesota with peak fall color. The Fall Color Finder is updated every Thursday through the end of October.

CROSSWORD

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StatePoint Crossword

Theme: Scary Movies

- ACROSS
- Will alternative
 - Put into service
 - Ball on a string
 - Conversation starter
 - “Platoon” setting
 - “Four” prefix
 - Macaroni shape
 - Dunk value
 - *“The Dark Knight” star
 - *Marion Crane stops at a motel
 - *Eccentric scientist teleports himself
 - Sonny and Cher, e.g.
 - *What “The Swarm” attackers do
 - Hot tub feature

- Think, archaic
- Kentucky Derby sound
- *“American Psycho” weapon, pl.
- Andy’s radio partner
- Dished out
- Drunkard
- Type of turn, pl.
- Spare in a trunk
- Pore in a leaf
- Straight out of bottle, as in whiskey
- Port of Yemen
- Angry growl
- Whiskey grain, pl.
- Is in Paris
- “What a ____!”
- Car nut
- *Chris Washington meets his girlfriend’s family
- *Girl bullied at school



The Grygla 3rd and 5th grade classes took a trip to the Headwaters Science Center and the Mississippi Headwaters last Friday with all the kids enjoying the outing! *Photo courtesy of Grygla School*



A fall picture for all the coloring enthusiasts out there! Grab a cup of coffee, some “shades of fall” coloring supplies; sit down, relax and enjoy the moment.

- Type of renewable energy
- Caviar
- Abstains from food
- Opposite of binary
- Barley bristle
- Web mag
- Department store department
- *Sematary resident
- Saw again

- DOWN
- *“____-Wolf of London”
 - Counseling, e.g.
 - Priestly vestments
 - Frank Wright’s middle name
 - Showing cleavage
 - “Do ____ others...”
 - *Photographer and oncologist trapped by Jigsaw
 - Bring character to life
 - Bone to pick
 - And others
 - Pretentiously artistic
 - Morse Code dash
 - Like Murder Mystery Party
 - Pertaining to hours
 - Type of farm house
 - Two for the price of one deals
 - *It terrorized Amity
 - Highway departures
 - Part of mortise joint
 - *Boy brings grief to adoptive parents, with The
 - 9th letter of Greek alphabet
 - Move like on ice
 - *Jack Torrance’s catchphrase “____ Johnny!”
 - “Brave New World” drug
 - Don’t go
 - Fender-bender damage
 - Funerary art form
 - Weapon storage
 - Romanian money
 - The Beach Boys’ “____ Girl”
 - Seatbelt, e.g.
 - Feed in a meadow
 - *“____ Girl”
 - Panache
 - Before feathers
 - One tenth of a dime
 - a.k.a. The Islamic State
 - Tallest volcano in Europe
 - Math class total
 - Be in the red
 - Do needlework

► OF INTEREST AROUND THE AREA



On Friday, October 4th, and Saturday, October 5th, Allison Park will be abuzz with activity! The amphitheater stage will be filled with local and regional performers throughout both days. The Warroad Robotics Team will be hosting a Backyard BBQ on Saturday

and food trucks will be available for the entire event. A children’s tent will be set up with kid-friendly activities and a 5K Walk/Run is will take place Saturday morning. For the adults, a 21+ tent will house beer gardens, craft beer tasting, Cornhole Tour-

Arts Grant applications have deadlines approaching

Grant money is available from the Northwest Minnesota Arts Council. Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

Individual adult artists can apply for an Individual Artist Grant of up to \$5,000. The deadline to apply is October 15.

The Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding for the grants comes from the Minnesota State Legislature through the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment.

Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000.00 with a required cash match. This grant programs have substantially less report-

ing requirements than Legacy grants.

Applications funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Arts Equipment for Schools Grants are considered a special category of our Arts Project Grant Program. This grant allows schools to purchase artistic equipment for their art room, theater, band room, etc. Equipment that is used solely for the pursuit of arts like a kiln or theater lights, or a band instrument has a better chance of being funded. There is one annual deadline for this grant on November 1. Grants of up to \$3,000.00 are awarded with a 25% cash match requirement.

Also available on a first come-first served basis are Quick Turn Around Grants for \$500 and Artist Residency Grants for school districts. Grants of \$2,100.00 are awarded to sponsor artists working

naments, and a Steinholding Competition – yes, that’s a real thing! There will also be a special comedy hour featuring Mark Pools in the Allison Park Pavilion with limited tickets. A variety of entertainment, contests, competitions and tournaments for all ages will round out the 2-day event.

You can stay up-to-date by following @warroadoctoberfestival on Instagram and Facebook.

October Festival History
October Festival was tested in 2018 by the Discovery and Development Hub, Warroad Area Chamber of Commerce, Warroad Area Women of Today, and Warroad Community Partners. Despite unseasonably cold temperatures, the feedback was positive and deemed the event worth pursuing in future years. The 2019 October Festival is made possible in part thanks to a generous grant from the Warroad Area Community Fund and Warroad Community Thrives Grant, as well as local business sponsors.

with children usually in a traditional weeklong residency but it can also be a different format that serves your school or summer program. An extra \$400.00 may be requested for art residencies that need supplies. Schools are strongly urged to use a TARP or COM-PAS roster artist because they have been professionally trained in working in schools. Our Teaching Artist Roster (TARP) is on our website which is our name NorthwestMinnesotaArtsCouncil.org. Local artists who are sponsored need to provide lesson plans and show their professionalism in a classroom setting.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC’s Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it.

Don’t let your fear or inexperience with grants stop you from applying! You must RSVP. Email marah@nwrdc.org or call 218-745-9111.

Get out and explore our National Wildlife Refuge

National Wildlife Refuge Week – observed October 13-19, 2019 – reminds us how nature enriches our lives and adds to the beauty of our country. What better time to celebrate that connection with the natural world and Agassiz National Wildlife Refuge. After all, it’s right in our back yard?

Celebrated during the second full week in October since 1996, Refuge Week highlights the National Wildlife Refuge System – the network of lands and waters that protect wildlife and their habitats.

At Agassiz you can enjoy a range of outdoor activities. There is a four-mile self-guided auto tour route to enjoy the scenery – open dawn till dusk from May through mid-October. There’s also an observation deck located near the west Refuge entrance at Parker Pool, to give you a slightly elevated glimpse of the habitats and bird life on this pancake-flat landscape. If you truly want more of a birds-eye-view of the Refuge, you can climb the 100 foot observation (fire) tower. An access key can be checked

out during office hours. If you prefer to take a leisurely stroll, there are three hiking trails for you to explore, not far from the Refuge office.

The best viewing dates for Moose Rut is now (September 15-October 31). From Grygla, the Refuge Headquarters is approximately 17.5 miles away. The office/visitor center hours are Monday-Friday 7:30am-4pm.

Permitted on the Refuge
Bikes (non-motorized and motorized) on Lost Bay Habitat Drive; hiking – on designated hiking trails only; pets on leash; photography; hunting in designated areas in accordance with state regulations; wildlife observation.

Not permitted
ATV’s; snowmobiles and all watercraft; alcohol; berry and mushroom picking; camping and campfires; vehicles off roads; wood cutting without a permit.

Wildlife viewing tips
Stop, look and listen. Nature is alive with sights and sounds! Viewing opportunities are best in the morning or late

afternoon.

Agassiz National Wildlife Refuge was established in 1937 as the Mud Lake Migratory Waterfowl Refuge to protect a portion of this fertile region. Renamed in 1961, the Refuge now protects 61,500 acres of wetland, shrub land, forest and grassland. Agassiz offers excellent wildlife observation, photography, hunting and hiking opportunities.

As many as 287 species of birds use the refuge; half of which nest on the refuge. 49 species of mammals, 12 species of amphibians and 9 species of reptiles call Agassiz home!

To learn more about Agassiz National Wildlife Refuge, visit it in person or online at www.fws.gov/refuge/agassiz

Keeping “Track”
The next best thing to spotting an animal in the wild is finding clues that tell you that an animal had been there.

Below are some tracks spotted at Agassiz: *Top, L-R: Moose and Black Bear; Bottom, L-R: Songbird and Raccoon.*

Photos courtesy of USFWS

