



				
Today Rain/Snow H 38 L 31	Thurs Cloudy H 40 L 27	Fri Mostly Cloudy H 48 L 30	Sat Mostly Sunny H 52 L 34	Sun Partly Cloudy H 57 L 39

Wednesday, October 28, 2015

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Vol. 41 Number 17

A look at next week... Check out all the spooky & entertaining pictures from the Grygla Elementary Halloween Carnival!

Polanskys to be honored at NDSU's Harvest Bowl

Harvest Bowl celebrates 42 years of excellence in agriculture, education and Bison athletics!

The event begins at 5:30pm on Friday, November 6th, with the Harvest Bowl social, dinner and awards program at the Ramada Plaza Suites in Fargo. Following the evening festivities is the Harvest Bowl football game on Saturday, November 7th, at the Fargodome. Kickoff is at 2:30pm; the Bison will host Western Illinois that afternoon.



Gary and Laurie Polansky, of Gatzke, have been chosen to represent Marshall County and are among the 2015 Harvest Bowl Honorees.

The Harvest Bowl program annually recognizes success, dedication and hard work of outstanding agriculturists in 53 counties in North Dakota and 10 counties in Minnesota. More than 2,700 agriculturists have been recognized and more than \$130,000 in

scholarship dollars have been awarded to NDSU student athletes with agricultural backgrounds. An Agribusiness Award recipient is also chosen annually. This award recognizes individuals who have distinguished themselves in the field of agriculture and business in the state of North Dakota and beyond.

The award is facilitated by the extension agent/educator in each county. Some use a committee, some use past recipients, and some use their ag improvement association to help choose honorees. **The criteria is as follows:**

- An individual involved in agriculture, an active or retired farmer and promoter of his profession
- Supports extension works (4-H activities, homemaker activities, participants in extension meetings, good supporter of the county agent's programs
- Supports North Dakota State University (makes use of new seed releases, has involvement in new ideas in agriculture through extension and experiment stations)
- Involved in community projects and promotions
- Is concerned with NDSU, its College of Agriculture and the budget it receives from the Legislature
- One who is or has been a successful farmer; a pioneer in his time. One who the community holds in high esteem
- Individuals involved in agribusiness

A list of county honorees can be found online at <http://www.ndsualumni.com/file/harvest-bowl/HarvestHonorees.jpg>



A reminder that Daylight Saving Time ends on Sunday, November 1st at 2am. Don't forget to turn your clocks back one hour before heading to bed!

The view from here...



Maybe you've gone by and noticed these creatures... they are big and tall with beautiful features. This farm is located a few miles from town, but maybe its a road you have once driven down.

(Last week's photo was taken by the picnic shelter, along the hiking trail.)

Chix from the Stix to host Hunter's Bash

Grygla's Relay for Life team, Chix from the Stix, will be hosting a Hunter's Bash at Yo-Hawn's Bar & Grill on Saturday evening, November 14th. There will be a live band playing from 8pm-midnight with extra things happening throughout the night! The Chix

will be donating their time coordinating and working at the event, and all tips made throughout the night will be donated to the Marshall County Relay for Life/American Cancer Society. More information to come!

Goodridge Café is open for business

The Goodridge Café is open for business! The eating establishment has once again opened and is now owned by Farmer's Union Oil of Thief River Falls/Goodridge, and is being managed by Ladora Dahlen.

The new hours of operation are Monday-Friday from 6am-6pm. On Saturdays and Sun-

days, the hours are 6am-1pm. (Hours are subject to change.)

The café is offering daily breakfast and lunch specials. Fresh soups and salads will be served daily and a new menu is on the way. Also new is homemade pizza with a 'take and bake' option available.

Mark your calendars

Just a few dates to mark on your calendar – Parent Teacher Conferences will be held in Grygla on Thursday, November 12th, and Tuesday, Novem-

ber 17th, from 4-8pm. There is no school on the following dates in November: Monday the 9th, Friday the 13th and Thursday and Friday, November 26-27.

Spooktacular Halloween Party at Grygla School

There will be a Halloween party for all children up to grade 6 at the Grygla School this Friday, October 30th. The party will be held in the small

gym from 1:30-3:15pm with costumes, games and fun! With the help of volunteers and donations, this spooktacular event is made possible!

Notice of Hanson benefit postponement

The benefit for Wayne Hanson, who is currently undergoing treatment for cancer, has been postponed until a later date. The benefit was originally

scheduled for Sunday, November 1st, but has been postponed until Wayne completes his treatments.

Schulz retires from VB coaching after 22 years



Varsity volleyball players presented Head Coach, Jean Schulz, with a plaque and flowers on Parent's Night in Goodridge last Monday, October 19th. Schulz is retiring after 22 years of coaching! Her first two years were spent as an assistant coach, the last twenty years she has been the varsity Head Coach!

Front row, L-R: Karlee Johnson, Hannah Dietsch, Head Coach Jean Schulz, Assistant Coach Brooke Olson, Alison Satre.

Back row, L-R: Alaina Monson, Ashlyn Henrickson, Brooke Anderson, Mariah Coan, Maddy Bakken, Nikki Waletzki, Shantel Verbout, Maci Bakken, Kaitlyn Olson and Trystan Jelle.

Per City of Grygla officials:

There were recently 7 mattresses dropped off at the city dumpsters. As a friendly reminder, mattresses and box springs are prohibited with a \$700 fine. In this case, the fine would be \$4,900.

There is an on-site security camera in place at the dumpsters. City officials are asking that the person(s) responsible please come and pick the items back up – NO QUESTIONS ASKED - rather than impose this fine.

Items that are illegal to

dump, include, but are not limited to: toxic/hazardous waste, tires, lead, acid, batteries, used oil, leaves, clippings, appliances, furniture, mattresses, box springs, carpet, grills and televisions.

A list of prohibited items can be found on-site.

Any of these mentioned items that are left at the dumpsters costs the city taxpayer dollars to haul to the appropriate landfill, along with the cost of item fees.



Payton Homme, of Goodridge, got her first buck Thursday afternoon of the youth deer hunt, October 15th. She shot her 6-pointer north of Goodridge while hunting with her dad.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Oct. 28:
6pm Choir, 6:30pm Confirmation, 7:30pm Interfaith Bible Study
Sunday:
Grace: 9am Worship, 10:15 SS
Our Savior's: 10:30am Worship, 9:15am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor Craig Bowyer
Sunday:
United: 11am Worship, 10:15am SS
Our Savior's: 9am Worship, 10am SS.

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Robert W. Dahlen
Sunday:
Bethany: 8:30am Worship, 9:30am SS
Ekelund: 9:45am Worship, 11am SS
Faith: 11am Worship, 9:45am SS

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

BETHESDA LUTHERAN CHURCH

grygla.govoffice2.com
City of Grygla

Skime
Pastor Blaine MacNeil
Sunday:
8am Worship, No SS
Women of the Church to meet after service

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Pastor TBA
Sunday:
9:30am Worship, 11am SS and Adult Bible Class.
Wednesdays:
7pm Bible Study and Prayer.

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Saturday:
Mt. Olive 9am Worship, 10:15am SS/Confirmation
Sunday:
Nazareth: 9:45am Worship, 8:30am SS
Oak Park: 11am Worship, 9:45am SS
St. Petri: 8am Worship, 9:15am SS

LIBERTY CHAPEL Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

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St. Clement's Catholic Church ANNUAL HUNTER'S SUPPER
Turkey and all the trimmings
Saturday, November 7, 2015
Serving from 4:30 pm to 8:00 pm at the Grygla Community Center

Adults - \$13.00
Students (5-12 yrs) - \$6.00
Under 5 yrs. - Free

Youth Variety Table
Raffle tickets for Muzzleloader, Homemade Quilt and other valuable prizes.

HUNTERS' MASS AT 7 PM at ST. CLEMENTS

MarBel Homes in Grygla

Immediate openings for a 2 bedroom unit and several 1 bedroom units!
Rent includes electric, water, sewer, garbage and heat
1 bedroom rent \$510/month and 2 bedroom rent \$565/month
Rental assistance available based on income

Contact Stacie at Meyer Management LLC today!
218-688-0198 or staciemeyer0711@outlook.com

 Equal Housing Opportunity 

Word of the Week

Win-Win
Written by Rev. Craig H Bowyer

The breast milk of Americans is competition. We grew up on it, and in many cases have not yet been weaned. We love sports competition nearly as well as economic competition. Economic completion is based on the sports model, that only one person/team can be the winner. It is Darwinian in nature, the fittest survive.

The problem with the existing model is not the winning, it is that in order for some to win, some have to lose.

The Church, when it is at her best, offers an alternative to that competitive model.

How about a Win Win model, instead of the Win Lose model? Where everyone wins. Think that is impossible? Jesus came to make it possible.

Let's talk about employer-employee relations as an example.

All businesses, with few exceptions, need good employees. They need people who they can trust, who does what they promise to do, who see what has to be done and do it without unnecessary direction, who value doing a job well, and maybe even who are proud to work there.

All employees, with few exceptions, need good employers. They want someone with they can trust, who does what they promise to do, who take enough time to know the employee and see when they need some assistance, who praise and reward a job well done, and maybe who are proud of their work force.

Once we recognize the similarities of the two groups we wonder why it ever became a win lose relationship. Management vs. Unions.

Competition is not scriptural. Creation started with relationships, the Creator to creation, Creator to humans, humans to the rest of creation. It all is about relationships and cooperation. The Creator, the Lord God, took chaos and created what we know as the world. The Lord God made not one human, but two, not as a clone but as a separate being, different from the first. God created a Win Win situation of relationship.

Employers or employees who think that there has to be someone who wins and someone who loses are working from the idea that there are finite resources. Or, from greed, that they want or get more than what the other group will get. Our Creator has promised that there is enough for everyone.

The Farming industry is the major industry in Northern Minnesota. The common goals listed above especially stand out in this industry. One solution has been to employ immigrant workers, people from other countries who come to the US to improve their lives.

Most immigrants from Latin America and Europe are from what would be called middle class backgrounds in their country of origin. They often have University and are professionals. They are willing to be bussers, dish washers, work in housekeeping for a while in order to learn English and our culture and to save money to either go to school or open their own business. They are intelligent, self-starters, have a good work ethic, and will dedicate themselves to the employer who treats them well. Businesses incur tremendous costs when they have high turnover in their employees. The new immigrants are willing to commit to an employer for 2-3 years who they can trust and will work with them to go beyond washing dishes.

Immigration laws and practices are changing, a little. There is beginning to be more of an emphasis on longer visas with a track to a green card and eventual citizenship. H2B Work Visas and getting a Green card are an expensive process, costing up to \$25,000. The employer has the opportunity to share the costs with the employee in exchange for that employee staying at least three years.

There is risk, the employee could take what the company has help them get and leave. But, the employee also has risks. They could commit to a business that does not treat them with respect.

Win-Win is not without risk. Most things that are really good in this life involve risk, usually by risking through trust. Trust that our Lord God knows what He has promised and will produce what we need, and trust that scripture is correct in focusing on cooperation and relationship instead of competition.

Win-win is definitely a possible model. At least Jesus thought so.

GRYGLA LIBRARY LINK

By: Karen Olufson

Hello Favorite Readers! Hope you've all been enjoying our fall weather. Do you have all your outside cleanup projects done so you can enjoy some inside reading time now? I don't. I'm behind. I haven't gotten my flowerbeds cleaned out so we can put banking up around the house yet. Uh oh! Well, as long as I get it done before the snow flies I guess that's ok. It just makes me have to wait longer to do some extra reading though, and I don't like that! (Smile!)

Well, this is your final reminder! As of this week you now officially have to have your library card to take anything out at any of the Northwest Regional Libraries or to use the computers. To put it simply, if you don't have your library card, you won't be able to take out any books, DVDs, CDs or anything else. If you've lost your card, you still have a grace period where you can get a new one without paying a fee, so please ask.

In case you have missed some articles, this past week-end we got a new program on our computers for checking books in and out, making up cards for new patrons and all sorts of other library trivia. That is why we now require library cards. The new program only accepts numbers, so that means we can't put your names in like we have been ... thus we need your cards!

The new program also means you'll be seeing things a little differently on the computers you use in the library or when you go on line on your own computer at home. Please don't panic, it's basically the same and it's not too hard to figure out what's different. Of course, as always, if you have any questions, please ask. I should let you know ... some of you have asked in the past if the library tracks the books you read. This new system will let you do just that! You set up your own account and follow the directions and you're set! Again, we can help you out if you need it. You can also keep lists on your account of books you'd like to read and you can put holds on your account, like you have in the past.

Now I have something to tell you about that I'm pretty pleased with. It has to do with my book suggestion for the week. I recently finished over a 1300 page paperback book that I'm going to recommend to you!! (Smile!) I'm not going to tell you how long it took me to read it because that might discourage you, but I will tell you that it was an excellent book and I highly recommend it. The book is SACAJAWEA by Anna Lee Waldo. And yes, we do have it in our library system, so I could order it for you if you would like to read it. It's very, very good historical fiction. I'd also like you to share some of your favorite historical fiction with me. I'm finding out along the way, that I rather like that category.

Well Dear Readers, I hope you like the new system we have in our library now. I'm sure it will take a couple tries before you feel one hundred percent comfortable with it but I think you'll find you can do more with it than you have in the past. Also, I'm going to ask you to please be patient with me for awhile as I'm learning the new system too. We have had training but I've often found it's another matter when you actually use things! (Smile!) Hopefully it will all go smoothly though, and there won't be any problems! (Smile!) In the meantime, I hope you have a safe and happy week.

Speaker to share story, lead retreat

St. Bernard's Catholic Church in Thief River Falls, Minn. is sponsoring author and speaker Moira Noonan to share her testimony of the dangers of the "new age" movement and how it is effecting our lives and society.

She will be the guest speaker at Family Faith Night at 7pm on Nov. 4. She will also be facilitating at retreat from 12-4pm on Nov. 7.

All are welcome to attend these free events and a free will offering will be taken for her ministry. Please contact St. Bernard's Parish at 218-681-3571 to register for the retreat as lunch will be included. No registration is needed to attend the Family Faith Night.

Did you know? If you already subscribe to the paper you can view online for free!!!!

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School Lunch Menus

Grygla School Lunch Menu

Wednesday, October 28:
Popcorn Chicken, Mashed Potatoes, Baked Beans, Peaches

Thursday, October 29: Hot Dog on a Bun, French Fries, Carrots, Pineapple, Pears

Friday, October 30: Soup, Sandwich, Radish, Broccoli, Applesauce

Monday, November 2: Menu not yet available

Tuesday, November 3: Menu not yet available

Goodridge School Lunch Menu

Wednesday, October 28:
Hamburger Patty on a Bun w/ Toppings, Smile Fries, Green Beans w/ Cheese, Mandarin Oranges, Milk

Thursday, October 29: Tater Tot Casserole, Tossed Salad, Peaches, Fruit Salad, Cookie, Bread, Milk

Friday, October 30: Corn Dogs, Baked Beans, Pineapple Tidbits, Bread, Milk

Monday, November 2: Menu not yet available

Tuesday, November 3: Menu not yet available

Community Calendar

Wed | Oct 28
Senior Meals at Grain Bin Café 11am; Grygla Library 2-6pm

Thurs | Oct 29
Grygla Eagle office open 9am-3pm; (Potential volleyball playoffs at NCTC 6pm)

Fri | Oct 30
Senior Meals at Grain Bin Café 11am; Grygla Elementary Halloween party 1:30-3:15pm

Sat | Oct 31
Happy Halloween!

Sun | Nov 1
Daylight Saving Time ends

Mon | Nov 2
Senior Meals at Grain Bin Café 11am

Tues | Nov 3

PUMPKIN Decorating CONTEST



Cash Prizes!

We will award cash prizes for:
Most Original, Most Traditional, and Judge's Favorite.

Contest Details

All pumpkins will be on display at the bank.

If you'd like your pumpkin back, please come and pick it up by Friday, October 30th.

How to Enter

The contest is open to all ages and your pumpkin can be carved, painted or decorated.

Bring your pumpkin to American State Bank between Monday, October 26th and Thursday, October 29th.

Sponsored by:
American State Bank of Grygla

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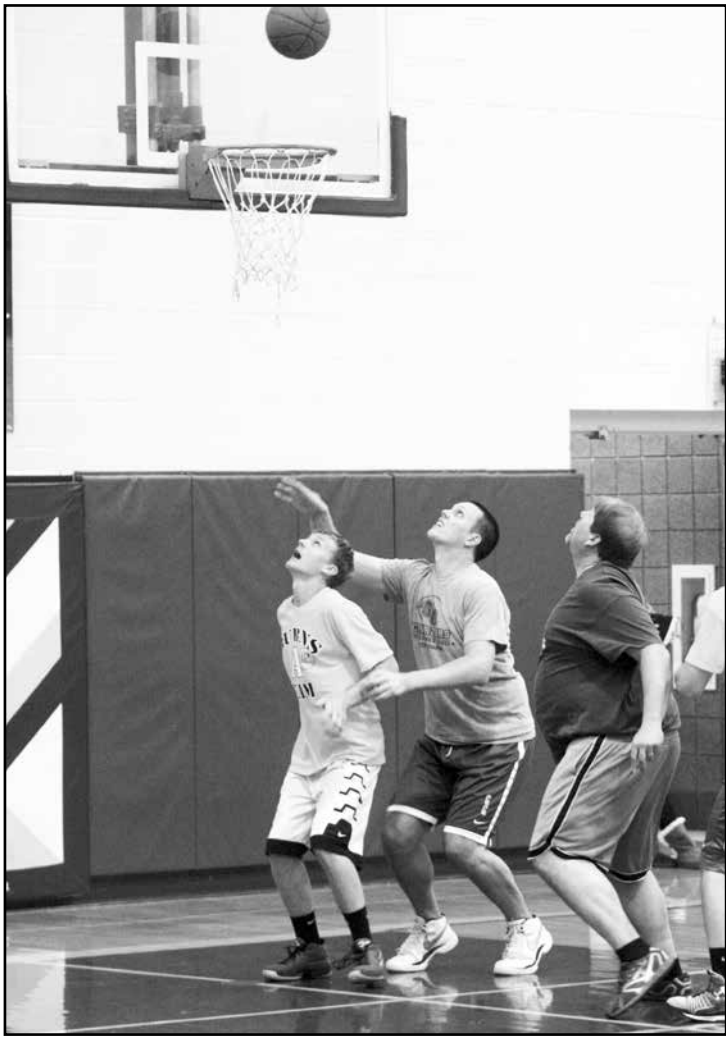
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Grygla Centennial Committee hosts a basketball night fundraiser



The first game of the night was played by the Grygla School Staff team and the Machinewell Summer Help team! The Grygla School team won that game and also took home the traveling trophy and bragging rights as the night's champions! L-R: Ty Jelle, Jesse Westbrook and Greg Monson keep their eye on the ball! In the middle, Greg Monson is playing his best defense against Ty Jelle. And on the right, Travis Smith and Steven Hanson took to the court to battle for the win.



American State Bank of Grygla and the Machinewell Veteran's played each other in the second game of the night! On the left is Kyle Haack being entertained by Bryan Grove's ball handling skills. On the right, the minions were all smiles as they celebrated Julie Sparby's basket she made! (L-R: Julie Sparby, Kim Schulz, Missy Saurdiff and Elaine Rychlock.) The ASB crew also won the traveling trophy for 'BEST DRESSED'. P.S. They will be in costume at the bank this Friday, October 30th!



This adorable husband and wife duo battled it out on the court last Sunday evening! Playing against each other for bragging rights were Donny and Leann Wikert!



It's a great thing the Grygla First Responders were at the school for the fundraiser! They took a break out of their game to help a fellow teammate out who DIDN'T get hurt, but needed a lift, nonetheless! The team played in the last game of the night against Yo-Hawn's Bar & Grill.



TRAVIS DOUGHERTY IS IN THE HOUSE!
L-R: Mike Jelle, Travis Dougherty, Jason Woods, Andy Oslund and Geoff Satre were all part of the Grygla First Responders basketball team. The Centennial fundraiser was a hit and provided some great entertainment for the fans.



Gavin Nordby, a Grygla Centennial Committee member, was a great MC and a pretty fair referee in the fundraiser basketball game last Sunday evening!

Grygla Centennial Committee hosts a basketball night fundraiser - *cont'd*



At the Centennial fundraiser last Sunday evening, Lyle Anderson was picked from the crowd to shoot a couple of free-throws. The First Responders (Mike Jelle and Geoff Satre) offered Lyle their assistance after he was done - they do what they can, people!



Machinewell's Veteran team didn't take first, but they are still #1 in our book! The team wore shirts in honor of their coworker, Jared Burns, who just recently passed away. Front row, L-R: Sadie Olson, Tori Davidson, Jodi Schulz. Back: Donny Wikert, Kyle Haack, Robert Sundberg, Blair Saurdiff and Kevin Nelson.



Andy Oslund and Andrew Holte face off in the middle of the court! Oslund played on the First Responders team and Holte represented the Yo-Hawn's team last Sunday evening!



The Centennial Committee served great concessions at the fundraiser on Sunday evening... goodies that were enjoyed by all! Left is Centennial Committee member, Gretchen Smeby, along with Jaclyn Moe. Right is Lynn Anderson and Lisa Swanson, who were MORE than happy to pose for a picture for their local and beloved Grygla Eagle Newspaper.



InnovateHER Competition

The West Central Minnesota Small Business Development Center (WC MN SBDC) is hosting a local "InnovateHer Competition. National finalists will pitch their products and ideas to a panel of expert judges and compete for \$70,000 in prize money provided by Microsoft.

The SBA is seeking to unearth products or services that have a measurable impact on women and their families, fill a need in the marketplace, and have the potential for commercialization. Women control 80 percent of the purchasing power in this country; yet make up less than 5% of venture capitalists. This is why SBA is launching the expanded InnovateHER Challenge, which focuses on empowering more women in the investment space and in the innovation space.

To enter the local InnovateHER competition, submit a completed questionnaire available through the WC MN SBDC and business plan to sbdc@cord.edu by 11:59 pm CDT on Nov. 20, 2015. Your business plan will be scored on measurable impact on the lives of women and families, and has the potential for commercialization and fills a need in the marketplace.

Those entrepreneurs selected as winners of their local competitions will advance to the semi-final round. From the semi-finalist pool, the SBA will select up to 10 finalists who will be invited to the National InnovateHER: Innovating for Women Business Challenge and Summit in March in Washington, D.C., during Women's History Month. For more information on the challenge, including challenge rules, visit sbd.gov/innovateHER

The West Central Small Business Development Center is one of nine regional offices throughout the state of Minnesota that provides no-cost, confidential, one-on-one, professional business consulting services to existing and start-up businesses on a variety of business topics. This is a federal, state, and locally funded program hosted by the Concordia College Offutt School of Business.

FOR MORE INFORMATION: CATHY LINDQUIST, executive director, West Central MN Small Business Development Center (218) 299-3037 or AMY KELLY, Media Relations director, Concordia College (218) 299-3642

American State Bank of Grygla stole the show on Sunday evening! The local business showed up wearing Minion costumes and ended up winning the traveling trophy for BEST DRESSED! Pictured are bank tellers, Missy Saurdiff and Elaine Rychlock! Great, creative costumes, ladies!



HALLOWEEN
Spot the twelve differences



Some Halloween fun for the kiddos!
Spot the differences/Coloring sheet

► EXTENSION NEWS

By: James Stordahl

Beef Pastures Benefit from Legumes

As the grazing season ends, it's a good time to evaluate your pastures and make plans for next year. Last winter was hard on perennial forage crops and coupled with this year's rather dry finish, your pastures may need a tune-up. Now is a good time to consider your options for the next grazing season.

Forage legume species such as red or white clover, birds-foot trefoil, and alfalfa are important plant contributors to productivity and quality of beef pastures. Most notable among the many characteristics of forage legumes is their ability to fix nitrogen in a symbiotic partnership with the rhizobia bacteria that colonize root nodules of host legume plants. This partnership reduces the need for adding nitrogen fertilizer to pastures when legumes comprise at least 30 – 40% of the stand, reducing or eliminating need for nitrogen fertilizer applications.

Legumes provide many other benefits to pasture systems. Pastures that include legumes are more adaptable and productive in response to variable soil conditions, weather, insects/disease pests, weeds and other environmental stressors. For example, alfalfa, with its deep taproot, in combination with cool-season grasses, can provide increased pasture resiliency during dry summer periods.

Legumes help maintain more consistent forage quality and production for grazing animal diets over the season, and dilute the negative impacts of anti-quality and/or palatability factors of companion grasses. The net effect is that legumes can contribute significantly to improved beef production from pastures.

Legumes also provide other environmental benefits, serving as a pollen and nectar source for honeybees, and providing food and habitat benefits for other wildlife. Legumes have long been known for their contributions to improve soil quality and reduce erosion as part of a productive perennial cropland or pasture system on the landscape.

Improving legume content of pastures need not be difficult. With a goal of 30 – 40%

legume content, first determine which legume species are desirable for your location by consultation with local Extension or natural resources conservation staff. Consider that you may want different legume and grass species in mixtures across the farm, depending on soil variations and other production criteria.

Next, soil fertility needs should be assessed for pastures based on current soil tests and tailored for optimal forage legume production. For most pastures, legumes will express good growth when soil pH is at least 6.0 (or above). Amending soil pH with lime or wood ash aids in addressing the higher calcium and magnesium requirements of legumes. Phosphorus levels should be at 15 ppm or higher (measured as Bray P1), and potassium levels should be maintained at 120 ppm (or above) for most legume-based pastures. Addition of other soil nutrients such as sulfur and boron may also be needed in some areas to support good legume stands. Consult with your local Extension office for additional information on soil testing guidelines for pastures.

There are several methods for introducing legumes into pastures. Ideally, legumes are included in the seeding mix of newly established pastures, but frost seeding (broadcasting seed on frozen ground during late winter freeze/thaw events) and direct seeding with a no-till drill are also common methods of introducing legumes into established grass stands. Information on seeding rates, recommended varieties, availability of no-till drills, agronomic and pasture management information for pastures is available at your local Extension office. Also, if you have applied any herbicides to your pasture in the past few years, be sure to check the replant restrictions.

Results from pasture improvement and introduction of legumes will be most successfully realized under a managed grazing system. For beef producers, research suggests that a grazing system that includes multiple paddocks can provide management flexibility to optimize utilization of improved legume pastures and increase profits.

shadowy figure appeared at the driver's window and a ghostly hand reached in and turned the steering wheel, guiding the car safely around the bend. Then, just as silently, the hand disappeared through the window and the hitchhiker was alone again.

Paralyzed with fear, the guy watched the hand reappear every time they reached a curve. Finally the guy, scared to near death, had all he could take and jumped out of the car and ran to town.

Wet and in shock, he went into the nearest gas station and told everybody in there about his supernatural experience. A silence enveloped the room and everybody got goose bumps when they realized the guy was telling the truth about the strange car and the ghostly hand that guided it on its way.

Just then, two men walked in. They were dripping wet, and as they took off their rain gear, they looked around. Their eyes came to rest on the hitchhiker.

“Look!” said one of the men. “There’s the idiot who jumped into our car when we were pushing it in the rain!”

Written by Jon Bailey, Guest Writer

Medicaid Mythbuster #3: Medical care when you need it

Another frequent complaint about Medicaid is that it provides substandard medical coverage. Once again though, the numbers tell a different story. Medicaid coverage provides health care financial peace-of-mind. Not surprisingly, few Medicaid beneficiaries experience financial issues related to health care.

Only 10% of those with Medicaid had problems paying medical bills, and 19% have at least one medical bill that is a problem or a debt. More people with private insurance had both (21% with problems paying or unable to pay a medical bill, and 33% with at least one problem medical bill or medical debt). The uninsured face even more serious health care-related financial difficulties. Over a third (35%) of the uninsured have problems paying medical

ills. Nearly half of the uninsured (47%) have at least one problem medical bill or medical debt.

Medicaid out-performs private insurance or being uninsured for measures of obtaining health care when it is needed. Only 10% of those on Medicaid did not visit a doctor or clinic with a medical problem requiring treatment, compared to 17% of those with private insurance and 40% of the uninsured. Only 13% of those on Medicaid did not fill a prescription, compared to 15% of those with private insurance and 30% of the uninsured.

Moreover, less than a quarter of those on Medicaid (23%) had at least one cost-related health care access problem. Meanwhile 30% of those with private insurance and 54% of the uninsured had at least one cost-related health care access problem.

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

Scuttlebutt

Noun
Informal. Navy slang for rumor or gossip.
Nautical. A drinking fountain for use by the crew of a vessel.

\SKUHT-l-buht\

A Note from Principal Lunsetter's Desk

“Your days are short here; this is the last of your springs. And now in the serenity and quiet of this lovely place, touch the depths of truth, feel the hem of Heaven. You will go away with old, good friends. And don't forget when you leave why you came.”

– Adlai E. Stevenson

No matter where we are or what we are doing, serenity is possible. Life does not have to be and should not be over-complicated. When you have a choice to make, be honest and tell the truth. When you screw up, admit it, learn from it and move on. And like Mr. Stevenson said, don't forget why you came here...to help each other.



► SIMPLY DELICIOUS



Pumpkin Dip

Bring out the best of fall's flavors with this super easy pumpkin dip. Perfect for enjoying with friends, serve this luscious dip with fresh apples slices, vanilla wafers or ginger

snaps.

Ingredients:

15 oz. can of pumpkin
5 oz. box of instant vanilla pudding (just the powder, don't make the pudding)
16 oz. container of cool whip
½ tbsp pumpkin pie spice
½ tbsp cinnamon
1 small pumpkin

Directions:

Mix the canned pumpkin, pudding mix, cool whip and pumpkin pie spice together {by hand} in a large bowl. Chill for several hours before serving. Meanwhile, carve your pumpkin and clean it out! Serve the dip inside and sprinkle with your cinnamon! Serving suggestion: fresh apple slices, vanilla wafers or ginger snaps.

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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AUTHENTICITY

ADVANCE

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THEME: FAIRY TALES

ACROSS

- Black ____ snake
- NY Giants HOF outfielder Mel
- For capturing attention
- Relating to axis
- National Institute of Health
- Aussie bear
- Rekindled
- Compass reading
- Sign of bad news
- *Hans Anderson's Emperor lacked these
- *Reflecting truth-teller
- 1/60th of min
- What aides do
- *Beauty and ____ Beast"
- "The Sun ____ Rises"
- Chinese tea
- Lemongrass, e.g.
- Wrong
- Golf part accessory
- Armer's accessory
- Shipping weights
- Beige
- Sprays
- River in Egypt
- Innocent
- Lowest part
- Use a cat o' nine tails
- Brit. fliers
- Not straight
55. Dot-com's address
- *1001 what?
- *Genie's master
- Pope's court
- Philosophical system
- Famous bandmaster
- Make fit
- Wow!
- What a bridge does
- Affleck and Stiller
- Indian bread
- WWII conference site

DOWN

- Painter ____ Chagall
- Michelle Kwan's jump
- Venus de ____
- Entices
- Tennis great Gibson
- Singles
- *Steadfast Soldier's substance
- Unifying idea
- For, in French
- Kind of palm
- Hurtful remark
- Toni Morrison's "____ Baby"
- Kasparov's famous opponent
- "Bravo! Bravo!"; e.g.
- International Labor Organization
- Tell a scary story?
- *Tom's size equivalent
- Sunny prefix
- Famous German artist Max
- *Ugly Duckling, at end
- Bank holding
- Grouchy Muppet
- Waterwheel
- *Three Goats ____"
- Quilt stuffing
- Raise the roof
- 1988 Olympics site
- ____ by Pink
- Yoga class accessory
- The infamous ____ knoll
- "Peace" with fingers
- Parkinson's disease drug
- Artist's model?
- Formerly Persia
- Deprive of by deceit
- So be it
- Like Jekyll and Hyde's personality
- Antonym of "is"
- Rover launcher
- Ugly alternative
- *Little Mermaid's domain

Regulation change in 2015 affects when deer licenses are valid

Deer hunters are reminded about changes in 2015 that affect when licenses purchased after a season is open are valid.

A deer hunting license purchased after a season is open is valid the same day of purchase if purchased prior to legal shooting hours. If the license is purchased after legal shooting hours, then the license is valid the following day.

“The language is unclear in the 2015 Minnesota Hunting and Trapping Regulations Handbook about when deer hunting licenses are valid, so we want to elaborate on this,” said Steve Merchant, wildlife populations and regulations manager.

What changed from last year? Last year, hunters needed to wait two days to hunt if they bought a deer license after a season opened. Also, there was no ability to buy a license before shooting hours and hunt that same day.

Deer licenses can be purchased at DNR license agents across Minnesota, by phone at 888-665-4236 or online at www.mndnr.gov/buyalicense. For lists of license agents in each Minnesota county, see www.mndnr.gov/licenses/agents.html.

There are additional fees for telephone and Internet transactions. Hunters who purchase licenses by phone and Internet will receive their deer license and tags by mail, which can take three to five business days to arrive, so hunters who choose these options should allow enough time for delivery. Hunters must have a valid deer license and tag in their possession when hunting deer.

Hunters need to be familiar with deer hunting regulations, which are available at any DNR license agent or online at www.mndnr.gov/regulations/hunting.



Pictured is Baily Langhoff with the button buck she shot near Grygla during the youth deer hunt weekend, October 15-18. Bailey is from Lafayette, MN, and is the daughter of Corey and Dawn Langhoff. Her family stayed with and hunted near the Joe Riehl residence.

► DO IT YOURSELF



board and attach them with a glue gun. (If you are going to use as a candy dish, fill the toes with tissue.)

Using a mixture of 1/3 water to 2/3 white glue, glue small strips of phone book paper to the shoe covering the entire surface. Allow this layer to dry then do another for added strength. (Just a note, phone book paper is much thinner than newspaper and will result in a finer surface.)

When the paper and glue are completely dry use a fine grade sand paper to smooth out bumps and lumps. Apply a coat of black acrylic paint to the shoe. Allow to dry.

With an old paint brush and white glue straight from the bottle, paint a layer of glue onto the shoe (not the inside or bottoms) working in sections. Don't let the glue begin to dry out. Use a spoon to sprinkle with black glitter. Press the glitter lightly into place with the back of the spoon. Keep working in this fashion until the shoe is covered. Leave to dry.

Cut straps and buckles from cereal box board, paint and glitter in the same fashion as the shoe. Paint the buckle with a color as close to the glitter color as possible, this will give it extra pop. Attach the straps with pins. If the sole of the shoe won't allow you to force pins into it, attach the strap using wire running from the holes in the strap under and across the bottom of the shoe forming a tight sling.

Decorate with these jazzy little glittered spiders (any craft store). Fill the shoes with candy or put them on your feet to compliment your Halloween costume!

VA-Walgreens partnership gives vets 8,000 more locations for flu shots

Flu season is here, and for eligible veterans, getting a flu shot has never been easier as they can receive free flu shots through a VA-Walgreens partnership. Eligible veterans may opt to get a free flu shot at their local VA health care facility or they may choose to go to their neighborhood Walgreens. Veterans enrolled in the VA health care system have many options to get their flu shot. Their choice of either a VA medical center or clinic or a Walgreens drug store is virtually the same – the record of the flu shots from Walgreens will be included in the veteran’s VA electronic health record. Veterans don’t have to remember where and when it was done and report it to their doctor. The information will be seamlessly accessible to VA clinicians. As an enrolled VA patient, receive a no-cost flu shot at Walgreens from Au-

gust 1, 2015 – March 31, 2016. To learn more call 1-877-771-8537. If veterans choose a VA health care facility: They can receive a no cost flu shot during any scheduled appointment, if they are admitted to one of our VA health care facilities, or at one of the convenient walk-in flu stations. For more information on locations and hours, veterans should contact their local VA health care facility. If veterans choose a Walgreens* drug store: For those who are a veteran patient, they may choose to get their flu shot at a local Walgreens. They can walk into any Walgreens to get their flu shot. No appointment is required. Immunization records will be updated electronically in their local VA electronic health record. All Veterans have to do is show their Veterans Identification Card and another form of ID. Note that no-cost flu shots

are available at Walgreens nationwide from August 1, 2015 to March 31, 2016. To get a no-cost flu shot at Walgreens during this time, enrolled veterans must tell the pharmacist they receive care at a VA health care facility, show their VA ID and Photo ID. Use Group Code # 5933XBAYV. Note: *Reference to non-VA pharmacies, including Walgreens, does not constitute or imply endorsement of these organizations, their services or products. If your local pharmacy is currently not participating in the VA Retail Immunization Program, they may participate in the future as the program expands. Vaccine is subject to availability. State and health-related restrictions may apply. If you do not have insurance coverage, there may be a charge for a flu shot after March 31, 2016.



What would a game be without dedicated fans?! L-R: Ty Jelle, Lucian Tinnes, Spencer Coan, Jordan Hagen and Hudson McMillin dressed up in old cheerleading uniforms and cheered on the Charger’s Volleyball team last week during Parent’s Night.



Parent’s Night 2015 - Senior volleyball players, along with their parents, were introduced on Monday evening, October 19th, in Goodridge. L-R: Shantel Verbout, with her parents Jimmy and Brandi Verbout; Mariah Coan, with her parents Deanna and Robert Coan; Maddy Bakken, with her parents Cassandra Bakken and Scott Bakken; Nikki Waletzki, with her dad Jim Waletzki.



Left: Alaina Monson during the JV game against SAC in Goodridge on Parent’s Night, October 19th. Right: Monson is pictured again playing against Karlstad’s Heritage School on Tuesday, October 20th. The Charger’s JV team won 3 out of the 4 games that day.



The Charger’s JV team won 3 out of 4 games against Karlstad’s Heritage School on Tuesday, October 20th, in Grygla. Front, L-R: Carlye Kiesow, Nichole Arveson, Hailey Vad, Mercedes Coan. Back row, L-R: Trystan Jelle, Alaina Monson, Maci Bakken, Libby Johnson, Madi Race, Julianne Nordby.

Volleyball Parent’s Night

Charger’s Volleyball Parent’s Night was held in Goodridge on Monday, October 19th. The varsity team lost in 4 games to Stephen/Argyle. (17-25, 20-25, 31-29, 21-25) Head Coach Jean Schulz said the girls played tough against a tough team. Ace Assits: Hannah Dietsch

18, Alison Satre 14. Kills: Shantel Verbout 20, Madison Bakken 11, Karlee Johnson 6. Aces: Karlee Johnson 1, Mariah Coan 1, Shantel Verbout 1 Digs: Kaitlyn Olson 25 Blocks: Shantel Verbout 4, Madison Bakken 3

Frostbite Tournament results

Grygla School was the site of the Frostbite Volleyball tournament on Saturday, October 17th. The Charger’s volleyball team placed 2nd in the tour-

ney. Results: SAC 1st place; GG 2nd; Sacred Heart 3rd; Freeze 4th; BGMR 5th; WAO 6th; Laporte 7th; Red Lake Falls 8th



Cheyenne Irlbeck, Charger’s ‘C’ team, hits one over the net on Monday, October 19th in Goodridge vs. SAC. Looking on is #4 Mercedes Coan. (Photo courtesy of Deanna Coan Photography)

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