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Wednesday, April 29, 2020

WE'RE ONLINE www.tricocanary.com

Vol. 46 Number 44

A look at next week ... We'll be taking a look at the Courage Kenny Rehabilitation Institute.

Grygla teachers describe what it's like to teach from afar



When schools were first closed back in March, it was set to be from March 18th-27th. As the COVID-19 threat continued to worsen, distance learning options were explored as the transition seemed im-

minent. Sure enough, our state made the announcement that distance education would officially go into effect. Teachers everywhere changed their focus and plans, and adapted the best they could without a lot of

time to do so. Online learning began on Monday, March 30th, and we now know that we'll be finishing out the school year this way.

In regards to these unprecedented times, Grygla School

Superintendent Jamie Lunsetter said he couldn't be happier to be where they are – working with the staff, students, parents and communities the way they have. "Our staff has taken the time to make sure

the delivery method we are using is as easily accessible and understandable to students and parents as possible," he said. Any Grygla students who needed a computer, went home with a Chromebook. Many of their assignments are virtual, but some physical materials are still being delivered to and picked up at homes by our bus drivers.

Lunsetter noted, "Our students have adjusted well, although both staff and students are missing the personal interaction we have with each other every day. Our parents have been patient, flexible and helpful in understanding that this situation is out of all of our hands, and we're all trying to make the most of it for our kids. He added, "The hardest part is knowing that our awesome group of seniors are missing out on milestones that

seniors are supposed to have. They, too, have handled this with dignity and maturity, as much as they are hurting. I'd like to thank everybody at this time, but specifically our seniors. They have done so much for our school, and we will never forget that!"

With Governor Walz announcing that Minnesota schools will, indeed, stay closed for the rest of the school year, teachers everywhere have shifted to supporting their students from afar. If you've been wondering what that shift looks like and how the virtual classes are going, a handful of Grygla teachers willingly give us an inside look into their new normal.

(All interviews have been left in their own words.)

Jean Schulz, 1st grade

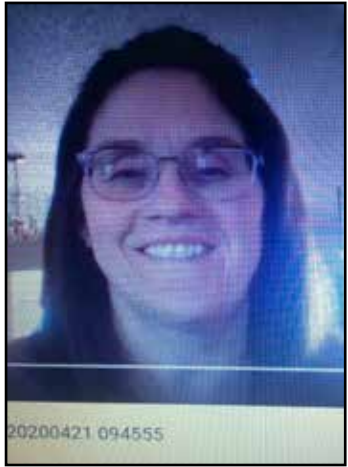
My curriculum has changed a lot with distant learning. The students are doing more work on their computers. I take daily attendance by checking to see if they have logged on to MyON to read their daily book. Each week I assign spelling words for the boys and girls to learn and a writing assignment.

Parent involvement is very important because they are the ones giving the spelling test and they have to take pictures of assignments and send them to me so I can grade the work. Also, first graders are just starting to read and write so parents have to be there to help them out. Math and other reading is done on computers with programs that show me their progress each week.

I am very thankful and grateful for all the help the parents are doing to help their child with distant learning.

Each week I send out a video to my students to tell them about the packet they will receive that week. I get some videos and pictures back, which I LOVE!

I really miss teaching in my classroom and being with my students. I miss seeing how hard they work and being able to see their improvement in their reading and writing. I miss talking with them and hearing all their stories and seeing their smiling faces.



Mrs. Schulz on the computer interacting with her students.

Kerry Carlson, 3rd grade

I am using Study Island for my distance learning curriculum. The kids use this already during the school year to get them ready for the MCA testing in the spring. The site has math, reading, language/arts, spelling, social studies, and science. Everything can be done online so this works out great! The kids have their Chromebooks from school to use.

I take daily attendance by student responses to my daily

attendance email. I release assignments on Fridays and they are due the next Friday.

The distance learning is going well. The kids, parents, daycare providers, and other family members have been awesome. We know that some parents are still trying to work and their kids are elsewhere during the day.

I send out a few videos each week and they vary from something about science to well-being, and I video myself once in a while. The kids and I meet once a week using the Zoom site and it is so great to see their faces and visit with them all.

There are many unique parts about distance learning. I would say that the most unique part is that the schedule is very flexible for the families and myself. The students are able to work on their assignments during the day or week when it works for them. Some students get their assignments done as soon as they are released, and others will work on a few things each day.

I miss seeing my kids each day. I am really proud of them and how they are able to adapt to change and take responsibility for their own work. It is great to see this as a teacher!



Mrs. Carlson's furry assistant looks things over!

Abby Sundberg, 4th grade

My curriculum is similar to what it would have been in the classroom as far as standards. The way we are learning, however, is way different. Lessons are taught through Study Island, as well as by myself, through videos, emails, and any other way students need. There are less hands-on activities happening, but more interactive online activities. Each day students have their assignments that need to be completed. I also post optional assignments each day if students are looking for more things to do. These optional assignments range from art projects, to dances and movement exercises.

I do take daily attendance. Each day I have a discussion question that students need to answer. If they answer they are counted as attending for the day. These questions are a great way for us to all still interact as a class about the same topic.

Assignments are due daily, but students have the option of working on them more throughout the week to improve their scores.

Distance learning is working okay. My students are really putting in the effort, which is what really counts! I just miss seeing them face to face each day and all of our conversations throughout the day. Most of my students are doing really good to complete their work on their own, but parents have been really great with assisting them when they need it as well as with communicating with me both when their child is having trouble and when things are going good.

I post a video of myself each morning explaining the days' work to my students. I also post myself reading a book each day. We started "Classroom Book a Day" on the first day of school. It was one of my students' favorite things, so I have continued it.

The most unique part of this is probably learning how to teach my students when they aren't physically with me. It has been a learning experience for me as well.

Lastly, I just want to tell my students that they are doing a great job, and I miss them so much! I can't wait until we can get together again!



Mrs. Sundberg reads a book via video.

Gabe Rath 7-12 grade Industrial Technology

We are doing lots of the same curriculum that we would be doing in the shops at school, but we lose a lot of the hands-on approach that we had. Instead of building the table, we are watching a video or videos of joinery of the table, and building model versions of a particular project or activity. Though, not all students have access to machines and materials at home that we have at school. There are lots of great videos of the various lessons we would have been building on YouTube.

Attendance is done using Google Forms posted every day in the students Google Classroom. Google Classroom is the web based program that most

have chosen to use to arrange curriculum for the students. My classes have an assignment of some sort every day, either a reading assignment, a worksheet, video with discussion, or a model building activity using things from around the house. If a chapter read is a bit longer, they will have 2 days to get it read, before being given an assignment based on the reading.

I have made Fridays my due date for all assignments for the week, giving students more time to get things done through the week if they are busy with other things.

I have not done any videos, or had any zoom meetings with the students; I have been communicating with students via email and through Google Classrooms.

I miss seeing the students, and hearing about the things that are going on in their lives. Sports, prom, class trips would have all been topics of conversations we would be hearing about from the kids.

It has been interesting balancing home life and work life; I seem to be checking my email far more often outside the school day. It has been fun spending more time with my daughter Catelyn at home, either helping her with homework, or doing some of her Phy. Ed. workouts.



Mr. Rath shares a lot of building videos via YouTube.

Brady Olson K-12 Health/Physical Education

The Health curriculum has remained the same for the most part. Students are completing the same material from their Health books, but are completing assignments on their Chromebooks through Google Classroom vs. worksheets in class.

Phy. Ed. is quite a bit different. Students are completing daily workouts and exercises at home compared to participating in large group activities and games in school. All classes are participating in a fitness

program that has a different workout for each day.

Older classes have also had "challenges" they try to complete without taking breaks. The challenges have consisted of following along to YouTube videos and seeing how long they can last doing the workout. They also report any other activities they have done on their own throughout the week so I can hear how they are keeping active. It sounds like quite a few of them have been put to work!

My daily attendance is done by having daily assignments/questions for the students to answer on Google Classroom. Their responses are time stamped so I know when they replied.

Most of the assignments are due daily since that is also counted as their daily attendance. For Health, there are some assignments that are due at the end of the week since they may need more time.

So far I have stuck with emailing and communicating on Google Classroom, but videos may be added in the future.

Teaching Phy. Ed. while sitting at a desk, and looking at a computer screen every day is probably the most unique part of this. In school, I am always moving around and don't see a computer most of the day!

I have enjoyed receiving pictures and videos of the students completing their exercises and doing other activities. I've also heard from a few families that the parents are doing the workouts with their kids; I thought that was cool! I was also challenged by an elementary student to complete the Baby Shark Ab Challenge on YouTube. The student sent me a video of her completing it and challenging me, so I did the challenge and sent a video back!

So far, I've used video for class meetings. My assignments are given in written form. I have found that I really need to be very concrete about each step. Clear expectations are critical in this style of learning.



Mr. Olson is pictured with his Distance Ed Secretary!

Betsy Saurdiff Art/German

My curriculum is not at all similar to what it would have

been in the classroom. In art class, students are working with simple materials that they have at home, so they're limited in what kinds of projects they can do. Instead of wheel-thrown pottery and hand-building techniques, they are working on logo designs. They are much more dependent on computers.

In German class, the students are no longer taking quizzes and tests, but instead are showing me what they know by doing projects such as videos, slideshows, song lyrics, etc. They share these projects with me with the Google Classroom computer program.

For my attendance, I post a riddle at 8 am. Students must respond to the riddle each day by 3 pm or they are marked as absent. It's a good way for them to check in and see what the schedule is for the week, to see if they have anything missing, or just to see general announcements. This is all done online with Google Classroom.

Each Friday, I post the assignments for the next week. Students generally have one or two projects per week. Students take photos of their completed work and share them with me online. It seems like they are spending much more time on their weekly sketchbook assignments than before. It's good to see that they're using their sketchbook as therapy perhaps. If they have questions, they email me, which is great. It's really important for them to advocate for themselves and reach out for clarification.

So far, I've used video for class meetings. My assignments are given in written form. I have found that I really need to be very concrete about each step. Clear expectations are critical in this style of learning.

My teaching style is very "hands-on", so it's been very different working on the computer all day. I miss the daily contact with students and staff members of course. It's very difficult to check for comprehension or to assess student learning. Long-term, I'm concerned about the sustainability of distance learning. It's just not the same.

I'm very proud of the effort of my students and the support of the community. No one signed up for this and we'll get through it together. Students have become much more independent learners. I love to see the projects they've worked on, although it's definitely not the same as seeing their bright faces each day!

Mrs. Saurdiff's photo... shown on page 2

Goodridge Senior photo goes viral



This photo has been getting a lot of attention! Coan Photography, owned and operated by Deanna Coan, out of Goodridge, recently took individual cap and gown photos of the Goodridge High School Class of 2020. Times were set up for each graduate to have their individual photo session with Deanna, who had a very creative idea in attempt to show some love to the graduating class.

After taking individual photos of each student, Deanna pieced together each shot using computer software to make it look like the entire class was pictured together. The project took her about four hours to complete and it sure gained attention! In fact, a news station out of the Twin Cities caught wind of it and reached out to the Goodridge School for an on-air interview. Superintendent Tom Loberg, along with Principal Becky Carlson and Senior Jordynn

Johnsrud were each interviewed for the feature, which is included below.

Of making this special photo to happen, Deanna, photographer, stated, "Thanks to all these amazing youngsters for following the rules on distancing, and also for making the day fun!"

The KSTP-TV Twin Cities news station titled their segment, "Sending Seniors Love." It can be watched in its entirety on KSTP.com.

Sending Seniors Love

For graduating seniors, distance learning means they won't be back inside their school buildings, go to prom or have a traditional commencement ceremony. However, districts around the state are working to make sure their seniors know they're loved.

In the small northwestern Minnesota community of Goodridge, senior pictures in caps and gowns is a tradition so the district found a way to

make it happen.

"We set up times for them to pick a time slot and scheduled a photographer and they came into the building one at a time and were able to take pictures around the school," said Tom Loberg, Superintendent of Goodridge Public Schools.

The photographer then took it one step further.

"They had a bunch of chairs set up and we stood in each of our spots and she took a picture of us individually and then merged them together, which I thought was really cool," said Jordynn Johnsrud, a senior at the school.

It's as if they were all there together.

"It was such a special moment and it provided some relief in a very difficult time," Loberg added.

In larger cities like Wayzata and Spring Lake Park, districts are honoring students through a senior spotlight on social media, and in Buffalo,

yard signs have been made for families.

"We miss them so much and we are so proud of them," said Becky Carlson, principal at Goodridge Public Schools.

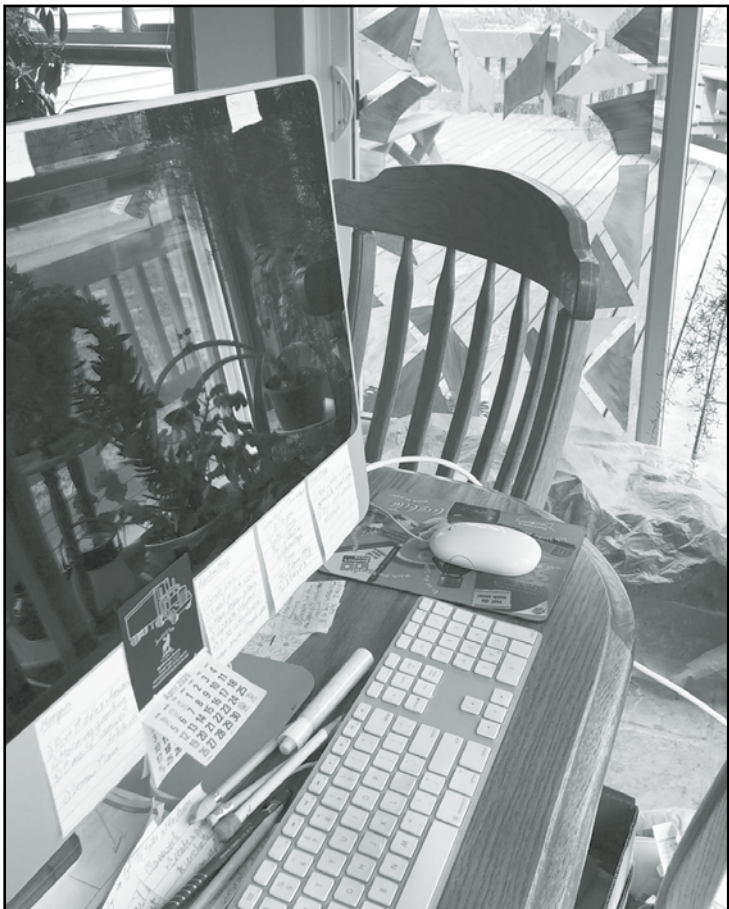
Next week in Goodridge, banners with senior portraits will be hung up on light poles around town.

"We always have a great senior class but this class is phenomenal," Carlson added, "so the fact that we didn't get to spend our last two months celebrating with them was really hard for everybody."

The small gestures seem to be making a big difference.

"It's important to me because we don't know if we will get that recognition in a traditional big ceremony, so I think it is important, at least right now, to show some recognition to seniors," said Johnsrud.

And during this tough time, it's making them know they're loved.



Mrs. Saurdiff's teaching area is set up right next to a sunny window!

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Land Lease out on Bid

The City of Grygla is accepting Sealed Bids for 46.57 tillable acres on the North & South side of US Hwy 89, on the west side of city limits.

This is for 2021-2023 crop season. (Note this is not for this summer's crop season!) The sealed bids are due by the 7:00 PM City Council meeting on Monday, May 11.

Anyone that turns in a sealed bid prior to the meeting will be allowed to bid higher at the meeting.



The above images show an example of how Deanna Coan merged together the individual photos. All photos courtesy of Coan Photography



On the left: Grygla resident, Danny Bragg, with the help of City employee, Rocky Hagen, cut down and removed this big Boxelder tree in his yard, which was completely damaged by a big woodpecker, who hammered away at it for a couple of years. Photo by Grygla Eagle Newspaper

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kids' corner

FOOD FACT

ONE OF THE FIRST "CANDIES" WERE MADE FROM HONEY MIXED WITH FRUIT OR NUTS IN THIS COUNTRY.

ANSWER: EGYPT

How they SAY that in...

ENGLISH: Sweet
SPANISH: Dulce
ITALIAN: Dolce
FRENCH: Sucré
GERMAN: Süß

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. "Chocolate" on box 2. Extra drop on middle chocolate 3. Missing candy in back 4. Extra candy on left

THIS DAY IN... HISTORY

APR 25

- 1901: NEW YORK BECOMES THE FIRST STATE TO REQUIRE LICENSE PLATES ON CARS.
- 1945: FOUNDING NEGOTIATIONS FOR THE UNITED NATIONS BEGIN IN SAN FRANCISCO.
- 1959: THE ST. LAWRENCE SEAWAY OPENS TO SHIPPING.

New word

SACCHARINE

excessively sweet or sentimental

Did you know?

MANY CANDY HISTORIANS THINK THAT JELLY BEANS ORIGINATED IN THE MIDDLE EAST FROM A CANDY KNOWN AS "TURKISH DELIGHT."

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: MOLDED CHOCOLATE

Only in Minnesota: a weekly feature in the Eagle

The tiny community in Minnesota that's unlike any other in the world

Here in Minnesota, we are lucky to have our choice of a number of amazing places to live. If you like to live on the edge of the wilderness, you might choose to spend your time in Ely. Or if you love the hustle and bustle of city living, Minneapolis might be a good choice for you. There are dozens of amazing places beyond those two, and some are truly unique. One of the most unique places

to live in Minnesota is a tiny community in Winona that is unlike any other in the world.

As a city, Winona is already a pretty great place to live. It is full of beauty, entertainment, and great people. Its downtown is full of fun things to do. And above the city, the Mississippi River bluffs add a beauty that is not present in most parts of Minnesota.

In fact, the bluffs - and the river itself - draw people from all over. Some of those people love the river so much that

they've decided to make homes on it. A famous boathouse community of over 100 houseboats lines the shore on Latsch Island.

These boathouses are all different, many pieced together with various materials that give the community a ramshackle feel.

Most of those who live here are only around during warmer months. There are few amenities here, so life in one of the floating houses can get difficult in colder months.

Still, for many it is a welcome change to the fast-paced lifestyle that awaits even in a small city like Winona. Plus, what could be more peaceful than sitting on your porch on a hot summer day, just inches from the river?

If you don't have a boat, this floating community is visible from a nearby bridge. Drive by slowly to catch a glimpse of the most unique neighborhood in Minnesota!



Aune Outdoors - Landscape & Design



Submitted by Alyssa & Tyler Aune

The snow is melting and warmer weather is approaching, which means landscaping season is near! Tyler Aune of Gatzke, Minn., has officially started his business Aune Outdoors, which will offer a variety of landscaping services to Northwest Minnesota.

His services will include Paver Patios, Retaining Walls,

Sidewalks, Steps, Fire Pits, Edging, Bobcat Work, Outdoor Kitchens, Tree/Shrub Planting and more!

Tyler earned his Environmental Design and Production Technology degree in 2010 and has been landscaping ever since. Much of his experience comes from working professionally in Bemidji, Minn., Billings, Mont., and from working on projects for customers near his home. Ever since earning his degree, Tyler knew managing his own landscaping business was a future goal.

"Landscaping allows me to be creative," says Tyler, "and allows me to work outside which I enjoy. Originally I was going to school for engineering but it got to be too much screen time. I'm an outdoors person,

and landscaping was the perfect fit."

While talking about the different ways landscaping services can be utilized Tyler explained, "Some people just want a small area to have their morning coffee, others are looking for a large gathering place to accommodate a crowd. With the amount of different products the landscaping industry offers there really are a lot of options. From simple paver patio block to full outdoor living kits and outdoor fireplaces, they keep coming out with new and unique products every year."

He also talked about how edging, retaining walls, and grade work are commonly used to improve the functionality of a home or yard while also be-

ing aesthetically pleasing. Retaining walls are often used to help control land and soil erosion. Edging around homes and buildings can help with rain runoff, and can also help deter rodents and bugs. Grade work can solve common yard problems whether it be a rough yard, or a standing water issue. And if you're selling your home, landscaping can help with eye appeal and add selling features.

Whether you know exactly what you need, or are looking for ideas, Tyler can help make your landscape dream a reality. Call 218-686-0418 or visit www.auneoutdoors.com, and be sure to follow Aune Outdoors - Landscape & Design on Facebook & Instagram.



Tyler Aune is pictured gluing bullnose caps onto new entrance steps. The other pictures are examples of his work. Photos courtesy of Alyssa Aune



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

Chutzpa

noun

Audacity; nerve



Easton Wikert, age 8, son of Kyle Wikert, got his first turkey last weekend while hunting with his dad by Karlstad. Easton used a 20-gauge shotgun and got the tom with his first shot! Photo courtesy of Leann Wikert

SIMPLY DELICIOUS



Spread the Dijon mustard over the top of the cooked croissant bread. Layer on 4 pieces of cheese or as much cheese as you would like to cover the surface of the bread. Fold each ham piece in half and layer on top of the cheese. Top the ham with the remaining slices of cheese.

Remove the second batch of dough from the tube. Again, pinch the seams closed, and place on top of the cheese slices. In a small bowl, melt the butter, and add the parsley and garlic. Brush on top of the dough.

Bake in the oven for 20 - 25 minutes or until the dough is golden brown on top, and the sandwiches are heated through and the cheese is nice and melty! Remove from the oven and let rest for 5 minutes to cool slightly as the cheese will be VERY hot.

By Kari Sundberg, Eagle Editor

Easy Hot Ham & Cheese Sandwiches

The easiest ham & cheese sandwiches to make ever. Perfect for a crowd (when we can gather in groups again, that is!) These sandwiches are so easy to make it because there's no buttering of the bread, piece by piece. No individual type assembly. It's all done in one dish.

Baked in one dish. Cut in one dish. Served in one dish.

INGREDIENTS

2 cans Pillsbury crescent dough

12 pieces of deli ham (your favorite)

8 slices of Pepper Jack Cheese

1-2 tbsp Dijon Mustard

3-4 tbsp butter, melted

1 tsp parsley, dried

1/2 tsp garlic, minced or dried



INSTRUCTIONS

Preheat the oven to 375. Take the dough out of the tube and roll it out. Press the seams together to form one large piece of dough. Line or grease your baking dish with parchment paper or nonstick spray. Lay the dough down in the baking dish and bake for the time required on the tube. Remove when cooking time is up.



Burning restrictions to reduce additional stress on statewide emergency response network

Consistent with Governor Tim Walz's executive orders to help ensure the health and safety of all Minnesotans, the Department of Natural Resources is proactively moving to burning restrictions immediately after snowmelt to reduce potential for wildfire and emergency response.

Burning restrictions apply to the counties where DNR administers open burning. The burning restrictions map indicates accurate restrictions by county and is updated daily. The state will not activate burning permits in these counties until restrictions are lifted. Small recreational fires or campfires are still allowed. The DNR will grant variance permits only for agricultural field and construction site preparation and limited prescribed burning. Call your local DNR Forestry Office if you are seeking a variance.

With this year's spring wildfire season coinciding with the COVID-19 pandemic and emergency response, the DNR and state agencies are working to reduce additional risks and stressors on an already taxed emergency response network.

Please know that:

- Burning restrictions limit the number of emergency responses, which keeps first responders focused on critical public services.
- Many wildland firefighters are also emergency responders for local fire departments, ambulances, and other emergency response activities.

The DNR is putting these cautionary measures in place for the health and safety of all Minnesotans. Private landowners can do their part to support COVID-19 response efforts by following burning restrictions and being safe with fire.

Stay up-to-date

- Visit the DNR's fire danger & burning restrictions webpage for daily updates.
- Check for your burning permit information by county.

Alternatives to burning

Escaped debris burns are the number one cause of wildfires. Alternatives to burning include composting, chipping, or taking brush to a collection site. For information on how to compost yard debris, visit the DNR's guide to composting yard debris.

Nordby Has Eyes on Future



Kristen Nordby is the daughter of John & Teresa Nordby, and Granddaughter of Shirley & the late Orvis Nordby, who is lovingly mentioned in the article below.
Photo courtesy of MSUM

The below article was found on the Minnesota State University Moorhead website and features Kristen Nordby, who is the daughter of John & Teresa Nordby, and granddaughter of Shirley & the late Orvis Nordby, who is lovingly mentioned in the article below, which can also be found online at www.msumdragons.com/news (April 22, 2020)

Periodically this spring Minnesota State University Moorhead Athletics will do a Q and A with a MSUM athlete alumni to see what he/she is up to after their time as Dragons. Next to be featured is Dragon softball alum Kristen Nordby, who played at MSUM from 2012-16 and graduated with a biology degree in May 2016. She will graduate in May from the Indiana School of Optometry.

Kristen Nordby
Hometown: Blaine, Minn. (2012 Centennial HS graduate)

Graduated from: MSUM in 2016 (biology major with an emphasis in health and medical sciences along with minors in both chemistry and entrepreneurship).

Will graduate from: Indiana University School of Optometry on May 8, 2020.

Current job: Starts residency position at Vance Thompson Optometry in Sioux Falls, S.D., in July.

Personal: Engaged to be married to Andy Walton on June 26.

1. What drew you to attend MSUM originally?

Nordby: “When I was looking for colleges to attend, I was a little overwhelmed at first. After touring a few campuses, I knew that a large undergraduate campus was not for me. I wanted it to feel like a close-knit community where you would see familiar faces on campus, and not get lost in the crowd. I did not want to have to take a bus or run between

classes to make it on time. This is why MSUM was perfect for me. MSUM offered a smaller campus and smaller class sizes. I was also drawn to MSUM because they were going to allow me to join the softball team to continue my career for another four years. MSUM was my first home away from home and I loved every minute of it.”

2. What was your experience of being a student-athlete at MSUM like?

Nordby: “Being a student athlete was wonderful, and I wouldn’t trade it for the world. I am not going to lie and say that being a student-athlete was easy, but it allowed me to build friendships on and off the field, it helped me develop excellent time management skills, and it allowed for a mandatory time for me to step away from the studies and have some fun. The early morning practices and the late night studies proved to be stressful at times, but it was well worth it. Being able to walk on campus your first day as a freshman, and automatically have a group of 16 or so friends/teammates helped ease the transition into my college career. What was really important to me was that I was going to college to get an education first, and I was very appreciative to MSUM and my coach, Kelsey Fehl, for always understanding that. I never felt like I was letting the team down when I needed to be in class, or in lab, instead of practice. I think MSUM allowed for a great student-athlete balance.”

3. What is your fondest memory or memories of your athletic career?

Nordby: “One of my fondest memories of my career was actually my freshman year of softball. That first spring of my softball career at MSUM, we did not have a single home game because the weather was absolutely awful. It snowed a crazy amount that year, so we

rode the bus a lot. Even though that sounds terrible, all of the long bus rides we shared as a team allowed us to get closer as teammates. We had to study on the bus, so we helped each other when we could, we ate a lot of subway, and had fun playing softball games at every stop we made.

Another fond memory I have is when the spring of my sophomore year finally rolled around, we got to have our first home game. I was not expecting any of my family members to be in the stands because the game was during the week, but when I looked up in the bleachers at the start of the second game to see my mom in the stands, it brought tears to my eyes. It was a great surprise to see that kind of support. My parents have always been my biggest supporters, and my mom and dad made it to as many of my games as they could. I could never thank them enough for that.

“Another great memory was when we were in Florida for our spring training one year. I had been in a batting slump for a while during the trip, and in one of our night games I got up to the plate in extra innings of a tied game. I was nervous as could be, but ended up hitting an out of the park walk off home run to win the game. That feeling will never go away.

“Finally, one of my biggest fans was my grandfather, Orvis. He loved coming to watch me play. He would come to as many games as he could. Whenever I would hit a home run, he wanted me to get the softball for him to keep, just as long as I would sign it for him. We loved him dearly. Unfortunately, we lost him two years ago in May of this year. He will forever be missed.”

4. What are you doing now, and what does your job/career entail?

Nordby: “These past four

years after graduating from MSUM, I have been working on completing my doctorate in optometry at the Indiana University School of Optometry in Bloomington, Indiana. The last year of school was compiled of working in different clinics throughout the US dealing with full time patient care. I rotated to different clinics every 3 months. I started in Indianapolis, moved to Decorah, Iowa, then moved down to Tallahassee, Fla., and finished off the year in Northfield, Minn. After I graduate in May, I have accepted a position at Vance Thompson Vision in Sioux Falls, S.D., as their resident for this next year. My fiancé and I are very happy to be able to live in one spot for this next year. My residency position will allow me to work alongside ophthalmologists and other optometrists for a year to better understand a wide variety of eye surgeries and how to manage the patients with both pre- and post-operative care. I will be dealing with care of the patients undergoing cataract, LASIK, glaucoma, and other corneal surgeries. This opportunity will also allow me to build confidence in treating and managing a lot of eye diseases related to the front of the eye. I am very excited for this chance to work along such great mentors for the next year, allowing me to look forward to a fulfilling career.”

5. How did attending MSUM impact you, professionally and/or personally?

Nordby: “MSUM allowed for a wonderful college experience, and I could not think of myself going anywhere else. MSUM helped shape me professionally by providing me with wonderful professors that helped lay down the ground work in order for me to be successful in optometry school. The smaller class sizes allowed for more one on one help when needed, and I never felt like I was bothering my professors when I needed to visit them in office hours to discuss coursework. MSUM impacted me personally by giving me the chance to make wonderful friends. I made great friends from day one. I made a friend right away, my roommate my freshman year moving into Holmquist dorms. And I made friends right away with being able to play on the softball team. These friends are now invited to my wedding. Moving away from home for the first time to start college can be a daunting task, a scary adventure, but after being at MSUM for four years, I still feel like the Fargo-Moorhead area is a place I call home.”

CROSSWORD

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StatePoint Crossword Puzzle Theme: Actors and Actresses

ACROSS

- “Flowers in the ____”
- Emergency responders
- Peacock’s pride
- Life force in Sanskrit
- Doctor Dolittle, e.g.
- The Beast’s problem
- Happen again
- Freudian topic
- In a fitting way
- *Hopkins’ Lecter to ____’s Starling
- *McGillis’ Charlie to ____’s Maverick
- Unagi
- Undesirable row
- Stuff in a tray?
- The Tramp’s love interest
- Hairy vertebrate
- “Best ____ schemes o’ mice an’ men”
- Be inclined
- City in Belgium
- Debussy’s “Clair de ____”
- D’Artagnan’s weapon, pl.
- Speed on water
- “This ____,” on a box
- The Chapin School, e.g.
-
- Post-roller coaster ride state
- The Coen brothers’ “True ____”
- ____ Diego
- Deuce topper
- Lamb’s mother
- *Clark’s Rhett to ____’s Scarlett
- *John’s Danny to ____’s Sandy
- Continually annoy
- Matterhorn, e.g.
- Cooler clime conifer
- Do like phoenix
- Tiger’s peg
- “My Own Private ____”
- Thou ____, or you have
- Bajillion years

73. Article of faith

DOWN

- 2020 Easter mo.
- Not kosher
- Meal in a shell
- Occupied, two words
- El Chapo’s organization
- “What ____ Happened to Baby Jane?”
- *Billy’s Harry to ____’s Sally
- Investor’s asset
- ____-Guarani languages
- Liberal pursuits
- Archipelago unit
- Bovine hangout
- Posterior, anatomically speaking
- Fill with optimism
- Basketball target
- Two heads are better than one, e.g.
- *Keaton’s Annie to ____’s Alvy
- Sweating room
- Hinduism follower
- *Knightley’s Swann to ____’s Sparrow
- *Cameron’s Fiona to ____’s Shrek
- List of options, pl.
- Ancient Greeks’ assembly area
- Pretend, two words
- ____ ex machina
- Doe, e.g.
- Sales pitch
- Smallest at the clothing store
- Second person of be
- Lighted by twilight
- Related on mother’s side
- Avoid, as in taxes
- Designer Bradley
- Osiris’ wife
- One third of a three-piece suit
- Welcoming sign
- A Flock of Seagulls’ hit, 2 words
- Soreness
- “____, humbug!”
- *Kate’s Rose to ____’s Jack
- “Some Like It ____”

New guidelines for outdoor recreation during COVID-19

The DNR and Minnesota Department of Health collaborated to create new outdoor recreation guidelines for use during the COVID-19 pandemic.

These guidelines apply to both recreational facilities and the public and are based on Governor Walz’s Emergency Executive Order Allowing for Safe Outdoor Recreation (EO 20-38).

Following these guidelines will help protect you and your fellow Minnesotans from this health threat. You can enjoy the outdoors while doing your part to slow the spread of COVID-19.

Here are some guidelines you should observe whenever you’re outdoors:

- Practice social distancing (stay at least 6 feet from people from other households). This isn’t just for parks and trails – it is also essential at boat launches, fishing piers, and hunting lands, and anytime you leave your home.
- Stay as close to home as possible. This is not the time to be traveling long distances to recreate. Cherished outdoor traditions further from home

will be there for you later, after the public health situation has eased.

- Do not host or attend gatherings with people who aren’t members of your immediate household. This includes gatherings like outdoor cookouts or barbecues, because those types of gatherings could spread COVID-19.
- Explore the range of nearby public lands available to you. If you arrive at a park, water access site, or other public recreation land and see that it is busy, choose a different option. This will allow you to maintain social distancing, and reduce impacts on staff and resources. Also, consider visiting at off-peak times, typically early or late in the day.
- Do not carpool to outdoor recreational activities with people other than those in your immediate household. Similarly, do not share equipment.

Read the full list of guidelines on the MN DNR website. Questions? Contact the DNR Information Center by phone at 651-296-6157 or 888-646-6367, or by email at info.dnr@state.mn.us.

Wednesday, April 29, 2020

Bethesda Church Sews for Veterans

These pictures were sent to Barb Picolet from the Bethesda Church in Skime. Quilting was done before the COVID-19 scare came around, earlier this winter. All the fabric and batting was donated by the Grygla Sewing for Veterans group.

The church ladies made 35 quilts for the Violence Intervention Project in TRF, 35 quilts for the Homeless Shelter in Grand Forks, 40 quilts and 15 afghans for the Veteran’s hospital in Fargo, and 10 baby quilts. Sheila and Galyn Solberg delivered the quilts and afghans. Everyone was excited to receive the donations. *Photos courtesy of Barb Picolet*

4 THE GRYGLE EAGLE