



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Partly Cloudy	Partly Cloudy	Mostly Sunny	Scatt. Tstorms
H 79 L 54	H 72 L 50	H 72 L 50	H 73 L 54	H 71 L 52

Wednesday, August 26, 2020

WE'RE ONLINE www.tricocanary.com

Vol. 46 Number 9

Coming next week ... Grygla resident, Cheryl Sistad, shares her success as a patient undergoing Deep Brain Stimulation.



Zach Olson is currently cycling the TransAmerica Trail, which takes him from west coast to east coast, going through ten different states. He took this picture above as he made his way through Wyoming.

Coast to coast: traveling solo across America by bicycle

Written by Kari Sundberg, Eagle Editor

Note: Zach Olson is a cousin of mine on my mom's side. I thought you could all use a little break from the COVID news and hear about Zach's amazing adventure he's currently on. With an end goal of September 11th, a follow-up story will happen later, updating you on the last half of the great journey.

"You just get yourself into the routine and you zone out," said Zach, when describing what it's like to bike 80-90-100 miles a day...

My cousin Zach started his coast to coast journey across America on July 11th. One might assume he had months and months of planning & preparations in place for such a trek, but, nope; he went on a Facebook ad and bought a \$400 bike from some guy. There was no advanced training, no end-

less hours of pedaling and no major packing. Just a trip to Astoria, Oregon, where his 3 month journey would begin.

Let's back up a minute, though. With Zach being a very active, healthy 26 year old, he does have a bit of experience and adventure under his belt, so an undertaking like this isn't something too out of the ordinary for him.

His past adventures include a lot of hiking and backpacking through other countries, including Canada, New Zealand and Peru, where he made the 7-day hike up to Machu Picchu and also climbed Mount Artesonraju in the Peruvian Andes. Though he says those trips were more about having fun and hanging out while this venture is the first one where he's really pushing himself and making it all about that.

Zach works for a company called Madi Corp, based out of

Boston. It's basically a temp work service where they do contracts to help other companies, whether it's union strikes or labor shortages. One contract might have him building lawn mowers for John Deere on an assembly line, the next might take him states away working in a sand mine. "I enjoy my job because I can be doing anything, traveling all over the US. They just need bodies in that spot," he explains. Once a contract is finished, Zach can head home and take as much time as he wants before jumping back into job in another city. The time off allows him to chase adventures such as the one he's currently on.

Originally, setting out on the TransAmerica Trail wasn't his plan. It was going to be another backpacking trip through Southeast Asia and Japan, but then COVID hit. "I had to find something to do in the USA," he casually threw out. "That's when I found the TransAmerican Trail."

Some guy was selling a Fuji 2.0 touring bike on a Facebook ad and Zach was locked in. He hit up YouTube videos to see what he'd need for gear and that was basically all there was to it! He laughed and said his training began on day 1 of the trail.

As mentioned, he set out on July 11th from Astoria, Oregon, about half-hour drive from Portland. With no friends along with him and minimal gear in tow, Zach's end-goal of around September 11th seems achievable.

As far as his gear, some cyclists have made the comment that he's packed pretty light compared to everyone else, but he feels it's enough. There's a pair of saddle bags on the back. One holds his clothing, which only consists of an extra set of biking clothes and one set

of sleeping clothes, along with personal hygiene items. The other bag holds his tools in case something goes wrong. In addition to his tent, sleeping bag and sleeping mat, he's got a gallon jug of water sitting on top, with everything held down by bungee cords. (He also has a sweatshirt that he uses for a pillow and a pair of socks to keep the sun blisters off his feet.) "The blisters are real," he explained. "I found that out while going through Hells Canyon in Oregon, where it was about 105 degrees and pure torture."

The TransAmerica Trail goes through 10 states; Zach has went through 8 so far: **Oregon, Idaho, Montana, Wyoming, Colorado, Kansas, Missouri and Illinois.** He just has **Kentucky, and Virginia** left, where he'll end the journey in Yorktown, VA, hopefully making his goal of exactly 60 days of cycling across America. He said he'll kick himself if it takes even 61 days. (The world record is an unbelievable 16 days where one guy did the trail unsupported, by himself, sleeping only 2-3 hours a day. There's an online blog about it, too.)

As far as mileage for Zach, well, when he first started, it was an impressive 40-50 miles of biking a day, which he considers his initial training. Now, it's a minimum of 70 miles, with some days even logging in at over 100 miles.

It's hard to even fathom, isn't it? But Zach says he feels great and could honestly keep going; you just get in tremendous shape from it all.

A typical day on the trail starts early. The only food he carries with him are Cliff Bars

Coast to Coast...
Continued on page 3



"I got my bike from a guy through a Facebook ad," Zach laughed. He is pictured in Grand Teton National Park in Wyoming.



The TransAmerica Bicycle Trail starts in Asotria, Oregon, and ends in Yorktown, Virginia. Zach began his trip on July 11th and hopes to finish in 60 days, right around September 11th.

City Council filings

The following residents are seeking election to the Grygla City Council this November. Mayor: Kelly Klein and Richard Mosher

Council Members: Karla Byklum, Dave Dunrud, Rose Hanson, Devin Ruud, Blair Saurdiff and Bob Thompson.

Open positions are for Mayor (2 year term) and two Council Members (4 year terms).

Names of all candidates will appear on the November general election ballot. Candidate filings began July 28th and continued through August 11th. The newspaper will be featuring an interview with each candidate, introducing them and sharing their primary reasons for wanting to be elected. This will run late September.

Grygla/Gatzke School Board filings

Three spots are open to serve on the Grygla/Gatzke School Board. The deadline to file was August 11th with the following candidates seeking election: Alisha Anderson, Patrick Hackley, Luke Nordvick, Andy Oslund, Nick Rickaby, Jeremy Rychlock and Gretchen Smeby.

Names of all candidates will appear on the November general election ballot. The newspaper will be featuring an interview with each candidate, introducing them and sharing their primary reasons for wanting to be elected. This will run late September.

Back to School Open House

This year's Back to School Open House will look a bit different due to everything going on, but next Wednesday, September 2nd, parents and students are invited to the Grygla School, with a set schedule that's shared below. This Open House is not mandatory.

Pre-school
Pre-school families are asked to enter the north High School door with paperwork being dropped off in the pre-school classroom.

K-5 families
Elementary families are asked to enter through the new gym lobby doors. There will be a table set up for paperwork drop-off outside of the new gym lobby doors. Each elementary class will have their own meeting time in the big gym. Kindergarten at 4:30pm, 1st at

5pm, 2nd at 5:30pm, 3rd grade at 6pm, 4th grade at 6:30pm, 5th grade at 7pm.

High School families
High School families are asked to enter through the High School south door. A table will be set up for paperwork drop-off outside of the south HS entrance. Each class will have their own meeting time in the Commons area. 12th grade will meet at 4pm, 11th grade at 4:30, 10th grade at 5pm, 9th grade at 5:30, 8th grade at 6pm, 7th grade 6:30pm and 6th grade at 7pm.

There will be a school website/app demonstration in the small gym at 4:30, 5:30 and 6:30pm. Masks are required, unless you are outside with social distancing practices in place.

Vendor Show this Saturday

There will be a vendor show this Saturday, August 29th, in the parking lot by Diamonds in Grygla, beginning at 10am. The Spud Wagon will also be

onsite serving food. If you are a vendor interested in displaying items, please get in touch with Rose Hanson at 218-280-5944.



More stormy weather rolled through the area last week that brought with it some damaging hail. Along with almost 3 inches of rain, golf ball-sized hail fell in and around Grygla last Wednesday morning. Matia Brobst shared this photo of the hail that fell in town, while it caused Carol Steuck many dents to her vehicle and a shattered sunroof. Photos courtesy of Matia Brobst and Carol Steuck



CHURCH CALENDARS

Grygla Lutheran Parish, Grace and Our Savior's, Grygla. Pastor Ken Bowman. Grace Lutheran has started having in-person worship. For the time being, Worship will be each Wednesday evening. During that time, Pastor Ken will be recording the video service that will continue to air on GV channel 36 at 9am Sunday and 7pm Sunday, as well as be posted on the Grace Lutheran website.

Goodridge Area Lutheran Parish, ELCA. Bethany, Ekelund, Faith Pastor Kristin Dahlen Ostercamp. Sunday, August 30th 8:30am Ekelund with Communion, 9:45am FB Live

The Catholic Communities of St. Clement's - Grygla; St. Ann's - Goodridge Fr. Adam Hamness

U.S.P.S. No. 002330 Grygla Eagle. Serving Eastern Marshall & Northern Beltrami Counties. PUBLISHER - RICHARD D. RICHARDS. Phone 294-6220. SUBSCRIPTION RATES: \$30 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses) \$40 per year outside of the area. PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement. The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

Youth Firearm Safety course and range day

The Youth Firearm Safety course will be held Saturday, September 26th, at Grande Corner. The all-day range course begins at 9am where students will walk through different scenarios with firearm safety instructors. Before stepping on the range, students must complete the online portion of the course, which can take up to 15 hours, so prepare accordingly. To get started with the program, students can visit www.hunter-course.com; choose your state, enter your DOB and it's self-explanatory from there. There is also a link on the MN DNR website. Students are asked to bring their online course completion certificate with them the day of the range course at Grande Corner. For any questions, call Donald Haack (294-6325) or Robert Paulson (378-4366). Students must be at least 11 years old to participate. Fall Club Picnic: The Club Picnic this fall will be held after the Gun Training on September 26th. The Club provides the meat; you're encouraged to bring a side dish to share. If you are interested in joining the local sportsman's club, membership dues are \$25/single and \$35/family.

Sundays: St. Clement's: 10:15am Worship in church St. Ann's: 12pm Worship in church. BETHESDA LUTHERAN CHURCH Skime Pastor Steve Bliss Sundays: 9:30am Worship w/ 11am Facebook Live Broadcast. LIBERTY CHAPEL Grygla Congregation-Led Calendar/information not available at this time. CLEARWATER LUTHERAN PARISH St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee Pastor Jeff Merseth Saturday: 9am Worship at Mt. Olive Sunday: St. Petri: 8am Worship OP: 9:45am Worship Nazareth: 11am Worship. UNITED LUTHERAN PARISH Gatzke 8:30am Worship in church

Please email church calendars to grygla.eagle@gmail.com

DITCH MEETING. On Monday, August 31st at the Grygla Community Center JD 11 at 9:30 am JD 21 at 10 am

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GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian. The Summer Reading Program comes to an end this week. It seems silly to call it a Summer Reading Program when it was more along the lines of summer "challenges" and "arts/crafts", but I suppose you had to READ directions in order to complete each one, so it counts, right? I thought we'd have a lot of participation this summer since I got rid of the actual "reading" portion, but this was the least amount of kids I've ever had participate. I'm trying not to get too bummed about it, though, because I know it's been a super weird year. I think everyone's just burnt out on virtual things and activities that require completion on your own time at home. It's WAY more fun when I can host actual programs and bring in things like the zoo exhibit, jugglers, magicians, etc. Nonetheless, we still had about 5-6 kids take part in the challenges and I'll be sharing their photos next week! 4 lucky winners will each receive a \$50 Salo Signs gift certificate to pick out some Charger-wear, so that's kind of fun. I'm actually going to see if I can arrange for a couple more so two kids aren't left out, as I appreciate

Northern Lights fishing report

Written by Ben Kucera. Fishing is on the rise with falling water temperatures. Two weeks ago, Lake of the Woods had another big fish fly hatch that slowed the bite down. The fish flies are gone and the water temperature dropped to 73-75 degrees now. With the cooler temperatures coming, it will continue to drop with the highs in the mid 70's to upper 60's and the lows reaching mid 50's to upper 40's. A lot of fish are being caught still up around south tip and whiskey flats - shallower now, around 24-26'. Most are still pulling cranks and having to wean through the little ones. The flats around 5mile reef has started producing fish, as well, in that 24-28 foot range. The sand bar and blinker still going strong, but have to find active fish; they can be anywhere from 6'-25'. Out of long point area, LEMs are still producing and the flats around it. Right now there are a lot

of reports to look for the fish with your finger; the fish they are coming across, lots are suspended. Blackduck Lake has started to pick up with fish being caught on the bars at dusk, slip bobbering. This week, I hope to get out on Balm for some top water fun and then switching gears to the waterfowl scene. The October show in Thief River has been canceled for this year. I may try to get some tackle up to the store and put some ice rods up for sale that I was building. Ben Kucera is the owner and creator of Northern Lights Tackle & Custom Rods. He is also a Marshall County Sheriff's Deputy residing in Grygla with his wife and children. Ben is an avid fisherman who will be writing and submitting a fishing report weekly. You can follow his Facebook page at Northern Lights Tackle and/or contact him at 218-684-0588.

2020 Beltrami County Remote Transfer Site Clean Up Events. SATURDAY, 10 AM to 1 PM (or until the containers are full). Pinewood Transfer Site: September 19, 2020 16909 Grange Rd NW. Fourtown Transfer Site: September 12, 2020 68030 HWY 89 NW. Free: Household Waste, Car Tires (12 per household), E-Waste (Radios, Computers), Appliances, Household Hazardous Waste, Paint/Stain, Fluorescent Bulbs, Ballasts, Oil Filters (8 per household), Batteries, AG/Boat Wrap (Recapture Bag). NOT FREE: Demolition Debris (\$12 per yard), By-Pass Material (\$24 per yard), Furniture, Treated Wood, Non-Burnable Items, Large Tires (Semi/Tractor), Semi Truck Tires \$10 EA, Tractor Tires \$65 EA. For more information contact the Solid Waste Department at: 218-333-8187

and love their willingness to still participate this year and give it their all. Last year was our highest number for kids in the summer reading program. We not only had our 15-20 regular Grygla kids, we also had the Goodridge School come and take part in our programs! That was so fun and I can only hope we'll be back to that "normalcy" next summer. Oh well, we have to do what we can with what we've got, right? Moving on to my book suggestion for the week. I'll admit, when I first read the summary, this thriller didn't sound too "thrilling" for me. It all sounds a little immature and the summary is kind of poorly written, in my honest opinion. But like I always say, what's good enough for Reese Witherspoon, is good enough for me. As many of you know, I follow Reese Witherspoon's book club, reading MOST of her monthly selections. Some don't really grab my attention, but this one now does - only after reading some 5-star reviews on it. It's called Guest List by Lucy Foley. It's a suspense novel with one reader saying, "Pay close attention to seemingly throwaway details about the characters' pasts. They are

all clues." I'm all about a good suspense novel and I'm now hopeful this one won't disappoint. If you decide to give it a go, shoot me a text or email and let me know your thoughts. I do love me some good book discussion. Here is the summary, as painful as it sounds. But I can't write something better for ya as I haven't read it yet. So here we go: The bride. The plus one.



kids' corner. Includes icons for a laptop, calculator, and various school supplies.

SCIENCE FACT! THIS ELECTRICAL CHARGE IS MOST OFTEN LIMITED TO CLOUDS AND ONLY RARELY REACHES THE GROUND.

How they SAY that in... ENGLISH: Storm SPANISH: Tormenta ITALIAN: Tempesta FRENCH: Orage GERMAN: Gewitter

Pine Cone Apartments (Handicap Accessible). 1-2 Bedrooms First month free **with a 1-year lease Section 8 Accepted. Located in Grygla, MN Call Dave at 218-294-6266

CFAP Food boxes coming this Wednesday

The CFAP (Covid Food Assistance Program) boxes will be distributed in Grygla this Wednesday, August 26th, at 9:30am. Once again, the boxes will be handed out from Saur-

diff's truck garage (230 East Park Drive). Please line up on the north side of the garage ready for the drive-through distribution. See last week's Eagle for the full write-up.

The best man. The wedding planner. The bridesmaid. The body. On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. The groom: handsome and charming, a rising television star. The bride: smart and ambitious, a magazine publisher. It's a wedding for a magazine, or for a celebrity: the designer dress, the remote location, the

luxury party favors, the boutique whiskey. The cell phone service may be spotty and the waves may be rough, but every detail has been expertly planned and will be expertly executed. But perfection is for plans, and people are all too human. As the champagne is popped and the festivities begin, resentments and petty jealousies begin to mingle with the reminiscences and well wishes. The groomsmen begin a drinking game from their school days. The bridesmaid not-so-accidentally ruins her dress. The bride's oldest (male) friend gives an uncomfortably caring toast. And then someone turns up dead. Who didn't wish the happy couple well? And perhaps more important, why? Ok, summary over; me talking again. Reese said this caught her attention and held it all the way through to the explosive ending, so I'm putting all my eggs in THAT basket. Here we go!

What's the Difference? There are four things different between Picture A and Picture B. Can you find them all? Picture A and B show children with umbrellas. Differences include: 1. Polka dots missing, 2. Extra paw print, 3. Left umbrella handle missing, 4. Jeans leg unfolded down.

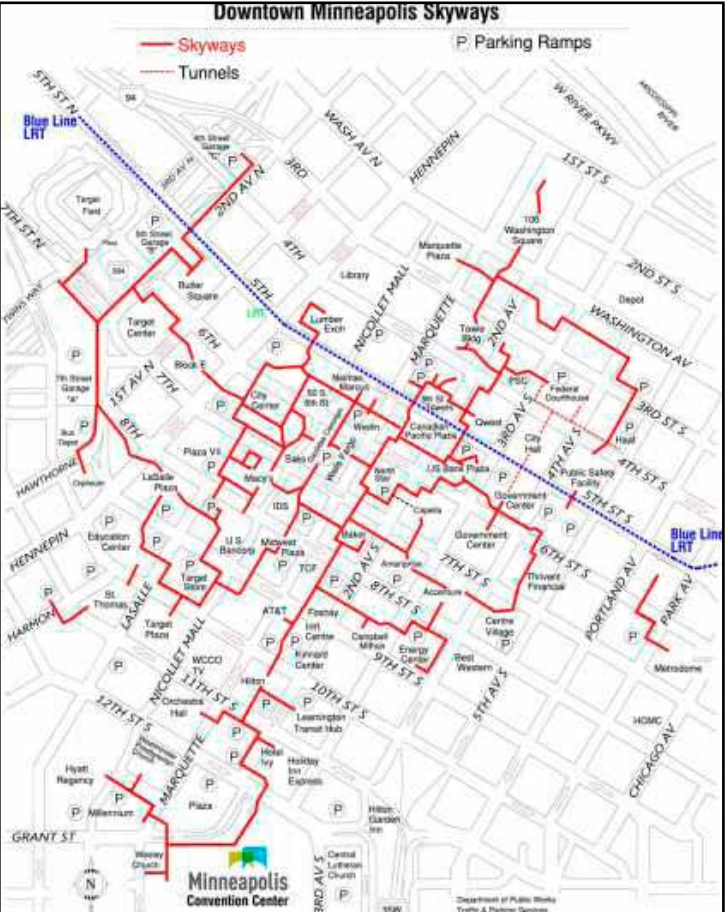
Did You Know? LAKE MARACAIBO IN VENEZUELA IS RECEIVES MORE LIGHTNING STRIKES THAN ANY PLACE ON EARTH. THOUSANDS AND THOUSANDS OF STRIKES CAN OCCUR IN ONE NIGHT.

GET THE PICTURE? Can you guess what the bigger picture is? ANSWER: LIGHTNING STRIKE

We Believe Agriculture Is Full Of Opportunity. Over the years, we've helped area farmers and ranchers when they've needed money to buy land, cattle, machinery and plant crops. If you're looking for a good ag bank to work with, come see us. ASB AMERICAN STATE BANK. 201 Vance Ave. S. Erskine, MN 56535. www.asbgrygla.com

Only in Minnesota: a weekly feature in the Eagle

The Minneapolis Skyway System
An interesting fact about Minnesota is that that the Minneapolis Skyway System is the largest, contiguous system of enclosed, second level bridges in the world!
It's composed of 9.5 miles of pathways connecting 80 city blocks. The system connects corporate offices, bars, restaurants, bakeries, hotels, government services, retail, gyms, grocery stores, liquor stores, banks, doctors, dentists, masseurs, pharmacies, hair and nail salons, dry cleaners, live theaters, three pro sports facilities, a church, art exhibits, and well, you get the idea!
The city's first skyway, connecting the new Northstar Center building to the Northwestern Bank Building, opened in 1962. The construction of the IDS in 1974 (still the tallest building in downtown Minneapolis) was a key moment for the skyway network. The building featured skyways connecting buildings in all four directions, which integrated what was up until then, a scattered system.
In 2016, the skyways connecting U.S. Bank Stadium to the rest of the system brought the total length of pathways to over 8 cumulative miles. With skyways being included in nearly all new construction in central downtown, maps and way finding signage became necessary.
There are about 140 options for skyway-connected food, which includes a list of familiar chains, as well as sit-down, ground floor restaurants that are accessible by the skyway.



Grygla/Gatzke School Board Official Minutes from June and July

Thursday, June 18, 2020, 7:00 p.m. : Chairperson of the board Jeremy Rychlock called the meeting to order at 7:00 p.m. with James Verbout, Andrew Oslund, Tera Nordby, Clinton Brobst, Gretchen Smeby, Principal Gieseke and Superintendent Lunsetter present.
Motion by James Verbout, second by Jeremy Rychlock, to approve the agenda as amended. Passed 6-0. Minutes of the 5/21/20 regular school board meeting were approved as printed.
Motion by Andrew Oslund, second by Clinton Brobst, to approve payment of the bills check #37526 through check #37569 and wire payments. Passed 6-0.
Finance Report: Given by Superintendent Lunsetter: General Fund \$140,448.80 MSDLAF \$1,472,917.05 Food Service 750.78 Checking 57,911.54 Comm. Service 30.61 Scholarship 0.00 Trust 0.00 Student Activity 1,400.00 Total \$142,630.19 Total \$1,530,828.59
Principal Report: Given by Principal Gieseke. Mr. Gieseke and Shaunna are nearly finished registering students for the 2020-21 school year. Mr. Gieseke has developed an application process for community service workers for the 2020-21 school year. The staff and students heavily utilized MyON, our online library this spring; this is something that we will definitely look at including in our elementary curriculum moving forward.
Superintendent Report: Given by Superintendent Lunsetter. Summer athletics and summer rec baseball have opened up, and State Department of Health and MDE guidelines are being followed. This is a 3-phased approach for our student-athletes to return to competition. Thank you to Holthusen Construction for doing an outstanding job repairing the crown on our football field. The grass has been seeded as well. Our new bus is expected to arrive sometime after July 1, 2020. Mr. Lunsetter also discussed some heating options as we look at replacing the antiquated system that is currently in place.
Motion by James Verbout, second by Andrew Oslund, to approve the contract for Derek Gieseke, Principal, for the 2020-21, 2021-22 school years. Passed 6-0.
Motion by Tera Nordby, second by Jeremy Rychlock, to approve the annual expenditure and revenue budgets as follows: FY21 Revenue FY21 Expenditure 01 General Fund \$2,905,851.00 General Fund \$3,150,911.00 02 Food Service 102,850.00 Food Service 134,764.00 04 Comm. Service 45,654.00 Comm. Service 30,930.00 08 Scholarship 5,150.00 Scholarship 10,000.00 09 Scholarship Trust 700.00 Scholarship Trust 2,000.00 21 Student Activity 64,550.00 Student Activity 66,500.00 Total \$3,124,755.00 Total \$3,395,105.00 Passed 6-0.
Motion by Andrew Oslund, second by Gretchen Smeby, to approve fund transfer of \$28,041.11 from Fund 04 Community Education to Fund 01 General Fund (Unappropriated Fund Balance) due to COVID-19 expenses, which will not diminish instructional opportunities for students. Passed 6-0.
Motion by James Verbout, second by Tera Nordby, to approve the 2020-21 Season Athletic Pass rates as presented. Passed 6-0. Motion by Jeremy Rychlock, second by Tera Nordby, to approve the MSEA Memorandum of Agreement for the 2019-20, 2020-21 MSEA Contract. Passed 6-0.
Motion by Andrew Oslund, second by Clinton Brobst, to approve MREA membership for the 2020-21 school year. Passed 6-0. Motion by Jeremy Rychlock, second by Gretchen Smeby, to approve the changes to the quarterly honor roll as presented. Passed 6-0. Motion by James Verbout, second by Andrew Oslund, to approve the changes to the grading scale as presented. Passed 6-0.
Motion by Gretchen Smeby, second by Clinton Brobst, to approve the following donations: \$250.00 From Todd & Deb Stanley Farms for scholarships 500.00 From Grace WELCA for scholarships 500.00 From American State Bank Grygla for scholarships 100.00 From Bernier Picolet Memorial for scholarships 1,000.00 From Machinewell, Inc for scholarships Passed 6-0.
The meeting was adjourned at 7:47 p.m.
Thursday, July 16, 2020, 7:00 p.m. : Chairperson of the board Jeremy Rychlock called the meeting to order at 7:00 p.m. with James Verbout, Andrew Oslund, Tera Nordby, Clinton Brobst, Gretchen Smeby, Principal Gieseke and Superintendent Lunsetter present.
Motion by Jeremy Rychlock, second by Clinton Brobst, to approve the agenda as presented. Passed 6-0. Minutes of the 6/18/20 regular school board meeting were approved as printed.
Principal Report: Given

by Principal Gieseke. Abby Sundberg did a very nice job organizing and ordering the elementary social studies curriculum. He also noted that although many things went well with distance learning in the spring, all schools did have some struggles. The new school website and app will be available very soon.
Superintendent Report: Given by Superintendent Lunsetter. The decision on whether fall sports will be held this year will be made by the Minnesota State High School League on August 4th. Coaching salaries for the fall will be discussed by the Board in upcoming meetings. There were no major bus issues this month. The planning committee will be meeting soon to look over the outlook for the fall return to school and will discuss the results of the parent and staff surveys.
Motion by Jeremy Rychlock, second by Andrew Oslund, to approve the Long Term Facilities Maintenance Plan for the 2020-21 school year. Passed 6-0. Motion by Tera Nordby, second by James Verbout, to accept the 20-21 milk bid from FSA. Passed 6-0. Motion by Gretchen Smeby, second by Tera Nordby, to authorize Jamie Lunsetter as the Identified Individual with Authority for ISD 447 effective 8/1/20. Passed 6-0.
Motion by Andrew Oslund, second by Jeremy Rychlock, to call for an election of three school board members, four year terms each. Passed 6-0. Motion by James Verbout, second by Tera Nordby, to approve the 2020-21 Student Handbook as presented. Passed 6-0. Motion by Andrew Oslund, second by Gretchen Smeby, to approve the 2020-21 Teacher Handbook as presented. Passed 6-0.
Motion by Jeremy Rychlock, second by James Verbout, to approve Ryan Kriel as JV GBB Coach. Passed 6-0. Motion by Gretchen Smeby, second by Tera Nordby, to approve Justyne Klasen as Junior High GBB Coach. Passed 6-0. Motion by Andrew Oslund, second by James Verbout, to approve the resignation of Megan Larson, JV Volleyball Coach. Passed 6-0.
The following donations were approved: \$1,000.00 From Farmers Union for scholarships 400.00 From Raincare Co. for scholarships 1,000.00 From Grygla JCC for scholarships 500.00 From Grygla Education Association for scholarships.
The meeting was adjourned at 8:00 p.m.

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Klatsch

Noun

A casual gathering of people, especially for refreshments and informal conversation

\Klahch, klach\



Results from last week's StatePoint Crossword puzzle.

SIMPLY DELICIOUS



stoneware dish; I love how stoneware just makes everything bubble up, nice and hot.

Sprinkle however much cheddar cheese you'd like to cover the top of the cream cheese mixture. Spread pizza sauce on top of this layer. Next, lay your pepperonis on top; however much you prefer. Last, sprinkle your layer of Mozzarella cheese on top.

Bake at 400 degrees for approximately 15 minutes, until cheese is melted and bubbling.

This is the quickest version of this dip, which tastes so good with tortilla chips, pita chips or crackers.

You can also pack a bit more in by adding ground beef or crumbled sausage, bacon bits, Canadian bacon, green peppers, olives, onions, etc. I have to keep most of that stuff out as my kids won't eat it then. (Which actually makes me think next time I'll put ALL that stuff in so I get the dip to myself. Ha.)

Serve this dip hot out of the oven. The melty, stringy cheese just makes the whole dip. I've also made a very similar dip cold, kept in the refrigerator, that is best served with crackers. Play around with these types of recipes – you can't go wrong with a dip, that's for sure.

Stay tuned for crockpot recipes coming next week. We've got a busy month of hunters up for bear season so I'll be sharing tasty recipes that are great for a group, filling for the bellies, yet easy to prepare and serve.

Written and made by Kari Sundberg, Eagle Editor

This week I'm going to share a really quick and easy dip recipe. Coming up in September, I'll be sharing mostly crockpot meals so let's keep it easy this week, but still stick to something SIMPLY DELICIOUS.

This one's a hot pizza dip that can be made to fit your own cravings. It's easy to throw together and ready in minutes.

Hot Pizza Dip

Two 8 oz. packages of cream cheese

¾ cup sour cream

1 tsp garlic powder

1 tsp Italian seasoning

Cheddar cheese

Mozzarella cheese

1 jar of pizza sauce

Pepperonis

(Other toppings of your choice)

Combine the softened cream cheese with sour cream, garlic powder and Italian seasoning. Spread in the bottom of a baking dish. I used about a 9-inch

Coast to coast

...continued from front

and Trail Mix – sometimes the occasional fruit or snack. But he only eats two meals a day. Breakfast before he starts and supper wherever he finishes; lunches are just snacks as he goes. The trail keeps cyclists away from big cities, going through a lot of smaller towns. Zach hits up the restaurants and cafes for his two meals, with his experiences in them being all friendly. He said it happens a lot where his meals and/or a cold beer has been paid for, as folks are used to seeing a lot of cyclists come through. Those kind gestures mean a lot; especially when you're essentially alone.

It's unbelievable, but so far on the trail, Zach hasn't ran into any bad weather or big wildlife, either. Not even through Yellowstone! The only real hiccup along the way was on day 1 when he got a flat tire 50 miles in.

He says the first month was full of amazing scenery, the Rockies and Grand Teton National Park being the most beautiful.

Majority of the trail is paved, about 90% of it. And it typically follows the side of older two-lane highways, but some spots have had very high elevation, which is to be expected, especially in Oregon and Wyoming. On his 30th day, he was in Colorado at 10,000 feet. He described what it was like. "It's so steep for so long. You just have to walk your bike up. But one of the best feelings in the world is when you climb up that mountain and you see the sign that shows a descent for the next four miles. You know you're flying when you don't even have to pedal." (Sidenote: Now seems like a good time to mention that Zach hasn't sustained any falls from his bike!)

Kansas was a nice, flat break in the trip, but Missouri had him climbing again as he made his way into the Appala-

chians.

In all of his days out there, so far there's only been 1 day off and that was about 10 days into the trip. Zach was just leaving Hells Canyon, Oregon. It was hot and he was hurtin'. There was a hostel that had a mattress, showers, laundry and AC; it was the perfect place to rest and relax, so he took it.

Most nights are spent in his tent, but the trip does allow for an occasional stay at a hotel or a hostel. Zach uses an app that helps cyclists find free or discounted spots to camp or stay. Some of the places have included old churches that have been turned into hostels for cyclists along the trail. There's also an app he uses where cyclists host other cyclists, opening their home up for a night's stay. So far, he's taken advantage of that twice, enjoying one night of music and visiting with a family who lives pretty simple and old-school.

A memorable night of camping happened back in Colorado. Zach met a couple cycling from South America to Washington, D.C. The group camped near some hot springs in an old hut that used to be a bath house in the 1850's. "It was quiet and dark; we just chilled in the hot springs and snuck over to this hut and threw our sleeping bags in. We got up at 5am and got out of there before anyone even noticed," he shared.

These memories made along the trail are what Zach lives for. Actually when this is over, he said he'll probably never touch another bike and be on to the next adventure, which he hopes is a sail/row boat adventure along the coast from Seattle to Anchorage or kayaking the Colorado River.

For now, though, he needs to focus on the last leg of THIS trip, which we'll be sharing more of in mid-September. Stay tuned and we wish Zach all the best as his journey nears the end!



2020-'21 School Year

Grygla School District #447

**TUES.,
SEPTEMBER 8th**



2020 – 2021 STAFF

ADMINISTRATION

Jamie Lunsetter Superintendent of Schools
Derek Gieseke Principal K-12

BOARD OF EDUCATION

Jeremy Rychlock Chairperson
Jimmy Verbout Vice Chairperson
Tera Nordby Clerk
Andy Oslund Treasurer
Clint Brobst Director
Gretchen Smeby Director

HIGH SCHOOL FACULTY

Drew Kjono Jr. & Sr. High English
Christina Kucera Computer/Business Education
Nick Mickelson Science/Biology/Chemistry
Jason Grandstrand Social Studies
Gene Lunsetter Vocal/Instrumental/Music
Audrya Nelson Librarian
Gabe Rath Construction/Ind. Technology/
Machine Shop & Metals
Betsy Saurdiff Art & Foreign Language
Andrew Sundberg Math
Brady Olson Phy. Ed./Health
Robin Johnson Special Ed./Title I

ELEMENTARY STAFF

Travis Smith Kindergarten
Jean Schulz First Grade
Greg Monson Second Grade
Kerry Carlson Third Grade
Abby Sundberg Fourth Grade
Jana Nelson Fifth Grade
Tausha Severts Sixth Grade/Title
Gene Lunsetter Elementary Music

OFFICE STAFF

Amy Holte
Bookkeeper/Supt. Secretary
Shaunna Olson
Student Services/Principal Secretary

SCHOOL LUNCH STAFF

Jean Foss Darlyne Roen

CUSTODIAL STAFF

Chris Jelen Wayne Thomas Jake Sundberg

PARAPROFESSIONALS:

Audrya Nelson Marcie Moe Diane Lunsetter
Brooke Olson Courtney Alderete

BUS DRIVERS

Bruce Kiesow Colette Brobst
Regina Amos Wayne Warne
Jayce Olson

COVID-19 Plan

Please refer to the COVID-19 back to school plans that were mailed out to families.

IMMUNIZATION NOTICE

Immunizations must be up to date for a child to enter school. If your child needs immunizations you should have received notice earlier this summer. Please return the forms with immunization dates before school begins.



- USE OF MEDICATION -

In the Grygla Public School District #447, we follow the recommendations of the MN Dept. of Education and school policy "Use of Medication" regarding administering medication.

The school policy reads as follows:

Students and their parents or guardians will maintain the responsibility for administering necessary medications to students. In cases where a student may need adult supervision for taking medications, permission forms for school personnel to administer medications will be available in the office. These forms must be signed by the parent or guardian and returned to the office prior to medications being given out by school personnel. **Permissions form must be submitted each year!** Forms will be included in family packets.

- GRYGLA PUBLIC SCHOOL - INDOOR AIR QUALITY NOTICE

Grygla School District is proud to be taking a leadership role in providing a safe, comfortable and productive environment for our students and staff so that we achieve our core mission-educating students. Our school will follow the EPA guidance to improve our indoor air quality by preventing as many IAQ problems as possible, and by quickly responding to any IAQ problems that may arise. Good air quality requires an ongoing commitment by everyone in our school, because each of us daily makes decisions and performs activities that affect the quality of the air we breathe.

School staff, students and parents can obtain checklists or self-help information so they can properly evaluate their child's home or other out of school situation by contacting the school. Staff and parents can also obtain information about school facility construction, maintenance and housekeeping practices, chemicals used, mold and HV AC related information, chemical producing academic subjects, and pesticide and herbicide applications to determine the extent to which school activities contribute to a child's symptoms by contacting the school.

The Grygla School District Indoor Air Quality contact person is Jamie Lunsetter, Superintendent. If there are any questions regarding the school's IAQ Program, please feel free to call the school at 218/294-6155.

Telephone calls to the school for students should be made only when most necessary. Students will not be called to the telephone except in an emergency. A phone is available for student use in the main entrance doorway. A pay phone is also available in the gym lobby.

Our school day will consist of 7 periods per day. School begins at 8:30 am and ends at 3:19 pm. A student must be present for 4 periods during the day to get credit for a ½ day, and present in all 7 periods for a full day.

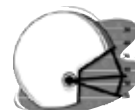
An informational packet was mailed to your home the beginning of August. If you did not receive a packet please call the school to request one. This mailing contains: Lunch Information, Yearly Meal Plan & Menu, Bus Routes (if applicable), Kindergarten Information (if applicable) Asbestos Notification, General Pesticide Notice, Quality Air Release, Internet Use Agreement, Data Privacy, and other school info that may apply. Please note that there is a 2020-2021 calendar in the Student Handbook for your convenience. This will help you to plan dr./dental appt., trips/vacation planning, etc.

The handbook will be reviewed the first day of school.

In order to keep our gym floors in good condition students are encouraged to have a pair of tennis shoes to use when PE classes and recesses are held in the gyms.

PARTICIPATION FEES YEARLY

1. Student Passes for Grades K-12 will be \$30.00 (optional). Individual event passes for students will be \$3.00 per event. Students who have paid a sports fee will be admitted free to activities. Students in band will be admitted free to activities that they are performing at. Parents are encouraged to purchase student passes for their children who are not involved in sports or band.
2. Participation fees for students in grades 7-12 will be as follows:
 - a) Volleyball, Girls & Boys Basketball & Track - \$50.00
 - b) Football - \$60.00No family will be charged more than \$200.00 for participation fees. (This is above and beyond the \$40.00 equipment deposit.)
3. Band Rental - \$40.00/year for students renting band instruments from the school.



SCHOOL TRANSPORTATION

Bus routes will be included in the family packets. For increased safety of our students, in-town stops are included for students who wish to ride the bus before and after school. In-town stops will be approximately between 8:00 - 8:15. Please have your children ready early, these times may vary.

These stops are at: These stops are at:

1. The corner by the Machinewell welding building.
3. The corner of Sixth Avenue and Park Drive by the trailer court.
4. Liberty Avenue by the apartment buildings.

Afternoon return times on in-town stops will be approximately 3:30 PM.

Please insure that your child/children are on time to accommodate all bus route stops.

If you have any questions regarding the bus routes, please give Shaunna Olson a call at the school (294-6155).

Thank you,
Jamie Lunsetter, Superintendent

BUS PICKUP NOTICE:

The buses will not come into driveways and yards that are not in good condition and free of snow. Buses will only stop at the designated bus stops in town. In town bus stops are a courtesy and not required. If the children are not waiting at the bus stop the driver will not stop.



- GRYGLA-GATZKE PUBLIC SCHOOL 2020-2021 CALENDAR -

Board Approved 3-18-20

AUGUST: Student- 0 Days; Teacher-1 Day
Aug. 31 Teacher In-Service

SEPTEMBER: Student- 17 Days; Teacher-20.5 Days
Wednesday, Sept. 2 -Teacher In-Service 8 a.m.-8 p.m.

Open House 4:00-8:00 p.m.
5:00 6th Grade Orientation
5:30 7th Grade Orientation
6:00 9th Grade Orientation
6:30 12th Grade Orientation

Monday, Sept. 7-Labor Day
Tuesday, Sept. 8-First Day of Classes

OCTOBER: Student- 20 Days; Teacher-20 Days
Wednesday, Oct. 7-1st Quarter Mid-Term
Thursday, Friday, Oct. 15-16-MEA Fall Conference-NO SCHOOL

NOVEMBER: Student- 17 Days; Teacher-19 Days

Thursday, Nov. 5-PT Conference 4:00-8:00 p.m.
Friday, Nov. 6-End of 1st Quarter

Monday, Nov. 9-Teacher In-Service-NO SCHOOL
Tuesday, Nov. 10-PT Conference 4:00-8:00 p.m.
Friday, Nov. 13-NO SCHOOL
Thursday, Friday, Nov. 26-27-Thanksgiving-NO SCHOOL

DECEMBER: Student- 17 Days; Teacher-17 Days
Wednesday, Dec. 9-2nd Quarter -Mid-Term
Dec. 24-31-NO SCHOOL

JANUARY: Student- 20 Days; Teacher-20 Days
Friday, Jan. 1-New Year's-NO SCHOOL
Monday, Jan. 4-School Resumes
Friday, Jan. 22-End of 2nd Quarter

FEBRUARY: Student- 19 Days; Teacher-19 Days

Monday, Feb. 15-President's Day, NO SCHOOL
Wednesday, Feb. 24-3rd Quarter Mid-Term

MARCH: Student- 22 Days; Teacher-24 Days
Friday, March. 19-NO SCHOOL-Staff In-Service (Storm Day #1) Thursday, March. 25-PT Conference 4:00-8:00 p.m.

Friday, March 26 End of 3rd Quarter
Tuesday, March 30-PT Conferences 4:00-8:00

APRIL: Student- 20 Days; Teacher-20 Days
Friday, April 2-NO SCHOOL

Monday, April 5-NO SCHOOL
Wednesday, April 28-4th Quarter Mid-Term

MAY: Student- 18 Days; Teacher-19.5 Days
Friday, May 21-NO-SCHOOL
Sunday, May 23-Graduation 2:00 p.m.

Monday, May 24-Evening In-Service 4:00-8:00

Thursday, May 27-Last Student Day-End of 4th Quarter
Friday, May 28-Staff In-Service (STORM DAY #2)
Monday, May 31-Memorial Day

Student Days: 170 • Teacher Days: 180

Quarter Totals:

Quarter 1: 42 Student Days; 46.5 Teacher Days
Quarter 2: 44 Student Days; 46 Teacher Days
Quarter 3: 43 Student Days; 44 Teacher Days
Quarter 4: 41 Student Days; 43.5 Teacher Days



Notice Regarding Lactose Reduced Milk

This is a reminder to families that Grygla School will make lactose-reduced milk available to any student upon receipt of a written request from any parent or guardian of a student who is lactose intolerant.

USDA is an equal opportunity provider and employer.



Free and Reduced Lunches

Our school funding increases as more families apply and are approved for either free or reduced lunches. This is a win-win situation for both our school district and for families who qualify. It saves you money and increases district revenue.

If you think you might qualify for free or reduced lunches, please apply for these benefits. If you have any questions, please call Jamie Lunsetter at 218-294-6155.

General Pesticide Notice for Parents or Guardians

Dear Parent or Guardian:

A Minnesota state law went into effect in year 2000 that requires schools to inform parents and guardians if they apply certain pesticides on school property.

Specifically, this law requires schools that apply these pesticides to maintain an estimated schedule of pesticide applications and to make the schedule available to parents and guardians for review or copying at each school office.

State law also requires that you be told that the long-term health effects on children from the application of such pesticides or the class of chemicals to which they belong may not be fully understood.

If you would like to be notified prior to pesticide applications made on days other than those specified in the estimated schedule please contact Superintendent Jamie Lunsetter at Grygla Public School.

SPORTS, BOOK & BAND DEPOSITS

We would like to remind parents of the Sports, Book and Band deposits that are required. We would appreciate it if parents would stop by the office before school starts or send checks with their students on Tuesday, September 3, 2019 if they have not done so. The Book and Sports deposits are **\$40.00** each and are only for students in grades 7 - 12. Band deposits are **\$40.00** for band students using school owned instruments. This is a one time deposit that will be refunded when the child graduates.

NOTICE TO NEW RESIDENTS AND PARENTS IN GRYGLA SCHOOL DISTRICT

Parents or guardians of school age children who have recently moved into the school district are requested to notify the school of the move. Please contact the school **AS SOON AS POSSIBLE** to register new students so teacher and bus assignments may be made, and to ensure that an adequate number of textbooks and supplies will be on hand. For current residents who have moved within the district, please contact the school with your new address, so that school information may be mailed to the correct address, and your children will be assigned to the correct bus route. Contact Grygla School Office with registration information @ 218-294-6155 or mail information to the following address:

PO Box 18, 114 N Fladeland Ave, Grygla, MN 56727 G23C