



Today
Partly Cloudy
H 62 L 45



Thurs
Mostly Cloudy
H 64 L 48



Fri
Partly Cloudy
H 63 L 48



Sat
Rain
H 58 L 51



Sun
Rain
H 60 L 47

Wednesday, September 21, 2016

NOW ONLINE www.tricocanary.com

Vol. 43 Number 12

A look at next week... Grygla alumna, Megan Thompson, spends two weeks in Costa Rica & Nicaragua on a medical service trip for St. Scholastica students.



Some exciting news for the Goodridge School - two years ago, Goodridge School was named as being in the bottom 25% of Title Schools in the state, based on their testing scores, labeling them as a Continuous Improvement School. New test results were released recently and Goodridge School has now moved to a "Rewards" School, meaning they are now in the top 15% of Title Schools in the state. "It's very exciting for our staff to know that all their hard work truly is affecting our students academically," offered Cynthia Jensen, Goodridge School Superintendent's Secretary/Business Office Bookkeeper. Pictured above are members of the Goodridge School Staff.

Grygla kids walked and biked to school SAFELY

Grygla School joined schools from around the country and held a 'Walk and Bike to School' day last week to promote the new sidewalks that were installed this summer with a Safe Routes to School grant. It's now easier for kids to walk and bike to school safely in Grygla.

School administration had been working with Statewide Health Improvement

Program (SHIP) staff to plan the event. SHIP is a grant funded by the Minnesota Department of Health focused on health prevention efforts such as healthy eating and active living. SHIP has been supporting the Safe Routes to School efforts in Grygla throughout the process and hopes it will help more kids feel safe to walk and bike to school and keep them active.

Students were encouraged to walk or bike to school last Thursday, September 15th. Out of town buses dropped students off in the Yo-Hawn's parking lot where they were met by volunteers and members of the Grygla School Patrol, who walked them to school that morning.

Safety Patrol Pledge
I promise on my honor to faithfully perform the duties of a school patrol member: To keep my equipment in good working condition at all times. To report to duty on time. To act appropriately & be a positive role model. To earn the respect of fellow students. To keep myself physically & mentally alert at all times. To protect the safety of my school & community. To work together as a member of my school patrol team. To fulfill these duties respectfully, honestly & professionally to the best of my abilities.

The Grygla Elementary students pictured left are in grades 4-6 and are now representing the Grygla School Patrol. Marshall County Deputy Sheriff Ben Kucera was present for the School Patrol Installation last Thursday morning, that was held in conjunction with the 'Walk and Bike to School' day. This year's captains are Tatum Carlson, Molly Cullen and Chelsie Nelson.



Hrbeck swings by

Danny Bragg, of Grygla, is pictured below with former Minnesota Twins baseball player Kent Hrbek! Bragg was recently on a fishing trip at Williams Narrows resort in Deer River, Minnesota. The trip was coordinated by the VA hospital, where disabled veterans could sign up for an all-expenses paid fishing trip on Lake Winnibigoshish, which was September 12th-15th. Bragg was 1 of 13 veterans on the trip where they stayed in a large cabin at Williams Narrows Resort. 7 boats and hand-picked fishing guides

took the veterans out over the duration of their stay. One of the guides is a friend of Kent Hrbeks, who was in the area fishing himself, and decided to stop by and say hello to the fishermen.

Hrbek is a former first baseman who played his entire 14-year baseball career for the Minnesota Twins. One fun fact about Hrbek - he hit the first home run in the Hubert H. Humphrey Metrodome on April 3, 1982, in an exhibition game against the Phillies!



Bragg says he had good luck on his fishing trip where he caught the 15-inch crappie, pictured below.



Verbout named MCAC All-Around Player of the Week

Shantel Verbout is a 5'10" freshman volleyball player for the Pioneers at Northland Technical & Community College in Thief River Falls, MN. She has been named the MCAC All-Around Player of the Week, which states Shantel's all-around effort helped Northland (5-4, 0-2 North) to a three win week. Verbout had 49 kills

(3.76) while hitting .577. She also had 25 blocks (1.9), 18 digs (1.4) and 5 aces.

Head Coach Abdul Chamma says, "Shantel is a fantastic player and person; very easy to coach!"

Shantel is from Grygla, MN, and is the daughter of Jimmy and Brandi Verbout.



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 8pm Interfaith Bible Study
Sunday:
Grace: 10:30am Worship w/ 9:15am SS
OS: 9am Worship w/ no SS the last day of the month.

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Pastor TBA
Sunday:
UL: 9am Worship w/ 10am SS
OS: 11am Worship w/ 10:15am SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Interim Pastor Phil Johnson
Wednesday:
9th grade Confirmation class at Faith 7pm
Sunday:
Faith: 8:30am Worship w/ 9:45am SS
Bethany: 9:45am Worship w/ 11am SS
Ekelund: 11am Worship w/ 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.

Community Calendar

Wed | Sept 21
Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Sept 22
Homecoming Volleyball game vs. Warroad in Goodridge

Fri | Sept 23
Senior Meals at Grain Bin Café 11am; Merchant's Tailgate Party in Grygla 5:30pm; Homecoming Football game vs. CG in Grygla 7pm; Homecoming dance for GHS students to be held in Grygla 9pm-12am

Sat | Sept 24
Grygla/Gatzke Food Shelf 8-10:30am; Alumni Football game in Grygla 10am

Sun | Sept 25
Grygla Centennial Sand Volleyball Tournament 12pm

Mon | Sept 26
Senior Meals at Grain Bin Café 11am; JH/JV Football in Clearbrook; 7/8 Volleyball vs. RLCC in Plummer

Tues | Sept 27
Volleyball vs. Sacred Heart in Goodridge

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

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
9:30am Worship, 11am SS

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseeth
Wednesday:
Wednesday School/Confirmation 5-7pm
Saturday:
Mt. Olive: 9am Worship w/ 10:15am SS
Sunday:
St. Petri: 8am Worship w/ 9:15am SS
Oak Park: 9:45am Worship w/ 8:30am SS
Nazareth: 11am Worship w/ 9:45am SS

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

Eagle Office Hours for school year
Tuesdays: 2:30-3:30pm
Wednesdays: 9am-6pm

Water Cooler For Sale

Grygla School District has an upright water cooler for sale on written bids. For information/bidding, contact Jamie Lunsetter, K-12 Principal, Grygla School at 218-294-6155, or email: jlunsetter@grygla.k12.mn.us. Deadline for bids: 9-23-16, 3:00 PM.

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\$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$30 per year outside of the area

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Grygla Merchants' TAILGATE PARTY
in GRYGLA
Friday, September 23rd at 5:30 pm
Grygla Merchants will be serving Brats, Hot Dogs, Chips and Lemonade
Held prior to the Homecoming Football game against Clearbrook/Gonvick

Grace and Our Savior's Church Directory

The council has decided to do a new church directory. Both Grace and Our Savior's congregations will be included. Lifetouch photography will be taking the pictures and printing the directory. Pictures will be taken October 25th-29th. All families photographed will receive a free 8x10 as well as a free directory.
Anyone interested in helping with the project should contact Hazel Thomas at 294-6396. Please plan to have your

family photographed; pictures will be back in time for Christmas.
Schedule your portrait session by going to the church website at gracelutherangrygla.weebly.com and click on Directory Photo Registration at the top. Click on the blue box that says "sign up now"
You can also call Hazel Thomas at 284-6396 or Holly Rychlock at 294-6497 to get signed up.

Senator LeRoy Stumpf

Letter to the Editor,
One of the things I've learned in my 35 years representing northwestern Minnesota at the legislature -- is that unifying voices make for some of the best leaders. The ability to reach across the aisle and have a conversation about issues that two sides can come together on -- that is a strength that is hard to come by these days.
As your retiring State Senator, that's why I'm supporting Kip Fontaine for Minnesota State Senate -- his ability to unify voices. Kip grew up in Red Lake Falls, he went to school at Concordia, he spent his summers working on his grandfather's farm plowing, picking rock and bailing hay.

Kip manages the Public Defender offices in Thief River Falls and Crookston and practices law in all of the county seats in District 1.
Kip has devoted his life to defending the law and assisting those with little options in life. He's a loyal husband, and a father to three grown children. He embodies the Northwestern Minnesota work ethic we admire in our leaders. And I am confident he will continue my legacy of standing up for our values. We need a voice at the capitol that will rise above the partisan bickering -- that voice should be Kip Fontaine.
Sincerely,
Senator LeRoy Stumpf (DFL-Plummer)

Confirmation Meeting

There will be an informational meeting concerning confirmation for all 7th/8th grade students and their parents at

7:15pm on Wednesday September 21st, at Grace Lutheran Church in Grygla.

Need printing????
Call 218-294-6220
Grygla

Call 218-487-5225
Gonvick

Perennial Plant Swap cancelled

FYI: the Grygla Garden Club has decided to cancel their perennial plant swap for this weekend due to the Alumni football tournament taking place. The plant swap was set for this Saturday morning at the park in Grygla.

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It's that time of year again when a very special lady walks through the Grygla Eagle office doors to renew her yearly subscription!
Marian Franzman was the VERY FIRST SUBSCRIBER to the Grygla Eagle when the newspaper first started back in 1973! 43 years and she has never missed a week of getting the Grygla Eagle. That is loyalty, huh?



Grygla Elementary youngsters watch their fellow students at the School Patrol Safety Installation program last week, led by Marshall County Deputy Sheriff Ben Kucera.

District Thirteen Horticulture Society will host the FALL WORKSHOP
on Saturday, October 1, 2016
There will be a speaker **GLENICE JOHNSON** to demonstrate the making of corsages
To be held at **Wannaska Community Center**
18035 State Hwy 89, Wannaska, MN 56761
(Directions: Going South on Hwy 89, the building is on the West side of the road, before reaching the church. If you pass the church, you have gone too far.)
Lunch and Door Prizes
Registration 8:45am
Club Presidents' meeting 9am
General meeting 9:30am



Grandstrand takes over GHS Social Studies class

Jason Grandstrand is the new Social Studies teacher at the Grygla High School for grades 7-12. For the past five years he was working at the Goodridge School as a para-professional, but is eager to be back in his hometown of Grygla. Earning his degree through Grand Canyon University, Jason's goal for the first year in his new role includes getting to know all of his students, who he says have been working hard as they learn his style of teaching.

"I try and use a sense of humor, but the kids will probably find my humor pretty dry," he says, adding, "We move at a pretty fast pace, but the students have been doing a great job of getting the work done and keeping us!"
Mr. Grandstrand is currently living in Strathcona. He has three children; Courtney 21, Carter 14 and Cooper 13. Outside of the classroom, he is very busy with coaching football, track and baseball (in the summer).

Touchdown against cancer

The Goodridge/Grygla Chargers Football team will be "scoring" to defeat childhood cancer in support of Childhood Cancer Awareness Month. The Chargers are inviting fans to pledge a donation for every touchdown scored from September 15th to

October 1st. Every touchdown scored during this campaign will directly benefit St. Jude Children's Research Hospital. For more information please visit the link: <https://pledgeit.org/tac16-goodridgegrygla-chargers-goodridge-mn>

Cash Calendar winners

The Grygla Centennial Committee is holding a Cash Calendar drawing for the months of August, September and October of 2016; all 400 calendars have already been sold.
The winners will be posted on the Facebook Centennial Page weekly, as to who won for those days, and will also be an-

nounced in the Grygla Eagle. All winners will be sent a check by the Grygla Centennial Committee.
The winners for this week are:
September 20th for \$25: Shannon Moen of Oklee
September 23rd for \$75: Scotty Torgerson of Grygla

School Lunch Menus

Grygla School
Wednesday, September 21: Chef Salad, Turkey on a Bun, Fresh Fruit, Cookie
Thursday, September 22: Tacos, Lettuce, Green Beans, Peaches, Mandarin Oranges, Bread
Friday, September 23: Chicken Nuggets, Mashed Potatoes, Carrots, Pears
Monday, September 26: Submarine Sandwiches, Lettuce, Tomatoes, Baked Beans, Fresh Fruit
Tuesday, September 27: Chicken Fingers, Rice, Corn, Peas, Applesauce

Goodridge School
Wednesday, September 21: Tator Tot Hotdish, Tossed Salad, Fruit Salad, Bread
Thursday, September 22: Hot or Cold Sub Sandwich, Nachos w/ Cheese, Broccoli, Carrots & Celery w/ Dip, Bananas
Friday, September 23: Corn Dogs, Baked Beans, Tossed Salad, Pineapple Tidbits
Monday, September 26: Hamburger Patty on a Bun w/ toppings, Smiley Fries, Tossed Salad, Apples, Oranges
Tuesday, September 27: Pepperoni Pizza, Corn, Peaches, Pears, Bread



Don't Be A Victim

FBI crime statistics show that millions of Americans are victims of frauds and scams each year.

- Be wary of investment scams.
- Know who you're dealing with - only do business with people you know and trust.
- Don't give out your Social Security or Driver's License Numbers.
- Be cautious when dealing with individuals/companies from outside the U.S.

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Meet the 2016 Chargers Volleyball & Football players



(Photos taken by Thoele Photography, TRF)
7th grade Volleyball
L-R: Shantel Horachek, Riley Saurdiff, Coach Kember Anderson, Skya Wilson, Hannah Wilebski, Jacqueline Zaviska, Bridgette Watne



8th grade Volleyball
Front row, L-R: Vivian Coan and Jamie Dougherty.
Middle row: Madison Cullen, Courtney Vad, Shantel Horachek, Mya Anderson and Hailey Knutson.
Back row: Coach Courtney Boutain, Kansas Jensen, Trinity Walseth, Madison Paulson and Jacqueline Zaviska.



C team Volleyball
Front row, L-R: Chloe Kuznia, Casse Alten
Middle row: Amy Wiskow, Mataya Sargent, Daria Waletzki
Back row: Layla Jelle, Maloni Henrikson, Chantel Nerhus, Coach Tori Davidson



JV Volleyball
Front row, L-R: Mercedes Coan, Chloe Kuznia
Middle row: Nichole Arveson, Hailey Vad, Daria Waletzki
Back row: Libby Johnson, Carlye Kiesow, Coach Tori Davidson, Madison Race, Cheyenne Irlbeck



Varsity Volleyball
Front: Maci Bakken
Middle row, L-R: Trystan Jelle, Karlee Johnson, Kaitlyn Olson, Alison Satre, Alaina Monson.
Back row: Andy Jones, Coach Tori Davidson, Ashlyn Henrikson, Hannah Dietsch, Brooke Anderson, Coach Brooke Olson, Julianne Nordby

Chargers VB plays three games last week

Charger VB vs. RLCC on Monday, September 12th in Goodridge

Chargers defeated RLCC in 3 games (25-15, 25-14, 25-19).
Ace Assists: Hannah Dietsch 24, Trystan Jelle 3, Mercedes Coan 2
Kills: Ashlyn Henrikson 12, Brooke Anderson 7, Maci Bakken 7, Trystan Jelle 6, Hannah Dietsch 3
Aces: Hannah Dietsch 6, Brooke Anderson 4, Ashlyn Henrikson 3, Alaina Monson 2
Digs: Kaitlyn Olson 23, Hannah Dietsch 3, Ashlyn Henrikson 1

Blocks: Brooke Anderson 3, Hannah Dietsch 1, Trystan Jelle 1
Coaches Comments: It was the Chargers first home game tonight in Goodridge and they played with a lot of intensity! A lot of ace serves and kills kept us in the lead most of the game. Very proud of the girls!
Tuesday, September 13th, Chargers headed to Clearbrook where they won again in just 3 games (25-17, 25-16, 25-7).
Ace Assists: Hannah Dietsch 26, Trystan Jelle 13, Mercedes Coan 1, Kaitlyn Olson 1

Kills: Karlee Johnson 13, Brooke Anderson 8, Trystan Jelle 7, Ashlyn Henrikson 5, Hannah Dietsch 3
Aces: Maci Bakken 6, Alaina Monson 5, Hannah Dietsch 4, Brooke Anderson 2, Karlee Johnson 1
Digs: Kaitlyn Olson 7, Ashlyn Henrikson 7, Hannah Dietsch 3
Blocks: Brooke Anderson 1, Alaina Monson 1, Maci Bakken 1
Coaches Comments: The Chargers played very well as a team tonight and it was a lot of fun to win two days in a row.

We are at full strength right now and it feels good to have the whole team on fire!
Thursday was a home game in Grygla vs. Roseau. GG lost in 4 games to the Rams (25-19, 21-25, 16-25, 22-25).
Ace Assists: Hannah Dietsch 19, Trystan Jelle 7, Ashlyn Henrikson 1, Kaity Olson 1
Kills: Ashlyn Henrikson 11, Karlee Johnson 8, Hannah Dietsch 5, Trystan Jelle 5, Maci Bakken 4
Aces: Ashlyn Henrikson 3, Karlee Johnson 1, Trystan

Jelle 1
Digs: Kaity Olson 19, Hannah Dietsch 12, Ashlyn Henrikson 4
Blocks: Maci Bakken 1, Hannah Dietsch 1, Ashlyn Henrikson 1
Coaches Comments: The girls played great defense tonight! We stuck with them, worked hard, and played with a lot of intensity!
This week's volleyball schedule includes: Homecoming game in Goodridge vs. Warroad on Thursday the 22nd.

Council approves August minutes

Grygla City Council met on Monday, September 12th at 7pm at the Civic Building and approved the August Official Meeting Minutes. Minutes are taken by Rose Aune, City Clerk, recapped by Eagle Editor and included below for your reference.

The regular meeting of the City Council was held at the Grygla Civic Building on August 15th at 7:00pm with the following council members present: Gavin Nordby, Lindsay Oslund, and Robert Thompson. Absent: Dave Durrud. Also present were Matt Uppgren, Scott Aune, Rocky Hagen and Rose Aune.

Minutes, receipts & disbursements, along with monthly bills were approved. Other items included:

WELLHEAD PROTECTION

Rocky & Rose met with Mike Strodman from MN Rural Water to discuss the Wellhead Protection Planning.

SAFE ROUTES TO SCHOOL GRANT

Matt Uppgren was present to go over the bills from Karvako & MNDOT with the increases. Motion was made and approved to pay those bills and the city reimburse their share.

RADAR SPEED LIMIT SIGNS

Rose got information on the City of Warren's signs.

REVOLVING LOANS

Scott Aune was present to discuss the Revolving Loan for CMI.

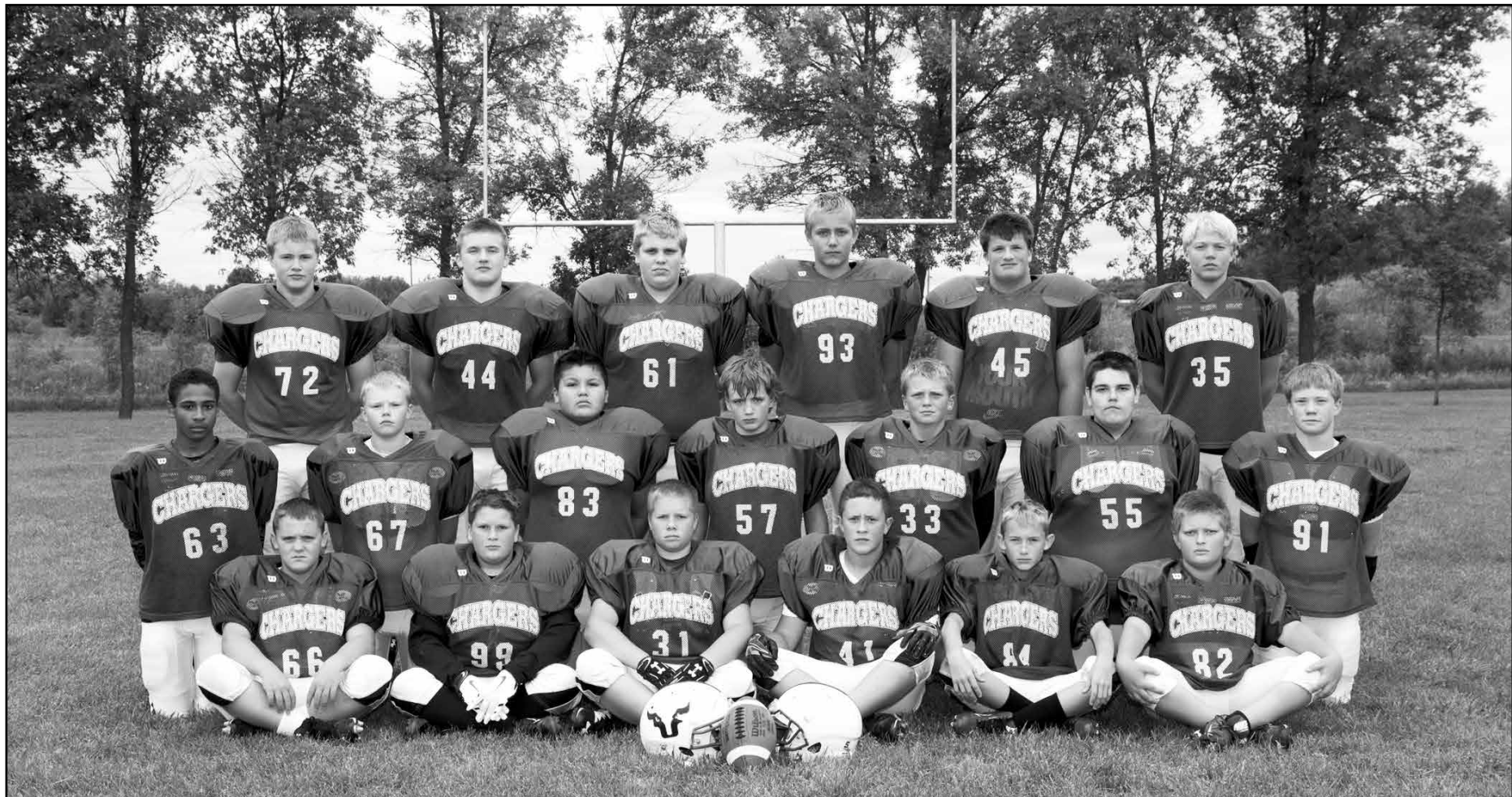
LIABILITY COVERAGE WAIVER

Council approved the Liability Coverage Waiver with the League of MN Cities Insurance Trust.

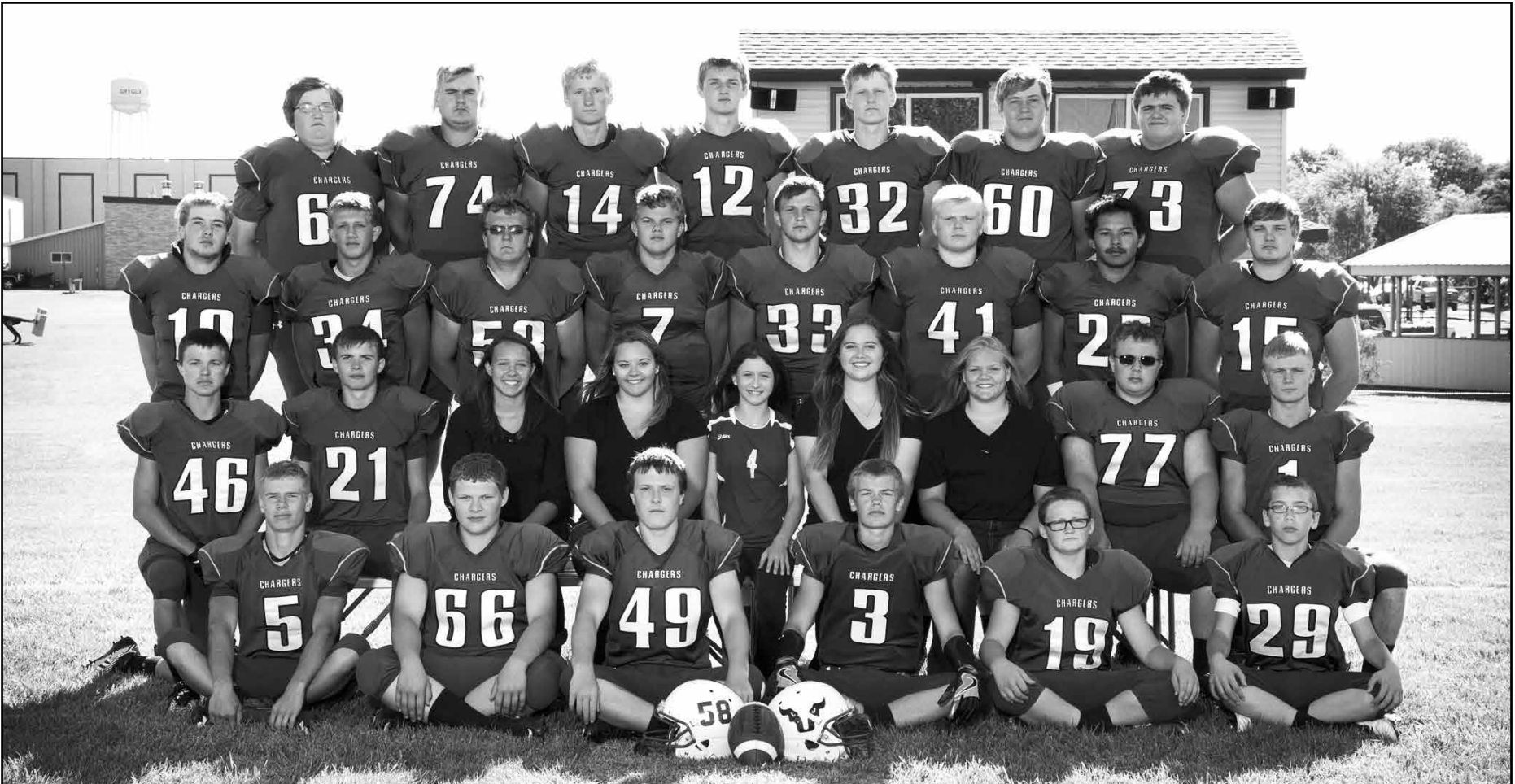
Other items council approved: Utility Bill Policy Update w/ \$10 late fee, Marshall County Hazard Mitigation 2016 plan, MNWarn Resolution & Mutual Aid Agreement.

FIRE DEPT PICKUP

Mosher made a motion, seconded by Nordby, to purchase a pickup up to \$20,000 for the Fire Department. Oslund approved and Thompson abstained.



Junior High Football team
Front row, L-R: Jolson Sargent, Eli Sundberg, Levi Kiesow, Jared Haack, Jake Olson, Justin Thompson
Middle row: Moses Jensen, Logan Knutson, Jordan Coan, Andrew Loken, Ian Haugen, Donavon Hagen, Nolan Anderson
Back row: Walter Jones, Clayton Suchoski, Gabe Arveson, Preston Moen, Tucker Verbout, Riley Manderud
Not pictured: Nick Groven



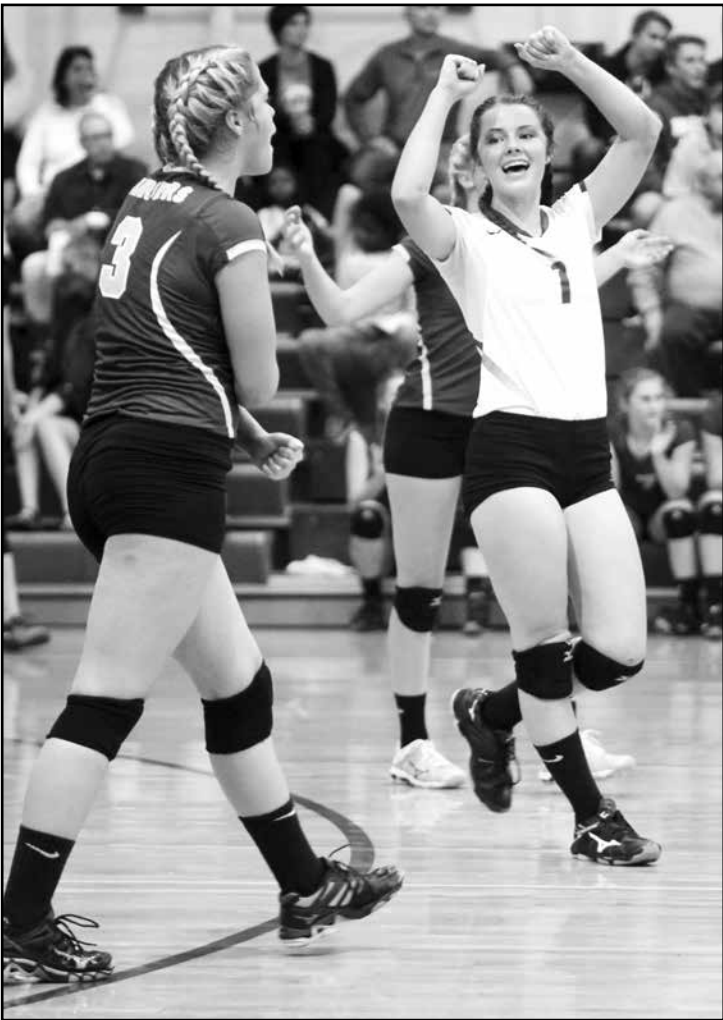
Varsity Football team
Front row, L-R: Jaeden Kiesow, Blake Passeau, Aaron Jones, Hudson McMillin, Blake Jensen, Jordan Horachek
Row 2: Jeremy Wiskow, Caleb Sjulestad, Morgan Burns, Lexi Kiesow, Hannah Wilebski, Kristin Farris, Kayla Kiesow, Hunter Loken, Blaine Kriel
Row 3: Tyrone Alten, Peyton Verbout, Michael Jelen, Dylan Manderud, Tyler Stinar, Lucian Tinnes, Robert Brummet, Jesse Wiseth
Back row: Cory Cleven, Clayton Irlbeck, Hogan Lundeen, Dylan Walker, Ben Groven, Brandon Stanley, Anthony Loken



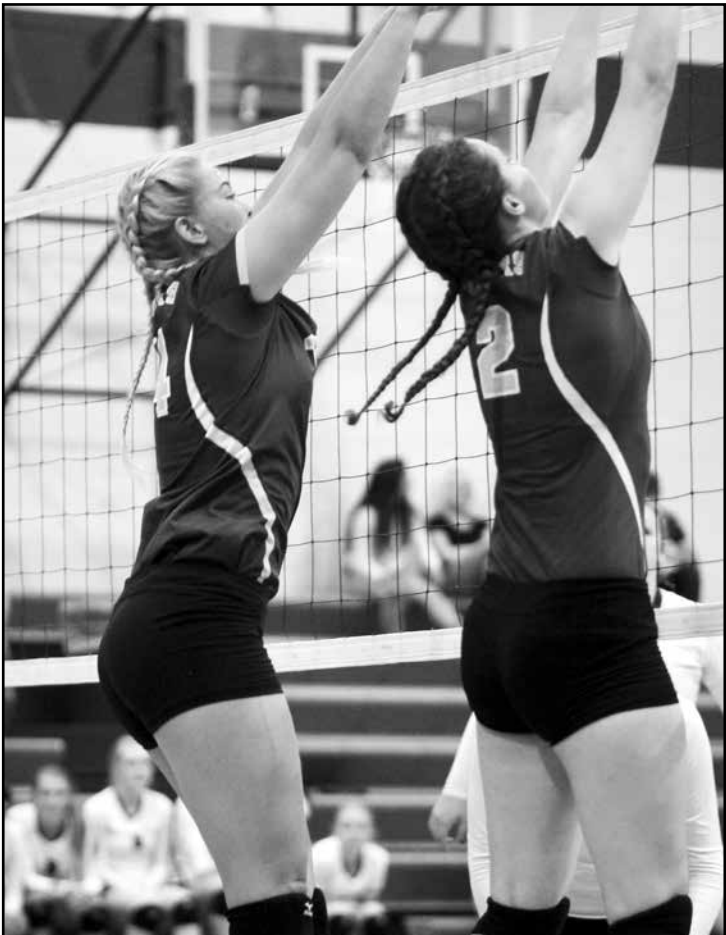
The Varsity girls celebrate a point!



Hailey Vad, on the Chargers JV Volleyball team, waits for the ball in the back row!



Grygla Senior Kaitlyn Olson #7 in last week's Varsity game against Roseau.



Goodridge Seniors Brooke Anderson and Hannah Dietsch at the net against the Rams last week in Grygla.



Cougars over Chargers 55-12

Last Friday evening, the GG Chargers headed to Ada to play the Cougars. The final score came out in Ada-Borup's favor at 55-12. Stats were provided by Chargers Head Coach John Wilbeski.

Kriel 3/22 rushing, Kiesow 13/96, Manderud 5/15, Verbout 7/24, Brummitt 3/16 1TD, Mc-Millin 1/1

Passing: Wiseth 1-10yds receiving, Stinar 1-51 yds, Lundeen 1-13yds, Manderud 3-7 passing 74yds, Tyler Stinar 90 yards kickoff return 1TD

Defense: Lucian Tinnes 7 tackles, Robert Brummitt 7, Clay Irlbeck 5

The football schedule for this week includes the Homecoming game this Friday in Grygla vs. Clearbrook/Gonvick starting at 7pm.

Grygla/Gatzke School Board August Meeting Minutes

The Grygla/Gatzke School Board met this month and approved their August Official Meeting Minutes, which are included here for your reference.

The Grygla/Gatzke School Board met on Thursday, August 25th. Chairperson of the board Nicolette Leach called the meeting to order at 8:03pm with Gary Polansky, Karina Tinnes, Charisa Limesand, Jim Verbout, Jeremy Rychlock, Principal Lunsetter, and Superintendent Clow present.

Pledge of Allegiance was said and the agenda was approved as presented, along with previous month's meeting minutes, and approval of the payment of all bills and wire payments.

Finance Report: Given by Superintendent Clow. This year's fund balance is about \$85,000 higher than at this time last year.

General Fund	\$177,825.24
MSDLAF	\$1,389,409.57
Food Service	0.00
Checking	26,793.87
Comm. Service	2,441.15
Scholarship	0.00
Scholarship Trust	0.00
Total	\$180,266.39
Total	\$1,416,203.44

Student Report: Given by Alison Satre and Lucian Tinnes. The first day of school return retreat, planned by student council, will be similar to prior years. The Fun Run at Fall Fest will feature members of the fire department spraying participants at the end of the race. Homecoming will be 9/19/16-9/23/16, and will include an outdoor movie night on Monday, volleyball game in Goodridge on Tuesday, football game in Grygla on Friday, and a possible alumni football game on Saturday. In honor of the 25-year anniversary of the 1991 MN State Football team's run to the state tournament, the team members will be recognized at the football game Friday night, 9/23/16.

Teacher Report: Given by Robin Johnson. Isaac Kvasager, tech coordinator, has been updating teacher and lab computers, getting elementary laptops ready, and meeting with the robotics team. The Read Write Math program has 21 participants in grades K-6 this summer. Robin Johnson supervised the bus to swimming lessons in Fosston: lessons lasted ten days, and 51 kids attended. Gene Lunsetter held summer music lessons for eight students. The sixth grade students will attend an outdoor education day on 9/14/16. Three school patrol captains (Molly Cullen, Chelsie Nelson, and Tatum Carrlson) attended Legionville Camp this summer. Football numbers are down this year: coach Jason Grandstrand reports 25 players in grades 9-12 and 21 players in grades 7-8. The volleyball jamboree is in Grygla today, 8/25/16, and coach Brooke Olson reports 38 girls in grades 7-12.

Principal Report: Given by Principal Lunsetter. Elementary technology update:

School Board Minutes...
 Continued on page 5

Take a Kid Hunting Weekend

Small game hunting is the focus of Take a Kid Hunting Weekend this Saturday, Sept. 24, and Sunday, Sept. 25, according to the Minnesota Department of Natural Resources.

During the weekend, adult Minnesota residents accompanied by a youth under age 16 can hunt small game without a license, but must comply with open seasons, limits and other regulations.

Adults can help youth have a good experience by listening to what youth need, and together they can learn the lessons of the forests and fields, added Kurre.

"Having an adult continue over the years to mentor a young hunter is extremely important in helping that hunter continue the pursuit as an adult," he said.

For more information on hunting regulations, see www.mndnr.gov/hunting/small-game.



Pictured here are Grygla 6th graders who recently attended an Outdoor Education Day at Oakland Park in Thief River Falls. Different activities for the students included presentations and information on glaciers, archery, deer population, edible landfill, trapping, minnow races, casting, water hauling and tree bingo. Grygla 6th grade teacher is Mrs. Renae Westbrook.

DO IT YOURSELF

How to make a lot of compost this winter

Article taken from Schneider Peeps and written by Angi Schneider

Compost is a gardener's best friend. Unfortunately, it can be quite expensive if you have to purchase it. So, what's a person to do who wants a lot of compost for the spring but doesn't want to buy it? Make it. And make a lot of it.

Now, I know what you're thinking. "That's easy for you, you have chickens and can use their bedding, I don't." Or "We don't have many food scraps so it's not worth it."

I'm going to share some super-secret ingredients for making lots of compost first and then I'll share some tips and other things you can add to it. The super-secret ingredients are...leaves from your neighbor's curbs and used coffee grounds. That's it. That's all you need to make great compost. We start collecting leaves as soon as we notice people bagging them up and putting them on their curbs. It's ok to take them, but if it makes you feel better you can ask first. Several times a week we also go into our Starbucks or local coffee house and ask if they have any used coffee grounds. They almost always do. They're happy we take them off their hands.

Why does this work? Dried leaves are considered a "brown" in the composting world; that means they have a lot of carbon. The microbes in compost use carbon as their energy to thrive. Coffee grounds are considered a "green" (yeah, I know they're not green); that means they have a lot of nitrogen. The microbes in compost use nitrogen as their protein to thrive.

Here's the deal, any organic matter will compost down.... eventually. If you don't want to wait indefinitely, you will need to build a compost pile that has browns and greens mixed throughout. So, open a bag of

leaves and put about 4 shovels of leaves in the area you are going to use for your compost pile and then sprinkle a shovel of coffee grounds on top and sprinkle with water. Keep layering until you run out of either leaves or coffee grounds, making sure you dampen each layer. Every few days turn your compost pile and make sure it smells fine, looks fine and isn't too dry. If you want to speed up the process even more, run the leaves through a mulcher and then use a 1 to 1 ratio.

Browns are things like dried leaves, shredded paper and cardboard, wood chips, hay, mulch and wood ash (although I like to use this directly in the garden instead of composting it).

Greens are things like fruits, vegetables, coffee grounds and filters, tea bags, manure (cow, horse, goat, chicken, sheep and rabbit) and grass clippings.

Don't compost things like pet waste, fats and oils, meats and bones, coal and charcoal, dairy or anything with pesticides or diseased plants.

Your compost should have an earthy smell to it. If it smells bad, you need more nitrogen. If it's slimey, you need more carbon. If it's really dry, you need to dampen it. See, it's really not complicated.

Where to put your compost pile? Most people who compost have a pile or bin that they use, which is kind of hidden out of the way. However, you can start composting IN the gardening beds that are not being used for fall/winter gardens so they will be ready in the spring. I'm not anticipating that these piles will get super hot since they are only a few inches high. So, I'm covering most of them with tarps to keep the heat in. Come spring if there are any leaves or bedding that hasn't composted down we'll just rake it up and put it all in our permanent compost pile.



Bonus DIY just because of how creative it is! Are you hosting a harvest bonfire anytime soon? Limited on chairs? Have access to straw bales? Problem solved. How creative and perfect for the season upon us.



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

Longanimity \long-guh-NIM-i-tee\
Noun
Patient endurance of hardship, injuries or offense.

WHAT A JOKE

Cards you will never see in Hallmark

I've always wanted to have someone to hold, someone to love. After having met you, I've changed my mind.

We've been friends for a long time; let's say we call it quits.

Jesus loves you...everyone else thinks you're a jerk.

I must admit, you have brought religion into my life. I never believed in Hell until I met you.

Congratulations on your new bundle of joy. Did you ever find out who the father was?

Looking back over the years that we've been together, I can't help but wonder: What was I thinking?

Happy Birthday, Uncle Dad.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

The word is PUMPKIN and we're heading to a good place with it. You can make pumpkin recipes any of time of the year, but it's almost required in the fall, isn't it?! People are overdosing on pumpkin everywhere so let's join the party.

I made these two recipes last year and had posted them to my Facebook. They were a hit at my house and also a few others so I decided to share the love for all of you.

Up first is a pumpkin cake. I don't even know the technical name of it as I just wrote it down as 'Amazing Pumpkin Cake' so let's just call it that.

I should have added a warning on the recipe card that read: DO NOT MAKE THIS AGAIN, KARI. I'M SERIOUS! (Only because it's packed full of delicious calories that leave you wanting more...and more...and more....)

If you read my recipe on baked apples last week, it's no surprise that I like EASY reci-

pes. This one is no different. Go to the store and buy 1 yellow cake mix, pumpkin pie spice, a can of pumpkin puree, sweetened condensed milk, coolwhip, heath and caramel.

Once home, it'll be ready for the oven in no time. Dump the yellow cake mix into a bowl. (Do not add the other ingredients the cake mix calls for.) Next, mix in 1 teaspoon pumpkin pie spice and the entire can of pumpkin puree. Put it in a cake pan and bake at 350 degrees for 40 minutes. Once it's out, immediately poke holes in the top and pour sweetened condensed milk over the top (I didn't use the entire can as it gets a bit sweet for my taste buds). Cool completely then add your coolwhip topping, heath pieces and caramel drizzles. That's it! Done. Ready to eat. No judging going on here if you decide to eat an entire row in one sitting...or standing.... at the counter...with a fork... wishing somebody would stop you.

Some day I hope to get married, but not to you. Happy Birthday! You don't look that great for your age...

Congratulations on getting married - too bad no one likes your wife. If you ever need a friend, buy a dog.

Congratulations on your promotion. Before you go, I would like you to take the knife out of my back. You'll probably need it again.

Congratulations on your promotion. Before you go, I would like you to take the knife out of my back. You'll probably need it again. Someday I hope to get married, but not to you. Happy Birthday! You don't look that great for your age... Congratulations on getting married - too bad no one likes your wife. If you ever need a friend, buy a dog.



Up next: Pumpkin Spice Lattes

Because the pumpkin cake just wasn't enough.

This takes a few more ingredients, but I promise you it's worth it and it pairs perfectly with the Amazing Pumpkin Cake.

Ingredients: ½ cup milk, 1 tbsp canned pumpkin, 1 tsp brown sugar, ¼ tsp pumpkin pie spice, 1 tsp vanilla, 1 cup brewed hot coffee, 2 tbsp half & half, 1 tsp sugar.

(If you don't have pumpkin pie spice...make your own with equal parts cinnamon, all spice and nutmeg.)

Whisk the milk, pumpkin,

brown sugar, spice and vanilla together. Microwave 2 minutes until it's hot and frothy. Pour into a tall glass and add your hot coffee, half & half and sugar. If that isn't enough sweetness for you, top it off with a dollop of whipped cream and a sprinkle of nutmeg.



North Country Food Bank asks us to take action to end hunger

This September, North Country Food Bank, together with the Feeding America nationwide network of food banks, will mobilize across all 50 states in an effort to bring an end to hunger. Hunger Action Month is designed to inspire people to take action and raise awareness of the fact that 48 million Americans, including 15 million children, are food insecure, according to the USDA.

In northwest and west central Minnesota, more than 37,770 of our neighbors struggle with hunger and may not know where they'll find their next meal. September marks the ninth year the Feeding America network of food banks has organized this annual call to action, and the 9th year North Country Food Bank has participated in the Hunger Action Month movement. This year the campaign will focus on the strong connections between hunger and health.

The Hunger Action Month 2016 campaign asks people to consider how it must feel to live with an empty stomach, which puts a healthy life and a promising future at risk. "It's extremely important that people we serve have access to enough healthy food to reach their full potential; especially our chil-

dren, who cannot grow, succeed or learn on an empty stomach," said Susie Novak, Executive Director of North Country Food Bank.

With the combined effort of Feeding America, the nationwide network of food banks and hunger advocates across the country, the goal of this campaign is to raise awareness about hunger and inspire Americans to get involved. The Feeding America network is leading the fight to end hunger in the U.S. We all have a role to play in getting food to our neighbors in need. Advocate. Educate. Volunteer. Donate.

North Country Food Bank, Inc. distributes nearly 7 million pounds of food annually to more than 200 hunger-relief agencies in a dedicated partnership to end hunger in northwest and west central Minnesota, and Grand Forks, North Dakota. North Country Food Bank was established in 1983, and has served communities in northwest and west central Minnesota for more than 33 years.

The Grygla/Gatzke Food Shelf is open this Saturday, September 24th, from 8-10:30am and is located in the back room of Motel 89, on the west side of the building.

A Note from Principal Lunsetter's Desk

"Today was good. Today was fun. Tomorrow is another one."
~Dr. Seuss

The concept of making each day great and fun is easy...it's the follow through that's difficult. We let other people's actions and events that have nothing to do with us interrupt our lives and cause turmoil way too much. When people are talking bad about us or to us, it's hard not to let it affect us. Whether it's difficult or not, we still ALWAYS have the ability to choose how we feel and we are able to decide how each day is going to turn out for us...not by controlling what happens to us, but by controlling how we react to those events. Make a decision today to control how you react to situations and events and make sure that today is fun, tackle tomorrow when you get there.

School Board Minutes...

Continued from page 4

the elementary Chromebooks have arrived, and Isaac is preparing them for distribution.

Athletic update: the alumni football game and FBVB participant numbers were covered in the student and teacher reports, schedules have been sent out and are on the website, and sixth grade girls are invited to play volleyball since the seventh grade numbers are so low. The fall inservice days, 8/29/16-9/1/16, for staff are scheduled similar to previous years; Tuesday, 8/30/16, will be the parent orientation, night to meet teachers, and head start orientation. The first day of school is 9/6/16. There will be a walk and bike to school day on 9/15/16. The student council planning night was a success—they planned the Fall Fest Fun Run, return retreat, and homecoming; Principal Lunsetter noted that the council members were so respectful and creative. Mildred Klamar checked in to see if any letters from veterans came, and one letter has arrived; high school students wrote letters to veterans last spring and invited the veterans to write back. Adjustments to the staff handbook are: personnel changes and changing the absence policy to show that written absence passes are not needed anymore. A special thank you goes to all the staff members that cleaned and prepared the school for the new school year: Owen Hagen, Chris Jelen, Wayne Thomas, Betsy Saurdiff, Robin Johnson, Jesse Westbrook, and Carol Stueck. Also, thank you to Jake Sundberg for main-

taining our buses and to Bill Neuschwander, Lowell Smeby, and Eric Amundson for the K-2 window construction.

Superintendent Report: Given by Superintendent Clow. The bus report was reviewed: the maroon van had tires and wheel bearings replaced. The school's lawn mower is in need of replacement; purchased in 1993, it is constantly in need of repair.

Motion by Jeremy Rychlock, second by Gary Polansky, to review the following MSBA policies: 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612.1, 613, 614, 615, 616, 618, 619, 620, 623, 624, 701, 701.1, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 720, 801, 802, 805, 806, 901, 902, 903, 904, 905, 906, and 907.

Other items approved: the fall 2016 paired sports committee meeting minutes, the 2016-17 school house lease with Travis Smith (downstairs) at \$375 per month and with Drew Kjono (upstairs) at \$450 per month, the 2016-17 staff handbook, the 2016-17 milk bid from Food Service of America, the bid from Lowell Smeby for the sale of the 2004 suburban and the following donation: \$1,000 in memory of Keith Lorentzen for scholarships.

Trustee Reports: Tuesday, 8/30/16, the open house and 7th & 9th grade orientations will be held; school board members will grill hot dogs from 6-8pm for everyone who attends.

Meeting adjourned at 8:53pm. Next mtg. time/date: 9-15-16, 8pm.



Brent Anderson was the lucky winner of the 50/50 drawing at the volleyball game in Grygla last week! He took home \$130!

Wednesday, September 21, 2016



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In honor of the 1991 Blue Devil State Runners-Up

March To The Dome

-This supplement is a joint venture of the annual staffs of Grygla and Goodridge.

Our team—the Blue Devils—certainly represented each of our communities admirably. Not only did they gradually improve as a team but more importantly provided a focal point for our schools and communities pride.

After facing early season adversity and the loss to Kittson County North, the “Blue Devils” readily improved as a team. Faced with a must win game against Stephen during the regular season, the “Devils” not only defeated them, winning the Top of the State Conference, but also defeated them in the “Sectional Title” game.

Early snowstorms prevented the Blue Devils from playing at Albion. The players, bands and student body then traveled three consecutive weekends to Minneapolis to play first Albion, and then Cromwell and finally Chokio Alberta. While “Our” Team finished second in the state, it was far from disappointing. This experience contained perhaps some of the most memorable moments that fans, coaches and players will have to remember over the coming years.

Warren Keller, past football coach at Argyle states, “I just think our conference really has confidence going down there (to the Dome)”. Impressed with the Blue Devil defense Keller continued, “In a nine-man football game, I think that it is truly amazing to have a shutout—They have a salty defense—You win championships with defense and they have enough offense to do the job”. Keller concluded by stating “I felt a year ago that they would be there -We just knew what they had coming back, how they played last year and what they were capable of doing”. Hallock Kennedy football coach Terry Ogorek also said of the Blue Devils, “They’re an awfully sound football club—they are just getting better and better and after what was a slow start—I think that that’s one thing you look for in a football team”.

Kevin Fee, Grand Forks Herald sportswriter had one of the most memorable articles concerning “Jumping on the Bandwagon” of which the following is an excerpt. “I saw KCN whip you guys 24-0 on Sept. 6, and the impression I took

from that game wasn’t good. A few players couldn’t make up for the bashing you took, I thought. I was wrong. You were right. Now do it up right, and please allow me to jump on your bandwagon. After all, “Our” team has been impressive”.

The “Bandwagon” steadily increased in size with fans totalling near 1000 attending each of the 3 games. The enthusiasm of the fans, the pep fests, the grueling rides to Minneapolis and the experience of the dome are now memories that few will forget.

1991 SEASON		
Blue Devils	Opponent	
14	Badger-Greenbush	0
0	Kittson Co. N.	24
21	Hallock Kennedy	6
22	Tri-County	20
34	Sacred Heart	9
36	Valley North	12
27	Argyle	0
21	Stephen	7
Section 8 Playoffs		
43	Sacred Heart	6
21	Stephen	7
State Playoffs		
25	Albion	12
44	Cromwell	6
6	Chokio-Alberta	7

Memories of the Dome



Coach Kiono in deep thought



Seniors at the sideline hoping for success



Grygla/Goodridge band plays to fire up the Blue Devils



Blue Devils on the March for the Big Game



Plan for an exciting alumni football weekend

There will be an alumni flag football tournament this Saturday, September 24th. All Goodridge and Grygla Blue Devil and Charger Alumni and Coaches are invited to attend this fun event on the Grygla football field. Registration will be held at 9am with the game beginning at 10am. Food/concessions will be available throughout the day. Contact Jamie Lunsetter (701.741.4102) or Tyler Schulz (on Facebook) if you have any questions.

This Friday evening prior, September 23rd, is the Charger homecoming football game vs. Clearbrook/Gonvick in Grygla at 7pm. At that game, the 25-year anniversary of the 1991 Blue Devil State Runners-Up team will be honored at halftime, along with the other state tournament teams ('89, '10 and '12). Make sure to arrive a little early that evening, as the Grygla Merchants are hosting their annual tailgate party at the park next to the field.

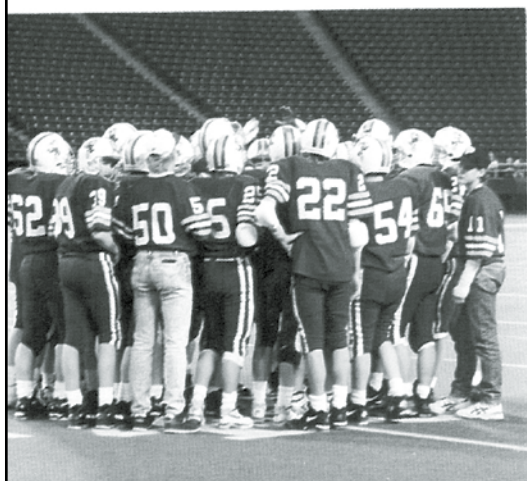
After the Homecoming game, along with after Saturday's alumni game, appetizers will be served at Yo-Hawn's for those interested.

Make it a weekend event - plan to take in the homecoming football game in support of our Chargers on Friday evening; then if you're an alumni, hit the field yourself on Saturday; come and have a good time with old teammates and friends.

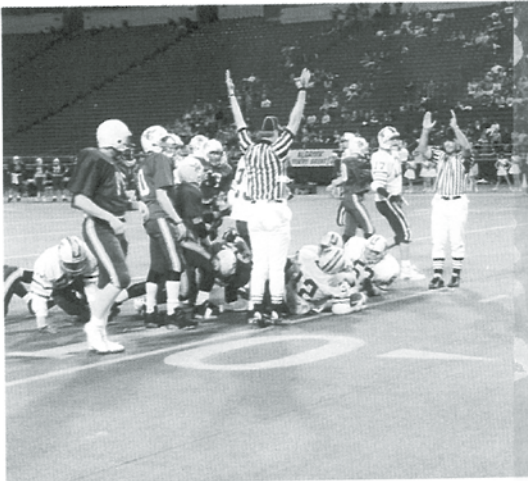
Memories of the Dome



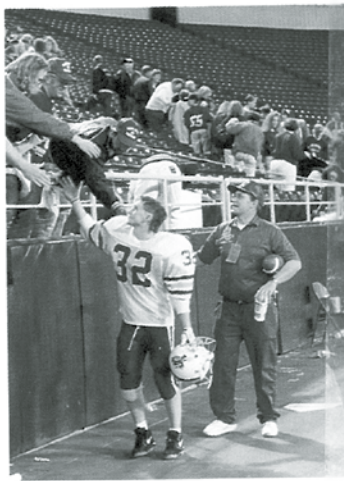
Blue Devils take 2nd in State Championship!!



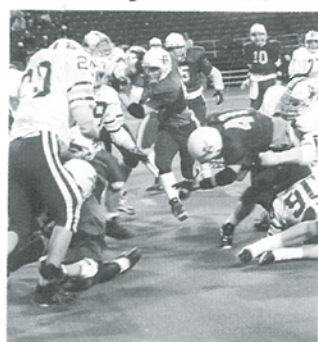
Team in the Huddle--Break Down



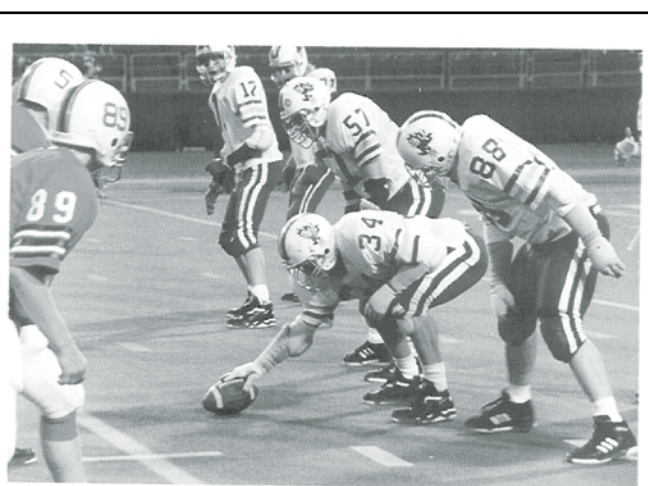
Touchdown against Albion



Coach Hagen Concentrates



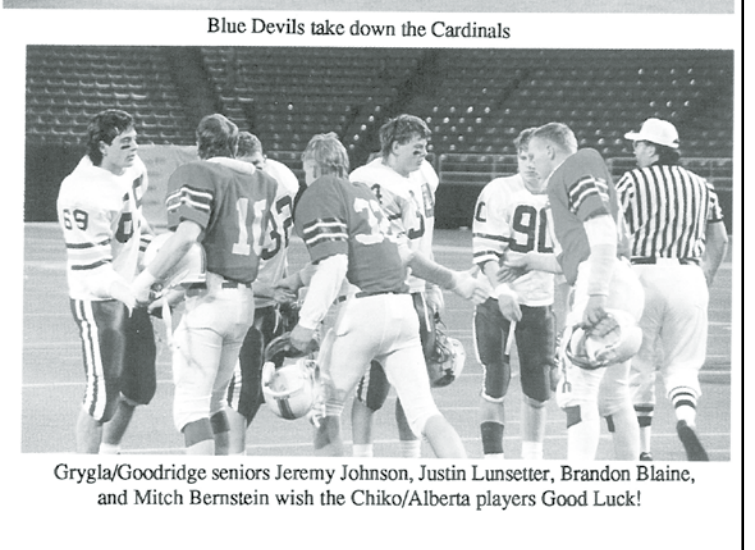
Get 'Em Boys!



Boys ready to run for a touchdown



Blue Devils take down the Cardinals



Grygla/Goodridge seniors Jeremy Johnson, Justin Lunsetter, Brandon Blaine, and Mitch Bernstein wish the Chiko/Alberta players Good Luck!