

GRYGLA EAGLE



Today Showers H 56 L 39	Thurs Partly Cloudy H 59 L 43	Fri Rain H 54 L 43	Sat Partly Cloudy H 61 L 47	Sun Partly Cloudy H 71 L 51



Wednesday, May 22, 2024

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Vol. 48 Number 14

Second round of Grygla School cuts announced

The Grygla School announced the second round of cuts/freezes on Monday as they continue to navigate the complexities of their financial landscape. Phase 2 includes a one-year wage freeze for all Grygla School staff, along with the Dean of Students/AD position reduced to 3 days per week.

There is a Community Forum taking place on Tuesday, May 21st, at 6:30pm. Regarding that meeting, Mr. Derek Gieseke encouraged the community to come out for discussion, saying, "Your perspectives are invaluable as we navigate these uncharted waters together. In this meeting, we will discuss where we are currently, the program cuts, and what the referendum will look like this fall." The Grygla Eagle Newspaper will have an update in next week's paper regarding the community forum and the discussion that took place.

Below is a letter shared by Gieseke as he announced the second round of cuts.

Dear Grygla Community,
I hope this message finds you well, and I extend my sincere gratitude for your ongoing support and partnership in our shared journey, especially as we finish up the school year!

As we continue to navigate the complexities of our financial landscape, I want to share with you some important updates regarding Phase 2 of our budget adjustments. While these decisions are not without their challenges, similar to the ones previously mentioned, they are necessary steps to ensure the sustainability and resilience of our school in the face

of evolving economic realities.

After coming together collectively, our school has made huge strides in creating financial sustainability in the short term. In total, all of these adjustments (both phase 1 and 2) equate to \$235,000 in savings. This includes several things that we have already implemented this year.

Over the years, we've encountered various financial hurdles, each presenting unique opportunities for reflection and adaptation. All of these budget adjustments represent our collective commitment to confronting these challenges head-on, prioritizing the long-term well-being of our school community above all else.

While these adjustments may entail difficult decisions regarding staffing, programs, and resources, please rest assured that we remain steadfast in our dedication to providing an exceptional educational experience for our students. Every decision has been made with careful consideration for its impact on student learning and support services.

Below are the second round of cuts/freezes:

- One year wage freeze for all school staff
- Dean of Students/AD reduced to 3 days per week

Amidst these changes, I am reminded of the strength and resilience that define our community. I am so proud to say that all of our staff came together in agreement on the staff wage freeze. Together, we have weathered storms in the past, emerging stronger and more united than ever before.

Let us draw upon this collective spirit as we confront the challenges that lie ahead.

I understand that these changes may evoke concerns and questions within our community. Please know that we are here to listen, support, and address any inquiries or feedback you may have.

Thank you for your continued support, understanding, and commitment to our shared vision. Together, I am confident that we will navigate this phase of adjustment with grace, integrity, and a renewed sense of purpose.

With gratitude and solidarity, Derek Gieseke Superintendent/K-12 Principal Expenditures vs. revenue discussed in special board meeting

Detailed agenda from Special School Board Meeting on Thursday, April 11, 6:00 p.m. in Grygla staff room.

Chairperson of the board Jeremy Rychlock called the meeting to order at 6:00 p.m. with

Jim Verbout, Andrew Oslund, Tera Nordby, Gretchen Smeby, Luke Nordvick, Superintendent Gieseke and Business Manager Amy Holte.

Pledge of Allegiance
Motion by Tera Nordby, second by Gretchen Smeby to approve the agenda as presented. Passed. Motion by Jeremy Rychlock, second by Jim Verbout to open discussion on School Budget. Passed.

Items of discussion
Expenditures vs. revenue discussed. Went over both budgets.

Gym roof needs to be replaced at some point- 1st bid

\$187,000. Devin is checking on other companies as well.

One coach resigned from robotics- will save approximately \$2700-\$2800.

Concessions sales profit for the student activity accounts was currently 40%. They will now only be getting 30% of the profit- discussed increasing concession prices.

Classroom budget- currently they are not at a set dollar amount.

Discussed travel limits- hotel expenses etc.

Overtime not allowed.
Wage freeze- looking at a projected savings around \$76k.

Adding fees for drama, robotics etc.

Hearing and vision screenings- having NCTC nursing students do the screenings for clinical hours instead of hiring it done.

No comp hours or extremely limited- hours need to be used by the end of June.

Reap claiming- Amy will be doing this with a savings of \$1000.

Cut Dean of Students/AD in half - savings of 39k.

Food Service is currently \$40k. It can only be in a deficit for two years, after that the money has to be moved to cover the deficit.

Potentially putting in solar panels- will save 20% guaranteed.

Possibility of cutting baseball, robotics, school board salary, and track programs.

Adjourn: Motion by Gretchen, second by Andy Oslund to adjourn the meeting. Passed.
Meeting adjourned at 8:36.



The Grygla Eagle Newspaper will be one day late next week due to the Memorial Day holiday on Monday, May 27th.

Revamping the library



The Grygla Library has gotten a facelift! Thanks to Con-Con funds, new shelving has been assembled and installed. Swing in and check out the new look and their great book collection. The Grygla Library is open every Wednesday from 2-6pm. Stay tuned for upcoming information about the summer reading program for kids. Photos courtesy of Betsy Saurdiff, Grygla Librarian



Congratulations to the 2024 Graduates



The Goodridge and Grygla High Schools each held their Commencement programs last week. Enjoy all the photos on the back page of this issue. Photo by Grygla Eagle Newspaper

Go-Getters 4H club volunteers their time



The Grygla Go-Getters 4H Club held their annual picnic in the park and ditch cleaning event last week. The youth group is busy making preparations for lots of fun and exciting projects to enter into the Roseau County Fair later this summer. Photo courtesy of Katie Brobst

April School Board Minutes

Grygla School Board Meeting on Thursday, April 18, 2024, 6:00 p.m. in Grygla School staff room.

Chairperson of the board Jeremy Rychlock called the meeting to order at 6:00 p.m. with Jim Verbout, Andrew Oslund, Tera Nordby, Gretchen Smeby, Luke Nordvick, and Superintendent Gieseke Present. Teacher rep. Abby Sundberg, Devin Ruud, and student reps DaMontay Johnson and Krystal Neuschwander were also present.

Pledge of Allegiance said. Motion by Jim V., second by Andy O. to approve the agenda as presented. Passed. Minutes of the 3/21/24 regular school board meeting are approved as printed.

Motion by Gretchen S., second by Andy O. to approve payment of the bills check #40323 through check #40389, p-card payments and wire payments. Passed.

Finance Report:
Expenses/Revenue
General Fund: 206,808.96/318,903.60
Food Service: 8,347.95/18,391.76
Community Service: 1,165.07/485.00
Building Construction: 0/0
Debt Service: 0/0
Trust: 1,000/3,000
Scholarship: 0/0

Student Activity: 2,641.06/19,985.28
Totals: 219,963.04/360,765.64
MSDLAF/Checking Balance: \$592,945.37
Mr. Gieseke gave the financial report. The school is \$26,000 up from last month which is a positive compared to the previous months. Talked briefly about the possible upcoming referendum and the tax impact it will have on our community. We will be getting those numbers from Ehlers Financial group and more information will be ready for the next meeting. He described some of the changes to the finance report which includes showing the revenues and breaking down revenue and expenditures into the specific funds. He hopes to continue making this more reader friendly.

Troy Olson from Plains Energy provided info on solar power for the school. Plains Energy proposed a 200 Kilowatt solar system place NW of the main school building. This would take up about 40' x 400' which the school would have room for. We would receive 20% off all our energy consumption

School Board Mins...
Continued on page 2

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
 Grace and Our Savior's, Grygla
Pastor Marilyn Grafstrom
Grace Live Stream will play on Garden Valley Channel 36 on Sundays 9am (9:30am last Sunday of the month).
Wednesday, May 22
 11am Bible Study; 6pm Grace Choir
Sunday, May 26
 Grace: 9:30am Worship
 OS: 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
 Bethany, Ekelund, Faith
Wednesday, May 22
 Confirmation Day; Bowling in TRF 6:30pm
Sunday, May 26
 Faith: 8am Worship
 Bethany: 9:30am Worship
 Ekelund: Worship 11am
Memorial Services at Rosendahl 2pm with pot-luck to follow.

THE CATHOLIC COMMUNITIES OF
 St. Clement's - Grygla; St.

Ann's - Goodridge
 Fr. Bryan Kujawa
Sundays:
 St. Clement's: 11:45am
 Worship
 St. Ann's: 10am Worship

BETHESDA LUTHERAN CHURCH
 Skime
Pastor Steve Bliss
Sundays
 8am Worship

UNITED LUTHERAN PARISH
 Gatzke
Pastor Tim Lundeen
Sundays
 8:30am Worship

CLEARWATER LUTHERAN PARISH
 St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseeth
Saturday, May 25
 Mt. Olive Worship 9am
Sunday, May 26
 St. Petri: 8am Worship
 Nazareth: 9:45am Worship
 Oak Park: 11am Worship

Community Calendar

Wed | May 22
 Last day of school in Grygla; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | May 23
 Fourtown spring clean-up 4-7pm; Varsity Track Subsections at LOW 1pm

Fri | May 24
 Senior Meals at Grain Bin Café 11am

Sat | May 25
 Grygla/Gatzke Food Shelf open 8-10:30am

Sun | May 26
 Grygla Trap League Day 12-3pm

Mon | May 27
 Memorial Day; Senior Meals at Grain Bin Café 11am

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NOTICE

The Marshall County Highway Department is accepting requests for spreading calcium chloride for dust control in front of residences that lie along County or Township gravel roads within the boundary of Marshall County. The cost for 2024 is **\$1.97/gallon**. The homeowner will pay this cost after the work is completed. The cost will be adjusted according to the size of application. **The application site must be flagged from start to finish by the resident.**

Applications are available on our website - www.co.marshall.mn.us and must be completed by the homeowner. **NO requests will be accepted AFTER MAY 24th, 2024.**
 G9-10C

JD 11 & JD 21 MEETING

TUESDAY MAY 28TH, 2024
 9:30 A.M. (JD 11) & 10:00 A.M. (JD 21)
 GRYGLA CAFE
 G10C

Goodridge/Grygla Chargers Coaching Positions Open

The Goodridge/Grygla Chargers are accepting applications for the following:

- 1 Summer Rec Baseball/Tee-Ball Coach
- 1 Summer Rec/Tee-Ball Student Assistant
- 1 Junior High Football Coach

Please email letter of application and resume to tomas.loberg@goodridgeisd561.org or jmumm@grygla.k12.mn.us. Please contact AD Tom Loberg at 218-378-4134 or AD Jeff Mumm at 218-294-6155 if you have any questions.
 G10C

7th Annual Charger Kindness Day



The Grygla School held its 7th Annual Charger Kindness Day last week where students in grades K-12 go around the community and help with a variety of projects, including yard work for residents, spring clean-up around town, and ditch cleaning.



School Board Mins...
 Continued from front

while Plains Energy sells back up to 40 KW to REA. This project would be zero cost to the district. It would be a 25-year contract. Plains Energy would agree to put a fence around the panels. The company's funding comes from the Inflation Reduction Act. Panels would be maintained by Plains Energy. There is an "Interconnect" that happens with Roseau Electric which allows someone to sell the energy back to the co-op. The board discussed holding an additional meeting to discuss and potentially approve this project, but needed to check in with REA to ensure all is well.

Student Report
 DaMontay Johnson and Krystal Neuschwander gave the student report. Students and staff were raising money for Mr. Mumm through penny wars. The competition went through April 19th. Baseball and Track started up with practices. Some staff and students spent time during the school day to help Kim over at the Grain Bin. Media Production students attended a career/college fair at BSU to learn what their media classes look like. Juniors were prepping for prom which was scheduled for 4/27. Some community moms and helpers were getting ready for the Princess Ball (father/daughter dance) which takes place the day after prom. The Student Council will be hosting a staff breakfast and a senior breakfast in the month of May.

Teacher Report
 Abby Sundberg gave the Teacher report. Staff helped organize a benefit to be held at the school for Kim and the Grain Bin. The benefit will be called "Back the Bin." It will be held May 1st on the night of the High School Music Concert. There will be a spaghetti feed put on by the Lions, and silent auction items in the small gym.

Peer Helpers and Student council kids are helping out at the Grain Bin the next 2 weeks. 8th grade science just finished force and motion and built roller coasters. 7th grade science studying embryology and evolution of chicken eggs. They are incubating eggs that will hatch soon.

Grades 3-5 raised \$2,300 during Jump Rope for Hearts. Through their efforts, students received some prizes and the school received \$160 in gift cards for PE equipment. 4th graders are working on "I like" journals for fellow classmates. The goal is for students to spend more time thinking of others and acting kind to one another. They are also working on their Civilization projects. 3rd graders are making end of the year science animal dioramas.

Dean of Students/ AD Report
 Mr. Gieseke said that Mr. Mumm is getting better all of the time and can't wait to get back to school. Volleyball interviews were going on before the board meeting and one the day after the meeting occurred. 6 people applied for the head coach position. The applicants chosen for the open positions will be notified and put on the agenda for the next board meeting. We will have to re-post the JH Football coaching position.

Superintendent Report
 READ act laws will require certain things for the school and teachers to do next year including training. As has been stated previously, we were still having issues with the new boilers flaming out. We had a new company called LP Gas out of Detroit Lakes come up and review the install of the propane tank behind the school. They noted that there were several things wrong with the installation. They will be working with Farmers Union to rectify those issues and ensure things are working properly for the next heating season.

Motion by Jim V., second by Luke N. to approve the last school day of the 2023-24 school year as May 22, 2024. Passed

Motion by Andy O., second by Gretchen S. to approve the resignation of Dustin Nelson as Robotics Advisor. Passed

Motion by Gretchen S., second by Andy O. to approve the following donations:

- Devin Ruud \$40 Shop Donation
 - FG Sportsmans Club \$250 Trap Donation
 - Derek Gieseke \$20 Shop Donation
 - MidwayUSA Foundation \$4,031 Trap Donation
 - Sewing For Veterans \$1,000 Scholarships
 - Machinewell \$1,000 Scholarships
 - FG Sportsman's Club \$1,000 Scholarships
- Meeting Adjourned at 7:14.
 Next Meeting is 5/16/24, 6:00 p.m.
Wednesday, May 22, 2024

Farmer's Market

Plans are underway for the annual Fall Fest that will be taking place August 24-25, 2024. Calling all vendors for the Farmer's Market. If you've ever considered having a booth and selling your items, now is the chance to do so. Local crafters, artists, handmade goods, vendors and independent sellers are wanted for the Farmer's Market at the Grygla Fall Fest on Saturday, August 24th, from 9:30am-3:30pm.

Please contact Chelsey Peters at 218-689-2115. Cost is \$10 per booth.

Cash Calendar
 There are cash calendars being sold until July 31st at

5pm. Cash calendars can be purchased at American State Bank, Fourtown Store and Tavern or Grygla General Store. They can also be purchased through Amy Holte, Gretchen Smeby, Jaclyn Moe, Jodi Schulz, Karla Byklum, Lindsay Oslund or Tonia Haack.

If your name is drawn, it goes back in to be eligible for more drawings. If anyone is interested in helping the committee out by selling a few calendars, please contact Jodi Schulz 218-689-1454. Cash Calendar proceeds will be going towards fixing up the horseshoe pits and other Fall Fest expenses.

SPRING CLEANUP EVENT

Fourtown
Thursday May 23, from 4 - 7 pm or space is full.

Location:
Fourtown Remote Site
68030 Hwy 89 NW Grygla MN

FREE:

Household Waste, Car Tires, E-Waste (TV's, Computers, etc.) Appliances, Fluorescent Bulbs, Household Hazardous Waste, Batteries, Scrap Metal

Limit to 12 tires per household and 8 oil filters - anything more can be brought to the Bemidji or Blackduck Transfer Station.

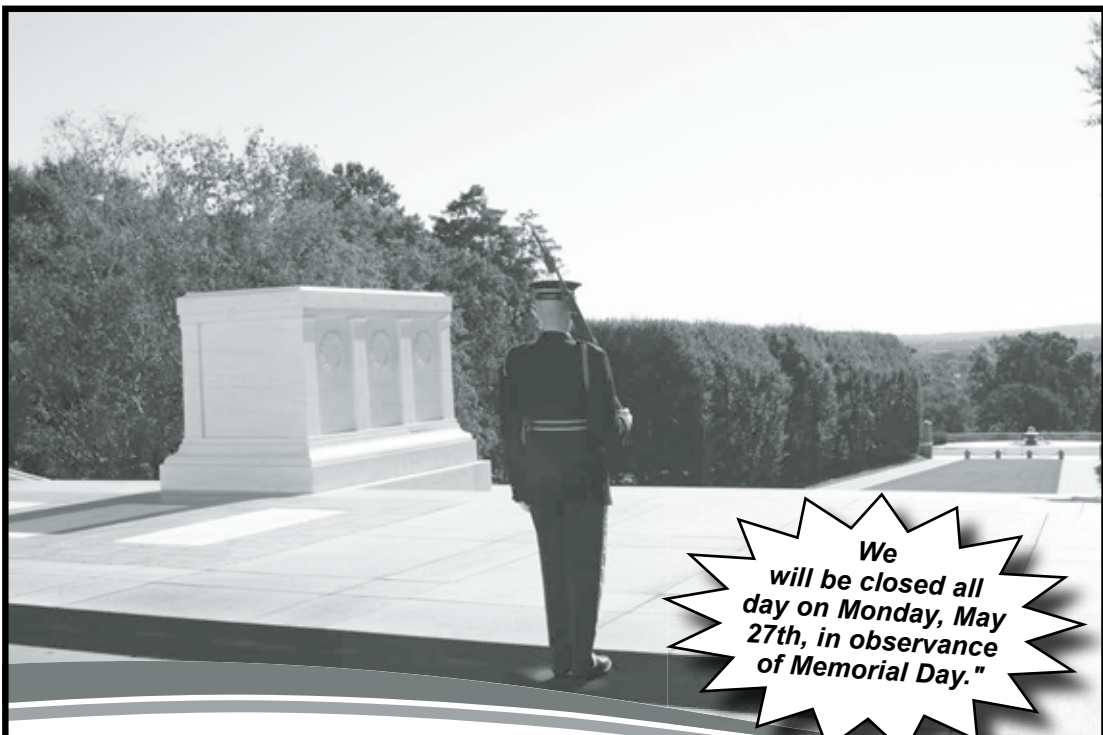
"ONLY" Beltrami County Residents

You must bring your Solid Waste ID Card or property tax form to use this service.

NOT FREE:

Demolition Debris (\$20 Per Yard)
 By-Pass Material: Furniture, Treated Wood, Large Items (\$20 per Yard)
 • Semi-Truck
 Tires: \$16.50 each
 • Tractor Tires: Fees Apply, depends on size.

Residents are expected to unload their items.



We will be closed all day on Monday, May 27th, in observance of Memorial Day.

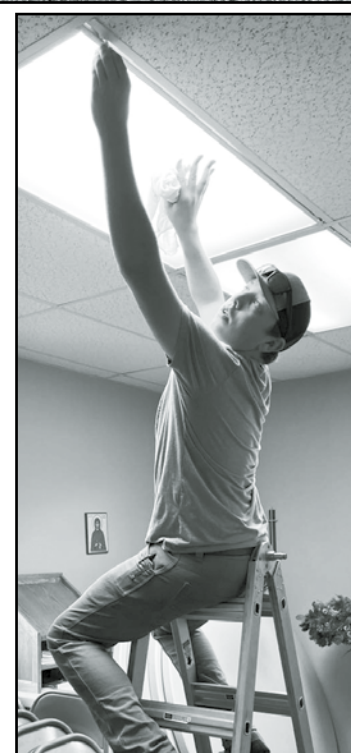
A Tribute To Our Nation's Heroes

Memorial Day, which originated in 1868 after the Civil War, is observed on the last Monday in May.

This Memorial Day we remember the servicemen and women who gave their lives to preserve our freedoms.

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 R10C

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 MEMBER NNA
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 Serving Eastern Marshall & Northern Beltrami Counties
 Richard D. Richards - PUBLISHER
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 —SUBSCRIPTION RATES—
 \$35 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
 \$45 per year outside of the area
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 The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gorvick, MN 56844. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.



Jones signs Letter of Intent



Lewis Jones has signed a letter of intent to play on the men's basketball team with the Northland Pioneer. He is surrounded by his Charger basketball teammates at a signing ceremony last week. Jones is the all-time leading scorer for basketball in Goodridge and Grygla. He will be attending Northland Community & Technical College this fall in Thief River Falls. *Photo courtesy of Grygla School*

Charger Track Meet results

Junior High Track Results from TRF Meet, May 9th

Boys
 100 Meter Dash A Division
 Shay Jacobson-1st Place
 Ryelin Stanley-3rd Place
 B Division
 Caydun Dybedahl-3rd Place
 200 Meter Dash A Division
 Ryelin Stanley-3rd Place
 B Division
 Caydun Dybedahl-1st Place
 Gabe Paulson-6th Place
 400 Meter Dash A Division
 Evan Rubischko-2nd Place
 Blake Stanley-7th Place
 B Division
 Gabe Paulson-3rd Place
 800 Meter Run A Division
 Braeden Nordby-2nd Place
 1600 Meter Run A Division
 Braeden Nordby-2nd Place
 110 Hurdles A Division
 Eli Nelson-2nd Place
 300 Meter Hurdles A Division

Eli Nelson-2nd Place
 4x200 Meter Relay A Division-1st Place

Blake Stanley, Evan Rubischko, Caydun Dybedahl, Shay Jacobson

4x400 Meter Relay A Division-2nd Place

Eli Nelson, Braeden Nordby, Blake Stanley, Evan Rubischko

Shot Put B Division
 Gabe Paulson-8th Place
 Discus B Division
 Gabe Paulson-2nd Place
 High Jump A Division
 Braeden Nordby-2nd Place

Ryelin Stanley-3rd Place
 Long Jump A Division
 Shay Jacobson-1st Place
 Blake Stanley-2nd Place
 Evan Rubischko-4th Place
 Eli Nelson-5th Place

B Division
 Caydun Dybedahl-1st Place
 Triple Jump A Division
 Shay Jacobson-1st Place

Girls
 100 Meter Dash A Division
 Marissa Parnow-2nd Place
 B Division
 Julia Halvorson-1st Place
 Ellie Hruby-7th Place
 Charlotte Beck-8th Place

400 Meter Dash A Division
 Mylee Sjustestad-2nd Place
 Norah Philipp-3rd Place
 Ellie Nelson-4th Place

B Division
 Krystal Neuschwander-3rd Place

Julia Halvorson-4th Place
 800 Meter Run A Division
 Sophia Beck-1st Place
 B Division
 Krystal Neuschwander-5th Place

100 Meter Hurdles A Division

Alayla Blanco-4th Place
 McKenna Parnow-5th Place
 300 Meter Hurdles A Division

Haedynn Boutain-2nd Place
 4x100 Meter Relay A Division-1st Place

Alayla Blanco, Ellie Nelson, Marissa Parnow, McKenna Parnow

4x200 Meter Relay A Division-1st Place

Marissa Parnow, Sophia Beck, McKenna Parnow, Alayla Blanco

la Blanco
 B Division-1st Place
 Krystal Neuschwander, Charlotte Beck, Ellie Hruby, Julia Halvorson

4x400 Meter Relay A Division-1st Place

Mylee Sjustestad, Haedynn Boutain, Norah Philipp, Sophia Beck

Shot Put A Division
 Haedynn Boutain-1st Place
 Gemma Kotrba-4th Place
 Ellie Nelson-7th Place

Discus A Division
 Izzy Horning-3rd Place
 Haedynn Boutain-5th Place
 Gemma Kotrba-6th Place

Mylee Sjustestad-8th Place
 Long Jump A Division
 Sophia Beck-2nd Place
 Alayla Blanco-6th Place

B Division
 Julia Halvorson-1st Place
 Ellie Hruby-2nd Place
 Krystal Neuschwander-8th Place

Varsity Track results from West Marshall Lions Track Meet in Warren, May 10th

Boys
 100 Meter Dash
 Shay Jacobson-8th Place
 110 Hurdles
 Sawyer Jacobson-6th Place

4x100 Meter Relay-5th Place

Sawyer Jacobson, DaMontay Johnson, Owen Larson, Shay Jacobson

4x200 Meter Relay-2nd Place

Shay Jacobson, Evan Rubischko, Owen Larson, Sawyer Jacobson

4x800 Meter Relay-7th Place

Braeden Nordby, Blake Stanley, Caydun Dybedahl, Eli Nelson

Girls
 200 Meter Dash
 Janessa Torgerson-7th Place

Brooklyn Kriel-8th Place
 800 Meter Run
 Nevaeh Kotrba-5th Place

300 Meter Hurdles
 Ashlyn Nelson-4th Place
 School Record

4x100 Meter Relay-3rd Place
 School Record

Alayla Blanco, Brooklyn Kriel, Molly Cullen, Janessa Torgerson

4x200 Meter Relay-2nd Place

Brooklyn Kriel, Molly Cullen, Ashlyn Nelson, Janessa Torgerson

4x800 Meter Relay-3rd Place
 School Record

Sophia Beck, Molly Cullen, Ashlyn Nelson, Nevaeh Kotrba

Varsity Track Results from AJ Kramer Invitational in Roseau, Monday May 13

Boys
 100 Meter Dash
 Sawyer Jacobson-4th Place
 Kehan Nelson-5th Place
 Shay Jacobson-7th Place

800 Meter Run
 Eli Nelson-6th Place
 Braeden Nordby-8th Place

1600 Meter Run
 Eli Nelson-7th Place

4x100 Meter Relay-3rd Place

Shay Jacobson, Evan Rubischko, Sawyer Jacobson, DaMontay Johnson

4x200 Meter Relay-4th Place

Sawyer Jacobson, Evan Rubischko, Shay Jacobson, Kehan Nelson

Long Jump
 Evan Rubischko-6th Place
 Triple Jump
 Shay Jacobson-2nd Place

Girls
 100 Meter Dash
 Janessa Torgerson-3rd Place

200 Meter Dash
 Molly Cullen-3rd Place
 Brooklyn Kriel-5th Place

Ashlyn Nelson-7th Place
 800 Meter Run
 Nevaeh Kotrba-2nd Place

Sophia Beck-8th Place
 300 Meter Hurdles
 Ashlyn Nelson-3rd Place

New School Record
 4x100 Meter Relay-3rd Place

Alayla Blanco, Molly Cullen, Brooklyn Kriel, Janessa Torgerson

4x200 Meter Relay-1st Place
 New School Record

Alayla Blanco, Molly Cullen, Brooklyn Kriel, Janessa Torgerson

7th Place-Charlotte Beck, Julia Halvorson, Ellie Hruby, Krystal Neuschwander

Discus
 Haedynn Boutain-8th Place

Junior High Track and Field Results from Roseau JH Meet on May 14th

Boys Team Standings
 1. Warroad
 2. Roseau
 3. TRF
 4. Goodridge-Grygla
 5. West Marshall
 6. LOW/Rainy River
 7. BGMR Freeze

Girls Team Standings
 1. Goodridge-Grygla
 2. BGMR Freeze
 3. West Marshall
 4. Roseau
 5. TRF
 6. Warroad
 7. LOW/Rainy River
 8. KCC

Boys
 100 Meter Dash
 Shay Jacobson-1st Place
 200 Meter Dash
 Shay Jacobson-1st Place

400 Meter Dash
 Braeden Nordby-1st Place
 Eli Nelson-4th Place
 Evan Rubischko-5th Place

4x100 Meter Relay-2nd Place

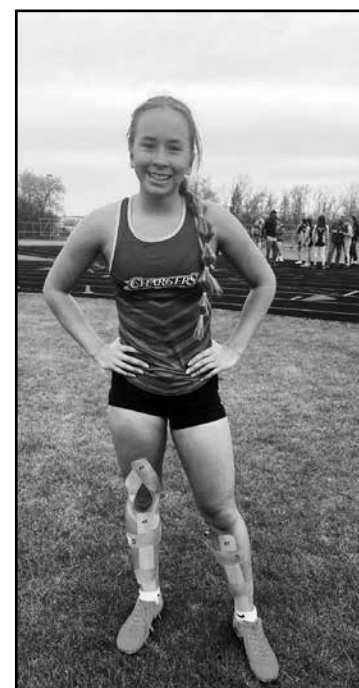
Caydun Dybedahl, Ryelin Stanley, Eli Nelson, Evan Rubischko

4x200 Meter Relay-1st Place
 Gabe Paulson, Braeden Nordby, Ryelin Stanley, Eli Nelson

High Jump
 Braeden Nordby-Tie 1st Place

Ryelin Stanley-Tie 6th Place
 Long Jump
 Shay Jacobson-1st Place

Evan Rubischko-4th Place
 Caydun Dybedahl-7th Place
 Triple Jump



Pictured left: The girls' 4x100 relay has also broken their record again, dropping their time by over a second! New record of 52.71 set in Ada last week. Pictured is Alayna Blanco, Molly Cullen, Brooklynn Kriel, and Janessa Torgerson. Congratulations to Ashlyn Nelson for breaking her school record in the 300 Hurdles with a time of 50.98 seconds in Ada last week.

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

Repristinate Ree-pris-tuh-neyt
 Verb

To restore to the first or original state or condition.

safeTALK in Grygla

Make a connection. Help save a life. Suicide is preventable and anyone can make a difference. There is an age-focused safeTALK training open to the public in Grygla on Monday, June 3rd, from 5-9pm at The Hound. The cost is free and sponsored by Northwest Minnesota Foundation. The impact safeTALK training made in 2022 consisted of 74,597 participants; 58,185 interventions; and 8,146 suicide attempts prevented.

How safeTALK works
 Four hours of training in

suicide alertness skills where participants learn four basic steps to create a life-saving connection. Studies show that participants gain confidence asking people about suicide directly, connecting them to life-saving resources and keeping them safe until those resources take over.

To register for the safeTALK in Grygla on June 3rd, please visit <https://grygla-safe-talk.eventbrite.com>. Please call with any questions (218-280-7785) or email monicamariek@yahoo.com

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

This simple sausage and veggies skillet dinner features bell peppers, zucchini, corn, and fresh cilantro. It's an easy meal that takes only 30 minutes to make and everything is cooked in one pan. It's perfect for meal prep and busy family weeknights!

Ingredients
 2 cup corn kernels
 1 tablespoon olive oil
 12 oz sausage cooked, such as cajun sausage, andouille sausage, or smoked sausage

1 large red bell pepper, diced
 1 large zucchini large, sliced
 ½ teaspoon chili powder
 fresh cilantro, chopped

Instructions
Cook sausage
 Heat 1 tablespoon olive oil in a cast-iron skillet on medium heat. Slice cooked sausage into coins and add to the skillet. Cook on medium heat in a cast-iron skillet for 5 minutes on one side, then flip over and cook for about 3 minutes on the other side. Remove from skillet to a large plate. You will have oil from the sausage. Leave some oil in the skillet for the veggies. Remove extra oil to a small, heat-proof bowl, and reserve.

Prepare veggies
 To the same, now empty, skillet add diced bell pepper, and cook for about 4 minutes on medium heat. You might have to add some of the reserved oil to the skillet to prevent veggies from sticking to the bottom of the pan. Remove cooked bell pepper to the same large plate with sausage. To the same, now empty, skillet add sliced zucchini, and cook for about 3 minutes on medium heat. You might have to add some of the reserved oil to the skillet to prevent veggies from sticking to the bottom of the pan. Slice corn kernels off the cob with a knife.

Assembly
 In the same skillet combine together cooked sausage, cooked bell pepper, cooked zucchini, and cooked corn kernels. Mix everything well. Add reserved oil from cooked sausage, and mix. Add chili powder and reheat on low heat. Remove from heat. Top with chopped cilantro.

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Track & Field Day



The Grygla Elementary students had their Track and Field Day on May 17th. Mr. Grandstrand & Mr. Olson made sure the afternoon ran smoothly with the held up their track and student crew! *Photos courtesy of Grygla School*





L-R: Presley Kramer and Hunter Kiesow during the Processional last Friday afternoon in Goodridge; Kehan Nelson and Caden Marquis. *Photos by Grygla Eagle Newspaper*

Chase Manderud, 2024 graduate, with Mr. Tomas Loberg, Superintendent.

Spencer Coan, above, and Morgan Underdahl, below, during the Presentation of Flowers to their families. *Photos by Grygla Eagle Newspaper*



Congratulations to the Goodridge High School Class of 2024! Commencement was held last Friday, May 17th.



Lily Beavis with John Lovly during the Presentation of Diplomas.



Carter Lee Johnsrud, Salutatorian, gives a Graduation Address at last Friday's Commencement Program in Goodridge. She also performed a vocal selection.



Donna Quam presents Donald Johnsrud with the Curtis Quam Memorial Scholarship. A full list of scholarship donations and recipients will be featured in next week's Eagle. *Photos by Grygla Eagle Newspaper*

Congratulations to the 2024 Graduates



Congratulations to the 50th graduating class in Grygla! The 2024 Commencement Program was held on Saturday, May 18th. The seniors are pictured above singing "Vienna" by Billy Joel. *Photo by Grygla Eagle Newspaper*



Chelsie Nelson gives her brother Dustin Nelson a hug during the Presentation of Flowers. Pictured below are Blake Rychlock and Andrew Englund during the "Pomp & Circumstance" Processional. *Photos courtesy of Grygla School*



Above: Molly Cullen gives the "Welcome" to kick off the ceremony. Below: Blake Rychlock receives his diploma from his dad Jeremy, who is the Grygla School Board Chairman. *Photos by Grygla Eagle Newspaper*

