



				
Today	Thurs	Fri	Sat	Sun
Mostly Sunny	Mostly Sunny	Scatt. Showers	Scatt. Showers	Cloudy
H 61 L 36	H 63 L 43	H 59 L 43	H 62 L 30	H 43 L 27



A look at next week... Grygla Lion's history is shared as the organization celebrates 100 years



The Grygla Lion's Club held their annual Smelt Fry over the weekend, which serves 400-500 satisfied customers. At the fryers are Gary Kiesow and Lynn Anderson.

Grygla Lion's Smelt Fry



Before it can FRY, the smelt must DRY.



Vince Hagen worked his smelt magic outdoors last Saturday in Grygla.



Manning the smelt frying stations inside the Grygla Community Center was Dale Rogers, Scott Grove, Gary Kiesow, Lynn Anderson and Lee Sundberg.



Chargers Track team members helped set up for the annual smelt fry. Pictured in front of the Lion's District Banner, L-R: Jaden Kiesow, Carlye Kiesow, Levi Kiesow, Clay Irlbeck, Cheyenne Irlbeck, Layla Jelle, Jared Haack, Clayton Suchoski, Nolan Anderson and Gabe Arveson.

Lions International: "Help your Community, Country, World"

Spring burning restrictions begin

Spring burning restrictions went into effect for this area on April 10 and will remain in place until grasses green up, usually mid-May. At present, burning permits are required in snow-free, open areas unless unbroken snow cover remains in the area surrounding the fire. Small campfires less than 3 feet across are allowed, but must be attended and put out

cold. During the burning restriction period, only variance permits for agricultural operations are issued, and only from the Minnesota Department of Natural Resources Forestry offices. Wildfires start and spread easily in the spring when grasses are brown and warm windy days are common. Spring burning restrictions have signifi-

cantly reduced the number of wildfires that occur in April and May. The DNR encourages people to consider alternatives to burning, such as using municipal composting sites. If this is not practical, the summer growing season and winter are the preferred times to burn brush piles.

The Wizard of Oz and Hollywood Hillbillies Reunion



On April 20th & 21st at 7pm, the Goodridge High School Drama Department will be performing "The Wonderful Wizard of Oz," by Tim Kelly. Dorothy and her friends battle fighting trees, flying monkeys, a trip through Dainty China Country, and of course the Wicked Witch to try to obtain a brain, a heart, courage, and a trip back to Kansas. Will Oz grant them what they want? Come and find out!

Pictured practicing for the upcoming show is, L-R: Ashlyn Henrickson (Dorothy), Tanner Wellman (Scarecrow), Cameron Naeseth (Tin-man) and Brandon Stanley (Cowardly Lion.)

In conjunction with this year's play, there will also be a 15 year reunion of the "Hollywood Hillbillies," director Eric Mickelson's first performance at Goodridge School. Cast members of the "Hollywood Hillbillies" will be admitted for free on Thursday or Friday night. Friday night, the cast members will be recognized and refreshments will be available for past cast members and their families, as well as this year's cast.

Come on out for the play "The Wonderful Wizard of Oz" on April 20th & 21st at 7pm in the Goodridge School Gymnasium.



Junior High Meets
Monday, April 24th Mahnomen
Monday, May 1st Warren
Tuesday, May 16th Roseau
Monday, May 22nd LOW

Senior High Meets
Friday, April 21st Mahnomen
Thursday, April 27th Warroad
Thursday, May 4th Mahnomen
Tuesday, May 9th Park Rapids
Friday, May 12th Warren
Thursday, May 18th Ada
Thursday, May 25th Sub-Section Meet-Roseau

Chargers Track & Field

GG Chargers Track & Field started last week with practices being held at each school. Coached by Jason Grandstrand and Brady Olson, the student athletes are gearing up for upcoming meets.



Iron Chargers return from Council Bluffs



The Iron Chargers headed to Council Bluffs, Iowa, last Wednesday through Sunday where the two Grygla teams competed in the U.S. Open Robotics Championship. The event was held at the Mid America Center, which is pictured above.

The C team won their last qualification match on Saturday, ending at 5-5; the G team finished qualifications at 4-6. Neither teams were selected for an alliance thus ending their national competition, but advisor Isaac Kvasager said both teams did a great job! (Team photos on page 2.) For more photos of the team's trip, head to Iron Chargers 4149G & 4149C Facebook page.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
 6pm Choir, 6:30pm 8th grade Confirmation, 8pm Grace Council
Thursday:
 7pm OS Maundy Thursday Service
Friday:
 7pm Good Friday Service at Grace
Sunday:
 Grace: 9am Worship w/ no SS
 OS: 10:30am Worship w/ no SS

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

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Thursday:
 Maundy Thursday Service at Bethany 7pm
Sunday:
 Bethany: 6am Worship
 Ekelund: 9am Worship
 Faith: 10:30am Worship

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
Sunday:
 St. Clement's: 10:15am
 St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Thursday:
 7pm Maundy Thursday Ser-

vice at Bethesda
Friday:
 7pm Good Friday Service at Pine Grove
Sunday:
 9:30am 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 Merseth
Maundy Thursday:
 5:30pm Mt. Olive & 7pm Nazareth
Good Friday:
 St. Petri 8am & Oak Park 7pm
Saturday:
 Mt. Olive: 9am Easter Serv.
Sunday:
 St. Petri: 8am Worship w/ 9:15am SS
 Oak Park: 9:45am Worship w/ 8:30am SS
 Nazareth: 11am Worship w/ 10am SS



The Fourtown/Grygla Sportsman's Club hosted an ATV Safety Training last Saturday at the Grygla School. Students 11 years of age or older were invited to participate.

Community Calendar

Wed | April 12
 Grygla Eagle office open 9am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; April birthday party for Senior Citizen's Club at Grain Bin Café 2:30pm

Thurs | April 13
 Goodridge Elementary Prom 3:30-6:30pm

Fri | April 14
 No School; Footcare Clinic at Grace Lutheran Church 9am; Senior Meals at Grain Bin Café 11am

Sat | April 15

Sun | April 16
 Easter Sunday

Mon | April 17
 No School; Senior Meals at Grain Bin Café 11am; Teen Book Club at Grygla Community Center 7pm

Hoops for Heart

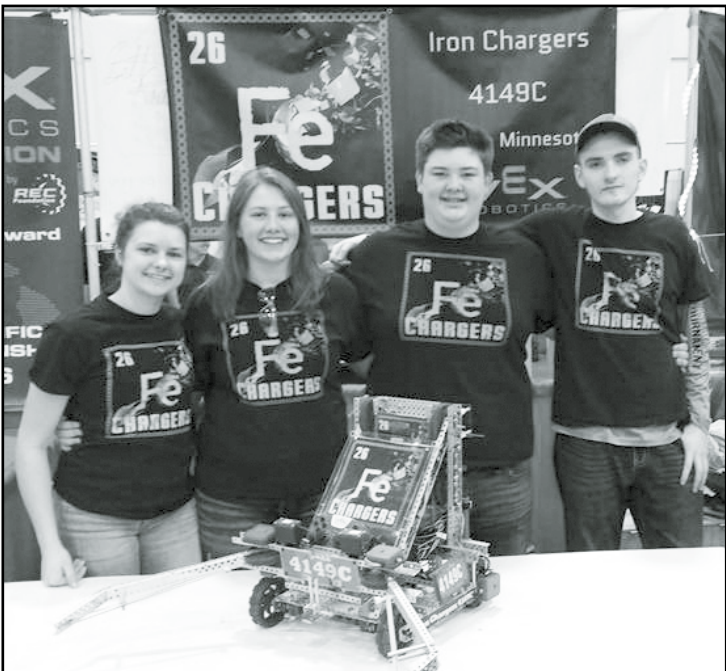
The Goodridge School recently participated in 'Hoops for Heart' and raised \$1,349.90. Way to go 5th/6th grade Phy Ed classes. Top fundraisers were Emilea Johnson 1st, Tiana Banuasa 2nd and Kennedy Panek 3rd.

FOR SALE

BUTCHER PIGS, weighing 250-300 lbs.
 Asking \$0.70/lb. live weight.
 Will haul to locker of your choice for a small fee.

Call **MARK SAX** at **218-294-6285**
 leave message if no answer

G1-3C



Iron Chargers 4149C is made up of Trystan Jelle, Abby Kiesow, Jake Ahlbeck and Chris Luttrell.



Iron Chargers 4149G is made up of Elise Monson, Hudson McMillin, Julianne Nordby and Lucian Tinnes.

For Sale on Written Bids

1999 Thomas Bus.

For information and bidding, contact Jamie Lunsetter, K-12 Principal, Grygla Public School. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us.

Deadline for written bids: 3-19-17, 3 PM. The district reserves the right to accept/reject any/all bids.

G3C

POSITION OPEN:

1.0 FTE elementary education teacher. Letter of application, resume, credentials, letters of reference to Becky Carlson, K-12 Principal, Goodridge Public School, PO Box 195, Goodridge, MN 56725. Phone: 218-378-4134, email: becky.carlson@goodridgeisd561.org. Open until filled.

G3-4C

2016-17 yearbooks on sale

With the theme "GHS!" this year's book includes 112 pages all in color! K-12 coverage, all sports, events and memories throughout the year. There is an 18 page Memory Capsule highlighting the country/world events. The price right now is \$30 and includes your name stamped on the front cover. Yearbooks purchased after this week go up to \$40 and will not be personalized. Purchase your yearbook today from Beth Kucera, Advisor, at the Grygla School.

Food Shelf collects 702 pounds of food

The Grygla/Gatzke Food Shelf has wrapped up the Minnesota Food Share March Campaign with 702 pounds of food being collected and \$5,445.00 being collected in monetary donations. Per Cheryl Sistad, Grygla/Gatzke Food Shelf Chairman, the food donations will cover almost 3 week's worth of food (12,511 pounds were distributed last year.) The money donated allows them to purchase food for almost 42 weeks. (\$6,722 was spent on food last year.) These numbers reflect monthly food distributions. The food shelf is so grateful for your generous donations. They continue to see a need for a food shelf in this area and your ongoing support makes their work so much easier.

Easter brunch by the Chix

The Chix from the Stix will be hosting an Easter brunch at Grace Lutheran Church this Sunday, April 16th, from 7:30-9am. The menu includes egg bake, muffins, fruit, coffee and juice. This brunch is a free will offering with all proceeds going to the local Relay for Life Team/ American Cancer Society.

Consignment Sale & Smelt Fry

The Goodridge Lion's Annual Consignment Sale & Smelt Fry will be held on Saturday, April 22nd at 9am. The Consignment Sale begins at 9am with the Smelt Fry starting at 4pm. There will be live music throughout the day at the Goodridge Liquor Store along with Eighth Hour headlining.

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 Karl Sundberg- EDITOR
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—SUBSCRIPTION RATES—
 \$25 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
 \$30 per year outside of the area

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BENEFIT FOR Jason Moe
Sunday, April 23, 2017
Noon to 3:00 p.m.
Grygla Community Center

Silent Auction until 2:30 p.m.
 Items for the auction can be dropped off at American State Bank in Grygla.

Serving: Taco Bar, Desserts & Ice Cream

Meat Raffles During the Benefit!

Jason is suffering from multiple complications due to severe pancreatitis that has led to other abdominal issues and infections which began in December, 2016. He is presently at the University of Minnesota Medical Center in Minneapolis.

Jason, Jaclyn, Ray, and Paizley Moe

An account for the Jason Moe Benefit has been set up at American State Bank of Grygla P.O. Box 78 Grygla, MN 56727
Any questions, or to donate auction items, please contact Laurie at 218-294-6111 or email laurie.polansky@asbgrygla.com

A donation will be made by Thrivent Financial.

G3-C

FOR ALL VETERANS

...will be due August 1st, 2017 for this years delivery of August 15th.

Stepping Stone AND Bench Orders...

For order forms, call
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 ~~ FOR GOD AND COUNTRY ~~

Mail to:
 Veterans Memorial
 PO Box 45
 Grygla, MN 56727
THANK YOU
 for your support!

G3-47, 51, 71C



In honor of March being Ag month, the Goodridge 5th & 6th graders had a John Deere coloring contest. 1st place was awarded \$10 and 2nd place \$5. Prizes were sponsored by Mickelson Auctions.

The 6th grade color contest winners for Ag month were Justin Jourdain (2nd) and Anna Mickolio (1st).



Left: Carter Lee Johnsrud, Goodridge 5th grader, won 1st place in the John Deere coloring contest. Right: Lily Beavis, 5th grade, won 2nd place.



Easter: A Celebration Of The Risen Christ

But the angel answered and said to the women, Do not be afraid for I know that you seek Jesus who was crucified. He is not here; for He is risen, as He said. Come, see the place where the Lord lay."

—Matthew 28:5-6

At Easter, we remember Christ's death on the cross at Calvary and celebrate His miraculous resurrection and victory over death.

The American State Bank will be open regular hours on Friday, April 14, Good Friday.

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 FAX (218) 687-2328

Head Start/Early Head Start recruitment

Northwest Head Start and Early Head Start are currently recruiting children and families for the 2017-2018 program year. Head Start and Early Head Start are operated by Northwest Community Action, Inc. and serve low income families in Marshall, Roseau, Lake of the Woods, and Kittson Counties.

Head Start and Early Head

USDA funds available

USDA Rural Development has funding available for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

“Our housing staff will work one-on-one to ensure quality customer service for all applicants,” said Acting State Director Mike Navin. “To help prepare would-be buyers for this exciting step, USDA requires applicants to take a homeownership education course that will inform them of the buying process and help safeguard their important investment.”

USDA’s Direct Home Loan Program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest

Start are family focused, comprehensive, child development programs which provide activities, information, and assistance in the areas of education, health, family services, and parent involvement. Head Start serves eligible families with children who are 3-5 years old on or before September 1, 2017. This is a primarily center-based preschool program.

rate could be as low as one percent with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of 20,000 people or less.

Data shows that Rural Development’s home loan programs increase economic development and job creation in rural communities. For example, according to the National Association of Realtors, the sale of an existing median-priced home generates more than \$58,000 in economic activity. This includes direct real estate industry supports, home furnishings, appliances and landscaping and other economic activity.

The maximum loan amount for repair is \$20,000 at a one percent interest rate, repay-

able for up to 20 years. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Time is limited to receive these funds. Qualified applicants have until the end of September 2017 to apply. Contact a USDA Rural Development employee today in your area to see if you qualify.

For more information in the following counties: Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau Counties; please contact USDA Rural Development at 201 Sherwood Ave S., Thief River Falls, MN 56701 or 218-681-2843 x 4. You can also visit USDA’s website at www.rd.usda.gov/mn.

able for up to 20 years. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

LIBRARY

Written by Kari Sundberg, Grygla Librarian

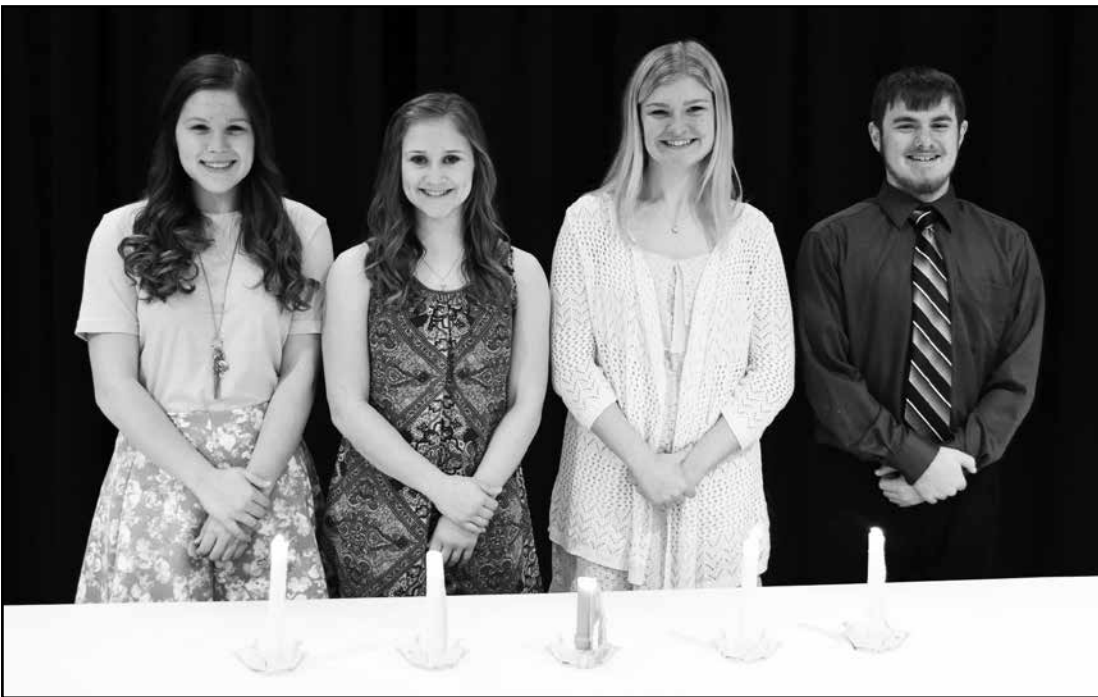
The Grygla Library is really excited to host this event that’s open to the public. Do you remember seeing it in the paper a couple weeks ago? I hope you read it and marked your calendars, but if you didn’t, I will share it again! See below.....

Presenting ‘Minnesota in the Great War’ at the Grygla Community Center

Northwest Regional Library is privileged to present to you a special presentation entitled Minnesota in the Great War (WWI). The presenter is Mr. Arn Kind, a teacher of 38 years, who will come in the authentic uniform of an American Doughboy to teach us about “the war to end all wars.”

Mark your calendars and plan to attend on Friday, April 21st, from 5-7pm at the Grygla Community Center. This event is brought to you by NWRL and will be hosted by the Grygla Library.

2017 is the 100th anniversary of the America’s entry into the Great War, now known as World War I. This presentation is a wonderful way to commemorate the contributions and sacrifices made by Minnesotans during WWI. The Great War is often called the forgotten war because people know so little about it as compared to World War 2 and America’s other conflicts. Minnesota in the Great War will enlighten us and cause us to come away from the program realizing what an epic event it was and how it set the stage for many important events that would follow in the 20th



The Goodridge School National Honor Society held their tapping ceremony on April 5th. New members inducted were Madi Race, Mercedes Coan, Libby Johnson and Blake Nerhus.



Selection into NHS is based on scholarship, leadership, service and character. (Photos by Deanna Coan Photography.)

A HIPPIE’S HEALTH

Written by Tara Waltman
So, I am going to get all sciency (yes made up word) on you guys for a little bit. We have two parts of our nervous system. The sympathetic nervous system and the parasympathetic nervous system. Why is this important you ask? These systems are used for survival and for resting and digesting.

Our sympathetic nervous system is our flight, fight or freeze response. So this is the system that kicks in when we are being chased by a bear for our survival. The problem is that this system is being activated more frequently. So it’s like in a sense we are being chased by a bear daily, or almost daily, with the level of stress in our daily lives. Our body releases cortisol, our stress hormone, when being chased by a bear. This is happening, though, when we are not being chased by a bear.

This can create havoc on our minds and bodies.

I have seen people have stomach and digestive issues as a result among other things. This is because when our body is in the sympathetic system it is not resting or digesting. So the solution? To use skills or essential oils to engage the parasympathetic nervous system, this is the system that helps us to rest and digest.

If you think about it... would you be eating and digesting food while being chased by a bear? No. The parasympathetic nervous system, therefore, also helps us to regulate emotions! How do I know this? I teach this to people at least weekly, if not almost daily.

There are some skills one can use to engage this system to help decrease emotional arousal, to rest and digest.

Have you all seen someone splash their face with water when distressed in movies or ever tried this yourself? There is a reason for this. Using cold water or ice on our face or back of neck will engage the parasympathetic nervous system and decrease emotional arousal.

al. Intense exercise can, as well, and a specific breathing strategy. Your out breath has to be longer than your in breath. So your in breath might be 4 seconds and your out breath would then be 6 seconds. This also engages the parasympathetic nervous system. I typically use these skills for higher levels of distress.

Some essentials oils can also help engage the parasympathetic nervous system. I saw a video where a woman, who uses oils and is very familiar with how they work, would use clove and lime oil together. She would put it on behind her ear before a meal to engage her parasympathetic system to rest and digest. There are other stimulant oils like peppermint, digize, lavender and lemon grass to name a few that could potentially help with this, too.

We are very busy rushing around, so every once in a while, or quite often, we need to slow down a little and take time to take care of ourselves. If we are sitting and our body is at rest, in a sense it is easier for it to digest.

So, in conclusion, being chased by a bear while trying to eat would be difficult! Don’t do this. Seriously though, sometimes our stress levels are similar to being chased by a bear even though we aren’t. I hope this wasn’t too sciency for all of you!

Tara Waltman is a licensed clinical social worker doing outpatient therapy working on health and wellness for people. She is also a Young Living Essential Oils consultant. She is the daughter of Darell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.



SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

This week’s recipe of choice is a breakfast one. Pretty simple, actually, without me having to explain the ingredients or directions too much, but at least you can use it for a new idea come breakfast time if you want.

Sweet Potato Hash

In all honesty, this was my first time ever buying and cooking sweet potatoes. I had to actually research what to even do with a sweet potato. Can you eat the peeling? Do you just peel, cut and boil? Can I fry it? What do I do with them and how long can I keep them before they’ll go bad? Turns out you can do just about ANYTHING you want with them so stop stressing and go pick yourself up a couple.

So, for my Sweet Potato Hash, I peeled and cubed 1 sweet potato. I boiled it for 5 minutes and put the cut up cubes into a pan on medium heat with coconut oil. I added green peppers and onions to it and pan fried everything for about 15 minutes. (Looking back, I wish I would have added some ground breakfast sausage to the mix...it would have added a lot of good flavor, I think.) When that was done, I made a little hole in the middle of the hash and cracked an egg. The whole thing made enough

for two people so I’d fry 2+ eggs if someone will be joining you!

I also cut up some fruit that day to go along with my hash. I did kiwi, strawberries and grapes. To spruce up my fruit bowl a bit, I lightly tossed it all in pure honey with fresh lime juice. It added really great flavor to the fruit and just kept things interesting.

I’m not 100% sure yet, but I think my recipe next week will be for my homemade lasagna with Olive Garden’s Caesar salads. I’m hosting Easter dinner at my house and I’m not really a traditional type of gal...so the fam is being fed an Italian feast instead of ham and potatoes. (Gasp!)

Have a great Easter with great food, family and friends!



Northwest Region Honor Band was held last Saturday, April 8th, at the high school in Fergus Falls. Rehearsals were held all morning with a Grand Concert open to the public at 12pm. Grygla band instructor, Gene Lunsetter, chose the following students to participate in Honor Band. L-R are 5th graders Chelsie Nelson (trumpet) and Callie Loken (clarinet). 2nd year Honor Band students are 6th graders Sheldin Sundberg (percussion) and Dane Arveson (trumpet).



wonderful and unique way of learning about this interesting period in the history of our nation and our world.

A Note from Principal Lunsetter’s Desk

“Nobody can be uncheered with a balloon.”
— A.A. Milne, Winnie-the-Pooh

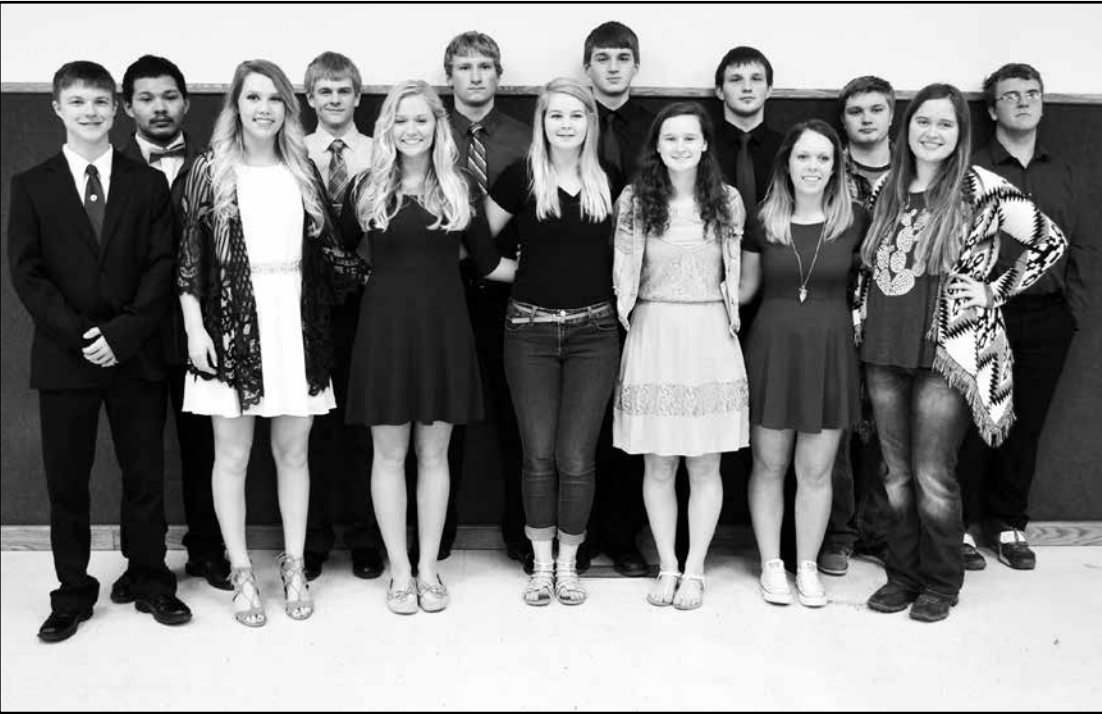
What a simple, but powerful quote. People don’t always remember the words that you say, or your actions when they are in need of help or comfort, but they will remember that you made the effort. You were either there or you weren’t. You ran towards them or away from them in their time of need. The effort is what says you care. It tells the other person what neither your brain nor your words can. It shows them that you care enough about them to make time for them no matter what and that you will always be there when you’re needed. Don’t worry about saying or doing the wrong thing around someone who needs you today...just be there, and you will never uncheer them!

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

Smaragdine adjective \smuh-RAG-din\
Emerald-green in color; of or relating to emeralds

Below: 2nd year honor band takes the stage at the Fergus Falls High School last Saturday.

Chargers Winter Sports Athletic Banquet



GG Charger Senior Athletes, L-R: Jeremy Wiskow, Robert Brummit, Ashley Moe, Cameron Naeseth, Ashlyn Henrickson, Hogan Lundeen, Brooke Anderson, Dylan Walker, Hannah Dietsch, Tyler Stinar, Alison Satre, Jesse Wiseth, Kristin Farris and Michael Jelen.



The Chargers Winter Sports Banquet was held in Goodridge last week on Tuesday, April 4th. The Goodridge Lions cooked up supper for the crowd while coaches handed out awards to the GG athletes.

The Goodridge/Grygla Senior boys were recognized at the Winter Sports Banquet. L-R: Michael Jelen (only Grygla Senior), Cameron Naeseth, Hogan Lundeen, Dylan Walker, Tyler Stinar, Jesse Wiseth, Jeremy Wiskow and Robert Brummit.



Ben Groven was awarded 'Most Improved' while Jesse Wiseth was named 'Best Defense.' Absent was Blaine Kriel who received 'Most Valuable Player.'



North Tri County All Conference, North Border Conference & Six-Star Conference, L-R: Tyler Stinar, Dylan Walker, Ben Groven and Blaine Kriel (not pictured). Kriel was also named North Border Conference Co-Player of the Year.



Goodridge Lion's Club awarded Jeremy Wiskow and Ashlyn Henrickson last weekend to participate in the annual Grand Am Basketball.

Grand Am Basketball



A few teams from the Goodridge/Grygla area headed to Grand Forks last weekend to participate in the annual Grand Am Basketball tourney. Pictured above, front row, L-R: Carson Rubishko, Blake Rychlock, Nick Hagen, Lewis Jones, Russell Ryan. Back row: Coach Josh Loken, Coach David Jones, Chase Manderud, Spencer Coan, Dominic Wilson, Christian Loken and Coach Joey Rubishko.

The team won their 1st game, but lost the other two. Opponents included the Wahpeton Huskies and the Devils Lake Bucks!



This group of young guys also participated in the Grand Am. Front row, L-R: Dylan Wold, Jaden Kiesow, Jake Tharaldson. Back row: Kaleb Sjulestad, Brandon Stanley, Ben Groven, Tyler Stinar, Peyton Verbout and Coach Briar Verbout.

CONGRATS GG Chargers!



Hannah Dietsch, Goodridge Senior, was named Northern Galaxy All Conference. Ashley Moe, Grygla Senior, was named Northern Galaxy Honorable Mention.



Hannah Dietsch was named 'Most Valuable Player' for the GG Chargers Girls Basketball team. Ashlyn Henrickson was named 'Defensive Player of the Year.' Not pictured is Karlee Johnson who was named 'Most Improved.'



Coach Sam Anderson and his team above! Below is Lewis Jones at the foul line.

