



 Today Sunny H 22 L 16	 Thurs Partly Cloudy H 27 L 17	 Fri Mostly Cloudy H 32 L 18	 Sat Cloudy H 26 L 5	 Sun Partly Cloudy H 21 L -2
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A look at next week ... Grygla Senior, Jordan Herseht, along with his family, make incredible memories in Japan!



Thief River One Watershed One Plan holds open house in Grygla

Public meetings were held to gather input for the Thief River One Watershed One Plan process in Thief River Falls on January 9th and Grygla on January 10th. Both meetings were well attended with the Grygla event being very well attended. (The egg bake and caramel roll breakfast may have helped get people out to the meeting!) Participants were able to vote on the issues that mattered most to them using stickers. Information received at these meetings will help inform what water management actions are implanted over the next 10 years.

The vision of the 1W1P is to align local planning on major watershed boundaries resulting in a plan with prioritized, targeted, and measurable implementation actions. The Thief River 1W1P will show multiple benefits from implementation actions based on a systematic, watershed-wide, science-based approach to watershed management. The project was initiated in early 2017 to develop a plan to manage waters within the Thief River watershed located within the Red Lake Watershed District. This project is scheduled to be completed in early 2019, and will be implemented throughout a 10-year timeframe.

Partners in the project include the Red Lake Watershed District and the following Soil and Water Conservation Districts and Counties: Beltrami, Marshall and Pennington. These public input meetings provided the opportunity to learn about the project and provide valuable input to the process.

Myron Jesme, Red Lake Watershed District Administrator, offered, "I was very happy with the turnout at the open house in Grygla. Anytime you can get around 50 landowners and local units of government together for a public informational open house, it's great. The goal for this plan is to combine various local governmental units (LGU) plans, which are a required by State of Minnesota for funding, into one living document.

Attending the Grygla meeting, local landowners Darwin Klamar, Justin Lunsetter and Steve Sparby, among others, all agreed that the main concern is losing local control and rights to maintain and take care of our ditches. They were free to express these concerns at the open house.

The next step of the LGU's is to gather

all public input from the recent open house and incorporate the data into a model which will assist in determining where some of the concerns of the public can be addressed and be included in the new Thief River Watershed Comprehensive Plan. The timeline in completing a draft form of this document for public review will be sometime in February of 2019. The Advisory Committee (made up of landowner, local governmental staff, along with state and federal staff) will continue to work with the consultant hired to write the plan, to assure the public input from the open houses gets into the final plan.

What is One Watershed, One Plan?

Minnesota has a long history of water management by local government. One Watershed, One Plan is rooted in this history and in work initiated by the Local Government Water Roundtable (Association of Minnesota Counties, Minnesota Association of Watershed Districts, and Minnesota Association of Soil and Water Conservation Districts). Roundtable members recommended that the local governments charged with water management responsibility should organize and develop focused implementation plans on a watershed scale.

The recommendation was followed by legislation that authorizes the Minnesota Board of Water and Soil Resources (BWSR) to adopt methods to allow comprehensive plans, local water management plans, or watershed management plans to serve as substitutes for one another; or to be replaced with one comprehensive watershed management plan as well as required BWSR to establish a suggested watershed boundary framework for these plans. This legislation is referred to as One Watershed, One Plan (Minnesota Statutes §103B.101, Subdivision 14). Further legislation defining purposes and outlining additional structure for One Watershed, One Plan, officially known as Comprehensive Watershed Management Planning Program (Minnesota Statutes §103B.801) was passed in May 2015.

BWSR's vision for One Watershed, One Plan is to align local water planning on major watershed boundaries with state strategies towards prioritized, targeted, and measurable implementation plans –

the next logical step in the evolution of water planning in Minnesota.

What's happened so far?

In December 2013, the BWSR Board adopted a set of Guiding Principles to direct and influence the program's future policies and procedures. In 2014, the Board adopted the Suggested Boundary Map (see page 2), which contains recommended planning boundaries for implementing the program, and selected five watershed planning boundaries for piloting the One Watershed, One Plan Program. These pilot areas are: Red Lake River, Lake Superior North, North Fork Crow River, Yellow Medicine River, and Root River.

The pilot watershed areas helped BWSR develop, test, and inform the final One Watershed, One Plan program framework, policies, and guidance. Through the pilot process, local governments have developed watershed-based plans developed with: A shared understanding of the concepts of prioritized, targeted, and measured; Agreement on the expectations, benefits, and outcomes for implementing One Watershed, One Plan; Implementation activities that address the largest threats and provide the greatest measurable environmental benefit; An understanding of the procedures for substituting or replacing all or portions of existing water plans; An understanding of next steps for coordinated funding and implementation.

In March 2016, the BWSR Board adopted Operating Procedures and Plan Content Requirements for the One Watershed, One Plan Program. These documents outline how local governments need to organize to participate in the program and what the comprehensive watershed management plans in future planning areas will contain.

What's next?

As BWSR looks toward the Legislature's goal of statewide transition to this approach by 2025, we have developed a Transition Plan. BWSR will be accepting feedback on this plan through May 4, 2016, and anticipates adoption in June 2016.

How do I stay informed?

For up-to-date information, a One Watershed, One Plan page is available on the BWSR website: www.bwsr.state.mn.us/planning/1W1P/index.html.

Snowmobile Safety Training was held last Sunday at the Grygla School and was hosted by the Sportsman's Club. Students need to be at least 11 years old to participate.

25th Anniversary of the Grygla Cup

The Brian W. Olson Memorial Arena will be a busy place the weekend of February 2-3. The 25th Annual Grygla Cup hockey tournament will be taking place with games being held on both Friday and Saturday.

The events kick off Friday night at 7pm, February 2nd, with a Legends game that is open to all Grygla hockey enthusiasts, and former/current Flames and Ice Devils. The Grygla Cup is on Saturday, Febru-

ary 3rd, at 9am. The round robin tourney will feature four teams: Grygla Flames, Grygla Ice Devils, Williams Wolves and Ross Rangers.

Concessions will be available on a free will donation to go towards the arena.

Everyone is welcome to attend and watch the games. Trophies will be awarded to the top three teams. For more information, contact Nick Olson at 218-689-0830.

Goodridge School holds Snofest this week

The Goodridge School is holding its annual Snofest this week, January 16-19. Class attendants are: 7th- Thor Henrikson and Sydney Langseth, 8th- Nicholas Groven and Skya Wilson, 9th- Donavin Hagen and Trinity Walseth, 10th- Zachary Marquis and Amy Wiskow, 11th- Andy Jones and Madilyn Race, 12th- Dylan Manderud and Kendra Jensen. 9th grade ushers are Shantal Horachek and Vivian Coan.

Coronation will be at 3pm on Friday, January 19th, with a dance for all Goodridge and Grygla High School students

to be held that night in the Goodridge School gym, following the basketball game.

The theme for the 2018 Snofest is "My Heart Belongs to Minnesota" with the dress-up days for the week being: Tuesday-Famous Minnesota Outdoor Activities, Wednesday-Famous Minnesota, Thursday-Famous Minnesotans, Friday-Famous Teams.

All Snofest attendants will be announced prior to Friday's girls basketball game. Students are to be at the school by 6:30pm. The Chargers host Fisher/Climax in Goodridge.

Back Breaker's Vintage Snowmobile Show and Ride

The 8th Annual Back Breaker's Vintage Snowmobile Show and Ride will be held on Saturday, January 27th, in Grygla. The show will be held at Yo-Hawn's Bar & Grill, starting at 10am with the ride leaving Grygla at 12pm sharp. There is an entry fee of \$10 per sled, which will go towards the cost of door prizes and food.

As mentioned, the ride departs Yo-Hawn's at 12pm and is approximately 30 miles long (snow conditions pending). Riders can plan on returning to the

bar at or before dark. Everyone is welcome to ride along with any year sled they have. Plan on going early to register and show of your prized machine! Trophies will be given in three different categories: Best Unrestored/Original, Best Restored and Most Unique/Custom. Only 1979 and older chassis snowmobiles may be eligible for trophies.

A meal will be served at Yo-Hawn's when the ride returns and many door prizes will be given out after supper.



Inspired by the book, Have you Filled a Bucket Today, the Grygla School is keeping acts of kindness going. The book encourages positive behavior as children see how rewarding it can be to express kindness, appreciation and love on a daily basis. The Grygla School has decided to put buckets in every elementary classroom and one in the office for the high school. Students are encouraged to write down their peers' names and acts of kindness that they witness and put the slips into the buckets.

At the end of each week one elementary student and one high school student are chosen and they receive a t-shirt that says: Be Charger Kind.

Charger Kind winners recently chosen, L-R: Evan Fish, Ally Osse, Colbie McManus and Elise Monson.



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm Confirmation (7th), 8pm Interfaith Bible Study
Sunday:
Grace: 9am Worship w/ 10:15am SS
OS: 10:30am Worship w/ 9:30am SS. OS Annual Meeting & Dinner to follow Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Sunday:
UL: 9am Worship w/ 10am SS
OS: 11am Worship w/ Annual Meeting & Potluck to follow

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday:
7/8 grade Confirmation at Bethany at 7pm
Sunday:
Faith: 8:30am Worship, 9:45am SS
Bethany: 9:45am Worship, 10:45am SS
Ekelund: 11am Worship, 9:45am SS
Monday, Jan. 8:
Faith Quilting 9am

THE CATHOLIC

COMMUNITIES OF St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 11:45am
St. Ann's: 10am

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship, No SS

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
Wednesday:
Wed. School/Confirmation 5-7pm
Saturday:
Mt. Olive: 9am Worship
Sunday:
St. Petri: 8am Worship, 9:15am SS
Nazareth: 9:45am Worship, 8:30am SS
Oak Park: 11am Worship, 9:45am SS

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

Grygla Elementary Intramurals

The Grygla Elementary started Intramural basketball games last week. The games are for 4th-6th graders and are held every Friday from 1:30-3:30pm. The coaches are the senior and junior basketball players. Family and friends are invited to come and watch! Below is the January schedule.
January 19th
1:30pm: Benchwarmers vs.

Beast Mode, 2pm: Dream Team vs. Fill in the Blank, 2:30pm: Dream Team vs. Benchwarmers, 3pm: Beast Mode vs. Fill in the Blank
January 26th
1:30pm: Dream Team vs. Beast Mode, 2pm: Benchwarmers vs. Fill in the Blank, 2:30pm: Dream Team vs. Fill in the Blank, 3pm: Benchwarmers vs. Beast Mode

Below: Daniel Polansky says the big game in Frisco, Texas, was just awesome to be a part of. He had a few family members cheering him on as the NDSU Bison won their 6th Division 1 FCS title a couple weeks ago! From L-R: Gary Polansky, Laurie Polansky, Sarah Kiesow, Marilyn Dumolien, Sami Sjulestad, Daniel Polansky, Matt Biegler (cousin), Megan Biegler, Mary Jo Biegler and Curt Biegler. Of his experience with the NDSU Bison, Daniel concluded, "I couldn't have asked for a better place to have gone to school and played football. The success we've had is great but the friendships I've made with the guys will last a lifetime and that's probably the best part."



The First Thing You Should Do With Every Paycheck

When most people receive a paycheck, they spend the money on fun, and last of all ... savings. If you find saving difficult, set aside a portion of your earnings before you take care of your bills. Some people start by saving 5%, 10% or more. You'll be pleased how fast your savings will grow.

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Community Calendar

Wed | Jan 17
Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; BBB practice in Goodridge; GBB practice in Grygla; Snowflake Basketball practice in Goodridge 6:30-8:30pm (no bus provided)

Thurs | Jan 18
BBB vs. CG in Goodridge; GBB (JH) vs. WEM at Erskine; GBB practice in Grygla

Fri | Jan 19
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; Goodridge Snofest Coronation 3pm; BBB practice in Grygla; GBB vs. Fisher/Climax in Goodridge

Sat | Jan 20
Snowflake Basketball Tournament (4th-6th graders) in Fisher (bus leaves Grygla at 6:15am); Grygla/Gatzke Food Shelf open 8-10:30am

Sun | Jan 21
Mon | Jan 22
Senior Meals at Grain Bin Café 11am; GBB (JH) in Grygla vs. Roseau; BBB Parent's Night vs. WEM in Goodridge

Tues | Jan 23
BBB/GBB Double Header at Baudette/LOW; Fourtown/ Grygla Sportsman's Club meeting in Grygla at Yo-Hawn's 7pm

NDSU dean's list

Area students were among the 4,197 North Dakota State University students to be placed on the fall 2017 dean's list.

A student must earn a 3.50 grade point average or higher and be enrolled in at least 12 class credits to qualify for the dean's list.

The dean's list also can be found at www.ndsu.edu/register.

Local students included:
Gatzke, Minnesota: Daniel E. Polansky, Electrical Engineering
Goodridge, Minnesota: Alex G. Carlson, Crop and Weed Sciences



Results from last week's StatePoint Crossword puzzle

NOTICE TO RESIDENTS OF LEE TOWNSHIP

FILING NOTICE
THE PERIOD FOR FILING AFFIDAVIT OF CANDIDACY SHALL BE NOT MORE THAN EIGHT OR LESS THEN SIX WEEKS BEFORE THE TOWNSHIP ELECTION NAMELY MARCH 13, 2018.
TOWN OFFICES TO BE ELECTED ARE:
SUPERVISOR FOR 3-YEAR TERM
CLERK FOR 2-YEAR TERM
CANDIDATES MUST FILE AFFIDAVITS WITH CLERK, KAROL BYKLUM.
- LEE TOWNSHIP: KAROL BYKLUM, CLERK

GRYGLA LIBRARY LINK

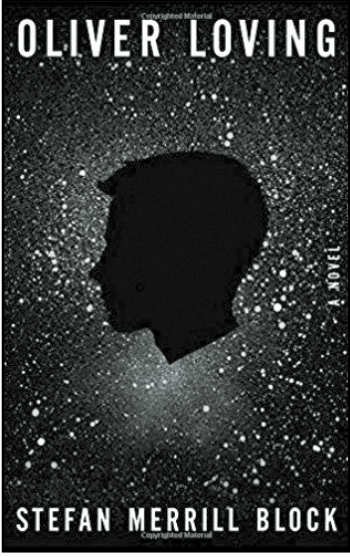
Written by Kari Sundberg, Grygla Librarian

Good news for fans of Large Print books! I pulled all of our LP books and restocked the three shelves with all new ones! Come in and check them out....there are some really good ones available.

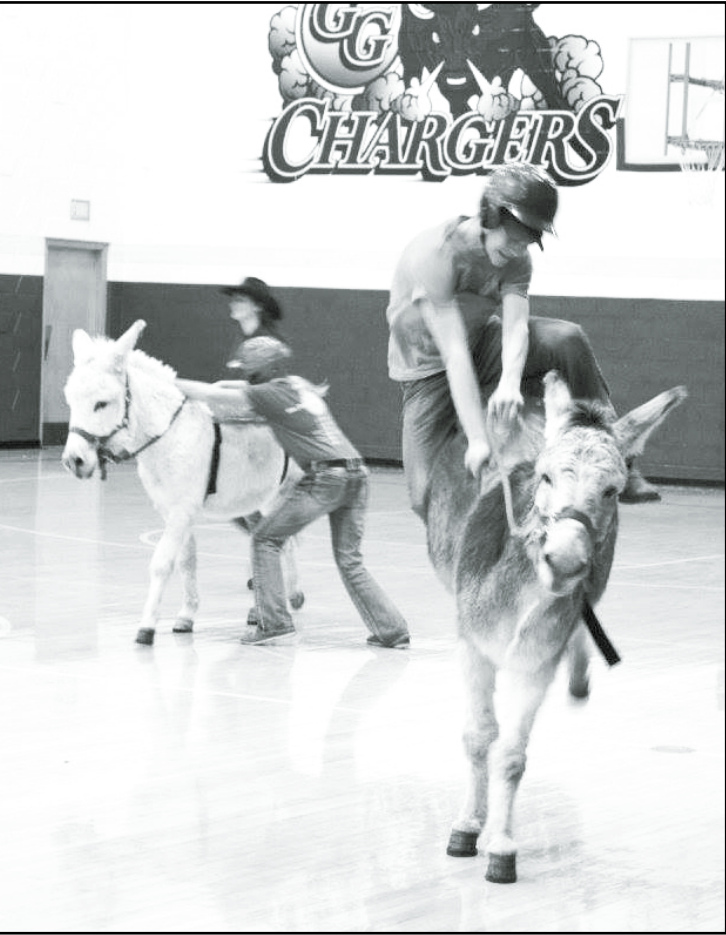
Also, we had our first drawing for the adult reading program "Hot Reads for Cold Nights" and the winner of a long-sleeved shirt featuring the Hot Reads logo was Doris Smeby! We'll be drawing this Wednesday for a book bag. Make sure to sign your name up for each book you have read and maybe you'll be the lucky winner!

Lastly, to keep this short for you, is a book suggestion. I haven't read it yet, but saw it in People magazine. It sounds terrific and I added it to my list of books to read. Maybe you'll be interested in it to. It's a novel called Oliver Loving by Stefan Merrill Block. "A high school shooting in the West Texas desert leaves 17-year old Oliver Loving in an apparent

vegetative state, his alert mind trapped in a silenced body, while his parents and brother split apart, each retreating into private torment. This exquisitely written novel brilliantly animates Oliver's inner life, and as the shooter's motive gradually emerges, the shadowy mysteries of family and forgiveness are illuminated with insight and compassion."



Donkey Basketball was held at the Goodridge School last Wednesday, January 10th, as a fundraiser for Close-Up. Below: Dylan Wold's donkey just wasn't having it and would buck Wold every chance he could! There's always a stubborn jacka** in every bunch. PUN INTENDED! (Photos courtesy of Coan Photography.)



Below: Hogan Lundeen puts a shot up while his donkey cooperates! (More photos in the Canary section.)



U.S.P.S. No. 002330
Grygla Eagle
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg, EDITOR
Phone 294-6220
—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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The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

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School Lunch Menus

Grygla Lunch Menu
Wednesday, January 17:
Sub Sandwich w/ Lettuce, Veggie, Fruit
Thursday, January 18:
Chicken Enchilada or Turkey on a Bun, Baked Beans, Veggie, Fruit, Bread
Friday, January 19: Turkey in Gravy, Mashed Potatoes, Corn, Applesauce, Bread
Monday, January 22: Chicken Nuggets, Mashed Potatoes, Veggie, Fruit, Bread
Tuesday, January 23: Lasagna, Veggie, Fruit, Garlic Bread
Goodridge Lunch Menu
Wednesday, January 17:
Hamburger Patty on a Bun w/ Toppings, Smile Fries, Mixed Fruit
Thursday, January 18: Turkey on a Bun, Chicken Vegetable Soup w/ Crackers, Broccoli, Carrots & Celery w/ Dip, Apples
Friday, January 19: Burritos w/ Lettuce & Cheese, Green Beans, Applesauce
Monday, January 22: Pork Chop Patty, Seasoned Rice, Steamed Broccoli, Peaches, Pears
Tuesday, January 23: Chicken Nuggets w/ Assorted Sauces, Mashed Potatoes w/ Gravy, Steamed Carrots, Tossed Salad

Hoop Shoot Contest

All boys and girls ages 8-14 are invited to participate in the local Thief River Falls level of competition for the 2018 Knights of Columbus and 2018 Elks Free Throw Championship this Sunday, January 21st, at Challenger Elementary School. Registration is at 12:30pm and shooting at 1pm. Who: boys & girls ages 9-14 for Knights of Columbus contest and boys & girls ages 8-13 for the Elks contest.

Coloring Contest Winner

We ran an adult coloring contest in the paper a couple of weeks ago and the winner is Marie Konickson! Check out our Facebook page to see her work of art! Marie won a \$10 Grygla Coop gift card and a Vincent Van Gogh Color-Me Puzzle, valued at \$20. Thanks to all the participants who sent in their final projects.

DO IT YOURSELF

Neatest ways to reuse empty food or drink containers

For those of you who love DIY projects and enjoy saving money by recycling and reusing, these are for you! Food or drink containers are some of the most common and everyday items that are found in your home. Most of time you will throw them away after they are used, but just with a little creativity and a little spare time, you can easily reuse and transform them into varied functional and interesting items.



Turn baby food containers or plastic chicken containers into mini green houses for plant seedlings.



Use a jar to store cupcake liners.



A great way to keep extension cord plugs dry.



Paint the lids of food jars with chalkboard paint and turn them into a spice rack.



Paint some old coffee containers and then re-purpose them as pots for your flowers.



Cream bottles make excellent snack dispensers.



Take some cans, copper spray paint and chalkboard tags and create a mini herb garden.



Store ribbon in glass jars to make it easy to access.

Grygla City Council approves December Minutes

The January meeting of the City Council was held at the Grygla Civic Building on Monday, January 8th. Council members approved the December minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

December 5th Minutes of the Regular Meeting of the Grygla City Council

The meeting was called to order, at 6pm by Mayor Moshier with the following council members present: Gavin Nordby, Dave Dunrud, Robert Thompson and Lindsay Oslund. Absent: None. Also present was Rose Aune.

Council approved minutes, along with receipts, disbursements, checking, savings & total balances for that month. The payment of all bills was also approved. Other items included:

CHRISTMAS LIGHTS
Thompson made a motion, seconded by Oslund, to purchase 25 Christmas decorations for the street lights from Thief River Falls for \$50 for each decoration. Motion was carried unanimously.

HOME REHAB & BUSINESS LOANS

John Wynne hasn't gotten back with anything yet.

COMMUNITY CENTER

Monson's will do some work on the thermostats. People using the CC have been turning both the air conditioning and heat on at the same time.

PLAYGROUND EQUIPMENT

Oslund is going to write some grants.

RADAR SPEED LIMIT SIGNS

MNDOT is charging \$500 for each radar sign to install when the permits are finished. They should be up by Christmas.

RURAL GRYGLA AND HOUSING INCENTIVES PROGRAM

There were people willing to work with the Rural Grygla Program again. We need to promote how many minutes instead of miles Grygla is away from TRF, Roseau, and Warroad.

EXTRA MEETINGS

Oslund was at NWRDC meeting in GF.

SCHEDULE MEETING TO AMEND BUDGET

Dec 26th at 6pm.



Grygla Elementary Intramurals began last week and continue through January/February. Above: Molly Cullen and Chelsie Nelson.



Above is Raymond Moe guarding Gavin Aune in last Friday's Intramural games.



The Snowflake 5th grade girls team (lost 1, won 1) last Saturday in Bagley. Front row, L-R: Kinsley Oslund, Chesney Salo, Jamison Wilson, Addi Severts, Allie Sundberg, Emily Johnson.

Back row, L-R: Madilyn Thompson, Ashlyn Nelson, LaKylie Brobst, Ava Sorvig, Brooklyn Kriel, Kylie Carpenter, Anna Sundberg.

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

Silver-tongued

\sil-ver-tuhngd\

adjective
Persuasive; eloquent

SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor

Are you all enjoying these soup recipes in honor of National Soup Month? Well, here are two more for you. One that I made last week and another that a friend made.

4-ingredient White Chicken Chili

6 cups chicken stock

4 cups cooked shredded chicken

2 cans Great Northern beans, drained

16 ounces salsa verde

Add chicken stock, shredded chicken, beans and salsa to a large pot. Stir to combine. Heat over medium-high until boiling, then cover, reduce heat and simmer for 5 minutes. Serve with desired toppings (diced avocado, sour cream, tortilla chips, shredded cheese, chopped green onions or chopped cilantro).



Creamy Chicken Gnocchi Medley, made by Nikki Leach

Nikki made this soup without a recipe and just added stuff in. The result was an amazingly delicious soup that she agreed to share for the paper. Enjoy!

1 bag of chicken breasts thawed

1 small onion

Green pepper and red or orange pepper

Fresh garlic (maybe 3 chopped) and garlic salt

1 small bag of frozen corn – carrots would be good, too! Or both!

1 bag of Gnocchi

1 small bag of fresh spinach (I used ½ of a large bag)

1 can of cream of mushroom soup

1 small container of heavy cream

1 box of chicken stock (I don't know what the ounces are, but I buy the box container)

1 bag of shredded mozzarella

I cooked the chicken breasts in a skillet with chopped onion, peppers, chopped garlic and season salt until they were done. I kept the pan covered most of the time so it kept the chicken moist. While they were cooking, I put all the non-liquid ingredients in the crockpot. I ripped the spinach up just by hand, pretty chunky pieces.

After the chicken had cooled, I chopped that up/shredded and added to the crockpot. I also scraped the skillet with all that good stuff and added.

I added the can of soup, the cream and the stock. I did add about 2 cups of water just to fill the crockpot and make sure everything was covered.

Add salt, pepper and garlic salt.

It was in the crockpot on high for a few hours (2-3) just to get it all bubbling and then I put it on low for a remainder of maybe 2-3 hours.

I served it with warm rustic bread. It is really good as left overs too.



Caitlyn Jacobson, Goodridge 7th grader, in last Friday's game against KCC in Grygla. For more Charger action shots, see the back page!

A HIPPIE'S HEALTH

Written by Tara Waltman

Holy man... did you guys watch the Vikings Game!? Wow. One of the best games I have ever seen happened Sunday evening with the Vikings winning at the end of the game! One of the best plays I have ever seen! Seriously it was amazing. I needed some Stress Away essential oil to keep calm during the game, especially at the end! I also didn't stop believing. I didn't lose hope. I think this is key.

Belief is so important when it comes to our hopes and dreams. If we believe it is possible. All the fans at the game kept faith, there was so much belief in the fans and the team. That's an amazing experience.

This makes me think of having belief in my new business with Young Living. The more I believe things will happen the

more they do. Funny how that works, huh? I also tend to use the Believe essential oil blend by Young Living. When I have a hard time believing, I diffuse this or put a little of this oil on and it helps! Love the power of oils.

What beliefs are holding you back from your dreams? Do you believe in what you want? Or do you lose faith? Believe, people. Anything is possible!

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 Dorell and Karen Severts, of Grygla, and resides in Lancaster, Pennsylvania, with her family. She will be contributing a health and wellness column weekly.

GG Charger Action Shots from last week



Grygla/Goodridge Pep Band students!



#23 Dylan Manderud had 6 points against Northern Freeze last week.



Jake Tharaldson with a fast break during the Varsity game in Grygla.



Courtney Vad, a member of the GG Pep Squad



#10 Chloe Kuznia and Amy Wiskow during the Varsity starting lineup last week.



Madi Race and Brooke Limesand on defense against KCC.



Charger men defeat Freeze

Boys Basketball on Monday, January 8th in Grygla GG 51, Northern Freeze 47
GG Scoring: Groven 16 (11 reb), Stanley 14 (5 reb), Tharaldson 9 (8 reb), Manderud 6 (3 reb), Kiesow 3, Sjustestad 2 (2 ast), Verbout 1 (2 ast), Nerhus (2 reb, 2 ast)
NF Scoring: Kindler 15 (3 reb, 6 ast), Jaacks Spilde 12 (4 reb), Adamek 8 (6 reb), Skjerven 6, Anderson 4 (6 reb, 3 ast), Koland 2
Coach's Comments: Good win against a tough Freeze team. The guys did everything they needed to get the job done. Every game we keep improving and tonight was no different.



Daria Waletzki



Kaleb Sjustestad had 2 points in the game vs. NF.

Charger ladies fall short to Freeze

Girls Basketball on Tuesday, January 9th, in Goodridge Northern Freeze 64, GG 22
GG Scoring: Daria Waletzki- 2 points, Amy Wiskow- 3 points, Maci Bakken- 8 points, Madi Race- 2 points, Vivian Coan- 6 points, Mercedes Coan- 2 points, Brooke Limesand- 4 points
NF Scoring: Lexi Halvorson- 4 points, Brooke Fredrickson- 3 points, Ali Undeberg- 6 points, Zoey Magner- 3 points, Brita Swenson- 2 points, Keylee Dahl- 18 points, Mckenna Scholin- 6 points, Lisa Olson- 8 points, Sam Krohn- 14 points
Coach's Comments: Northern Freeze has a tall team and our lack of height showed tonight. Carlye, Cheyenne and Maci really put up a fight down low but it wasn't enough. Their press got to us a little right away, but we came out in the second half and played better against it.



Vivian Coan, Goodridge Freshman, started her first Varsity game against KCC last week and scored 9 points.



Ben Groven, senior, puts up a shot.

Charger ladies defeated by KCC

Girls Basketball on Friday, January 12th, in Grygla KCC 82, GG 53
GG Scoring: Daria Waletzki- 1 point, Amy Wiskow- 8 points, Maci Bakken- 18 points, Madi Race- 5 points, Vivian Coan- 9 points, Brooke Limesand- 8 points, Carlye Kiesow- 4 points
KCC Scoring: Andi Stregge- 20 points, Morgan Olson- 2 points, Kasey Soliah- 20 points, Marlee Turn- 10 points, Madi Olson- 2 points, Cora Kujava- 15 points, Maddy Anderson- 5 points, Shelby Pankratz- 3 points, Sayde Peterson- 5 points
Coach's Comments: We started the game slow letting them build a 12-0 lead. Then we went on a few streaks of our own. We were executing our plays and that is the best we had shot all season. The girls handled the press for most of the game. We had some spurts where we would turn the ball over and then we would break it for a layup. Defensively we gave up 82 points, but this is the first time we played Man-2-Man for most of the game. I was happy with it. All the girls played well tonight, and hopefully this game will show them how they can play. Maci Bakken had a double-double with 18 points and 10 rebounds. Vivian Coan started her first game and had 9 points. Vivian and Daria both switched off on playing defense on their best player.



Hailey Knutson, Grygla Freshman, during the JV game against KCC last week.



Kaylor Torgerson, Grygla 7th grader, in the Junior High game against the Freeze in Grygla.

GO CHARGERS!