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Wednesday, January 31, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 44 Number 31

A look at next week ... Chargers Girls Basketball holds Parent's Night!

Chargers Boys Basketball Parent's Night



Parent's Night was held for the Chargers Boys Basketball team last week on Monday, January 22, 2018, in Goodridge vs. Win-E-Mac. The GG varsity team, coached by Jesse Westbrook, lost to the Patriots, who are coached by Vern Johnson, with a final score of 42-66. Seniors and their parents were recognized on the floor prior to the game.
Left: Courtney Vad, Hailey Vad and Hannah Seyller, Pep Squad Members. *Right:* Ian Haugen at the free throw line during the 'C' team game.



Trystan Jelle, Manager, daughter of Mike & Shonda Jelle



Blake Nerhus, son of Larry & Sandy Nerhus



Dylan Manderud, son of Dale Manderud & Misty Manderud



Alaina Monson, Manager, daughter of Greg & Maureen Monson



Shawntel Ignaszewski, Pep Squad, daughter of Roger & Pauline Ignaszewski



Ben Groven, son of Shawn & Rosaline Groven



Brothers, Dylan (left) & Riley (right) Manderud in last week's games against Win-E-Mac on Parent's Night. Dylan, Goodridge Senior, in the Varsity game; Riley, Goodridge Freshman, in the JV game. *More Parent's Night photos on page 4.*



Local students advance to Regional Spelling Bee

The classrooms were quiet, the tension was mounting; not even the buzz of a bee was heard as the annual Spelling Bees were in progress at Grygla and Goodridge last week! Twelve students from 5th-8th grade advanced from the classroom Spelling Bee to the District Spelling Bee, held at each school.

The Goodridge Spelling Bee was held on Monday, January 22nd. Participants were: Libby Erickson, Jonny Murphy, Chase Horachek (5th grade); Emilea Johnson, Tiana Banasau, Carter Lee Johnsrud (6th grade); Thor Henrikson, Caitlyn Jacobson, Brianna Carpenter (7th grade); Braiden Carver, Isaac Johnson, Hannah Wilebski (8th grade). The winner was Caitlyn Jacobson, 7th grade. Braiden Carver placed 2nd and Emilea Johnson placed 3rd. (Below)

The Grygla Spelling Bee followed on Wednesday, January 24th. Participants were (above) Row 1: LaKylie Brobst, Emily Johnson, Addison Severts (5th grade); Row 2: Kaylee Nephew, Chelsie Nelson, Tatum Carrison (6th grade); Row 3: Dane Arveson, Reece Sundberg, Chloe Osse (7th grade); Back row: Justin Thompson, Katelyn Larson, Walter Jones (8th grade).

The winner was Emily Johnson, 5th grade. Katelyn Larson placed 2nd and Addison Severts placed 3rd.

District winners advance to Regionals at Northland Community & Technical College in Thief River Falls on February 7th.



Goodridge winners, L-R: Caitlyn, Braiden, Emilea

25th Anniversary of the Grygla Cup

The Brian W. Olson Memorial Arena will be a busy place this weekend, 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 this 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, February 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.

Iron Chargers gear up for state competition

The Grygla Robotics team is gearing up for their state competition that will be held this weekend, February 2-3, at River's Edge Convention Center in St. Cloud, MN. The team is hoping to earn another shot at attending the World Championships that are held in Louisville, Kentucky, this year.

One Iron Chargers team has rebuilt an entire new robot while the other team has worked on improving their robot and practicing driving and programming it better.

We wish them luck in the upcoming competition! You can stay up-to-date with the group and get updates from their match by following the 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 Confirmation (7th), 8pm Interfaith Bible Study
Sunday:
Grace: 9am Worship
OS: 10:30am Worship w/ 9:30am SS

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

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday:
7/8 grade Confirmation at Bethany at 7pm
Sunday:
Ekelund: 8:30am Worship, 9:45am SS
Bethany: 9:45am Worship, 10:45am SS
Faith: 11am Worship, 9:45am SS - Annual Meeting and Potluck to follow Worship
Monday, Feb. 5:
Faith Quilting 9am; Ekelund Ladies Aid 1:30pm

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:
9:30am 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 Merseeth
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.

Community Calendar

Wed | Jan 31
Grygla Eagle office open 9-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; GBB practice in Grygla/BBB practice in Goodridge

Thurs | Feb 1
BBB vs. CG in Goodridge; GBB vs. Sacred Heart in EGF; BBB practice in Grygla

Fri | Feb 2
Iron Chargers in St. Cloud for State Competition; Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; BBB vs. KCC in Lancaster; Grygla Cup Legend's game 7pm

Sat | Feb 3
Iron Chargers in St. Cloud for State Competition; Grygla Cup beginning at 9am; 7/8 grade BBB tournament in Roseau beginning at 10am (bus leaves Goodridge at 8am and Grygla at 8:30am)

Sun | Feb 4
Super Bowl Sunday

Mon | Feb 5
Senior Meals at Grain Bin Café 11am; BBB vs. Sacred Heart in EGF; GBB (JH) vs. RLCC in Oklee

Tues | Feb 6
Precinct Caucus Day

Marshall County - Grygla Caucus

Tuesday, February 6th, 7pm, at the Grygla Civic Building, 114 Fladeland Ave.
Convener: Wayne Warne, Marshall County Chair. This Caucus will include the following precincts: Eckvold Township, Espelie Township, Grand Plain, Grygla, Linsell, Moose River, Moylan, Mud Lake, Rollis, Valley, Veldt.

Beltrami County DFL - Grygla Caucus

Beltrami County Democratic-Farmer-Party (DFL) members will gather on Tuesday, February 6, 2018, at various sites throughout the county to take part in a gubernatorial preference ballot, elect new precinct chairs, select delegates for the upcoming conventions and debate resolutions for the Party Platform.
Registration and gubernatorial preference balloting will begin at 6:30pm. The caucuses will begin at 7pm. Gubernatorial preference balloting will conclude at 8pm sharp. Ballots may only be cast in person; no absentee balloting is allowed.
Anyone who will be eligible to vote in Minnesota by November 6, 2018, may vote in the gubernatorial preference ballot. Anyone age 16 or over may participate in caucus business.
Grygla residents of Beltrami County will meet to caucus at Our Saviors Lutheran Church, 37408 Hamre Road NW, Grygla. Precincts include: Benville Township, Hamre Township, Lee Township, Minnie Township, Spruce Grove Township, Steenerson Township, Unorganized District 1 and Unorganized District 2.



Results from last week's StatePoint Crossword puzzle

BIG FOOTBALL PARTY

Pre-Game 4:00 pm

Beer Bucket Specials

Complimentary Appetizers

* PRIZES THROUGHOUT THE EVENING

* LARGE SCREEN TV

SUNDAY, FEBRUARY 4TH

OPEN AT 12:00 NOON

Yo-Hawn's inc. Bar & Grill Grygla, MN

THIEF RIVER FALLS RADIO

KTRF AM 1230 KKAQ AM 1460 KKDQ FM 99.3

~ LISTEN LIVE ~ ON TRF RADIO

★ Chargers boy's basketball on FRIDAY, FEBRUARY 2ND vs. KCC in Lancaster on KKDQ

Be Charger Kind



The Grygla School is recognizing acts of kindness. Students are encouraged to write down their peers' names and acts of kindness that they witness and put the slips into a bucket. At the end of each week one elementary student and one high school student are chosen and they receive a t-shirt. Charger Kind winners recently chosen: Parker Osse and Olivia Tykward.

Fourtown/Grygla Sportsman's Club upcoming events

The club will be taking their annual trip the weekend of February 16-18 to Rainy River Resort in Baudette. The group will be staying in cabins that will cost \$50 per person/per night. If you are interested in joining the group, please contact Tonia Haack at 218-294-6025.
Also, mark your calendars for the Fun Run that the club is currently planning. This event will take place on Saturday, February 24th, at Yo-Hawn's in Grygla. Registration is at 11am with the ride leaving at 12pm and returning by 5pm. Upon return, the Chix from the Stix will serve a polish/chili feed. Registration will be \$20/person.
Sponsored by: Fourtown/Grygla Sportsman's Club and Chix from the Stix Relay for Life team. For any questions and/or pre-registration for the Fun Run, contact Tonia Haack at number previously mentioned.

February Elementary Intramural Schedule

Grygla Elementary kids in grades 4-6 have been playing intramural basketball every Friday afternoon from 1:30-3:30pm. Families and friends are welcome to come and watch. The February schedule is below for your reference.
February 2nd
1:30-Beast Mode vs. Warriors, 2:00-Dream Team vs. Benchwarmers, 2:30-Benchwarmers vs. Warriors, 3:00-Dream Team vs. Beast Mode
February 9th
1:30-Benchwarmers vs. Beast Mode, 2:00-Dream Team vs. Warriors, 2:30-Beast Mode vs. Benchwarmers, 3:00-Dream Team vs. Warriors
February 16th
1:30-Dream Team vs. Beast Mode, 2:00-Benchwarmers vs. Warriors, 2:30-Beast Mode vs. Benchwarmers, 3:00-Dream Team vs. Warriors
February 23rd
1:30-Beast Mode vs. Warriors, 2:00-Dream Team vs. Benchwarmers, 2:30-Dream Team vs. Beast Mode, 3:00-Benchwarmers vs. Warriors
February 30th
1:30-Beast Mode vs. Warriors, 2:00-Dream Team vs. Benchwarmers, 2:30-Beast Mode vs. Benchwarmers, 3:00-Dream Team vs. Warriors

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Karl Sundberg, EDITOR

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School Lunch Menus

Grygla Lunch Menu
Wednesday, January 31:
BBQ on a Bun, Potatoes, Veggie, Fruit
Thursday, February 1:
Submarine Sandwich, Baked Beans, Fresh Fruit
Friday, February 2:
Italian Spaghetti, Lettuce Salad, Peaches, Pears, Garlic Toast
Monday, February 5:
Lassagna, Tossed Salad, Carrots, Applesauce, Peaches, Garlic Bread
Tuesday, February 6:
Chicken Patty on a Bun, French Fries, California Blend Veggies, Pineapple, Applesauce

Goodridge Lunch Menu

Wednesday, January 31:
Chicken Alfredo, Peas, Breadstick, Apple, Strawberry Cup
Thursday, February 1:
Turkey on a Bun, Vegetable Soup w/ Crackers, Broccoli & Celery w/ Dip, Banana
Friday, February 2:
Meat & Cheese Sandwiches, Steamed Rice w/ Raisins, Carrots, Broccoli & Celery w/ Dip, Apple, Rice Krispie Bar
Monday, February 5:
Tacos w/ Lettuce & Cheese, Green Beans, Applesauce
Tuesday, February 6:
Hamburger Patty on a Bun w/ Toppings, Smile Fries, Tossed Salad, Mandarin Oranges

February WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of February 2018.
Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.
All potential clients must contact the WIC Program to schedule an appointment.
The following is the schedule of WIC Clinics for the month of February:
Monday, February 5, Newfolden: Evangelical Free Church
Tuesday, February 6, Hallock: Kittson County Courthouse
Wednesday, February 7, Warroad: Community Center
Thursday, February 8, Red Lake Falls: Community Center
Monday-Friday, February 12-16, Thief River Falls: Redeemer Lutheran Church
Monday, February 19, Warren: Evangelical Covenant Church
Tuesday, February 20, Karlstad: First Lutheran Church
Wed-Thurs, February 21-22, Roseau: LifeCare Medical Center Basement Auxiliary Room
Thursday, February 22, Grygla: Grace Lutheran Church
For further information, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, 218-874-7845 or toll-free at 1-800-223-1591. You can also send an e-mail to quinchs@wiktel.com.



Four generations - a tie to the past and a road to the future...
Irene Kiesow, Bruce Kiesow, Rachael (Kiesow) Mitzel, Dawson Mitzel and baby Emma Mitzel

Grygla Garden Club to host luncheon

The date has been set for the annual Grygla Garden Club Luncheon. The event will be held on Saturday, February 17th, at Yo-Hawn's in Grygla. Registration begins at 12pm with lunch served at 12:30pm. This year's guest speaker is Joe Bergeson from Bergeson Nursery. The luncheon is held a bit earlier this year because Berge-

son's Nursery doesn't book speaking engagements during the planting season. Anyone with an interest in gardening - at any level - is invited to attend. There will be a short meeting for members following the program. Door prizes will also be drawn! Please call Joni Anderson with any questions.



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Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328

Official Minutes Grygla/Gatzke School Board Meeting

Thursday, December 21, 2017, 8:00 p.m. Chairperson of the board Nicolette Leach called the meeting to order at 8:09 p.m. with Karina Tinnes, Charisa Limesand, Jeremy Rychlock, Andrew Oslund, Principal Lunsetter and Superintendent Clow present. James Verbout was absent.

Pledge of Allegiance.

Motion by Jeremy Rychlock, second by Charisa Limesand, to approve the agenda as presented. Passed 5-0. Minutes of the 11/16/17 regular school board meeting were approved as printed. Motion by Charisa Limesand, second by Jeremy Rychlock, to approve payment of the bills check #35572 through check #35671 and wire payments. Passed 5-0.

Finance Report: Given by Superintendent Clow. General Fund: \$224,433.43 MSDLAF: \$1,451,823.17 Food Service: \$5,700.74 Checking: \$81,874.26 Comm. Service: \$291.36 Trust: 0.00 Scholarship: 0.00 Total: \$230,425.53 Total: \$1,533,697.43

Student Report: Given by Madison Cullen and Chloe Kuznia. The student body would like to thank Nicolette Leach and the School Board for allowing them to attend the movie “Wonder.” The elementary Christmas Program was excellent with a lot of good songs, and grades 6-12 in attendance. The Peer Helpers worked with Santa Claus to make sure all elementary students received candy bags. The Robotics team won their last competition, with the next one being held on February 2nd. The Peer Helpers again sold Candy-grams this year, which was a success. The Student Council has organized a movie day and ugly sweater contest for the final day of school before Christmas Break. The Girls’ Basketball team is 1-6 with their next game on Tuesday, January 2. The boys are off to a 1-4 start, playing at Roseau tonight.

Teacher Report: Given by Tausha Severts and Alissa Hruby. After attending the movie “Wonder” Mrs. Severts and Mrs. Hruby have organized the “Fill the Bucket” campaign to keep bullying and acceptance of all a topic of discussion. T-shirts will be given to staff as well the weekly winners for good deeds re: “Fill the Bucket” campaign. Grades K-6 went to Falls Cinema to enjoy “The Santa Claus” today. The elementary Christmas Program was a huge

A HIPPIE’S HEALTH



Written by Tara Waltman

I have realized there is so much to learn. I have learned a lot while being pregnant. How strong I am. Being grateful. What heartburn feels like. What’s really important in life. To slow down (literally) I can’t walk as fast. The last time I tried to jog I felt like I was going to pee my pants.

So today instead of rushing back to work, I decided to en-

joy a lunch break by myself, which I really, really enjoyed. One the foods was amazingly yummy. It’s all about slowing down for me lately. Eating in and sitting down vs. taking food on the go so my body can rest and digest food. To take the time for me and the little baby. If we are not rushing around it is much easier for us to digest food. I love food. Next time you eat try to slow down, take a breath, sit down give yourself time to eat. You deserve that!

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.

Walk-In Access generates revenue for landowners, signups open now

Landowners can generate revenue by allowing public hunting on their private land in 46 Minnesota counties through the Department of Natural Resources Walk-In Access Program. Sign-ups are Monday, Jan. 22, to Friday, April 27.

“This program is a win-win for landowners and hunters,” said Scott Roemhildt, DNR Walk-In Access coordinator. “And what’s more, by signing up for three years, landowners can qualify for habitat enhancement on their Walk-In Access acres.”

For Walk-In Access, eligible parcels must be at least 40 acres and covered by high quality natural vegetation. Landowners are paid by the acre to allow hunting access from Sept. 1 to May 31. Bonuses are paid on parcels that enroll in a three-year contract, are more than 140 acres and are located near a state wildlife management area or federal waterfowl production area.

“This may be an opportune time for landowners to sign up for this program because there is some uncertainty about how it will be funded in the 2018 Farm Bill,” Roemhildt said.

In a change this year, landowners who enroll in a three-

year contract also may qualify for up to \$20,000 in habitat enhancements on their land for prescribed burning, removing invasive trees and brush, or planting native species.

Walk-In Access parcels are for public hunting only and no motorized vehicles are allowed on conservation land. Bright yellow-green signs identify area boundaries and parking is along roads or in designated parking areas. Recreational use laws provide extra liability protection for acres enrolled in Walk-In Access.

Walk-In Access began in 2011 and has grown to more than 26,700 acres in 2017. The program is currently funded through 2018 with a three-year grant from the Natural Resources Conservation Service, U.S. Department of Agriculture, under number 69-3A75-16-509. Other funding comes through a surcharge on nonresident hunting licenses, a one-time appropriation from the Minnesota Legislature in 2012 and donations from hunters.

Landowners should contact their local soil and water conservation district office for enrollment information. Details can be found at mndnr.gov/walkin.



The Snowflake League (4-6 graders) was held on the home courts last weekend. Grygla hosted the boys while Goodridge hosted the girls. Left: Chesney Salo about to put up two points against Sacred Heart. Right: Lewis Jones keeps his eye on the ball against Fertile/Beltrami.

success again this year, thanks to Mr. Gene Lunsetter. Grades K-6 will be holding Christmas parties tomorrow.

Principal Report: Principal Lunsetter noted that the Boys’ and Girls’ Basketball games versus LOW have been rescheduled, and he will send out the dates of the games later on. The school will be updating its Excused Absence Policy and will be presenting the information to the School Board in January. School will be dismissed at 12:35 tomorrow for Christmas Break. The Grygla School would like to say “Thank you” to Holthusen Construction for their gravel donation toward the new dugouts on the baseball field. The third graders wrote “Thank You” cards to the School Board for allowing the students to attend the movie “Wonder”. Due to inclement weather, the State Fire Marshall will be rescheduling his visit. The elementary teachers took part in a training from Pearson on the Reading curriculum. Mr. Lunsetter also presented the World’s Best Workforce Report for approval. Mr. Lunsetter thanked Mrs. Severts and Mrs. Hruby for their work on the “Fill the Bucket” campaign. Lastly, Mr. Lunsetter discussed options for opening up the school’s OCHS program, using the Accuplacer and individual GPA as possibilities for criteria.

Superintendent Report: One of the buses is being worked on for some fuel problems. Mr. Clow discussed the importance of finding some ideas for Community Education classes. He asked the Board to let him know of any ideas.

Motion by Karina Tinnes, second by Nicolette Leach, to approve the 2017 Pay 2018 Tax Levy at \$288890.43. Passed 5-0. Motion by Jeremy Rychlock, second by Karina Tinnes, to approve the World’s Best Workforce Report. Passed 5-0.

Trustee Reports: Nicolette Leach stated that Bob Thompson had discussed the idea of bringing back the Build Grygla group aimed at bringing people to Grygla for housing opportunities.

Certified/Classified Negotiations: The meeting was closed to discuss negotiations.

The meeting was adjourned at 8:59 p.m. Next Mtg. time/date: 1/18/18, 8:00 p.m.

CSP applications being accepted

The U.S. Department of Agriculture’s (USDA) Natural Resources Conservation Service (NRCS) is now accepting applications for enrollment in the Conservation Stewardship Program (CSP), the nation’s largest conservation program.

While applications for CSP are accepted year round, applications must be received by March 2, 2018, to be considered for this ranking period.

Through CSP, agricultural producers and forest landowners earn payments for actively managing, maintaining, and expanding conservation activities like cover crops, tree/shrub establishment, pasture improvements, and pollinator habitat – all while maintaining active agriculture production on their land. CSP also encourages the adoption of cutting-edge technologies and new management techniques such as precision agriculture applications, on-site carbon storage

and planting for high carbon sequestration rate, and new soil amendments to improve water quality.

Some of these benefits of CSP include: Improved cattle gains per acre; Increased crop yields; Decreased inputs; Wildlife habitat enhancement

NRCS recently made several updates to the program to help producers better evaluate their conservation options and the benefits to their operations and natural resources. New methods and software for evaluating applications help producers see up front why they are or are not meeting stewardship thresholds, and allow them to pick practices and enhancements that work for their conservation objectives. These tools also enable producers to see potential payment scenarios for conservation early in the process.

Applications are available at the USDA local service center in Bemidji.

Governor Dayton proclaims “Super Bowl Week” in Minnesota

With thousands of visitors from around the country expected to visit Minnesota, Governor Mark Dayton has proclaimed January 29 through February 4 to be “Super Bowl Week” in Minnesota. Governor Dayton’s proclamation celebrates a week of festivities culminating with Super Bowl LII at U.S. Bank Stadium on Sunday, February 4, 2018.

“Minnesotans are excited to welcome football fans to the Bold North,” said Governor Dayton. “Super Bowl LII will

showcase our fabulous U.S. Bank Stadium and everything else that makes Minnesota so exceptional.”

The State of Minnesota last hosted Super Bowl XXVI, twenty-six years ago on January 26, 1992, at the Hubert H. Humphrey Metrodome.

Celebrations throughout the state have been planned to commemorate the 2018 Super Bowl. A list of events can be found by visiting <http://www.mnsuperbowl.com/events>.

DNR to fly elk surveys in northwest Minnesota

The Department of Natural Resources will begin conducting aerial elk surveys starting the first week of February, weather permitting, in the Kittson County and Grygla elk ranges in northwestern Minnesota. The flights are conducted annually during winter.Doug Franke, Thief River Falls area wildlife supervisor and elk survey coordinator, said, “Our goal would be to conduct the surveys within the next couple of weeks.”

DNR pilots will use airplanes that fly low-level surveys during daylight hours at

an altitude of approximately 200-300 feet.

The DNR is also asking for help from those who have recent elk sightings in their area. People are encouraged to contact their local DNR office with sighting information:

- Karlstad area wildlife office, 218-436-2427.
- Thief Lake Wildlife Management Area, 218-222-3747.
- Thief River area wildlife office, 218-681-0946.

Questions about survey flights should be directed to the northwest regional wildlife office in Bemidji, 218-308-2680.



Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Earworm

\\eer-wurm\\

noun

A tune or part of a song that repeat in one’s mind

verb

To work its way into a person’s mind

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

The Best Broccoli Cheese Soup

Well, my friends, the soup recipes have come to an end. National Soup Month is officially over. I hope you’ve enjoyed some of my favorite soups this month! For my last recipe, I am sharing with you the best broccoli cheese soup ever. If you like Panera’s Broccoli Cheddar soup, this blows the pants off it.

It’s an easy soup to make and is ready in an hour. It’s absolutely perfect comfort food for our January winter.

There’s a few optional spices like paprika, mustard powder and cayenne pepper. They’re not mandatory if you don’t keep them on hand, but they do add extra depth of flavor.

Use a higher-quality cheddar cheese that you grate yourself. Don’t use the cheapest cheese you can find because the flavor just isn’t there.

In the end, you’ll be rewarded with the best, creamiest, richest, and most amazing soup.

Ingredients

- 1 tablespoon + 4 tablespoons unsalted butter, divided
- 1 small/medium sweet yellow onion, diced small
- 1 clove garlic, peeled and minced finely
- 1/4 cup all-purpose flour
- 2 cups chicken stock
- 2 cups half-and-half
- 2 to 3 cups broccoli florets, diced into bite-size pieces
- 2 large carrots, trimmed, peeled, and sliced into very thin rounds
- 3/4 teaspoon salt, or to taste
- 3/4 teaspoon freshly ground black pepper, or to taste
- 1/2 teaspoon paprika, optional
- 1/2 teaspoon dry mustard powder, optional
- pinch cayenne pepper, optional
- 8 ounces grated high quality extra-sharp cheddar cheese, with a small amount reserved for garnishing bowls

Directions

In a small saucepan, add 1 tablespoon butter, the diced onion, and sauté over medium heat until the onion is trans-

lucent and barely browned, about 4 minutes. Stir intermittently.

Add the garlic and cook about 30 seconds, stirring constantly so it doesn’t burn. Remove from heat and set pan aside.

In a large pot, add 4 tablespoons butter, flour, and cook over medium heat for about 3 to 5 minutes, whisking constantly, until flour is thickened. You are making a roux and it’s very important the mixture is thick or soup will never thicken properly later.

Slowly add the chicken stock, whisking constantly. Slowly add the half-and-half, whisking constantly. Allow mixture to simmer over low heat for about 15 to 20 minutes, or until it has reduced and thickened some. Whisk intermittently.

While mixture is simmering, chop the broccoli and carrots. After simmering 15 to 20 minutes, add the broccoli, carrots, and the onion and garlic you previously set aside. Add the salt, pepper, optional paprika, optional dry mustard powder, and optional cayenne. Stir to combine.

Allow soup to simmer over low heat for about 20 to 25 minutes, or until it has reduced and thickened some. Whisk intermittently.

While soup simmers, grate the cheese and add to soup, reserving some for garnish. Stir in the cheese until melted and incorporated fully, less than 1 minute.

Transfer soup to bowls, garnish with reserved cheese, and serve immediately.



DO IT YOURSELF



Salt Dough Handprint Ornament

Just in time for Valentine’s Day – this is a really easy and fun craft for the kids. What’s great about these salt dough ornaments is that they’re made from all ingredients you have in your kitchen! And because of this it’s completely safe for the little ones to work with.

The sky is the limit for decorating this ornament. This particular example is painted red using acrylic red paint. You can decide to leave the handprint natural or you can paint it a different color, too. This example shows how to add glue and glitter to make

it pop!

Once you are done, don’t forget to seal with either mod podge or a clear glaze spray. Sealing the final ornaments will help stop them from cracking in a few years.

Ingredients

- 4 cups all purpose flour
- 1 cup salt
- 1.5 cups warm water
- Clear Glaze Finish or Mod Podge

Instructions

Preheat your oven to 200 degrees F. Combine all of your ingredients and knead for 10 minutes. If your dough is too dry add a little bit more water in and continue to knead. Roll out the dough to a thickness that you’d like your salt dough ornament to be. Using a large cookie cutter, cut out different shapes for your salt dough ornament. Have your child place their hand into the salt dough ornament. If the dough is too hard to get an imprint it may be too dry and you can continue to knead by adding in a little bit more water.

Using a straw, make a hole in the top for where you want to hang your salt dough ornament. Bake for 1-2 hours. If your ornaments are still doughy, put back in for another hour. (It will depend on your thickness how long you need to bake for. The thinner ornaments will take less time but thicker may take more). If you encounter too much puffing, roll out thinner ornaments and this will help reduce the puffing. If the ornament is still a bit doughy, bake for longer or let sit out, a few days to harden before decorating.

Once cool, you can decorate by painting with acrylic or kids paint. To make the hand glittery, fill the handprint with glue then sprinkle glitter on top of the glue, shake off the excess and let it dry. Spray with a clear glaze finish or finish with mod podge.

WHAT A JOKE

What kind of key opens a banana? A monkey

I went to play with my boomerang the other day, but I forgot how to use it. Then it hit me.

Why shouldn’t you tell secrets in a cornfield? Because there are too many ears.

Why did the tomato blush? It saw the salad dressing.

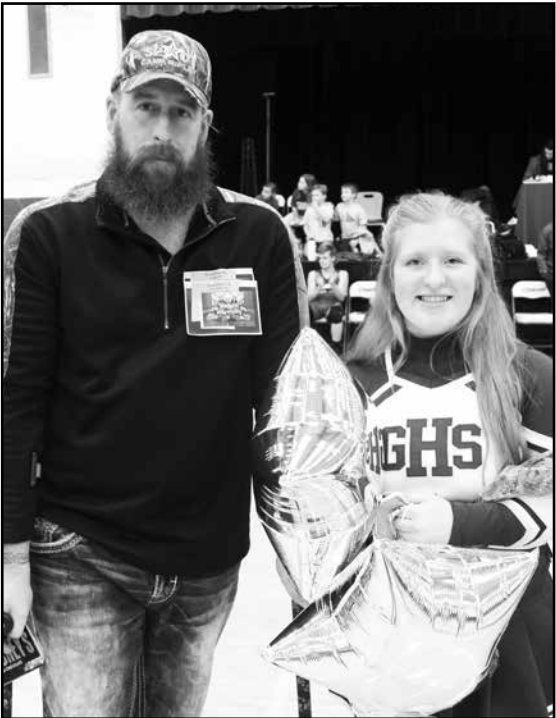
What do you call someone who doesn’t pass gas in public? A private tutor.

Did you hear about the kidnapping at school? It’s ok. He woke up.



Julianne Nordby, Pep Squad, daughter of Gerald Nordby & Jessica Nordby

Chargers Boys Basketball Parent's Night



Left: Hailey Vad, Pep Squad, daughter of Jeremiah Vad & Holly Vad (not pictured). Right: Brandon Stanley, son of Trent & Marilyn Stanley, who were out of state.



Moses Jensen in the JV game against Win-E-Mac.

Charger Stats...

Continued from above

couple of runs that we battled back from and had a shot at the end. We showed great discipline throughout

January 25th – GBB vs. WAO
WAO 69, GG 28

GG Scoring: Maloni Henrickson- 1 point, Maci Bakken- 6 points, Vivian Coan- 11 points, Brooke Limesand- 4 points, Carlye Kiesow- 2 points, Trinity Walseth- 4 points

Coach's Comments: We came out strong defensively at the beginning of the game. The girls stuck to the game plan and did a good job of it. We could only contain their offense for so long. They are an excellent shooting team. They shot 51% for the game and we shot 22%. The last couple games, we have been getting shots, but unfortunately they haven't been falling for us. We had a couple starters go down to injury and started to play some younger girls. Chloe and Trinity came off the bench and I thought they did a good job

Back Breaker's Vintage Snowmobile Show and Ride

The 8th Annual Back Breaker's Vintage Snowmobile Show and Ride was held last Saturday in Grygla at Yo-Hawn's Bar & Grill. 30 sleds were entered in the show with about the same number going on the ride that left Grygla at 12pm and returned at dark.

Enthusiasts enjoyed a meal upon return, along with numerous door prizes given out. Trophies were given in three different categories: Best Unrestored/Original, Best Restored

for their first time playing.

January 26th – GBB at RLF
RLF 72, GG 21

GG Scoring: Chloe Kuznia- 2 points, Layla Jelle- 2 points, Vivian Coan- 4 points, Brooke Limesand- 7 points, Carlye Kiesow- 4 points, Trinity Walseth- 2 points

Coach's Comments: In a game where we had more people injured than playing, we struggled a little bit. RLF has one of the best full court pressure defense in the section. It's what they are known for. We struggled at times to get the ball past half court. Everybody with a varsity jersey saw some quality playing time. Including a lot of girls that haven't got to play varsity too much. I think the young girls handled themselves well. Like I said, we struggled at times, but I did see a lot of positives coming out of our young girls. Chloe Kuznia went out there and hustled up and down the court. She was taking charge on offense to get the play moving. Layla Jelle came in the first half and helped also.

and Most Unique/Custom. Only 1979 and older chassis snowmobiles were eligible for trophies.

Best Unrestored/Original went to Grygla 5th grader Payton Dougherty for his 1974 Polaris TX. Best Restored went to Randy Larson for his 1967 Messelt Direct Service Sno-King with only 25 machines being built, and Most Unique went to Danny Thorstad for his 1971 Scorpion Mark 1.

Charger Basketball Stats from last week

January 22nd – BBB vs. Win-E-Mac in Goodridge
WEM 66, GG 42

GG Scoring: Groven 14 (4 reb, 2 ast), Manderud 8 (3 reb), Kiesow 5 (3 reb, 2 ast), Sjustestad 5 (2 reb), Wold 3, Nerhus 3 (3 reb), McMillin 2 (1 reb), Tharaldson 1 (2 reb), Stanley 1 (3 reb, 1 ast), Verbout (3 ast, 1 reb)

Coach's Comments: We are struggling a bit. The shots are not falling offensively and we have room to grow defensively. We need to get back to improving each day and we'll be alright.

January 23rd – BBB vs. LOW in Baudette
GG 52, LOW 17

GG Scoring: Stanley 16 (13 reb), Groven 8 (5 reb, 3 ast), Manderud 6 (6 reb, 4 ast), Th-

araldson 6 (6 reb, 3 stl), Nerhus 4 (1 reb), Sjustestad 4 (2 stl, 2 ast), Wold 2 (3 reb), Kiesow 2 (4 reb, 3 stl), McMillin 2 (4 reb), Verbout 1 (2 reb)

Coach's Comments: Nice win to get. The guys played well and worked to refine some areas we have been struggling with a bit.

January 23rd – GBB vs. LOW in Baudette
LOW 40, GG 35

GG Scoring: Daria Waletzki- 2 points, Amy Wiskow- 4 points, Maci Bakken- 9 points, Vivian Coan- 2 points, Brooke Limesand- 16 points, Carlye Kiesow- 2 points

Coach's Comments: We took the long ride to Baudette. We started the game slow again and had to play catch up. The girls did a good job of getting

back into the game. Brooke Limesand had a really good game with 16 points, 4 rebounds, and 3 assists. She was also aggressive underneath and went 6 for 6 at the free throw line.

January 25th – BBB vs. BGMR in Grygla
BGMR 52, GG 49 (2OT)

GG Scoring: Ben Groven 17 (4 reb, 2 ast), Kaleb Sjustestad 8 (3 reb), Jaden Kiesow 8 (5 reb, 3 ast), Jake Tharaldson 4 (4 reb, 2 stl), Dylan Manderud 4 (1 reb, 2 ast), Peyton Verbout 3 (2 reb, 2 ast), Brandon Stanley 3 (11 reb), Blake Nerhus 2 (2 stl), Dylan Wold (2 stl)

Coach's Comments: Tough, clean game. We gave up a

Charger Stats...

Continued below, on left



Grygla High School 'A' Honor Roll – Quarter 2
Front row, L-R: Ellie Sabourin, Katelyn Larson
Middle row, L-R: Gracie Lunsetter, Abby Kiesow, Brooke Limesand, Maci Bakken, Cheyenne Irlbeck
Back row, L-R: Mya Anderson, Hailey Knutson, Madison Cullen, Chloe Kuznia



Grygla High School 'B' Honor Roll – Quarter 2
Front row, L-R: Ana Andre Saban, Shawntel Ignaszewski, Taylor Berberich, Alaina Monson, Nolan Anderson, Lucian Tinnes, Hudson McMillin, Walter Jones
Row 2, L-R: Elise Monson, Hailey Vad, Layla Jelle, Eli Sundberg, Peyton Verbout, Jake Ahlbeck, Justin Thompson, Carlye Kiesow, Bailey Watne
Row 3, L-R: Gavin Skime, Jamie Dougherty, Trystan Jelle, Emily Carlson, Ahna Stanley, Kia Klein, Riley Saurdiff, Brigitte Watne, Chloe Osse
Row 4, L-R: Ethan Englund, Evan Englund, Sheldin Sundberg, Clayton Suchoski, Evan Fish
Back row, L-R: Julianne Nordby, Jackson Grossman, Kaylor Torgerson, Tre Alten, Reece Sundberg, Avery Moe, Jared Haack.
Not pictured: Levi Kiesow, Jaden Kiesow

30 Vintage Sleds on display in Grygla



About 30 sleds were on display in Grygla at the 8th Annual Back Breaker's Vintage Snowmobile Show & Ride last weekend. The same amount went on the ride around Grygla. Pictured above is one group at the dike shelter east of Grygla.



L-R: Randy Larson, Payton Dougherty and Danny Thorstad were awarded trophies last Saturday night.



Payton Dougherty: Best Unrestored



Danny Thorstad: Most Unique



Randy Larson won Best Restored for his 1967 Messelt Direct Service SnoKing; only 25 machines were built. This particular sled was originally purchased brand new by Ed Monson, Gatzke, and eventually sold. It has since made its way back home and now belongs to Randy Larson! Read the story in the August 9th, 2017, issue of the Grygla Eagle.

Wednesday, January 31, 2018