



Today
Snow
H 17 L -1

Thurs
Partly Cloudy
H 4 L -2

Fri
Partly Cloudy
H 18 L 8

Sat
Partly Cloudy
H 20 L 10

Sun
Mostly Sunny
H 21 L 10



Wednesday, December 5, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 23

A look at next week ... 'Tis the season for holiday parties!



Last Sunday evening, December 2nd, Our Savior's Lutheran Church hosted their annual Advent celebration with musical duo Lois & Lois singing Christmas songs for the group of women. In carrying on with the tradition, the ladies of the church served a delicious Christmas meal (with all the fixings!) immediately after. *Photo by Grygla Eagle Newspaper*

Chargers Basketball season officially began last week

Basketball season began last week with multiple games for both the girls and boys, including a Double Header in Goodridge. Charger Varsity stats are provided below, courtesy of Girls Head Coach Elroy Johnsrud and Boys Head Coach Andrew Sundberg.

Tuesday, November 27th – GBB vs. Stephen/Argyle in Grygla

Storm over Chargers: SA 63, GG 28
Points: Amy Wiskow 3, Chloe Kuznia 5, Maci Bakken 2, Vivian Coan 10, Mercedes Coan 4, Liberty Johnson 4.

Comments: We played our first game against a very good team. There were some negative and a lot of positives that came out of this game. We attempted 46 shots to their 52. The only difference was the shooting percentage. We missed a few layups in the first half that would have kept the score a little closer. Our game plan was to get back on defense, but SAC was a very quick team and beat us. We gave up to many layups. We shot and got better in the second half. Our shots started to fall and we looked more comfortable with the ball. One of our weaknesses last year was getting the ball up the court. I think the girls did an awesome job of that tonight against a good pressure defense from SAC.

Thursday, November 29th – GBB vs. Clearbrook/Gonvick in Goodridge

Bears over Chargers: CG 56, GG 50
Points: Daria Waletzki 2, Amy Wiskow 1, Chloe Kuznia 2, Trinity Walseth 3, Morgan Burns 6, Maci Bakken 19, Vivian Coan 2, Mercedes Coan 2, Liberty Johnson 3
Rebounds: Morgan Burns 11, Maci Bakken 15, Libby Johnson 8
Steals: Mercedes Coan 6

Comments: We started a little slow tonight but the girls fought back. We got down 16-4 and pulled within 3 at halftime. The girls played very good Man-2-Man defense and pulled down a lot of rebounds. Maci had 15 rebounds, and Morgan had 11. The girls played well and forced CG to take tough shots. Unfortunately CG made just enough of them.

Thursday, November 29th – BBB vs. Clearbrook/Gonvick in Goodridge



There was a Chargers Double Header vs. Clearbrook/Gonvick last Thursday in Goodridge. Left: Madison Cullen on offense during the JV girls game. Right: Ian Haugen at the free throw line in the JV boys game. *Photos by Grygla Eagle*



Left: Macy Bakken and Mercedes Coan in the Varsity girls game against the Bears. Right: Jake Tharaldson, Goodridge Senior, had 14 points during the Varsity boys game against Clearbrook/Gonvick last week. *Photos by Grygla Eagle*



Farewell to two long-time residents



A going away party was held last Sunday for Doris Clevon and Marian Franzman, both of whom are bidding farewell to the town they have called home for decades.

Doris Clevon, who has lived in Grygla her entire life, will now be calling Warroad home. She moved into her apartment on November 15th and is looking forward to being near her family.

Marian Franzman moved from Roseau to Grygla in 1954. She is calling this next chapter in her life "bittersweet." She will be moving in with her granddaughter and family in the country by Red Lake

Falls. She says she'll be kept busy with her two little grandchildren who are 4 and 1.5 years old. A fun fact about Marian: she was the first-ever subscriber of the Grygla Eagle Newspaper when it began in 1973; she still subscribes today!

We wish both ladies the best. For friends and community members to keep in touch, their new addresses are:

Doris Clevon, 1305 Nelson Street NW, Apt. #108, Warroad, MN, 56763

Marian Franzman, 18409 150th St. SW, Red Lake Falls, MN, 56750

Photo by Grygla Eagle Newspaper

Band/Choir concerts

A reminder that the Goodridge Elementary School Christmas Program is this Friday, December 7th, at 2pm. The Grygla Senior High Band and Choir Concert is on Monday,

December 10th, at 7:30pm. The Grygla Elementary program is next Friday, December 14th, at 2pm. Everyone welcome for a great performance by our students.



Grygla's Junior High Choir practices "Silent Night" in sign language - which will be performed at their Monday, December 10th, concert. *Photo by Grygla Eagle Newspaper*

Wellness 4 Life classes



A "Wellness 4 Life" class was held on Monday, November 26th, with Kim Clevon, Tausha Severts and Tammy Drangstveit showing the group how to cook with essential oils. Kim made various dishes where she added oils in place of herbs. These classes are held the last Monday of every month at the Grain Bin Café at 6:30pm. *Photo courtesy of Tausha Severts*

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Dec. 5:
Grace Choir 6pm, Confirmation 6:30pm
Saturday, Dec. 8:
OS Sunday School Christmas Program 7pm
Sunday:
Grace: 9am Worship, 10:15am SS
OS: 10:30am Worship, No SS
Tuesday, Dec. 11:
9am packing Christmas goodie cans at Grace

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Sunday:
OS: 9am Worship
UL: 11am Worship, 3:30pm UL SS Program

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday, Dec. 5:
6pm Faith WELCA, 7pm Advent Services at Faith
Sunday:
Ekelund: 8:30am Worship, 9:30am SS, 5pm SS Program & Supper
Faith: 9:45am Worship, 11am SS, 4pm Faith SS Program & Supper
Bethany: 11am Worship, 9:30am SS

Chargers play at Northland

The Chargers Girls Basketball team will be playing in the Northland Community & Technical College Holiday Basketball Tournament next week on December 11th, 14th and 15th in Thief River Falls. The girls varsity team will play Sacred Heart on Tuesday, December 11th, at 8:15pm. The winner of that game will play Friday night, December 14th, at 8:15pm; the team that loses will play that Friday at 3pm. Saturday's game times TBD. You can stay up to date on the Grygla School Facebook page.

As for the Chargers Boys Basketball team, due to the date being moved back to December 18th, 20th and 21st, it is listed as the NCTC Boys Holiday Classic. Teams will be getting shirts, which will replace awards. The Holiday Classic will include a feature night contest with the JV and Varsity teams playing. This will give each JV team a chance to play as there are not 8 teams this year.

Schedule for the Classic
Tuesday, December 18th

Funding available for low-income applicants

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 rate could be as low as one percent with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. Generally, rural areas with a population less than 35,000 are eligible.

The maximum loan amount for repair is \$20,000 at a one percent interest rate, repayable for up to 20 years. Grants

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
Wednesday, Dec. 5:
Midweek Advent Service 7pm at Bethesda
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 Merseeth
Wednesday, Dec. 5:
Wed School/Conf 5-7pm
Saturday:
Mt. Olive Worship 9am
Sunday:
Oak Park: 9:45am Worship
Nazareth: 11am Worship
OPLA Christmas Party 1pm
St. Petri: 4pm SS Program

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

3:00 PM Cass Lake Bena (Home) vs Stephen Argyle Central (Visitor)
4:45 PM Goodridge/Grygla (Home) vs BGMR (Visitor)
6:30 PM Fertile Beltrami JV (Home) vs Red Lake County JV (Visitor)
8:15 PM Fertlie Beltrami (Home) vs Red Lake County (Visitor)
Thursday, December 20th
3:00 PM BGMR (Home) vs Fertlie Beltrami (Visitor)
4:45 PM Cass Lake Bena (Home) vs Red Lake County (Visitor)
6:30 PM Red Lake JV (Home) vs Goodridge/Grygla JV (Visitor)
8:15 PM Red Lake (Home) vs Goodridge/Grygla (Visitor)
Friday, December 21st
3:00 PM Red Lake County (Home) vs Red Lake (Visitor)
4:45 PM Goodridge/Grygla (Home) vs Fertlie Beltrami (Visitor)
6:30 PM BGMR JV (Home) vs Cass Lake Bena JV (Visitor)
8:15 PM BGMR (Home) vs Cass Lake Bena (Visitor)

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.

Contact a USDA Rural Development employee today in your area to see if you qualify. For more information in the following counties: Roseau, Kittson, Marshall, Pennington, Polk and Red Lake Counties; please contact USDA Rural Development at 201 Sherwood Avenue South, Thief River Falls, MN 56701 or 218-681-2843 x 4.

School Lunch Menus

Grygla Lunch Menu
Wednesday, December 5:
Chicken Fajita on a Tortilla Shell, Lettuce, Cheese, Veggie, Fruit, Bread
Thursday, December 6:
Hamburger and Fries
Friday, December 7:
Italian Hoagies, Veggie, Fruit, Bread
Monday, December 10:
Tacos, Lettuce, Cheese, Veggie, Fruit, Bread
Tuesday, December 11:
Sub Sandwich, Veggie, Fruit, Bread
Goodridge Lunch Menu
Wednesday, December 5:
Italian Dunkers, Cheesy Buns, Green Beans, Peach Slices
Thursday, December 6:
Turkey on a Bun, Chicken Vegetable Soup w/ Crackers, Broccoli, Carrots & Celery w/ Dip, Apples, Grapes
Friday, December 7:
Polish Sausage on a Bun, Baked Potato w/ Toppings, Garden Salad, Fruit Salad
Monday, December 10:
Tacos w/ Lettuce & Cheese, Green Beans, Applesauce
Tuesday, December 11:
Porkchop Patty, Corn, Steamed Carrots Mixed Fruit, Bread

Thank you to the voters who supported me during the election. I will strive to move things forward.
Mayor Richard Mosher

Community Calendar

Wed | Dec 5
Grygla Eagle office closed; Senior Meals at Grain Bin Café 11am; Grygla Blood Drive at Community Center 12:30-5:30pm; Grygla Library open 2-6pm
Thurs | Dec 6
BBB vs. Sacred Heart in Goodridge; Elementary bball practice grades 5-6 from 6:30-8:30 in Grygla
Fri | Dec 7
No School; Senior Meals at Senior Meals at Grain Bin Café 11am; Goodridge Elementary Program 2pm; JH BBB vs. RLC in Plummer; GBB vs. KCC in Grygla
Sat | Dec 8
Elementary bball practice grade 4 from 9-11am in Goodridge; Goodridge Close-Up Chili Cookoff & Bingo 4:30pm; Our Savior's Lutheran Church Sunday School Program 7pm
Sun | Dec 9
Mon | Dec 10
Senior Meals at Grain Bin Café 11am; Grygla City Council Meeting 7pm; Grygla High School Music Program 7:30pm
Tues | Dec 11
Boys & girls 'C' team basketball in Karlstad 4:30pm; GBB at NCTC 8:15pm vs. Sacred Heart
To place events, call 218.294.6220 or email grygla.eagle@gmail.com

December WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of December 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 December.
Wednesday, December 5:
Warroad, Community Center
Thursday, December 6:
Red Lake Falls, Community Center
Monday-Friday, December 10-14:
Thief River Falls, Redeemer Lutheran Church
Monday, December 17:
Warren, Evangelical Covenant Church
Tuesday, December 18:
Karlstad, First Lutheran Church
Wednesday-Thursday, December 19-20:
Roseau, LifeCare Medical Center Basement Auxiliary Room
For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.
North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.

CP Holiday Train to stop in TRF

The Canadian Pacific Train will be making its annual stop in Thief River Falls on Thursday, December 13th, arriving at 7:30pm with the show on the tracks by the City Hall, 2017 Highway 59 SE. (The train will be coming to town after an evening performance in Plummer.) The performers on the train visiting Thief River Falls will be The Trews and Willy Porter.

A typical Holiday Train event goes something like this: the train arrives and pulls to a safe stop in front of the crowd. The stage door lowers and the band opens with its first song. After that, a brief presentation takes place with local food bank officials and other dignitaries. Once complete, the band resumes performing a mix of traditional and modern holiday-

Holiday Train... Continued on page 3

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Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

U.S.P.S. No. 002330
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Kari Sundberg-EDITOR
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Goodridge Close-Up
Saturday Dec. 8th, 2018
1st ANNUAL Chili Cook Off with Bingo
Goodridge Community Center
\$5.00 a bowl and a baked potato.
Check in 4:30pm with Judging at 5:30pm
\$10.00 Entry Fee
Awards will be given for People's Choice and Runner Up!
Come support our Goodridge Close-up kids trip to Washington D.C in April 2019! \$4.37C

THIEF RIVER FALLS RADIO
KTRF AM 1230 KKAQ AM 1460 KKDQ FM 95.3
LISTEN LIVE
Charger's Girls Basketball Holiday Tournament @ Northland College
Tues. Dec. 11th, Fri. Dec. 14th, Sat Dec. 15th (times not yet available)
KKDQ/KTRF

Annual Lion's Santa Day in Goodridge

Santa Claus is coming to town! Mark your calendars to attend the Annual Lion's Santa Day this Saturday, December 8th, in Goodridge. The well-attended event takes place from 12-3pm at the Old Hall. At the Community Center at 4:30pm, there will be a Chili Cook-off

and Turkey Bingo fundraiser for Close-Up. In addition to these fun events, the Goodridge Municipal Liquor Store will also be serving free Tom & Jerry's and appetizers, along with music by The Jensen Sisters that night!

GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

I need some men to step up to the plate and suggest a book! Yup, I do.

I don't read a lot books that would normally be favored or popular with men so it seems the books suggestions I always give are ones I have personally read and are almost always geared towards female readers. I should apologize for that, however, I know I've suggested a couple here and there that men would maybe enjoy, but I'd like more. I get a decent number of guys in the library each week and it's so fun to see what books they pick. Whether they are good or not, well, that's up to you to let me know. I look forward to hearing from a couple of you! (I hope!?) Be brave and throw some titles at me that are worthy of picking up.

Anyway, onto my book suggestion this week...

I haven't read this one yet but will soon. Reese Witherspoon just announced it as her December Hello Sunshine Book Club pick. It's called One Day in December by Josie Silver. Reese praised, "Get ready to be swept up in a whirlwind romance. It absolutely charmed me."

I'm not really into romance novels but the timing seems right - given the magic of the season and the "romantic" evenings that are December (Christmas tree lights, fireplac-

es, snowflakes, hot cocoa, cozy blankets, etc. You get the idea). So I'm diving head first into this one and going to keep my heart open to an unforgettable love story this month.

Maybe you want to join me...

Summary:
Two people. Ten chances. One unforgettable love story.

Laurie is pretty sure love at first sight doesn't exist anywhere but the movies. But then, through a misted-up bus window one snowy December day, she sees a man who she knows instantly is the one. Their eyes meet, there's a moment of pure magic...and then her bus drives away.

Certain they're fated to find each other again, Laurie spends a year scanning every bus stop and cafe in London for him. But she doesn't find him, not when it matters anyway. Instead they "reunite" at a Christmas party, when her best friend Sarah giddily introduces her new boyfriend to Laurie. It's Jack, the man from the bus. It would be.

What follows for Laurie, Sarah and Jack is ten years of friendship, heartbreak, missed opportunities, roads not taken, and destinies reconsidered. One Day in December is a joyous, heartwarming and immensely moving love story to escape into and a reminder that fate takes inexplicable turns along the route to happiness.

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Results from last week's Statepoint Crossword puzzle.
Wednesday, December 5, 2018

The Holiday Season is a great time to express appreciation to friends and customers.
American State Bank of Grygla invites you in during the month of December to sign up for the Christmas drawings. We will be giving away wagons full of toys to one girl and one boy, and a \$150 cash card to one adult with the drawing to be held at 3:00 pm on Friday, December 21st. Christmas goodies will be served in the bank lobby from December 19th through December 21st.
During the month of December, we will be waiving the fee for any gift card purchase, and we remind you to stop in and pick up your 2019 Calendar.
Merry Christmas from your friends at American State Bank of Grygla.
In two locations
FDIC
ASB
AMERICAN STATE BANK
www.asbgrygla.com
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328



The gym at NCTC set up for the VRC Tournament last Saturday. *Photos courtesy of Grygla School*

Iron Chargers compete at Northland



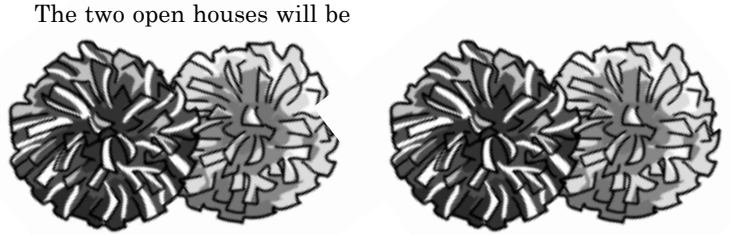
The Grygla Iron Chargers had a competitive day at the Pioneer Robotics VRC Tournament at Northland Community and Technical College in Thief River Falls last Saturday. Team 4149c ended the day ranked 24th; Team 4149G ended the day at 26th. 4149C got picked for an alliance and lost in the quarterfinals. Both teams were 3-3. Team 4149C also got the Energy Award that day! The Energy Award is presented to a team that displays a high level of enthusiasm and passion at the event. Key criteria: Team maintains a high level of excitement and energy throughout the event. Team's

passion for competition and robotics enriches the event experience for others. Teamwork, interview quality, and team professionalism. Up next for the Iron Chargers, members of each team will be donating their time to volunteer as inspectors and advisors at the Red Lake Falls tournament next weekend and are looking to finish the season strong with Team 4149G seeking a bid to the State Tournament at the WAO VRC Tournament on January 12th. Team 4149C already has their state spot. Good luck to the teams in their upcoming competitions!

Fabian encourages public input on OHV use in Beltrami Island State Forest and Hayes Lake State Park

The Minnesota Department of Natural Resources (DNR) is hosting two public meetings and taking public input on the use of off-highway vehicles (OHV) in Beltrami Island State Forest and Hayes Lake State Park. Rep. Dan Fabian, R-Roseau, is encouraging local residents to make their voices heard on this issue. "At the request of Friends of Hayes Lake State Park and Roseau County commissioners, I authored legislation earlier this year for a pilot project to allow ATVs to travel on existing roadways in Hayes Lake State Park. We are fortunate to have wonderful state parks in our area, and this is about responding to the needs and wants of folks who regularly enjoy the parks and campgrounds," said Rep. Fabian. "I would highly encourage folks to attend the meetings or contact the DNR and make your voice heard. This is a local issue, and it's important that residents have a say."

held on December 10th from 6:00-8:00 p.m. at the Warroad Forestry Office (803 Cherne Drive NW), and December 13th from 6:00-8:00 p.m. at the DNR Central Office building in St. Paul (500 Lafayette Road). Both meetings will cover potentially new camping areas, the needs of OHV campers, and review maps and trails. The DNR is also taking comments through 4:30 p.m. on December 27, 2018. Comments can be submitted in several ways. They can emailed to joe. unger@state.mn.us or mailed to Mr. Unger at DNR Central Office, 500 Lafayette Road, Saint Paul, MN 55155. An online questionnaire can also be found at www.mndnr.gov. You can also submit comments by calling the DNR's Parks and Trails Division Central Office at 651-259-5279 or by calling Hayes Lake State Park at 218-425-7504. Rep. Fabian also encourages you to contact his office if you have further questions.



The Chargers 7th and 8th grade teams both placed 1st in the Roseau tournament last Saturday! They were coached by Cole Halvorson and Andrew Sundberg. *Photos by Grygla Eagle Newspaper*



GG vs. Clearbrook/Gonvick Double Header L-R: Caitlyn Jacobson (JV game), Chloe Kuznia (Varsity game), Levi Kieszow (JV game) and Peyton Verbout (Varsity game). All photos by Grygla Eagle

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

Atelier

noun

A workshop or studio, especially of an artist, artisan, or designer.

A Note from Principal Lunsetter's Desk

"Life ain't always beautiful, but it's a beautiful ride."
~ Gary Allan

A perfect quote from a man who knows that life gets, indeed, messy and dark at times. We have highs and lows in life, and we have joys and failures. People come into our lives, and then leave, sometimes unexpectedly. Still, amid all of the "chaos", we come to an understanding that life is pretty darn good, and that good or bad, it's all just a part of the ride. We are so incredibly blessed to be where we are, surrounded by the people we have. Enjoy your day today, no matter which one of life's storms you find yourself in, and take a moment just to appreciate the view.

▶ SIMPLY DELICIOUS



Written by Kari Sundberg, Eagle Editor

Hot Chocolate Cookies

Take a little mouth vacation with me for a second: Rich chocolate cookies with melted marshmallows stacked on top with a chocolate glaze drizzle and sprinkles to finish them off.

Book me a one-way ticket 'cause I'm going all in with these and never coming back. UGH. Why are cookies so irresistible to me in December? January needs to get here STAT so I can attempt to be healthy again and leave the cookies behind.

Alright. So let's move forward guilt-free and make these for our friends and family this Christmas!

For the cookies:

- ½ cup butter, unsalted (1 stick)
- 12 ounces semi-sweet chocolate chips
- 1.5 cups flour
- ½ cup cocoa powder
- 1.5 tsp baking powder
- ½ tsp salt
- 1.5 cups brown sugar
- 3 eggs
- 2 tsp chocolate extract (or vanilla if you can't find chocolate)

135 mini marshmallows (HAHA! WHAT THE? That is so random, but it's what the recipe said!! I'd probably estimate that to be about 2 cups?! I don't know. We'll all find out, I guess.)

Sprinkles

For the glaze:

- 4 tbsp melted butter
- ¼ cup cocoa powder
- ¼ cup hot water
- 2 cups powdered sugar
- 1 tsp chocolate extract (or vanilla)

Directions for the cookies:

In a small sauce pan, melt the butter and then whisk in the chocolate chips until smooth. Set aside and let cool. In a large bowl, sift together

the flour, cocoa powder, baking powder and salt.

In the bowl of a stand mixer, combine the sugar, eggs and extract together. Mix until well combined.

Once the chocolate and butter mixture is cooled mix it into the sugar, eggs and extract. Slowly whisk the flour mixture into the chocolate mixture. Mix until everything is combined. Cover in plastic wrap and place into the fridge for 1 hour.

Remove dough from the fridge after one hour and pre-heat oven to 325F. Grease 3 cookie sheets (or use the same one over and over). Line the baking sheet with parchment paper for easy clean up.

Spoon out about a tablespoon of chilled dough and roll it into a ball. Lay it onto a prepared baking sheet. Place about 12-15 cookies onto each baking sheet. Press each cookie down a little bit.

Bake for 10-12 minutes. Remove from oven. Top each cookie with three mini marshmallows. Place back into the oven for 2-3 minutes.

Remove cookies from oven and place on a wire rack to cool. Repeat until all cookies are done. Let cookies cool and make the chocolate glaze.

Directions for the glaze:

In a medium bowl, combine the melted butter, cocoa powder, hot water and chocolate extract (or vanilla extract). Slowly whisk in the powdered sugar until everything is combined.

Lay a piece of parchment paper under the cooling rack that is holding the cooled cookies. (This will make for easy clean up!) Drizzle each cookie with the chocolate glaze, covering the marshmallows. While the chocolate glaze is wet, sprinkle each cookie with the sprinkles.

Let cookies and chocolate glaze set for about 30 minute before serving. Keep cookies in an air tight container.

▶ A HIPPIE'S HEALTH

Written by Tara Waltman Winter Skin

This time of year brings so much joy! Being around friends and family and the spirit of Christmas is in the air. For me, it also brings dryness to my skin! Goodness. Anyone else deal with this? I like to give my skin a little extra love and care during this time of year. I like to put peppermint essential oil on the bottoms of my feet, particularly my heels! It makes them feel so much better and it makes them smell good! I also like to use Frankincense essential oil on my face each morning; this does wonders for your skin. I am still trying to find a

concoction for my hands. It's a work in progress for sure.

So this time of year I encourage you all to take a little time for yourselves. Take care of your skin. When you get older, you will thank yourself!

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

Holiday Train...

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themed songs. The whole event lasted about 30 minutes. Once the band plays its farewell song, the stage door closes, and the train heads off to the next stop.

Beginning in Montreal on November 25th, holiday cheer is brought to 164 communities along CP's network. Each event is free to the public. You are only asked to bring a canned food item donation for the local food bank. Food Bank representatives will be onsite

collecting donations.

The Holiday Train is about 1,000 feet in length with 14 brightly decorated rail cars. Each car is decorated with hundreds of thousands of technology-leading LED lights and holiday designs. As the train clears U.S. customs, the exterior lights are turned off. Otherwise, the Holiday Train lights are always on.

Plan to attend this festive event and bring the whole family with!

▶ WHAT A JOKE

I just bought an expensive car only to find the reverse gear broken. There's no going back now.

Someone broke into my house and stole my limbo stick. How low can you go?

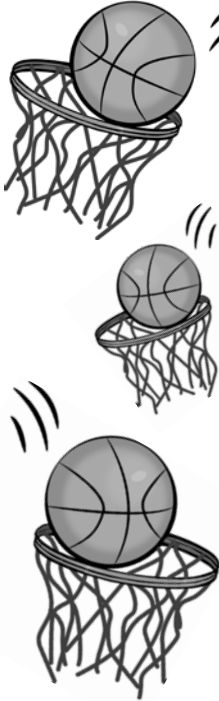
I'm a social vegan; I avoid meat.

I started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

Meet the 2018-19 Charger basketball teams



Varsity Boys Basketball: Front row, L-R: (Managers) Cheyenne Irlbeck, Jamie Dougherty, Felix Jensen, Sarah Suchoski, Layla Jelle. Row 2: Blake Jensen, Jordan Horachek, Preston Panek, Jaden Kiesow, Andrew Jones, Dylan Wold. Row 3: Head Coach Andrew Sundberg, Peyton Verbout, Jake Tharaldson, Payton Grandstrand, Hudson McMillin, Lucian Tinnes, Kaleb Sjulestad. Back row: Assistant Coach John Wilebski, Assistant Coach Brady Olson. *All team photos courtesy of Thoele Photography*



Varsity Girls Basketball: Front row, L-R: Amy Wiskow, Daria Waletzki, Chloe Kuznia. Middle row: Maloni Henrickson, Mercedes Coan, Libby Johnson, Maci Bakken. Back row: Assistant Coach Greg Monson, Vivian Coan, Manager Gracie Lunsetter, Morgan Burns, Manager Abby Brown, Trinity Walseth, Head Coach Elroy Johnsrud.



JV Boys Basketball: Front: Head Coach Brady Olson. Back, L-R: Moses Jensen, Jake Olson, Riley Manderud, Gabe Arveson, Ian Haugen, Levi Kiesow, Jared Haack.



JV Girls Basketball: Front row, L-R: Manager Abby Brown, Shantel Horachek, Caitlyn Jacobson, Madison Cullen, Manager Gracie Lunsetter. Middle: Kayla Kiesow, Morgan Burns, Jordynn Johnsrud. Back row: Hailey Knutson, Hannah Wilebski, Madison Paulson, Katelyn Larson, Skya Wilson, Head Coach Greg Monson.



C Boys Basketball: Front row, L-R: Justin Thompson, Nick Groven, Nolan Anderson, Mason Laidley. Back row: Tucker Verbout, Jordan Coan, Avery Moe, Andrew Loken, Head Coach John Wilebski.



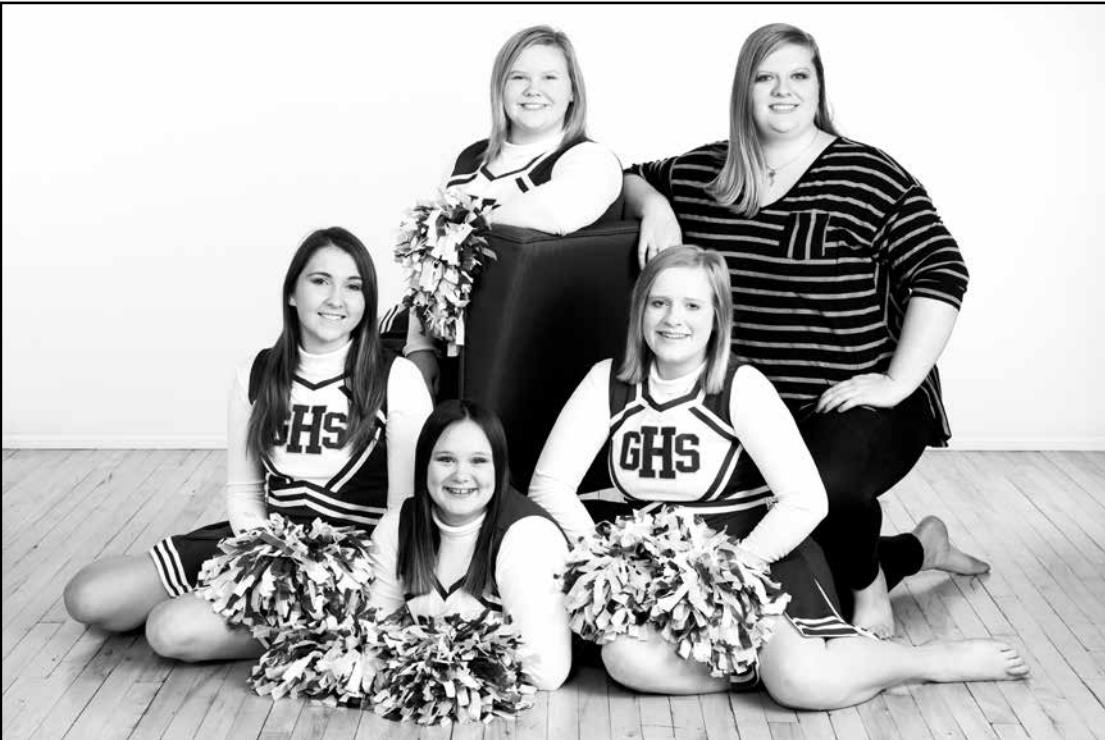
8th Grade Girls Basketball: Front row, L-R: Jorja Salo, Paige Burns. Middle: Kylie Delage, Jennah Henrickson, Sadie Anderson. Back: Payton Homme, Assistant Coach Jason Kotrba, Manager Anna Mickolio, Head Coach Kelsey Loberg, Alliya Smith.



Junior High Boys Basketball: Front row, L-R: Jordon Johnson, Elliot Philipp, Hunter Kiesow, Carson Rubischko. Row 2: Sheldin Sundberg, Dominic Wilson, Spencer Coan, Donny Johnsrud, Chase Manderud. Row 3: Blake Rychlock, Nick Hagen, Dane Arveson, Kaylor Torgerson, Lewis Jones, Christian Loken. Back row: Matt Busse, Reece Sundberg, Cody Nelson, Russell Rian, Thor Henrickson, Head Coach Cole Halvorson.



7th Grade Girls Basketball: Front row, L-R: Chelsie Nelson, Emilea Johnson, Kennedy Panek, Tiana Banasau, Callie Loken. Back row: Carter Lee Johnsrud, Head Coach Tomas Loberg, Molly Cullen. *All team photos courtesy of Thoele Photography*



Chargers Pep Squad: Front row, L-R: Hannah Seyller, Mataya Sargent, Courtney Vad. Back: Bailey Watne, Advisor Kassandra Nordby.