



 Today Scatt. Showers H 35 L 23	 Thurs Cloudy H 25 L 12	 Fri Mostly Sunny H 24 L 19	 Sat Snow H 25 L 11	 Sun Cloudy H 16 L 5
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Wednesday, December 19, 2018

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 25

A look at next week ... Grygla High School Art students design ads to run in the Christmas & New Year's editions of the paper!

Two Grygla JH students selected as essay winners



The VFW Ladies Auxiliary Post #2793 sponsored an essay contest titled, "Why I Honor the American Flag." Essays were submitted by Grygla 7th and 8th graders with Tatum Carrlson and Tre Alten being selected as the winners. Each boy received \$100 with \$50 going to them and the other \$50 going to their grade.

L-R: Tatum Carrlson, Tre Alten and Mr. Grandstrand, Grygla Social Studies teacher.

Their essays are included below. Photo courtesy of Rose Hanson

Tatum Carrlson, Grade 7
I honor the American Flag because, it symbolizes our free-

dom and independence. The American Flag was made on June 14, 1777 with 13 stars and 13 stripes including the original 13 colonies along the East Coast. The American Flag symbolizes that we are independent and have fought for our rights and freedoms.

We have been through many wars including both world wars and have won our independence from other wars such as the war between Britain and the U.S. which was when we got our independence and our freedom. The American Flag has been soaring above buildings and schools ever since.

The American Flag should

be honored and treated with respect and dignity. Many veterans have died during wars while fighting for and protecting our freedom and rights. America has pledges and a anthem for the American Flag where some people put their right hand over their heart to salute and veterans of war salute by putting their right hand to their head.

The American Flag has went through many changes with new states joining the nation and breaking away from the country that had owned the land that they consisted of. The present-day American Flag still has 13 stripes due to them not being able to add on more stripes. Now the American Flag has 13 stripes and 50 stars resembling the 50 states.

The American Flag needs to be respected, like not letting it touch the ground or leaving it out at night without having a light shining on it. When a flag is put to rest it is done at a memorial where it is burned in a respectful form.

Throughout history we have had many wars and all of the ones we have fought in, the American Flag had still stood strong and boldly. The American Flag symbolizes that this is the land of the free, and the home of the brave.

Tre Alten, Grade 8
I honor the American flag, because my loved ones and other people's loved ones are protecting and fighting for it. People's loved ones have also died fighting and protecting it. It all started back when we claimed freedom from Great Britain. After we claimed independence from Great Britain, there was a war called the American revolutionary war that got us independence from Great Britain.

I also honor it because it has been around for hundreds

of years because of the revolutionary war. The American flag to me is the best looking flag around because of it's 50 stars for the states and red and white stripes. The American flag also stands for more than just freedom, it stands for all of our brave men and women that fought overseas and risked their lives for us. The American flag in my opinion should never be disrespected.

My great grandpa fought in World War 2 as an Air Force pilot, so that is another reason why I honor the American flag. I also honor the American flag because it represents us as a nation. It is an honor to be named a nation because some places do not get the same opportunity like we did. I also honor the American flag because you get the privilege to be able to call it your flag.

To be honest everybody should honor the American flag. I've seen people burn the flag, step on the flag, and even put things on the American flag. It makes me sick when I see people do that because the flag should never be treated with disrespect. In my opinion people should go to jail if they disrespect the American flag because it is just wrong to do anything to it. The American flag should be shown respect.

My last reason why I honor the American flag is that you do not understand what people have went through to keep the American flag safe and to keep it blowing in the wind. Our soldiers have seen things that no one else would understand and they did that to make sure the American flag keeps flying through high and low. Our soldiers would do anything to keep the American flag safe. This is why I honor the American flag.



Jaden Kiesow was one of thirteen 9-man football players in Minnesota who received Academic All-State and was recognized last Saturday for his academics and athletics. Recipients were announced at halftime of the High School All Star Football game at the US Bank Stadium on December 15th. Along with the recognition, another highlight was getting autographs from MN Vikings players, Murray and Harris, while at the stadium. *Photos courtesy of Keri Kiesow*



Grygla Lion's Club Christmas Eve Dinner

The Grygla Lion's Club will be holding their annual Christmas Eve Dinner a day early. The dinner has changed from December 24th to December 23rd. The meal will be served from 12-1:30pm and includes mashed potatoes, gravy, dressing, turkey, beans, cranberries, dinner rolls and lefse. The free meal will be held at the Grygla Community Center; all are invited.

The Lion's Club will also deliver meals to Grygla/Gatzke/Goodridge addresses. Please contact Wayne Warne at 701-317-0341 to schedule a delivery, or call the Grygla Community Center the morning of the 23rd at 218-294-6200.



Yo-Hawn's Bar and Grill held a wine tasting event on Tuesday & Wednesday evenings, December 11th-12th, from 5:30-7pm where several new wines were available for tasting and pairing. The bottles made a great gift with free wrapping available and door prizes given out. Pictured are Lisa Erickson and Karen Severts at the event. *Photo by Grygla Eagle Newspaper*

Grygla students take the stage for their winter Christmas program



"A December Journey" was the theme of the Grygla 6-12 grade music program last week, December 10th. Directed by Gene Lunsetter, the show was a major hit with a lot of buzz going around about it! Pictured above is the Junior High Choir singing "Sound of Silence." (More program photos on back page.) *Photo courtesy of Grygla School*



The Grygla Elementary program was held Friday afternoon, December 14th. "Believe in the Magic of Christmas" was a great theme for the season. Pictured above is Presley Anderson and her fellow Head Start classmates. (More program photos on back page.) *Photo by Grygla Eagle Newspaper*

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Dec. 19:
Grace Choir 6pm, Confirmation 6:30pm
Sunday:
Grace: 9am Worship, No SS
OS: 10:30am Worship, No SS
Monday, Dec. 24:
5pm Christmas Eve Candle-light Service at Grace
Tuesday, Dec. 25:
10am Service at Our Savior's

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Sunday:
OS: 9am Worship
UL: 11am Worship
Monday, Dec. 24:
4pm Service at United,
5:30pm Service at OS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Wednesday, Dec. 19:
7pm Advent Services at Ekelund

Sunday:
Ekelund: 8:30am Worship
Faith: 9:45am Worship
Bethany: 11am Worship
No Sunday School
Monday, Dec. 24:
Services at Faith 3pm, Bethany 4:30pm, Ekelund 10pm

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. 19:
Midweek Advent Service 7pm at Riverside
Sunday:
9:30am Worship
Monday, Dec. 24:
Christmas Eve Service 9pm

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. 19:
Wed School/Conf 5-7pm
Saturday:
Mt. Olive Worship 9am
Sunday:
St. Petri: 8am Worship, 9:15am SS
OP: 8:30am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship
Monday, Dec. 24:
Mt. Olive 5pm, OP 7pm
Tuesday, Dec. 25:
St. Petri 8am, Naz 9:30am

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

NOTICE TO BENVILLE RESIDENTS
Notice is hereby given to the qualified voters of Benville Township, County of Beltrami, State of Minnesota, that there are two positions open during the March election:
Supervisor
Treasurer
If interested, please submit an affidavit of candidacy with the town clerk between January 1st and January 15th, 2019.
Marie L. Reid
Town Clerk, Town of Benville
Dated: December 12, 2018

School Lunch Menus

Grygla Lunch Menu
Wednesday, December 19:
Pizza
Thursday, December 20:
Cook's Choice
Friday, December 21: Corn Dog, Baked Beans, Chips, Shape-Ups
Monday, December 24: No School
Tuesday, December 25: No School

Goodridge Lunch Menu
Wednesday, December 19:
Pepperoni Pizza, Green Beans, Mixed Fruit
Thursday, December 20:
Ham Chowder w/ Crackers & Cheese, Carrots, Celery & Broccoli w/ Dip, Apples, Oranges
Friday, December 21: BBQ Beef on a Bun, Pickles, Chips, Corn, Peaches, Pears
Monday, December 24: No School
Tuesday, December 25: No School

JOHNSON FUNERAL SERVICE, INC.
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Food for thought

Submitted by TW
Do you know the real meaning of Christmas?

Community Calendar

Wed | Dec 19
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Snowflake basketball practice for 5-6 grade girls in Goodridge 6-8:30pm; Grygla Lion's meeting at Yo-Hawn's 7pm

Thurs | Dec 20
Junior High BBB vs. TRF in Goodridge (7th at 4:30pm; 8th at 5:30pm); BBB at NCTC (JV at 6:30pm vs. Red Lake; Varsity at 8:15pm vs. Red Lake); Grygla/Gatzke School Board meeting 7pm

Fri | Dec 21
Senior Meals at Grain Bin Café 11am; Grygla School dismissal at 12:35pm; BBB at NCTC (Varsity vs. Fertile/Beltrami at 4:45pm)

Sat | Dec 22
Grygla/Gatzke Food Shelf open 8-10:30am

Sun | Dec 23
Grygla Lion's Club Christmas Eve dinner at Community Center 12-1:30pm

Mon | Dec 24
Senior Meals at Grain Bin Café 11am

Tues | Dec 25
Merry Christmas!



Read all about it with your Yearly Subscription

Rate increases effective Jan. 1st 2019
OR Subscribe now and save!
Local \$30 / 0.57¢ (Marshall & Beltrami)
Non-Local \$40 / 0.76¢
Snowbirds \$35
Website Only \$25 / 0.48¢
All Newsstands still \$1.00



The Goodridge Area Historical Society brings Christmas cheer to town! This photo was taken in Tvedt Park in Goodridge. We'd like to thank everyone for all the help and donations this past year, which helps with all of our projects.
Merry Christmas and Happy New Year!
-Goodridge Area Historical Society

Merry Christmas Northwest Minnesota

Merry Christmas to you and your family! I hope you have a joyous holiday season!

We're blessed to live in Northwest Minnesota—a place with caring neighbors, fantastic charitable organizations, strong schools, welcoming places of worship, and folks who make our communities a wonderful place to call home.

I also wanted to share during this holiday season how thankful I am to be representing the people and commonsense priorities of our area for another two years. It is an absolute privilege to serve you and advocate for the great people of Northwest Minnesota.

Happy Holidays!

Dan Fabian

Representative Dan Fabian

651-296-9635 or 888-727-0979

One of Us. Working for Us.

rep.dan.fabian@house.mn

Prepared and paid for by Fabian for Dist 1A, PO Box 10, Roseau, MN 56751

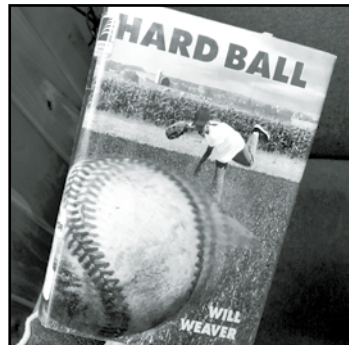
Notice

Steenerson Township Filing for Township Election notice is hereby given to qualified voters of Steenerson Township, Beltrami County, Mn.
That filing for Town Offices will be held for a two week period beginning Jan. 1, 2019 and closing Jan. 15th, 2019 at 5:00 pm. Filing fee is \$2.00.
Affidavits of candidacy shall be filed with the Town Clerk. Call Darlyne Roen to make an appointment 294-6505.
Offices to be filed for at the March 12th 2019 Township Election are Supervisor- 3yr. Term and Treasurer - 2yr. Term
Thank You
Darlyne Roen Town Clerk

NOTICE TO MARSHALL COUNTY TOWNSHIPS Holding March Elections

Filing Affidavits of Candidacy for township offices begins on Tuesday January 1, 2019 and ends at 5:00 p.m. on Tuesday, January 15, 2019, for the township election namely, March 12, 2019.
The offices open are a supervisor for a term of three years and a treasurer or clerk for a term of two years and any unexpired term.
The filing shall be with the township clerk at a reasonable hour. The clerk's office is closed on New Years Day. The filing fee is \$2.00.
Dated: December 10, 2018
Marshall County Assn. of Townships - Jill K. Hall, Secy.-Treasurer

GRYGLA LIBRARY LINK



Written by Kari Sundberg, Grygla Librarian

This week's book suggestion is a Young Adult novel for any junior high/high school boys (or girls!?) who want a great book to read (and who need to get their AR points for school)! I have this on the shelf at the Grygla Library so come and get it. It's called Hard Ball by Will Weaver and the summary is as follows:

The bad blood between Billy Baggs and King Kenwood runs deep. Deeper than the feelings they both have for Suzy Langen, the best-looking girl in the ninth grade. Deeper than both of them wanting to catch the eye of their baseball coach, or that of a few college scouts. The bad blood has been there for so long, no one is sure when it began.

After the horrible family tragedy on the farm, this year Billy's hoping he's finally getting his life back on track. And he is – until one summer night when his long-standing rivalry with King turns violent, shocking both boys' parents and the small-town community with its brutality.

Using baseball as his bargaining chip, Coach Anderson devises an extraordinary plan

to keep the peace between Billy and King. Resentful at first, then startled, both boys come to realize that the problems between them begin much closer to home – with their own fathers.

Filled with passions for baseball, family, and life, Hard Ball explores the mysterious complexities that exist between fathers and sons.

I think that sounds like a great read for some young adults over the Christmas break – what do you think!?

No other updates from the library this week. We'll be open as usual over the Christmas and New Year's weeks – Wednesdays from 2-6pm. I feel like I just decorated the library for Christmas and I soon have to take it all down. Time goes so fast...except for January through March. What is it with those three months!?! We'll just have to find some fun things to do at the library to make the cold days go by faster – like the "Hot Reads for Cold Nights" program, which begins in January. We just discussed the prizes at our last library meeting, but my mind is totally blanking on what they were! Oh well. You'll find out soon enough! Ha. Most of you are familiar with the way the program works – you put your name in the drawing for every book you read and you have a chance at some fun prizes! It's pretty user-friendly, as you can tell.

Alright, well, until next week...Merry Christmas to you all. I hope you have a wonderful long weekend that's filled with togetherness, laughter, appreciation and love.

DO YOU NEED A NEW SUIT TO WEAR?

Volunteer Firefighters



IF INTERESTED, PLEASE CONTACT:
GEOFF SATRE
AT 218-289-4601
OR
TRAVIS DOUGHERTY
AT 218-689-6733

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.

ASB AMERICAN STATE BANK
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
www.asbgrygla.com
201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328

ASB celebrates YOU this week

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.

Look for the Red Kettle

The Salvation Army of Marshall County appreciates the generous support from local communities over the past years. They work hard to assist individuals in our county with utilities, transportation, rental assistance, medical needs, unexpected emergencies, backpacks with school supplies, and food baskets. This can only be done with generous donations from individuals and organizations in our communities. The Red Kettle Campaign is used to raise funds for the needy in Marshall County, and the money that is donated in the kettles STAYS in Marshall County for the benefit of our area residents. Last year, \$3,497.57 was raised and there is another goal of \$3500 for this year. Please look for the Red Kettle in your community to donate.

- in Oslo at Frandsen Bank & Dahlstrom Motors
- in Warren at Bremer Bank, American Federal Bank & Frandsen Bank
- in Newfolden at Marshall County State Bank
- in Middle River at Border State Bank
- in Grygla at American State Bank
- in Argyle at United Valley Bank
- in Stephen at Koda Bank

Northwest Regional Transportation Coordination Council will host 3 public transit meetings in the region

The public meetings will be held at the Ada Event Center, 415 W Main, Ada, January 17th, Tri-Valley Bus, 1345 Fairfax Ave. Crookston, January 24th and the Karlstad Senior Center, 104 Main St. Karlstad, January 31st . All meetings will be held from 4:30 to 6:30pm. Tri-Valley Transit will provide free rides to the meetings. 1-800-201-3432

What is the NWRTOCC? The NWRTOCC consists of stakeholders from each of the Northwest Regional Development Commission's 7 county region. Counties include Kittson, Roseau, Marshall, Pennington, Polk, Red Lake, and Norman. The Board is interested in transit mobility to increase service efficiencies and availability in each of the 7-county region. The intent of the NWRTOCC will be improving mobility for "transportation disadvantaged" older adults, individuals with disabilities, individuals with low income, and/or military veterans. The RTCC wants to improve transit coordination throughout the region using a mobility manager to coordinate rides and act as a travel trainer teaching people how to ride the buses. The public is asked to come and learn more about the NWRTOCC and provide feedback on their transit experiences.

Pictured right: This is the 15th year that Bryan "The Grinch" Grove, President of American State Bank of Grygla, has been sharing the Grinch story with the Grygla Head Start and Kindergarten students!

Photo courtesy of Grygla School

May the light of Christmas shine in your hearts now & throughout the New Year!

Richards Publishing
The Leader Record • The McIntosh Times
The Oklee Herald • The Grygla Eagle newspapers



Congratulations to the Chargers boys and girls "C" teams, who both took 2nd place in the Roseau tournament last weekend. Boys photo courtesy of Roxann Coan; Girls photo courtesy of Bridget Paulson



A HIPPIE'S HEALTH

Written by Tara Waltman

Why I think the way I do... So I was recently thinking about why am I so passionate about health and wellness in a natural way? There have been a few experiences in my life that have made me think about things a little differently. These are just two experiences I can think of now, there may be more.

I was early on in my career of being a therapist and I witnessed a person go through adverse reactions from ECT (electroconvulsive therapy). This sends small electric currents through your brain intentionally causing a seizure. This method is used to treat mental health conditions - mainly major depressive disorder. I believe it is typically used to treat if people are not responding to any anti-depressants. So this client walked into my office (for intake, I believe) with a case manager. The client could barely talk because his jaw was locked and he was shaking. This was very scary and sad to witness! He had just had ECT. That is when I thought in my

mind there has got to be a better way...there has got to be something different.

With that said, I would also like to say there is a time and place for medicines and surgeries. I am thankful to have a C-section to get Waverly out safely and to keep me safe. I am thankful for the pain meds I had for after surgery. So there is a time and place.

The above story still makes me sad to this day. I also, early on in my career, built a rapport with this woman with Schizophrenia. We went for coffee and talked. She would respond to auditory hallucinations frequently. She was homeless and would carry all her bags with her. I believe that this was a life she was okay with. She was hospitalized and sent to the state hospital while I was working with her and I was part of the team that assisted in hospitalizing her. I went to see her in the state hospital.

You guys, one of the saddest things I have ever seen was what she was doing that day I saw her. Wow, did I feel the guilt! Do you know what a

polar bear does in captivity? It goes insane and does the same thing over and over again all day and night. Horribly sad. This is what this client was doing in the state hospital. She was walking around in the same circle over and over again. I had been a part of doing this to her. It was horribly sad and something I will never get out of my head. So was it better to get her hospitalized and on psych meds? I don't think so. With that said, I did not see if she had improved or what happened to her from there...so sad.

These are some of the reasons why I am so passionate about natural health. Stay tuned next week for a more personal story related to this!

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.



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

Vivify \viv-uh-fahy\
verb

1. To enliven; brighten;sharpen. 2. To give life to; animate; quicken

A Note from Principal Lunsetter's Desk

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."
~ Vince Lombardi

Lombardi has a great point here. There is always a price that we pay, and it's either on the front end or the back end. When we find success, generally, it's because we have laid the ground work first. We have put in time planning, preparing and working towards a goal. When we do this, we can be satisfied, no matter what the outcome is because we know that we've invested our time in a positive manner. When we don't put that time in ahead of time, we are often disappointed with our outcome. We blame others, or we blame circumstances. When we prepare, whether we win or lose, we can still find success, and we can still find things that we need to set new goals for. Have a great day today, and work towards a goal you have so you can find peace of mind.

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, L-R: Anna Sundberg and Ally Osse. Photo courtesy of Tausha Severts

DO IT YOURSELF

If you need to soften butter quickly but don't want to melt it.... Put boiling hot water in a glass to heat the glass. Dump the water out and flip it over your stick of butter. In a few minutes it will be softy soft to use! Tried and true...



SIMPLY DELICIOUS



By Kari Sundberg, Eagle Editor

Christmas Salad
Festive, fun and fresh describe this Christmas salad perfectly. It makes a perfect side dish to just about anything you'll be serving this holiday – it's full of flavor and texture and it's light, but filling. Plus, it can be made completely ahead of time. A mixture of shredded Brussels sprouts and kale provide the base for this salad – much more flavor than plain old lettuce.
To make this salad festive, add pomegranate arils. If you've never worked with a pomegranate before, don't worry it's actually really easy. Pomegranate arils are basically just the seeds of the fruit. These seeds are held in place by membranes, which are bitter, and dry, so removing the seeds

from the membrane is the best way to enjoy a pomegranate. (You can also buy them already out of the pomegranate in some grocery stores.)
For the salad
3 cups Brussels sprouts, finely shredded
3 cups kale, finely shredded
1 ½ cup pomegranate arils (you'll need to buy 2 whole pomegranates)
½ cup chopped almonds
3 slices cooked bacon, crumbled
¼ cup Parmesan cheese, finely grated
For the dressing
1 orange, zested and juiced
1 lemon, zested and juiced
1 teaspoon Dijon mustard
1 teaspoon honey
1 clove garlic, smashed
Salt & pepper
¼ cup extra virgin olive oil
Instructions
In a large bowl combine the Brussels sprouts, kale, pomegranate arils, almonds, bacon, and cheese; toss well. In a mini food processor or blender combine the orange and lemon zest/ juice, mustard, honey, garlic clove, salt & pepper and olive oil; pulse to combine. Toss the salad with the dressing and top with more cheese if desired. (You can make this salad in advance - just keep the dressing and the salad separate until you're ready to serve.)



The Grygla Elementary program was held Friday afternoon, December 14th. “Believe in the Magic of Christmas” was a great theme for the season. Pictured above are the 4th grade students playing on their Xylophones. *Photo by Grygla Eagle Newspaper*



Pictured are the K-5 graders, who sang ten Christmas songs for the audience! *Photo by Grygla Eagle Newspaper*



Ray Moe plays the bass guitar in the 5th-6th grade band. After the program, Santa visited the students! Pictured right is Grayson Berberena, son of Kaitlyn Olson & Joe Berberena. *Photos by Grygla Eagle Newspaper*



“A December Journey” was the theme of the Grygla 6-12 grade music program last week, December 10th. Directed by Gene Lunsetter, the show was a major hit with a lot of buzz going around about it! Pictured above: The high school woodwind players, left, and the junior high brass section, right. *Photos by Grygla Eagle Newspaper*



At the Grygla High School music program last week, while the high school students sang “Silent Night” the junior high students followed along in sign language, pictured below. *Photos courtesy of Grygla School*



Charger varsity basketball stats from last week

Girls basketball at Northland on Tuesday, December 11th

Sacred Heart over GG, 67-43

GG Points: Daria Waletzki 2, Amy Wiskow 3, Chloe Kuznia 2, Maloni Henrickson 2, Trinity Walseth 9, Morgan Burns 4, Maci Bakken 8, Vivian Coan 10, Mercedes Coan 4, Libby Johnson 8

Comments from Head Coach Elroy Johnsrud: We started off slow again tonight. It took a while to get our offense moving and being aggressive. Once we did that, we did a better job. The girls did a good job of making adjustments, but it was a little too late. We shot poorly from the outside again, but did a little better on the inside. We cut down on our fouls a little bit - that was good to see.

Boys basketball in Grygla vs. LOW on Thursday, December 13th

Chargers 71, LOW 30

Stats: Jake Tharaldson (22 pts, 3 reb), Jaden Kiesow (14 pts, 4 asst), Riley Manderud (9 pts, 2 asst), Hudson McMillin (8 pts), Kaleb Sjulestad (4 pts, 8 asst), Peyton Verbout (4 pts, 2 asst), Lucian Tinnes (4 pts, 4 reb), Moses Jensen (4 pts, 2 reb), Dylan Wold (2 pts, 2 asst)

Comments from Head Coach Andrew Sundberg: The Bears played us really tough for the first 6-8 minutes of the game, keeping it pretty even. Our bench did a great job of coming in and creating some turnovers and easy scoring opportunities. From there, we shot the ball really well and pulled away. We shot 65% from the floor tonight, which is by far our best shooting performance of the season. We played unselfishly and moved the ball well, highlighted by an 8 assist performance from Kaleb Sjulestad. Lucian Tinnes had a very active game under the basket, keeping offensive possessions alive for us. I was very pleased with our effort and concentration on the defensive end of the floor tonight as well.

Girls basketball at Northland on Friday, December 14th

Cass Lake Bena 59, GG 55

Points: Daria Waletzki 1, Amy Wiskow 6, Chloe Kuznia 2, Trinity Walseth 8, Morgan Burns 1, Maci Bakken 18, Vivian Coan 10, Libby Johnson 9

Coach Johnsrud's comments: We had a strong start to this game. We started on a

run, then they went on a run, and then it went back and forth. At the end of the game, we would get within 2 or 3 and they would hit a 3. They were a good shooting team. This was one of our better shooting nights also. We only shot three 3's and pounded the ball inside. Our outside shots haven't been falling, so we tried to get a lot from the inside. We ended up shooting 39 free throws. The girls were aggressive with our offense and on the press. The girls played well tonight.

Boys basketball vs. Northern Freeze in Grygla on Friday, December 14th

Freeze 44, Chargers 32

Stats: Jake Tharaldson (7 pts, 5 reb), Kaleb Sjulestad (6 pts, 4 reb), Hudson McMillin (5 pts), Riley Manderud (5 pts), Jaden Kiesow (4 pts, 5 reb), Moses Jensen (3 pts), Dylan Wold (2 pts), Peyton Verbout (2 asst, 4 reb)

Coach Sundberg's comments: This was a tough loss for the Chargers. We played hard and did a really good job of executing our game plan on defense, but our struggles on offense were too much to overcome. Hats off to the Freeze - they played excellent defense, only allowed us one shot per possession, and took away transition opportunities for us. It was a tight game throughout, but the Freeze played much better than us over the last 6 minutes and deserved the win.

Girls basketball at Northland on Saturday, December 15th

GG over Clearbrook/Gonvick, 50-35

Points: Amy Wiskow 3, Chloe Kuznia 1, Maloni Henrickson 2, Trinity Walseth 4, Morgan Burns 7, Maci Bakken 10, Vivian Coan 8, Mercedes Coan 2, Libby Johnson 11

Coach Johnsrud's comments: Two games in a row that the girls have played well. Once again we looked to score from the inside and pressure them full court. We started making our shots down low, and that helped us get confidence in our outside shooting. We got to the free throw line a lot and made a lot of them. At the end, the girls were able to handle the pressure they were giving us to try and catch up. We handled it well. They were patient until a scoring opportunity opened up and took it.



Above: Chase Manderud goes after the ball during the 7th grade game against Northern Freeze on Friday, December 14th. Right: Hudson McMillin puts up an easy 2-points against the Freeze in the Varsity game that same night. *Photos by Grygla Eagle Newspaper*



Jake Tharaldson, above, and Peyton Verbout, below, on defense against the Freeze in last Friday's game in Grygla. *Photos by Grygla Eagle Newspaper*



Grygla's blood drive brings in 46 volunteers

The Grygla Lion's Club hosted a blood drive with Vitalant, formerly United Blood Services, on December 5th at the Community Center, which helped collect a total of 39 units of blood and 1 unit of plasma for patients in need.

A total of 46 individuals volunteered and 37 individuals were able to donate at the blood drive. A total of 5 donors also came forward to donate Power Red Cells (2RBC), and there were 9 first-time donors.

Vitalant strives to keep a 5-day supply of every blood type on the shelf at all times to be able to meet the needs of patients across the region. Donations from O-negative donors, the universal blood type, are especially important this time of year due to increased accidents and trauma cases.

Vitalant is the only blood provider to nearly 70 hospitals across the region.

About 30 percent of Vitalant's blood supply goes to cancer patients across the region and one in seven people entering the hospital will need blood. Those relying on blood in the region receive that lifesaving blood from Vitalant.