



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Mostly Cloudy	Cloudy	Cloudy	Cloudy
H -20 L -37	H -7 L -13	H 11 L 7	H 30 L 6	H 9 L -4



A look at next week ... Goodridge High School crowns 2019 Snofest King & Queen!



This was one of the photos shared on the January 22nd, 2019, KVRr "Town of the Week" segment. A look at the downtown businesses in Goodridge. Photo courtesy of LakesnWoods.com

Goodridge named KVRr's Town of the Week

KVRr's Rob Kupec announced Goodridge, MN, as the first Town of the Week for 2019! Goodridge was up against Hannaford, ND, and received the most amount of votes at 2,094 to 2,030. The town was nominated by Kay Tesch, Benji Wilebski, Hogan Lundeen, Lacey Hruby, Carol Steuck and Danette Jensen. In the short news clip that aired on January 22nd, KVRr gave the following facts about Goodridge: With a population of approximately 130 people, Goodridge, MN, is off to the east of Thief River Falls

in Pennington County. It was incorporated in 1915 and named for the small ridge that runs through the area. It is the hometown of Roy Wiseth, State Senator, who served from 1955-1962 and home of the Chargers!

KVRr shared photos of the Goodridge Veteran's Memorial, the Charger's School sign, an old train photo and the depot, along with the Roy Wiseth sign and a look at the downtown businesses.



This photo was also shared on KVRr News, stating: Minnesota Northwestern Electric Railway Company train on the tracks between Thief River Falls and Goodridge in the 1930's. Photo courtesy of LakesnWoods.com

Back Breaker's Vintage Snowmobile Show and Ride



The 9th Annual Back Breaker's Vintage Snowmobile Show and Ride was held last Saturday, January 26th, in Grygla at Yo-Hawn's Bar & Grill. 25 sleds were entered in the show with a group of snowmobilers also enjoying a ride that left Grygla at 12pm and returned by 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 and Most Unique/Custom. Only 1979 and older chassis snowmobiles were eligible for trophies. (Photo above is courtesy of Justyne Klasen.)



Riders visited one of the warming shacks around Grygla on last Saturday's Back Breaker's outing. Photo courtesy of Hunter McMillin



Best Unrestored/Original went to Grygla 6th grader Payton Dougherty for his 1972 TX 340. Most Unique went to Lucas Miller (right) for his 1972 Colt 250. And Randy Larson (left) tied himself in Best Restored with two of his sleds - a 1964 Sno Traveler and a 1972 Star Fire. Photo courtesy of Dayle Larson

DNR to fly elk surveys in northwestern Minnesota

The Minnesota Department of Natural Resources will begin conducting aerial elk surveys by airplane 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.

"We will begin surveys once we receive several inches of new snow to help improve our ability to see elk," said Doug Franke, Thief River Falls area wildlife supervisor and elk survey coordinator. "Our goal would be to conduct the surveys during the first two weeks of February."

DNR pilots will use airplanes that fly low-level sur-

veys 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 Falls area wildlife office, 218-681-0946.

Questions about survey flights should be directed to the northwest regional wildlife office in Bemidji, 218-308-2680 or Thief River Falls area wildlife office in Thief River Falls, 218-681-0946.

26th Annual Grygla Cup

The Brian W. Olson Memorial Arena will house the 26th Annual Grygla Cup hockey tournament this weekend, February 1st-2nd. The event kicks off with a Friday evening game at 8:30pm. The round robin tourney will begin the next morning at 9am and feature six teams: Grygla Flames, Grygla Ice Devils, Williams Wolves,

Ross Rangers, Schooners and the Ice Holes.

The Grain Bin Caf  will have concessions available at the arena on Saturday.

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

Goodridge Snofest

Goodridge High School is holding their Snofest this week! Friday, February 1st, will be the day to celebrate with games beginning at 12:30pm in the gym and Coronation to follow at 3pm. Snofest attendants will

be announced prior to the Boys Varsity game that night; Chargers host KCC in Goodridge. The Snofest dance will follow that night from 9pm-12am; it's open to Goodridge and Grygla 7-12 grade students.

Saurdiff in the running for Minnesota Teacher of the Year

The 2019 Minnesota Teacher of the Year will be chosen from a field of 168 candidates. These candidates have accepted their nominations and completed the required materials to become eligible for the honor. The number of candidates this year is the third-most in the 55-year history of the award.

Betsy Saurdiff is up for this award representing the Goodridge School District.

This year's program will name the 55th Minnesota Teacher of the Year, celebrating the tradition of excellence in teaching in Minnesota. Candidates include pre-kindergarten through 12th-grade and Adult Basic Education teachers, from

public or private schools.

The 2019 Minnesota Teacher of the Year will be announced Sunday, May 5, at the Saint Paul RiverCentre. Over the coming weeks, a 25-member panel of community leaders will name a group of semifinalists and finalists.

Organized and underwritten by Education Minnesota, the Minnesota Teacher of the Year program receives support from Education Minnesota ESI, Educators Lifetime Solutions, EFS Advisors, Harvard Club of Minnesota Foundation, McDonald's Restaurants of Minnesota, SMART Technologies and United Educators Credit Union.

Iron Chargers gear up for state competition



Iron Chargers working on one of their robots at a recent competition. Photo courtesy of Grygla School

The Grygla Robotics Team 4149C is gearing up for their state competition that will be held this weekend, February 1-2, at River's Edge Convention Center in St. Cloud, MN. Unfortunately, Team 4149G were unable to receive an invite

to the state tournament this year. We wish the Iron Chargers good 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, Jan. 30:
6pm Grace Choir, 6:30pm Confirmation
Thursday, Jan. 31:
9am Quilting
Sunday:
Grace: 9am Worship
OS: 9:30am SS w/ 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Sunday:
Calendar N/A

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen
Ostercamp
Sunday:
Calendar N/A

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

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, Jan. 30:
Wed. School/Confirmation 5-7pm
Saturday:
Mt. Olive Worship 9am; LYS Ski Trip leaving OP at 8:30am
Sunday:
St. Petri: 8am Worship, 9:15am SS
OP: 9:15am Worship, 10:30am SS
Nazareth: 10am SS, 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

School Lunch Menus

Grygla Lunch Menu
Wednesday, January 30:
BBQ on a Bun, Potatoes, Vegetable, Fruit
Thursday, January 31:
Italian Spaghetti, Vegetable, Fruit, Garlic Toast
Friday, February 1:
Sub Sandwiches, Chips, Vegetable, Fruit
Monday, February 4:
Lasagna, Tossed Salad, Carrots, Applesauce, Peaches, Garlic Bread
Tuesday, February 5:
Chicken Patty on a Bun, French Fries, California Blend Vegetables, Pineapple, Applesauce

Goodridge Lunch Menu
Wednesday, January 30:
Turkey in Gravy, Mashed Potatoes, Steamed Carrots, Tossed Salad, Fruit Salad, Bread
Thursday, January 31:
Chicken Nuggets w/ Assorted Sauces, Corn, Tossed Salad, Apples, Oranges, Bread
Friday, February 1:
Meat & Cheese Sandwich, Steamed Rice, Carrots, Broccoli, Celery w/ Dip, Apple, Cookie
Monday, February 4:
Tacos w/ Lettuce & Cheese, Green Beans, Applesauce
Tuesday, February 5:
Hamburger Patty on a Bun w/ Topplings, Smile Fries, Tossed Salad, Mandarin Oranges

Public Notice of Request for Proposal
Independent School District #447 ("Grygla") requests proposals for group insurance coverage for the health plan year beginning July 1, 2019. Sealed proposals will be accepted in paper form until 5:00 pm central time on Thursday, March 21, 2019 at the Grygla Public School, PO Box 18, 114 N. Fladeland Avenue, Grygla, MN 56727. Copies of the request for proposal and exhibits may be requested from Superintendent Galen Clow at gclow@grygla.k12.mn.us, and will be sent electronically at no charge. District reserves the right to reject any or all bids and to waive informalities. District reserves the right to select the proposal which it determines to be in the best interest of the District.

Sjulestad receives degree from NDSU
Samantha Sue Sjulestad, Goodridge, MN, was among the students to graduate from North Dakota State University in fall 2018. NDSU awarded 982 degrees to students. Samantha is the daughter of Rick and Sue Ann Sjulestad and earned her BS in Psychology.
Carter among graduates
The Office of the Registrar at the University of Minnesota Crookston recently announced its list of fall 2018 graduates. Students completed their degree requirements during fall 2018. Fall graduates included Stacy Carter of Grygla, MN. She graduated with a Bachelor of Science in Applied Sciences.

Community Calendar

Wed | Jan 30
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Jan 31
Foot Care Clinic at Grygla Community Center 9am; GBB vs. Sacred Heart in Goodridge

Fri | Feb 1
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; Goodridge Snofest Coronation 3pm; BBB vs. KCC in Goodridge; Grygla Cup Hockey game 8:30pm; Snofest Dance for 7-12 grade at Goodridge School 9pm-12am

Sat | Feb 2
Grygla Cup Hockey Tournament beginning at 9am; GG 6th grade girls basketball tourney in Warroad (time TBD); Corey Medina & Brothers Band at Goodridge Municipal Liquor Store 8pm-12am

Sun | Feb 3
Snowmobile Safety at Grygla School 1-3pm; Super Bowl Party at Yo-Hawn's 4pm

Mon | Feb 4
Senior Meals at Grain Bin Café 11am; BBB 'C' team in Grygla vs. Warroad 4:30pm; GBB 'C' team in Grygla vs. Heritage 5:45pm

Tues | Feb 5
BBB at Roseau

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kids' corner

HEALTH FACT:
THESE, FOUND IN MANY FRUITS AND VEGETABLES, CAN HELP FIGHT DISEASE.

How they SAY that in...
ENGLISH: Body
SPANISH: Cuerpo
ITALIAN: Corpo
FRENCH: Corps
GERMAN: Körper

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: Evan Fish and Joseph Stinson. Photo courtesy of Tausha Severts

Yo-Hawn's inc. Bar & Grill Grygla, MN
BIG Football Party
SUNDAY FEBRUARY 3RD
(OPEN AT 12 PM)
PRE-GAME AT 4PM WITH TRIVIA, COMPLIMENTARY APPS, BEER BUCKET SPECIALS, MEAT RAFFLES, LARGE SCREEN TV PRIZES THROUGHOUT THE EVENING

Grygla Foot Care Clinic

North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:
Grygla Community Center: Thursday, January 31, 2019 at 9:00 a.m.
Please arrive 15 minutes prior to your scheduled appointment time.
The North Valley Public Health staff will soak feet and trim nails. The fee for this foot care service is \$20 per person.
The North Valley Public Health staff will do free blood pressure checks upon request.

LYO VALENTINE SUPPER
SUNDAY, FEBRUARY 10, 2019
Grace Lutheran Church at 6:00p.m.
MENU
Stuffed Pork Loin Chops
Garlic Buttered Parsley Potatoes, Seasoned Petite Green Beans
Fresh Garden Salad, Dinner Rolls
Assorted Desserts
Coffee & Milk
TICKETS \$14 PER PERSON
ONLY 100 TICKETS AVAILABLE UNTIL FEB. 3RD
Tickets may be purchased from any LYO member OR by contacting Ruth Anderson at 684-5895

Maze Craze
Can you find your way through the maze?
THIS DAY IN... HISTORY
JAN 29
1845: "THE RAVEN" BY EDGAR ALLAN POE IS PUBLISHED IN THE EVENING MIRROR IN NEW YORK.
1861: KANSAS IS ADMITTED AS THE 34TH STATE IN THE U.S.
1886: KARL BENZ RECEIVES A PATENT FOR THE FIRST SUCCESSFUL GASOLINE-DRIVEN AUTOMOBILE.

New word
NUTRITION
nourishment

Did you know?
APPLES ARE 25 PERCENT AIR, WHICH IS WHY THEY WILL FLOAT IN WATER. FRUITS AND VEGETABLES ARE AN IMPORTANT PART OF A HEALTHY, WELL-BALANCED DIET.

GET THE PICTURE?
Can you guess what the bigger picture is?

THIEF RIVER FALLS RADIO
KTRF AM 1230
KKAQ AM 1460
KKDQ FM 99.3
LISTEN LIVE
Chargers Basketball
Friday Feb 1st
Charger's Boys Basketball vs KCC in Goodridge (Snofest) on KKDQ

Grygla Elementary Intramurals

Grygla Elementary 4-6 grade Intramurals are held every Friday from 1:30-3:30pm. The games are open to all parents, grandparents, family and friends and will continue until mid-March. The February schedule is below, as well as the teams.
February 1
1:30- Retro Air Ballers vs. Golden Gophers; 2:00-Ballerz vs. Heat; 2:30-Heat vs. Golden Gophers; 3:00-Retro Air Ballers vs. Ballerz
February 8
1:30-Heat vs. Retro Air Ballers; 2:00-Golden Gophers vs. Ballerz; 2:30-Golden Gophers vs. Heat; 3:00-Ballerz vs. Retro Air Ballers
February 15
1:30-Golden Gophers vs. Heat; 2:00-Ballerz vs. Retro Air Ballers; 2:30-Ballerz vs. Golden Gophers; 3:00-Heat vs. Retro Air Ballers
February 22
1:30-Golden Gophers vs. Retro Air Ballers; 2:00-Heat vs. Ballerz; 2:30-Heat vs. Golden Gophers; 3:00-Ballerz vs. Retro Air Ballers

Ski trip being planned

The Goodridge Lutheran Parish is planning their annual youth ski trip to Buena Vista for Sunday, February 17. Leave time is 1pm from the Faith Church with a return time of 10:30pm. Cost per person is \$45, which includes ski rental, lift fee, transportation and snacks at the lodge. Please sign up for the trip no later than Tuesday, February 12, so transportation plans can be made. This trip is for 7-12 grade students. The bus will stop for supper at a fast food joint so youth will need to bring money for that expense.

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Chantal Grindeland is the winner of the Goodridge School District Spelling Bee with Paige Burns placing 2nd and Mimi Johnson placing 3rd. Chantal will move on to the Regional Spelling Bee to be held on Wednesday, February 6th, 2019, at 9:30am at Northland Community & Technical College in Thief River Falls. Winners from 22 schools will compete that day with the top our advancing to the Multi-Regional State Spelling Bee on Wednesday, February 20th, 2019, in Fergus Falls.
L-R: Mimi Johnson, Paige Burns & Chantal Grindeland. *Photo courtesy of Lacey Hruby*

DO IT YOURSELF

This week's DIY includes a couple of visuals for you. The first one, well, given the cold weather, it's pretty self-explanatory and more of a "do it at your own risk" type of thing.

The second photo shows an old book shelf repurposed into a baby closet/organizer, which is just too creative not to share with you – ALMOST as creative as the other photo.



Grygla Trap Team meeting

There will be a Grygla Trap Team meeting at the Grygla School on Wednesday, February 6th, at 7pm. There will be an estimated 21-22 shooters this year – discussion will include fundraising and Pheasants Forever raffle tickets will be handed out. That fundraiser goes from now until the end of April with proceeds going into the team's individual Midway USA endowment fund. The spring schedule will also be discussed at next week's

meeting. Goodridge estimates their Trap Team numbers to be around 16. The head coach for Grygla's team is Kenny Lunsetter; assistant coaches are Shannon Nelson, Trevor Kiesow and Tonia Haack. Tim Anderson is the head coach for the Goodridge team.

The Minnesota Clay Target spring league starts March 31st and goes through June 18th at the Trap Shooting Championship in Alexandria.

Grygla/Gatzke School Board approves December Minutes

Official Minutes
Thursday, December 20, 2018, 7:00 p.m.

Chairperson of the board Nicolette Leach called the meeting to order at 7:00 p.m. with Karina Tinnies, Charisa Limesand, James Verbout, Jeremy Rychlock, Andrew Oslund, Principal Lunsetter and Superintendent Clow present.

Pledge of Allegiance.

Motion by Karina Tinnies, second by Jeremy Rychlock, to approve the agenda as presented. Passed 6-0. Minutes of the 11/15/18 regular school board meeting were approved as printed. Motion by Charisa Limesand, second by Andrew Oslund, to approve payment of the bills check #36370 through check #36471 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund: \$214205.20 MSDLAF: \$1430417.43 Food Service: \$4755.17 Checking: 9782.10 Comm. Service: 0.00 Trust: 0.00 Scholarship: 0.00 Total: \$218960.37 Total: \$1440199.53

Student Report: Given by Bailey Watne and Courtney Vad. The robotics team is preparing for their upcoming tournament in Warren. They also competed in a tournament in Thief River Falls on November 17th, where the C team earned the Energy Award. The Student Council sold Candy Grams this week to spread Christmas Spirit. They also hosted a penny wars campaign to help a school in North Carolina hit hard by the hurricane. The seventh grade won the penny challenge with about \$120 in pennies. Courtney Vad and Bailey

Watne received superior ratings in choir solo contests. The band and choir concert that included a German, English, and American sign language version of Silent Night was also held recently. The 8th grade boys BB team defeated Roseau, Warroad and BGMR in the Roseau tournament. The high schoolers paired up with the elementary students on Tuesday and had a half day of games and craft making. The Senior High Choir performed at Digi-Key, and Digi-Key will donate \$500 to our music program.

Teacher Report: Given by Mr. Drew Kiono. The ECFE sleigh ride and craft night was held recently, with special thanks given to Walter Jones and Jim Carrier. Bryan Grove visited the Kindergarten classroom for his annual reading of "How The Grinch Stole Christmas." The K-6 students traveled to Falls Cinema to watch Mary Poppins Returns. Thank you to Jeff Lund and the crew at Falls Cinema for making this happen. The elementary music concert went extremely well. Jaden Kiesow was named Academic All-State in football and Lucian Tinnies received the 9-Man All-State award. Friday will be a half day of activities put on by the Student Council. The Senior Tea went extremely well. Thank you to Mrs. Nelson and her class for putting that together. Knowledge Bowl has started practicing and will be bringing 2 teams to Thief River for competition every Wednesday in January.

Principal Report: Presented by Mr. Lunsetter. Mr. Lunsetter stated that both the boys

and girls basketball teams are off to a slow start, but are going to be looking for a few more wins after the new year. Basketball scheduling for the 19-20 school year has begun. Mr. Lunsetter also presented information on the state mandated World's Best Workforce Report, and will present the report for approval later in the meeting. All Christmas programs went extremely well, in large part because of Mr. Gene Lunsetter's dedication to our music programs. Christmas break starts at 12:30 tomorrow and our first day back from break will be Wednesday, January 2nd. Staff sweatshirts will be in shortly after the new year. Mr. Lunsetter also briefed the board on our heating usage, pointing out the savings that we've had since doing the elementary renovations two years ago.

Superintendent Report: Mr. Clow reported that all is going well w/transportation, and there have been no major bus issues. Mr. Clow also stated that a yoga class may be available again in the spring, as well as a pottery class.

Motion by Karina Tinnies, second by Nicolette Leach to approve the 2018 pay 2019 Tax Levy at \$304,412.22. Passed 6-0. Motion by Jeremy Rychlock, second by James Verbout, to approve purchase of a 2019 Chevy Traverse for \$28,415 plus tax, license, fees. Passed 6-0. Motion by Andrew Oslund, second by Charisa Limesand to establish the Grygla Community Center as the combined polling place for the 2019 calendar year. Passed 6-0.

Volunteers needed for snowmobile race

The Goodridge/Gryla 500 USXC Snowmobile Race will be held February 9-10th. Volunteers are needed to help with set-up/autograph session on Friday, the race both Saturday and Sunday, and clean-up on Monday. For more information or to sign up, contact Nicole Kiesow at 218-686-7642.

Nicole provided the following rundown of the weekend: Friday there will be a meet and greet/autograph session at the Goodridge Liquor Store from 6-7pm. There will then be a spotter/volunteer meeting at the Hall when that is completed. Saturday, the race will start at 10am so people will need to be in town around 8am. Racing is done for the day about 3-4 pm. On Sunday, racing will start at 10am again with people arriving around 8am. Racing will go until about 3pm and awards will be about an hour after the race ends. There will be an estimated 125-150 individual racers that weekend.

Grygla City Council approves December minutes

The January meeting of the City Council was held at the Grygla Civic Building on Monday, January 14th. Council members approved the December minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

December 11th Minutes of the Regular Meeting of the Grygla City Council

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

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

TRAILER
Rocky to get some prices on steel and aluminum trailers.

SMALL CITIES PROGRAM
Wynne Consulting sent in a grant application for the city. If approved, there will be more work with the application process to be done by February.

WATER TOWER
Haven't heard anything on the grant application with PFA. KLM is interested in setting up a maintenance agreement with the city.

COMMUNITY CENTER
Possibly putting up a fence to collect aluminum cans to go toward CC expenses. Looking for other ideas for fundraising.

PLAYGROUND EQUIPMENT

Working on grant applications.

MOTEL
There is nothing new to report at this time.

BULK WATER METERING
There's nothing new to report.

SOUTH ADDITION
There is nothing new to report at this time.

TENNIS COURTS
Trying for a grant with Marshall County. Haven't heard anything from Dakota Fencing yet.

LOT 11 & 12 BLOCK 1 HYLLAND'S ADDITION
There is nothing new to report at this time.

APPROVE 2019 LIQUOR LICENSE FOR YO-HAWN'S
Council approved 2019 Liquor License for Yo-Hawn's.

FD RELIEF ASSOC TO RAISE BENEFITS TO \$300/YR
Council voted/approved to raise the FD Relief Assoc benefits to \$300/year. Currently, it's at \$250. Mosher agreed. Dunrud and Thompson abstained, due to being firemen.

GARBAGE CONTRACT
Council approved garbage contract with Spruce Valley Enterprises. Contract can be viewed online at City of Grygla website.

MARSHALL COUNTY FAIR DONATION
It was approved to donate \$250 to the Marshall County Fair.

CURB REPAIR ON FLADLAND AVE.
City will pay for the repairs to the sidewalk, since it was an engineering flaw with the Safe Routes to School project.

EXTRA MEETINGS
All had assessment meeting.

Motion by James Verbout, second by Jeremy Rychlock to hire Jason Kotrba as interim Junior High GBB coach. Passed 6-0. Motion by Charisa Limesand, second by Karina Tinnies to accept the resignation of Courtney Olson as JV GVB coach. Passed 6-0. Motion by Andrew Oslund, second by Jeremy Rychlock to approve the World's Best Workforce Summary as presented. Passed 6-0. Motion by Charisa Limesand, second by James Verbout to approve hourly pay adjustment for Collette Brobst to cleaner w/o boilers license, step 1-4 years experience, effective 1-1-19. Passed 6-0.

Motion by Charisa Limesand, second by Andrew Oslund to accept the following donations: \$50.00 Grygla Lions Halloween Carnival Donation \$75.00 Saurdiff Trucking Halloween Carnival Donation \$20.00 Carol Matz Halloween Carnival Donation \$10.00 Rose Hanson Halloween Carnival Donation \$37.34 Carter Torgerson Shop Class Donation Passed 6-0.

Trustee Reports: The board thanked Mrs. Nelson and her class for their great work on the Senior Tea. Chairperson Leach welcomed Clint Brobst and Tera Nordby to the board and wished them and the board the best of luck in the future. The Board recognized Nicolette Leach and Charisa Limesand for their years of dedicated service on the board. Their leadership will be missed.

Meeting adjourned at 7:41 p.m. Next school board meeting time and date: 1-17-19, 7:00 p.m.

Word of the Week

...enhancing vocabularies one Grygla Eagle at a time.

Lipogram

\lip-uh-gram, lahy-puh\ noun

1. A written work composed of words chosen so as to avoid the use of one or more specific alphabetic characters.

A Note from Principal Lunsetter's Desk

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door, that we don't see the one that has opened for us." ~ Alexander Graham Bell

This happens to so many people. They mark down dates on their figurative calendar of so many negative dates: the day a loved one died, the day a relationship ended, or they lost a job. Pretty soon, they have so many negative dates that there's no more room for the happy ones, and certainly no time to look for new or better opportunities that are waiting for them. On the other hand, there are others who never seem to have a bad day, and it seems like those are the same ones that seem to have a horseshoe in their back pocket. Their outlook on the world is different. They embrace challenges and eagerly accept the opportunities in front of them. It's ok to remember the bad days too, but we certainly don't need to celebrate them. Start adding positive things to your calendars. Celebrate the time you have with the people around you and appreciate all the blessings that we have, and keep your heart, mind and eyes open to new opportunities.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Lasagna Soup

For those of you who pay attention, you'll know that I've shared this recipe before. It's one of my all-time favorite soups, but beings "National Soup Month" ends January 31st, I just had to share it with you again. Soups are such a cozy way to warm up and this week's weather might be just the right time to make it. The recipe may look a little daunting due to the long list of ingredients, but a lot of it is pantry staples you likely already have.

Ingredients
2 tbsp olive oil
1 lb. ground beef
Onion, to taste
Garlic, to taste (approximately 5 cloves minced)
4.5 cups chicken broth
1 can diced tomatoes
1 can crushed tomatoes
2.5 tbsp. tomato paste
1 ¼ tsp basil
¾ tsp. oregano
½ tsp. rosemary
½ tsp. thyme
2 tbsp. parsley (to garnish each bowl)
1.5 cups shredded Mozzarella
½ cup finely shredded Parmesan
8 oz. Ricotta
8 lasagna noodles, broken into bite size pieces (I use more than 8.)

Instructions
Heat one tablespoon olive oil in a large pot over medium-high heat. Once hot, crumble beef into pot, stirring occasionally until browned. Drain fat from beef and set beef aside. Heat remaining 1 tbsp olive oil in pot, add chopped onion and saute until it begins to soften, about 3 minutes. Add in garlic and saute 30 seconds longer.

Pour in broth, diced tomatoes, crushed tomatoes, tomato paste and herbs. Bring to a boil, then reduce heat, cover and simmer 20 minutes. Meanwhile cook pasta according to package instructions. In a mixing bowl, using a fork, stir together mozzarella, parmesan and ricotta.

Add cooked pasta to soup and thin soup with a little more broth if desired. Stir together cheeses then serve soup with dollops of the cheese mixture.

Notes:

If you plan on serving the soup right away you can also just simmer the noodles with the soup. Add 1 extra cup of broth or water to make up for what the noodles will absorb. They'll likely take about 12 – 14 minutes to cook with soup.

You can use half ground sausage - half beef. You can also use ground turkey to cut fat.



A HIPPIE'S HEALTH

Written by Tara Waltman

Ever feel like you need more vitamins? Not getting enough nutrients during the winter months? I find I don't eat as many veggies in the winter as I do in the summer. I had pizza last night and a beer. Then I was thinking I need some vitamins. My body was craving it. Has anyone else experienced this?

My friend gave me this idea the other day. I drink Balance Complete supplement with Young Living. It's a meal replacement. I love food and I am pretty much always hungry. Seriously. So I still eat food and then have Balance Complete, too. My friend gave me the idea

to add a drop of orange vitality oil to it. Omg. Yum! It was a healthy dreamsicle! It was so good. I'm definitely having that again. It's a nice little dessert actually and then I didn't feel as guilty for not eating as healthy. Win win!

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.

February WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of February 2019.

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 4: Newfolden, Evangelical Free Church

Tuesday, February 5: Hallock, Kittson County Courthouse

Wednesday, February 6: Warroad, Community Center

Thursday, February 7: Red Lake Falls, Community Center (City Building)

Monday-Friday, February 11-15: Thief River Falls,

Redeemer Lutheran Church
Monday, February 18: Warren, Evangelical Covenant Church

Tuesday, February 19: Karlstad, First Lutheran Church

Wed-Thurs, February 20-21: Roseau, LifeCare Medical Center Basement Auxiliary Room

Tuesday, February 26: Grygla, Grace Lutheran Church

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.



Chargers Girls Basketball Parent's Night
Parent's Night was held for the Chargers Girls Basketball team last Friday night, January 25th, in Goodridge vs. RLF. The GG Varsity team, coached by Elroy Johnsrud, lost 53-68. Seniors and their parents were recognized on the floor prior to the game. L-R: Libby Johnson with her parents, Jeremy and Karey Johnson; Mercedes Coan with her parents Robert and Deanna Coan; Manager Andy Jones with his mom Toni Jones. *Photo courtesy of Deanna Coan*

Last week's Chargers varsity basketball stats

Tuesday, January 22nd
Boys Basketball at Baudette GG 73, LOW 48
Stats: Jake Tharaldson (20 pts, 10 reb, 3 steals), Hudson McMillin (15 pts, 5 reb), Riley Manderud (8 pts, 3 reb), Peyton Verbout (6 pts, 2 assts), Kaleb Sjulestad (6 pts, 7 reb, 7 assts), Jaden Kiesow (5 pts, 7 assts), Moses Jensen (4 pts, 3 steals), Aaron Jones (4 pts, 2 reb), Dylan Wold (2 pts, 2 assts), Ian Haugen (2 pts), Payton Grandstrand (1 pt), Lucian Tinnies (4 reb)
Coach's Comments: Lake of the Woods is much improved since our first meeting in December. It was a very even game for much of the first half, until we went on a run to finish the half to take a 33-21 half-time lead. I was very pleased with our offensive rebounding to get extra opportunities, because we were having a hard time with their zone. In the second half, we did a very nice job of moving the ball and attacking their zone and pulled out to a more comfortable lead. Our guards did a great job creating turnovers and transition opportunities. We made a lot of extra passes to get teammates great shots. At the end of the game, our younger players did a great job of finishing the game out.
Tuesday, January 22nd
Girls Basketball at Oklee RLCC 72, GG 47
GG Points: Daria Waletzki 5, Amy Wiskow 3, Chloe Kuz-

nia 7, Maloni Henrickson 2, Morgan Burns 2, Maci Bakken 9, Vivian Coan 13, Mercedes Coan 3, Libby Johnson 5
Coach's Comments: In the first half, they couldn't miss a shot, and we couldn't make a shot. They outscored us 36-13. Our defense got a little sloppy and we weren't going to get the ball when we needed. Second half we played well. We were going after the ball a little better and shots started to fall. We scored 34 points in the second in the half.
Friday, January 25th
Boys Basketball at Greenbush BGMR 71, GG 52
Stats: Kaleb Sjulestad (12 pts, 6 reb), Peyton Verbout (10 pts), Hudson McMillin (10 pts, 5 reb, 2 asst), Lucian Tinnies (7 pts, 4 reb), Riley Manderud (5 pts, 7 reb), Levi Kiesow (3 pts), Jake Tharaldson (2 pts, 5 reb), Preston Panek (2 pts, 2 reb), Jaden Kiesow (1 pt, 5 reb, 3 asst), Dylan Wold (2 reb, 2 asst)
Coach's Comments: I was very proud of the Chargers' effort tonight. We came out ready to play and gave the Gators a pretty competitive game for most of the night. The players matched the physicality of the Gators and played with intensity. We trailed by only 7 points at halftime, 25-18. In the second half the game became a little more fast paced, and our defense wasn't quite as good. The Gators took their game

up another notch and made a run which allowed them to pull away. They are a very good team, but we gave them a battle.
Friday, January 25th
Girls Basketball in Goodridge vs. RLF (Parent's Night) RLF 68, GG 53
GG Points: Amy Wiskow 5, Chloe Kuznia 16, Maloni Henrickson 4, Morgan Burns 2, Maci Bakken 4, Vivian Coan 15, Mercedes Coan 4, Libby Johnson 2
RLF Points: Makenzie Williams 7, Hollie Knott 10, Brooke Knott 2, Mya Seeger 2, Olivia Bulger 9, Clara Girdler 9, Katrina Olson 2, Sienna Olson 15
Coach's Comments: Varsity came up a little short tonight, but it was a fun night of basketball in Goodridge. There was a pretty big crowd and they were loud. JV went into double overtime and won. The Varsity is closing a lot of gaps on teams that we played in the beginning of the season. We did good tonight, but committed too many fouls again. We had a lot of girls in foul trouble and lost a player to injury for the game. Mercedes, Chloe, and Amy did an awesome job of handling the pressure and getting our offense set up. The bottom girls did a good job of getting the wings open. The girls keep fighting and it's showing.



Ava Sorvig goes up against a Clearbrook/Gonvick Bears player in last Saturday's Snowflake Tournament that was held in Clearbrook. The 6th grade girls played three games, winning one and losing two. They are coached by Ryan Kriel and Jason Salo. The team heads to Warroad this weekend for a Saturday tournament. *Photo by Grygla Eagle Newspaper*

1972 Colt 250 wins "Most Unique"



The 1972 Colt 250 pictured above belongs to Lucas Miller of Goodridge. Miller entered the sled in the Back Breaker's Vintage Snowmobile Show last Saturday in Grygla and was awarded a trophy for "Most Unique" at the show. For more information, see front page. *Photo by Grygla Eagle Newspaper*

Arts Legacy Grants have March 1st deadline

Applications are open for Arts Project Grants and Arts Legacy Grants. Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties. The deadline to apply is March 1.

Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding can be used for Arts Projects, Arts Equipment, General Support, Public Art Projects and Arts Events in northwest Minnesota. These grants are up to \$10,000 with a required cash match.

Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000.00 with a required cash match.

Applications funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at mara@nwrdc.org or call 218-745-9111.



Mercedes Coan puts up two of her four points in last Friday's home game. *Photo courtesy of Deanna Coan*



Vivian Coan had 15 points in the game against RLF last Friday night. Chargers lost 53-68, but head coach Elroy Johnsrud said it was a fun night of basketball with a big and loud crowd! *Photo courtesy of Deanna Coan*



Pictured above is Morgan Burns, below is Daria Waletzki. These photos were taken by Deanna Coan during the Varsity game against RLF last Friday night in Goodridge, which was Parent's Night!

