



Today
Snow
H 11 L -8

Thurs
Partly Cloudy
H 8 L -12

Fri
Partly Cloudy
H 9 L -9

Sat
Partly Cloudy
H 12 L -8

Sun
Partly Cloudy
H 8 L -9

Wednesday, February 13, 2019

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 33

A look at next week ... Fourn town/Grygla Sportsman's Club holds 2nd Annual Fun Run with area stops.

Grygla Coop will close its doors this spring, public encouraged to attend Annual Meeting



At their last Board meeting, it was decided to close the Grygla Coop for the financial betterment of Farmer's Union Oil Company. A smaller selection of groceries will soon be carried at the Cenex station. *Photo by Grygla Eagle Newspaper*



Written by Kari Sundberg, Eagle Editor

"Change is hard," stated Brenda Mosher, General Manager of the Farmer's Union Oil Company in Grygla. "And not always well received," she acknowledged.

The Grygla Cooperative Company became official on August 4, 1910. Serving the area for well over a hundred years, the first Board of Directors had a lot of decisions to make, undeniably. With roads not yet fully constructed, supplies hauled in by horse-drawn wagons, no electricity or modern equipment, the shelves at the Grygla Coop were not always well stocked, but essentials were always available to the community. Between branches opening (Malcolm

1914) and branches closing (Carmel 1916), the Board faced some hard decisions in those early years.

The vote to buy and install electricity came at a meeting in March of 1917. A remodel project was presented and passed years later with a new brick building erected in 1932. In 1947 another remodel was done to make self-service available in the grocery department. A few years down the road a new hardware department was added (1951). A bigger change came in 2013 when Farmer's Union Oil Company purchased the company and began their ownership with a new Board of Directors in place to make decisions.

To say the Grygla Cooperative Company has undergone

changes over the course of its operation would be an understatement.

Nonetheless, our Coop on the corner has been a significant part of Grygla; it always has been, but it no longer will be. And with its service to our town for more than a century, it's only natural to feel skeptical or somber about the upcoming changes. However, just like the first Board of Directors way back when, our current Board is also making decisions they feel will best suit our community at this given time.

Owning and operating the Coop since April 1st, 2013, Farmer's Union Oil Company took over the struggling business as a service to our community. Brenda Mosher, General Manager, says, "We really wanted to make it work. We did. We just can't make a profit off it."

At their last Board meeting, it was decided to close the Grygla Coop for financial reasons. Board members include Dallas Diesen, President; Gary Satre, Vice President; Mike Hanson, Secretary; Darwin Klamar

and Gary Polansky, Directors. Mosher says the Board is all on the same page with feeling good about this decision and wanting to protect the stock of Farmer's Union. "We just can't make a profit and afford to pay out our stocks and dividends," she pointed out. "We don't have enough revenue so the Board decided that we, as a company, are strong, but we can't be losing money; we have to get our financial needs in line," she addressed.

While remodel jobs inside and out have been taking place at the Coop Store over the last few years, costly repair jobs are still necessary to the building which include the air conditioning system and the roof. With plans of closing the building sometime this spring, the merchandise inside will be moving across the street to the Cenex station.

"We're really excited about the changes in here," Mosher expressed. If you've been on the inside of the station you've probably noticed the transformation. The shop portion has been reduced in size allowing for a new hardware section to fill the space. A new deli/food counter will be separating the grocery section from the hardware department, and sometime this summer, outdoor changes will be taking place, as well. The underground tanks need to be replaced; the above ground pumps will also be moved in order to accommodate bigger rigs like boats and campers.

Everything inside the station has been measured and planned out to accommodate a variety of groceries that will include cooler items, such as fruits, vegetables and frozen goods. Mosher did say the number of brands will be reduced to 1-2, but feels certain shoppers will still be satisfied with the selection available.

Mosher hopes that Grygla community members will welcome the changes and remain positive about everything taking place.

The Farmer's Union Annual Meeting is set for Monday, March 25th. Community members are encouraged to attend this meeting where a lot of questions will be answered, including the financial aspect of the company. "This is going to be a great Annual Meeting. Our Board will be presenting to attendees, along with one of our financial representatives being present that afternoon," Mosher said. She added that the group is prepared for negative feedback, but hopes people walk away feeling good about this decision.

You are invited to attend the FOU Annual Meeting on Monday, March 25th, with a dinner being served at 11am and the meeting to follow at 1pm. Mosher concluded, "We hope everyone comes to hear about the exciting changes taking place. We will still be providing for the people while focusing on the financial betterment of Farmer's Union."



Daria Waletzki, left, and Maci Bakken. *Photo courtesy of Daria Waletzki*

GHS Juniors collect donations for Children's Hospital

Maci Bakken and Daria Waletzki, Grygla High School Juniors, have begun a school project where they are organizing a toy drive and collecting donations for the Gillette Children's Hospital in St. Paul, Minnesota. The two plan to hand deliver the donations and tour the facility sometime this spring and said, "We want to show that even coming from a small community you can make a big difference."

New toys and monetary donations are being accepted. Toys can be dropped off from now through March at the Grain Bin Café, Grygla Coop Store, American State Bank of Grygla and Yo-Hawn's Bar & Grill. Maci and Daria will also have drop boxes for their toy drive at upcoming home basketball games. If you have a monetary donation, please get in touch with either of the girls at the Grygla School.

To comply with infection prevention protocols and to promote safety, the Gillette Children's Hospital requires that all items must be brand new with tags. Toys and games must have non-fabric, washable surfaces. Toys must be latex-free. Items made of soft rubber or other balloon-like rubber material can trigger serious allergic reactions in their patients.

Here is a list of items that can be accepted:

Games
Bop-It, Candyland, Chutes & Ladders, Checkers, Connect Four, Guess Who, Jenga, Apples to Apples (original and junior), Sequence, Monopoly, Playing card games, Sorry, Trouble, Yahtzee, Heads Up

Preschoolers
Plastic baby dolls, puzzles (4-25 piece), Fisher Price people and vehicles, Matchbox cars, Play-Doh and Play-Doh toys, Mr. and Mrs. Potato Head, Trains/Trucks/Tractors, Small Vehicles

School-Age
Action Figures, Barbie dolls and clothes, Lego sets, Craft kits, Flavored Lip Balm, Magna Doodles, Plastic animals and dinosaurs, Science related projects, Trains

Distraction & Therapeutic

Band-Aids (latex free; kid designs), Bubbles, Medical play kits, glitter wands, liquid wave toys, light-up toys, magic eye books, plastic slinkys, silly putty, sound books, stress balls, spaghetti balls, jingle bells, egg shakers

Infants/Toddlers
DUPLU blocks, tiger mobile by Kaplan, rattles/small infant toys, shape sorters, musical toys

Academics, Arts, Athletics Banquet



L-R: Triple A winners Cheyenne Irlbeck, Lucian Tinnes and Mercedes Coan at the banquet in Mahanomen last week. *Photo courtesy of Deanna Coan*

The 2019 Region 8A Awards Banquet for the Triple A recipients was held last week on February 6th at the Shooting Star Casino & Events Center in Mahanomen. Awarded from Grygla was Lucian Tinnes and Cheyenne Irlbeck. Sub-Section 32 girls also included Mercedes Coan from Goodridge High School.

The purpose of AAA is to recognize and honor high school seniors who have ex-

celled in the classroom, on the athletic field and in the arts. The purpose is also to elevate academic standards and create greater awareness of League-sponsored activities and their values, and to provide member schools of the League with the opportunity to participate in a statewide program that supports, promotes and recognizes academic and extra-curricular achievements.



Pictured above is where the new grocery section will be located in the Farmer's Union Cenex station. Below shows where part of the shop has been closed off to make room for the new hardware section in the building. *Photos by Grygla Eagle Newspaper*



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Feb. 13:
6pm Grace Choir, 6:30pm Confirmation, 8pm Grace Council
Thursday, Feb. 14:
9am Quilting, 1pm Grace Circle
Sunday:
Grace: 9am Worship
OS: 9:30am SS w/ 10:30am Worship

GATZKE-THIEF LAKE LUTHERAN PARISH
United – Gatzke; Our Savior's – Thief Lake
Wednesday, Feb. 13:
United Council 6pm
Sunday:
OS: 9am Worship, 10am SS
UL: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, Feb. 13:
Breaking Free Women's Bible Study 7pm at Faith
Sunday:
Bethany: 8:30 Worship, 9:45 SS
Ekelund: 8:30am SS, 9:45am Worship
Faith: 11am Worship, No SS, 1pm Ski Trip
Monday, Feb. 18:
Mission Monday & Quilting at Faith 9am

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Adam Hamness
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, Feb. 13:
Wed. School/Confirmation 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

LIBERTY CHAPEL
Grygla
Sunday:
9:30am Worship

School Lunch Menus

Grygla Lunch Menu
Wednesday, February 13:
Cheese Pizza, Vegetable, Fruit
Thursday, February 14:
Hot Dog on a Bun, French Fries, Carrots, Pineapple, Pears
Friday, February 15:
Tomato Soup, Toasted Cheese Sandwich, Vegetable, Fruit, Crackers
Monday, February 18:
No School
Tuesday, February 19:
Corn Dog, Baked Beans, Baked Potato, Pears, Mandarin Oranges

Goodridge Lunch Menu
Wednesday, February 13:
Turkey on a Bun, Chicken Vegetable Soup, Crackers, Broccoli & Celery w/ Dip, Banana
Thursday, February 14:
Italian Dunkers, Cheesy Buns, Green Beans, Tossed Salad, Apples
Friday, February 15:
No School
Monday, February 18:
No School
Tuesday, February 19:
Peperoni Pizza, Garden Salad, Corn, Peaches

Grygla Fire & Rescue holds Blood Drive

Grygla residents, start gearing up for another blood drive that will help prevent possible blood shortages throughout the winter. To make sure there's a dependable blood supply locally, the Grygla Fire & Rescue Department has teamed up with United Blood Services in scheduling a community blood drive. The life-saving event is on for this Wednesday, February 13th, from 12:15-6pm at the Grygla Community Center. For an appointment contact Paul Nordby at 294-6547.

Those who are out and about, and are feeling well, are invited to stop by the blood drive and donate blood. United Blood Services provides a free cholesterol screening with each donation. Volunteer blood donors must be at least 16, weigh a minimum of 110 pounds and be in good health. Donors who are 16 and 17 must have signed permission from a parent or guardian.

Lion's Potato Klub night

The Grygla Lion's will be holding their February meeting on Wednesday the 20th at 6pm at the Grygla Community Center. This is the annual Potato Klub night where Wamnaska, Warroad, Roseau and Goodridge Lion's Clubs will be attending, as well.

Community Calendar

Wed | Feb 13
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Blood Drive at the Community Center 12:15-6pm; Grygla Library open 2-6pm; February Senior Birthday Party at Grain Bin Café 2:30pm

Thurs | Feb 14
Happy Valentine's Day!

Fri | Feb 15
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm; BBB 'C' game vs. Warroad in Grygla 4:30pm; GBB vs. RLCC in Goodridge (JV at 6pm, Varsity to follow)

Sat | Feb 16
Fourtown/Grygla Sportsman's Club Fun Run 12pm; Alumni Basketball game in Goodridge 3pm

Sun | Feb 17
Goodridge Lutheran Parish Ski Trip departs at 1pm

Mon | Feb 18
No School; President's Day; Senior Meals at Grain Bin Café 11am; GBB vs. Northern Freeze in Grygla; BBB 'C' game vs. Sacred Heart in Goodridge 4:30pm

Tues | Feb 19
Grygla Merchant Meeting at Grain Bin Café 12pm; GBB vs. Fertile/Beltrami in Goodridge

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kids' corner

ANIMAL FACT:
MANY OF THESE ANIMALS DO NOT MIGRATE IN THE WINTER. INSTEAD, THEY RELY ON THE HELP OF HUMANS TO SURVIVE.
ANSWER: BIRDS

How they SAY that in...
ENGLISH: Wing
SPANISH: Ala
ITALIAN: Ala
FRENCH: Aile
GERMAN: Flügel

GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

This week I want to talk about an outdoor adventure book. The topic came to mind for a few different reasons. So last night, we were talking about my husband's favorite book. I've never read it, but maybe some of you have?

The Call of the Wild by Jack London.

We had an old, tattered, beat-up copy of this book sitting on our book shelf for years. In one of my "I need to go through the house and get rid of everything that doesn't bring me joy" moments...I tossed it in a garbage bag meant for the dump. The book didn't bring ME joy so I was going to toss it without even considering the joy it possibly brought to anyone else in the house. (I'm selfish and/or OCD like that, but I'm trying to work on it.)

Anyway, because I have a habit of throwing things at any given moment, Robert is basically trained to go through any and all garbage bags before he brings them to the dumpster.

The day he found his Call of the Wild book in the trash was not a good day to be me.

I had no idea how much he loved this book and that he has read it a couple dozen times over the course of his life. I don't think it has a book jacket on it, so maybe I didn't even realize what the book really was; I don't know.

Regardless, it got taken out of the garbage bag and placed next to the safe in the basement. NO. I think it's actually IN the safe because I'm not seeing it down there. I just went and looked, hence the reason I have no photo of it to go along with this article.

But we were just talking about the book again last night and it made me wonder what it's even about so I googled it; it's no wonder Robert loves it.

The Call of the Wild was originally published in 1903. The story is set in the Yukon during the 1890's Klondike Gold Rush – a period when strong sled dogs were in high demand. The novel's central character is a dog named Buck, a domesticated dog living on a ranch in California. Stolen from his home and sold into the brutal existence of an Alaskan sled dog, Buck is forced to adjust to, and survive, cruel treatments and fight to dominate other dogs in a harsh climate. Eventually he emerges as a leader in the wild. The short story is told primarily from the dog's point of view.

One review online said that Jack London portrays this novel in a way that makes you feel the bite of the wind-blown snow and the oppressive weight of the darkness that surrounds a campfire at night. You can hear the mournful howl of the wolves and the wail of the wind.

I know Robert wouldn't use those exact phrases while describing this book to me, but knowing him, I'm sure a setting like that definitely contributes to why he enjoys it so much.

So guess what I'm going to do? After the kids go to bed tonight, instead of catching up on the DVR, I'm going to open The Call of the Wild and start reading it. "IF" I can be trusted with the coveted copy that's currently under lock and key.

Do any of you have an all-time favorite book like this? Maybe a few of you even consider THIS book to be your all-time favorite...

USDA funding available

USDA Rural Development has funding available for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

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 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: Pennington, Marshall, Red Lake, Roseau, Kittson & Polk counties; please contact USDA Rural Development at 201 Sherwood Ave. S, Thief River Falls, MN 56701 or 218-681-2843 x 4. You can also visit USDA's website at www.rd.usda.gov/mn.

Annual "Feed My Starving Children"

(Submitted) The Annual "Feed My Starving Children" Bagley food packing event date is May 14-15, 2019. At the 2018 event, approximately 800 volunteers packaged 147,744 meals. This NW MN 15-county humanitarian aid event is life-saving as UNICEF estimates about 6,000 children die daily from starvation worldwide.

Donations pay for the \$0.22 meals that volunteers pack-

age. Donations need to be in my March 20, 2019. To donate, please call 218-766-8176. To volunteer to package for one or more 2-hour shifts, please call the number above beginning March 1st. With volunteer groups, only the group leader needs to call. Any teachers are also welcome to bring students/ classes. For questions or more information, call 218-766-8176. Choose love – help save lives!

Creative Coloring
Celebrate birds and birdfeed. Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- 1790: THE RELIGIOUS SOCIETY OF FRIENDS, ALSO KNOWN AS QUAKERS, PETITIONS U.S. CONGRESS TO ABOLISH SLAVERY.
- 1929: THE LATERAN TREATY IS SIGNED, AND ITALY RECOGNIZES THE INDEPENDENCE AND SOVEREIGNTY OF VATICAN CITY.
- 1990: BUSTER DOUGLAS, A 42-1 UNDERDOG, KNOCKS OUT MIKE TYSON.

New word

TWEET

the chirp of a small bird



A Special Tribute To America's Presidents

In 1927, Sculptor Gutzon Borglum began carving the faces of George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt out of a mountain of granite in South Dakota

In 1941, Mount Rushmore National Memorial was completed. Each February, on Presidents Day, we honor all who have served as President of the United States.

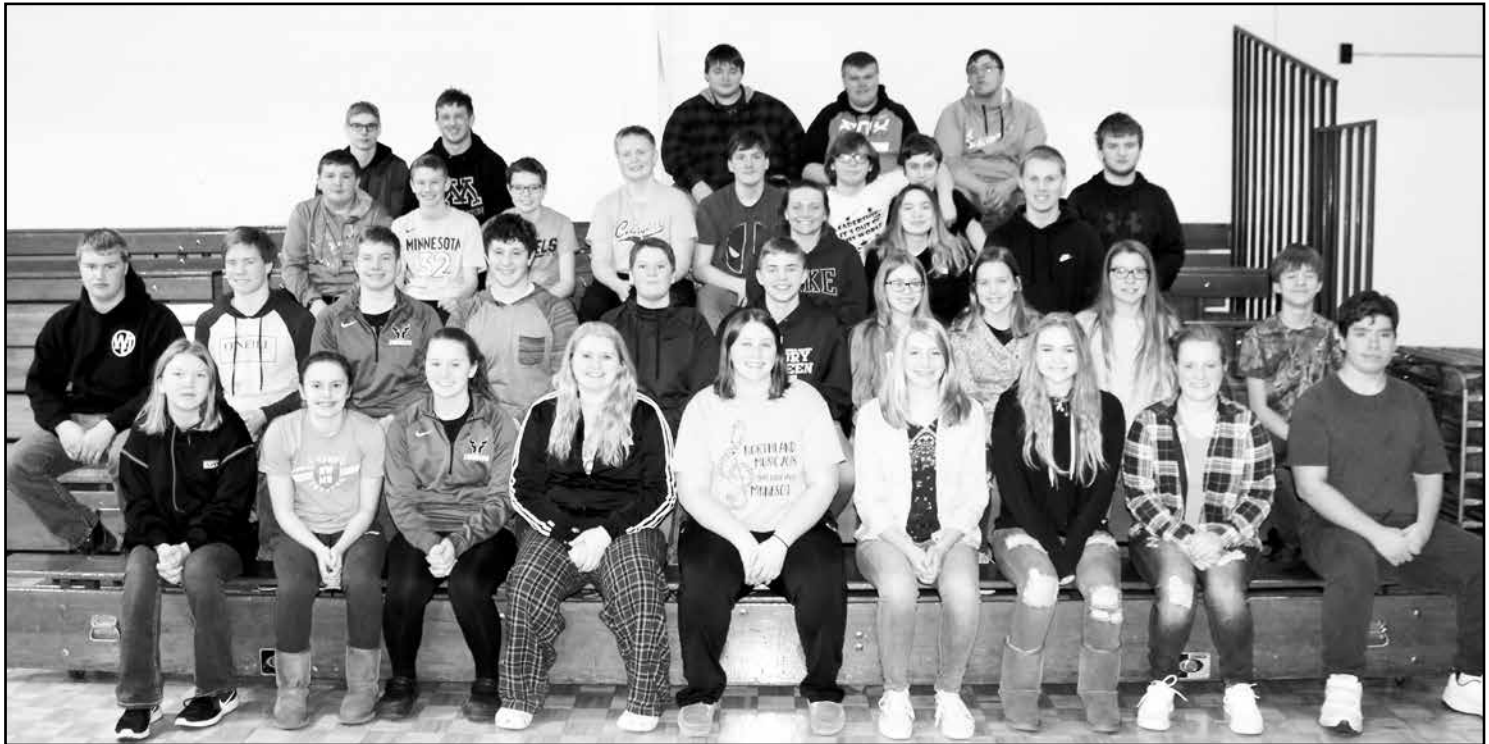
American State Bank will be closed all day, Monday, Feb. 18, 2019 in observance of Presidents' Day

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Grygla High School 2nd Quarter “A” Honor Roll
Front row, L-R: Justin Thompson, Mya Anderson, Sarah Suchoski, Bailey Watne, Maci Bakken. Back row, L-R: Kia Klein, Madison Cullen, Katelyn Larson, Hailey Knutson, Gracie Lunsetter, Chelsie Nelson. *Photo by Grygla Eagle Newspaper*



Grygla High School 2nd Quarter “B” Honor Roll
Front row, L-R: Chloe Osse, Chloe Kuznia, Jamie Dougherty, Layla Jelle, Abby Kiesow, Elise Monson, Brigitte Watne, Courtney Vad, Gavin Skime. Row 2, L-R: Walter Jones, Nolan Anderson, Levi Kiesow, Jared Haack, Eli Sundberg, Lewis Jones, Molly Cullen, Callie Loken, Ellie Sabourin, Tatum Carrlson. Row 3, L-R: Andrew Englund, Blake Rychlock, Sheldin Sundberg, Reece Sundberg, Anthony Englund, Riley Saurdiff, Zoey Fish, Tre Alten, Jackson Grossman, Avery Moe, Clayton Suchoski. Back row, L-R: Jaden Kiesow, Peyton Verbout, Keyton Klein, Evan Englund, Ethan Englund.
Not pictured: Taylor McManus, Ahna Stanley, Evan Fish, Cheyenne Irlbeck, Lucian Tinnes. *Photo by Grygla Eagle Newspaper*



Goodridge High School 2nd Quarter “A” Honor Roll
Front row, L-R: Emilea Johnson, Carter Johnsrud, Hannah Wilebski, Libby Johnson, Nichole Arveson, Madison Paulson, Mercedes Coan, Amy Wiskow, Shantel Horachek. Middle row, L-R: Payton Homme, Jennah Henrickson, Chantel Grindeland, Kayla Kiesow, Blake Jensen. Back row: Nick Groven, Jordon Johnson, Madilyn Race, Kaleb Sjulestad. *Photo courtesy of Lacey Hruby*



Goodridge High School 2nd Quarter “B” Honor Roll
Front row, L-R: Donnie Johnsrud, Carson Rubischko, Chantal Nerhus, Morgan Burns, Maloni Henrickson, Jordynn Johnsrud, Felix Jensen, Katelyn Colden, Spencer Coan, Tiana Banasau, Hannah Lovly. Row 2, L-R: Skya Wilson, Paige Burns, Caitlyn Jacobson, Kylie Delage, Trinity Walseth, Vivian Coan, Kansas Jensen, Cynthia Sampson, Kehan Nelson. Back row, L-R: Jorja Salo, Noelle Merrill, Sadie Anderson, Matt Busse, Elliot Philipp, Preston Panek, Jordan Horachek, Jake Tharaldson. *Photo courtesy of Lacey Hruby*

David's and Fabian help move tax conformity bill forward

(Submitted) Income tax legislation that would greatly assist farmers and other Main Street business owners is moving closer to reality in the Minnesota House.

Tax conformity between the federal government and the State of Minnesota is needed on Federal Section 179 – accelerated depreciation. If approved, State Representative Greg Davids (R-Preston), who is the Republican Lead on the Minnesota House Taxes Committee, and State Representative Dan Fabian (R-Roseau), who also serves on the taxes committee, said the benefit could mean tens of thousands of dollars in benefits for those utilizing the provision.

“This would be extremely helpful to farm families and small business owners who are looking to continuing investing in their operation and helping their communities,” Davids said.

Section 179 expensing allows a business to deduct the cost of purchasing or leasing a piece of equipment. On the federal level, this deduction is taken upfront, allowing the business to deduct the total value the year they purchase it, rather than taking the deduction over several years. The business is limited to a total write off of \$1 million.

Minnesota, since 2006, has not allowed upfront expensing and caps the deduction at \$25,000 with a total phase out of purchases

Word of the Week

...enhancing vocabularies

one Grygla Eagle at a time.

Hygge

noun

1. The feeling of coziness and contentment evoked by simple comforts, as being wrapped in a blanket, having conversations with friends or family, enjoying food, etc. “The holidays are a time of hygge for me and my family.”

adjective

1. Cozy and comforting. “This room is very hygge with its soft cushions and warm fireplace.”

Simply Delicious



Easy Crockpot Ziti
This recipe opened with “The best easy slow cooker pasta you will ever try!”
Ok. I hear you.
Let’s give it a shot, shall we?
It looks pretty easy to throw together as you don’t have to cook anything first, which is always

a plus.
Ingredients
2 (25 oz.) jar or canned pasta sauce
Tomato Sauce (15 oz)
Uncooked Penne Pasta (1 lb)
Ricotta Cheese (15 oz.)
Eggs (2)
Basil (1/3 cup)
Grated or shredded Parmesan Cheese (2 cups)
Asiago (Or Shredded Mozzarella) Cheese (1 cup)
Instructions
First, add 15 oz. of Ricotta cheese and 2 eggs to a bowl. Add your basil and mix all together. Set aside. Spray your crockpot with cooking spray. Mix together your pasta and tomato sauce. Pour 1/3 to cover the bottom of the crock pot. Next, put 1/3 of your Penne pasta on top of the sauce. Then add half of the ricotta/egg/basil mix on top. Just dollop it in as pictured. Then add half of the Parmesan cheese. Your first layer is complete!
Repeat those steps: 1/3 sauce, 1/3 of the uncooked Penne pasta, the remaining Ricotta mixture and remaining Parmesan. Lastly, add the last 1/3 of the Penne and the last of your sauce on top of that.
Put on the lid and cook on high for 2-2.5 hours. The last step is to put your Asiago or Mozzarella on top for about 15 minutes and let it melt! Then serve. By the way, this recipe promises it’s enough to feed a group so you’ll be in luck if you have a table-full or just looking for leftovers.

A Hippie’s Health

Written by Tara Waltman
So some of you may know technology and me... well, it’s not really one of my strengths. I’m sure I am not alone in this! Honestly, Everett could use a computer or iPad better than me. Let’s be honest, most kids are better with technology than adults nowadays.
I was super proud of myself today, so I had to share. I got this Zyto Balance for my computer to use for my Young Living business. It’s a wellness scan that gives biofeedback based on energies in your body. Very cool! I was so excited to use this! Then there were a few roadblocks and I needed this ready by today for my first appointment. So I took many deep breaths, used some oils and kept moving forward. I didn’t quit.
I had to call to activate the license. They weren’t answering, so this stressed me out. I did finally get a hold of them. Then I had to download the software. You guys, I couldn’t even find the huge square with the emblem on to download the software right away! I almost had a melt down and it was pretty obvious what to press to download.

Now I can smile about it, but at the time, not so much. I got the software downloaded. Then I had to figure out how to do the scan. Got that done! Wahoo! I was moving right along. Then I couldn’t email the report out. Ugh. I had to watch a video. Again, I didn’t give up. I didn’t get so frustrated that I threw my computer out the window. This was good because it’s new! Haha. I had to change my email settings to email the report out. I figured it out all on my own!
You guys, I am telling I was so damn proud. I didn’t give up. I got it figured out. It went really well. It was very helpful for my friend. Successful day! I am grateful. Don’t give up, folks, even when you are frustrated if you are working towards your goals!
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.

Spellers from area schools advance to the Multi-Regional State Spelling Bee

(Submitted by Barb Nelson, Student Programs Coordinator, NW Service Coop)
Northwest Service Cooperative of Thief River Falls, sponsored the Regional Spelling Bee which was held on Wednesday, February 6th at Northland Community & Technical College in Thief River Falls. Advancing from local and district competitions, 37 winning spellers from 30 schools in Region 1 & 2 participated in the Regional Bee. All spellers participated in a written round in the morning with the top 21 spellers advancing to an oral round in the afternoon.
The top four spellers advancing to the Multi-Regional State Spelling Bee on February

ary 19 in Fergus Falls include Summer Goulet, Grade 8, from Crookston School District, Amrit Bhutani, Grade 6, from Sacred Heart School, East Grand Forks; Elizabeth Gust, grade 8, from Greenbush/Middle River School District, and Sydney LaVoi, Grade 8, from Bemidji School District. They compete at the State Spelling Bee in Fergus Falls at the Lakes Country Service Cooperative on February 19th.
The champion speller of the Multi-Regional State Spelling Bee will compete in the National Spelling Bee in Washington D.C.

Spelling Bee...
Continued on back

Goodridge/Grygla 500 USXC Snowmobile racers fly on by



A race photo by Aaron Kennedy of On The Plains Photography, who got so many cool action shots over the weekend.

And that’s a wrap for the Goodridge/Grygla 500 USXC Snowmobile Race that was held over the weekend, February 8-10! With all the action present last weekend, and full coverage on 94.1 The Falls both Saturday and Sunday, along with multi-coverage all over social media over the duration of the weekend, spectators and volunteers felt as much a part of the action as the big group of racers that pulled into town and hit the cross-country course!

The 2019 USXC Goodridge/Grygla 500 Top 3 winners were:

- #312 Zach Herfindahl, Arctic Cat Pro 600 Winner
- #10 Aaron Christensen, Polaris
- #14 Taylor Bunke, Polaris

Herfindahl commented in an interview that Goodridge/Grygla put on an amazing 500 for all of the racers, saying, “The first day was a good mix of river and ditches with the second day being all

ditch, field and logging roads, with a lot of snow, which made for a great event!” The second place winner, Aaron Christensen, kept Herfindahl on his toes over the duration of the race, but Herfindahl crossed the finish line first, now making him a two-time winner in this big prestigious race! In regards to his win, Herfindahl thanked Arctic Cat, Christian Brothers, and everyone helping on the team, to name a few, along with the huge crew behind the scenes.

107 sleds started Day 1/Goodridge loop of the race. 65 of those sleds made it on to the Day 2/Grygla loop. A variety of classes made up those sleds, including: Pro Factory 600, Semi Pro Factory 600, Semi Pro Imp, Masters 50+, Sport 600, Sport 600 Imp, Expert 600 Limited, Junior 14-17, Women, and Masters 40.

For a complete list of winners, see USXC.com



The 2019 USXC Goodridge/Grygla 500 Top 3 winners were #312 Zach Herfindahl, Arctic Cat Pro 600 Winner (far right), #10 Aaron Christensen, Polaris (middle) and #14 Taylor Bunke, Polaris (left). Photo by USXC Racing



Many sponsors, volunteers and club members came together to make it an unforgettable weekend for racers and spectators! This photo was shared on the Goodridge Municipal Facebook page, who kept up a fantastic social media presence over the weekend! They gave photo credit to Carlson/Olson Drone Service for some great aerial shots over the staging area last weekend, including this photo above.



Winner #312 Zach Herfindahl! This photo was shared by the Gerald Dyrda Memorial - Pine Lake 200 Snowmobile Race Facebook page - it was from the Day 1 loop of the race! You can check out more great action shots on the mentioned social media page.

Spelling Bee... Continued from page 3

Additional district winning spellers competing in the Regional Spelling Bee included: Colby Syverson, Ada-Borup SD#2854; Ayden Hagen, Bagley School District; Hayden Fisher, Bemidji SD#31 - Middle; Sydney LaVoi, Bemidji SD#31 - Middle; Abigail Burrow, Bemidji SD#31 - Middle; Madeline Ophus, Bemidji SD#31 - Middle; Brynn Burmeister, Blackduck SD#32; Landon Gazelka, Clbrk/Gonvick SD#2311; Summer Goulet, Crookston SD #593-Highland Elem; Alex Kuenzli, EGF SD#595; Zachery GeMar, EGF SD#595; Logan Ekstein, Fertile/Beltrami SD#599; Danika Motl, Fisher School; Elizabeth Gust, G/MR SD#2683; Chantal Grindeland, Goodridge SD#561; Emily Johnson, Grygla SD#447; Kyleigh Campbell, Lancaster SD#356; Lilly Smith, LOW SD#390; Travis Clark, Mahnomen SD#432- Elem; Spencer Brein, MCC SD#441 Elementary; Seth Miller, NCE SD#2215; Sarah Boettcher, Nevis SD#308; Cyrus Thomopoulos, So. Koochiching - Indus; Kiera Demoret, Park Rapids SD#309; Adam Bruce, Park Rapids SD#309; Emma Hendrickson, RLCC SD#2906; Wyatt Cummings, Roseau SD#682; Paige

Boyer, Roseau SD#682; Claire McGlynn, SAC SD#2856; Amrit Bhutani, Sacred Heart School; Erick Haskell, St. Philip’s School; Naomi Johnston, Thief River Falls; Jace Erickson, Thief River Falls; Jerilyn Pietruszewski, Tri-County SD#2358; Jenetta Pageler, W/A/O SD#2176; Cleighton Hoban, Waubun/Wh/E/O SD#435; Sydney Svalen, Win-E-Mac SD#2609.

The Multi-Region State Spelling Bee will include Regional Spelling Bee winners from the following Service Cooperative regions: Region 1 & 2 - Northwest Service Cooperative, Thief River Falls; Region 3 - Northeast Service Cooperative, Mt. Iron; Region 4 - Lakes Country Service Cooperative, Fergus Falls; Region 5 - Resource Training & Solutions, St. Cloud; and Regions 6 and 8 - Southwest/West Central Service Cooperatives, Marshall.

The Spelling Bee is a series of competitions for students in grades 5-8 beginning at the classroom level and progressing on to district, region, state and national levels. Benefits for students include improved spelling, increased vocabulary, learning concepts, developing correct English usage, developing poise in public performance and community recognition for participation.

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.

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

Last week’s Chargers varsity basketball stats

Tuesday, February 5th
Charger’s Boys Basketball at Roseau
Roseau 68, Chargers 50
Stats: Jake Tharaldson (16 pts, 2 reb), Hudson McMillin (8 pts, 7 reb), Kaleb Sjulestad (8 pts, 2 reb), Peyton Verbout (8 pts, 3 reb), Riley Manderud (5 pts, 4 reb, 3 asst), Levi Kiesow (3 pts), Aaron Jones (2 pts, 3 reb), Jaden Kiesow (2 reb, 2 asst)

Coach’s Comments (Andrew Sundberg): We played a very competitive first half against the Rams, trailing 32-30 at the break. We shot the ball well, and Peyton Verbout and Jake Tharaldson were aggressive and lead us on offense. In the second half, the Rams shot the ball extremely well and pulled away. Despite being shorthanded, we played hard and did a lot of good things in this game against a tough opponent.

7, Amy Wiskow 5, Chloe Kuznia 7, Maloni Henrickson 5, Morgan Burns 12, Vivian Coan 8, Mercedes Coan 4, Libby Johnson 3

Warroad Points: Anna Holtzer 5, Laci Kennedy 6, Sky Boucha 8, Catherine Thompson 9, Nicole Dalen 7, Lydia Tessler 7, #13 2

Coach’s Comments (Elroy Johnsrud): We came out a little sloppy tonight. The ball was going by us when we should’ve got our hands on it. We were not shooting well. But the girls calmed down and started looking for gaps in their zone defense, and we did better. It was a close game, and it was good to see the girls pull it off for the win. We have been close in a few games, but haven’t been able to pull out the win. Morgan had a strong game with 13 points and 9 rebounds. Good job girls.

Friday, February 8th
Charger’s Boys Basketball at Win-E-Mac
Win-E-Mac 75, Chargers 49
Stats: Kaleb Sjulestad (12 pts, 4 steals), Peyton Verbout (9 pts), Hudson McMillin (8 pts, 4 reb), Jake Tharaldson (6 pts, 5 reb), Jaden Kiesow (5 pts, 5 reb, 2 asst), Dylan Wold (4 pts), Riley Manderud (3 pts, 3 reb), Levi Kiesow (2 pts)

Coach’s Comments: We ran into a very good team in the Patriots. Their height and strong guard play were impressive. They played great offense in the first half and shot 75% from the floor, which we couldn’t keep up with. I felt we played better in second half. In particular, Kaleb Sjulestad did a nice job of attacking and finding teammates on offense.

Friday, February 8th
Charger’s Girls Basketball in Warroad
GG 51, Warroad 44
GG Points: Daria Waletzki

Saturday, February 9th
Charger’s Boys Basketball (Super Saturday) at NCTC vs. WAO
WAO 49, Chargers 46
Stats: Jake Tharaldson (14 pts, 2 reb), Peyton Verbout (14 pts), Hudson McMillin (8 pts, 6 reb), Kaleb Sjulestad (6 pts, 9 reb, 4 asst, 6 steals), Jaden Kiesow (2 pts, 4 reb, 3 asst, 2 steals), Riley Manderud (1 pt, 2 reb, 2 asst), Aaron Jones (1 pt, 2 reb), Dylan Wold (2 reb)

Coach’s Comments: This was a carbon copy of our first game against WAO. They packed in a zone and dared us to shoot, and we were ice cold at the beginning of the game. They got a double digit lead, and we were playing catch up the rest of the game. We fought hard and had a few opportunities to tie it up within the last minute, but we were unable to take advantage of our chances. It was a rough night and a very disappointing loss for the Chargers.



Christian Loken, Grygla 7th grader, puts up two points against the Falcons in a Junior High basketball tournament in Fertile last Saturday. The 7th grade team won all three of their games that day. Photo courtesy of Pam Rubischko