



Today
Sunny
H 10 L -1



Thurs
Partly Cloudy
H 17 L -3



Fri
Mostly Cloudy
H 12 L -14



Sat
Cloudy
H 0 L -17



Sun
Partly Cloudy
H 3 L -12

Wednesday, February 27, 2019

WE'RE ONLINE www.tricocanary.com

Vol. 45 Number 35

A look at next week ... Grygla High School music students attend Choir Contests in Badger.

The Jensen Sisters perform at the Midwest CMA's Award Show



Written by Kari Sundberg, Eagle Editor

Not only did they debut an original song on stage and walk the Red Carpet prior to the show, The Jensen Sisters also played a part in helping to plan and prep for the Midwest Country Music Association Awards show that was held in Medina, Minnesota, on Sunday, February 17th.

Members of the Midwest CMA's since October of 2018, Kendra and Kansas Jensen were a part of the two-day event that they both described as magical!

The Midwest Country Music Association is a newly formed organization that is about a year strong. With over 100 members already, the group is made up of musicians from Minnesota, North Dakota, South Dakota, Wisconsin and Iowa. Part of the excitement around the association is all the incredible events they have to support local artists and connect members of the music community. Among those members are Kendra and Kansas Jensen, from Goodridge,

MN, who have also been named Northern Ambassadors for the non-profit organization.

That title earned them entrance behind the scenes and gave them the opportunity to be a part of the planning for the first ever Midwest CMA Awards Show. The two-day event honored award winners, provided education, networking and inspirational opportunities.

Day 1 began on Saturday, February 16th. Members gathered with industry professionals to network, learn and discuss the music industry as a whole. Panel experts covered a variety of topics such as Performing Rights and Social Media, Marketing & Branding. The Jensen Sisters tapped into their resources and asked Mike Sistad, who grew up in Gatzke and is a former member of Back Behind the Barn Boys, to attend as a rep from ASCAP and lead a performing rights panel informing artists how to protect their music. Sistad currently resides in Nashville and works for ASCAP (American Society of Composers, Authors

& Publishers).

"Day 2 of the event was a grand moment," the sisters agreed! The celebration featured live performances and was open to the public, Midwest CMA Member artists, business sponsors and VIP guests. The awards show kicked off with a Red Carpet complete with sponsors, photographers and interviews. "We didn't know what to expect, but it all went smooth," Kendra said. Around 30 artists performed to make up 13 segments that evening. The Jensen Sisters were one of those acts and collaborated with other female artists to perform a "Women in Country Music through the Decades" segment. Each musician was required to perform an original song; The Goodridge duo debuted "Son of an Outlaw," which will be released on their EP later this spring.

"We love old outlaw country music," the two offered. "Those are the people who inspire our music. When we think of the good old boys...they are old. A lot of them have sons who are doing music the same as their dads. There was an outlaw scene then, but it's being reinterpreted now, which is cool," they added. "With this song, we put a twist on it all and talk about their sons who are doing music that is just as good as

their dads," Kendra explained. The story line of the song also involves a girl falling in love with a son of an outlaw.

Knowing they would be performing for a large crowd at the Medina Entertainment Center, The Jensen Sisters headed down to the metro area a couple of times prior to the big event for rehearsals. They also took the stage the morning of the event to do a run through with the other artists and get a feel for the stage. With no music officially released as of right now, the sisters weren't eligible to be nominated for any awards, but are hopeful that maybe next year will be different. As mentioned, they have their EP coming out later this spring, titled, "Highway Hippie." The album will feature six original songs, including Son of an Outlaw. The Jensen Sisters are shooting the album cover next week and remarked, "It's all coming together."

If you're a Midwest musician and you're looking to be a part of something great and get involved, reach out to The Jensen Sisters; they have gotten their feet wet and are a wealth of knowledge already. There's no stopping these two driven young ladies and once that EP is released this spring, they're sure to give us even more.



Kansas, left, and Kendra Jensen on stage at the Midwest CMA's Award Show on Sunday, February 17th. Photos courtesy of The Jensen Sisters



Photo courtesy of Terry Ruud/Lori O'Hara

Back Behind the Barn Boys lose one of their own

Written by Kari Sundberg, Eagle Editor

It was 1979 when Back Behind the Barn Boys first formed. Pat Erickson later joined the group in 1985, taking over for Randy McMillin on the piano. Pat was from Kenmare, ND, and was living in Fargo when "Barn Boy" Terry Ruud first met him. Ruud reflects, "I was going to school in Fargo at the time. Marguerite's Music was the most phenomenal music store ever and I'd hang out there quite a bit. I thought Pat worked there because he was always downstairs playing the keyboards. I didn't know who he was at the time, but he could sure play!" Terry said he would always go to the music store to look at the guitars and listen to Pat play, who was classically trained and playing in a number of bands already. After meeting, it turns out the two shared similar musical interests and Pat ultimately ended up hitting the road with the Back Behind the Barn Boys. "I asked if Pat would ever want to join the band, never thinking he would ever say yes as he was already an established musician who was leagues above us! But he left his band and hit the road with us," Terry laughs.

When the Barn Boys broke

up, Pat moved to Miles City, Montana, but would travel back and forth to play shows with the guys any chance he could get.

"An amazing thing about Pat was he was a big fan of old cartoons and slapstick comedies like The Little Rascals and The Three Stooges. He would always play these crazy piano parts resembling all of that. If we had dead time on the road or we were trying to sell merchandise, he'd just go into these goofy piano routines. I will miss that about him," said Terry.

Pat Erickson passed away on Tuesday, February 19th, after a 5-year long battle with cancer. He was 66 years old and still residing in Miles City. Band members, family and friends posted tributes online after Pat's passing, including a final farewell from bandmate Terry Ruud. It read, "To our friend, bandmate, and brave companion of the road, Pat Erickson, who lost his battle with cancer last night: we will carry you, like we did your CP-80, onto the bus carrying us to wherever it is we're going. See you there! Thank you, forever, for the smiles and the miles. Long may you run."



As part of their Phy Ed classes, Grygla students were out and about on snow shoes last week, taking advantage of all the snow and mild temps. The trekking is great exercise so a rest stop or two along the way were well-deserved! Photos courtesy of Grygla School



Grygla Elementary to celebrate Read across America Day

This Friday, March 1st, the Grygla Elementary School will be doing some special activities to celebrate Dr. Seuss' Birthday/Read Across America Day to finish out I Love to Read Month. Students have the option of wearing pajamas to school that day. They are allowed to bring a blanket or beach towel, a stuffed animal or pillow to help them be comfortable while they read throughout the day.

Parents are asked to send a small flashlight or lantern with their child as the students will be reading in the dark for part of the day.

Friday's schedule:
8:30-10:05am: Morning reading in rooms
10:05-10:20am: Morning recess
10:20-11:15am: Read in gym by flashlight/lantern with pillow/blanket
11:15am-12:30pm: Lunch/recess
12:30-1:30pm: Reading in classrooms
1:30-3pm: K-3 go to the hill/watch Cat in the Hat (weather permitting); 4-6 intramurals
3-3:30pm: Back to classrooms for end of the day wrap-up

Sportsman's Club trip



The Fourtown/Grygla Sportsman's Club went on their annual snowmobile trip over the weekend. The group of about 25 rode to Pinehurst Resort by Naytahwaush, MN. About 230 miles were put on there and back with an additional 75 miles put on with Saturday's riding. Stops included various warming shacks along the way and resorts around area lakes, which included the Hoot Owl Resort, pictured above. More photos on the back page. Photo courtesy of Robert Sundberg

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Feb. 27:
 6pm Grace Choir, 6:30pm Confirmation, 8pm Interfaith Bible Study
Thursday, Feb. 28:
 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:
 UL: 9am Worship
 OS: 11am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Pastor Kristin Dahlen
Ostercamp
Wednesday, Feb. 27:
 Breaking Free Women's Bible Study 7pm at Faith
Sunday:
 Faith: 8:30 Worship, 9:45 SS
 Bethany: 9:45am Worship, 10:30am SS
 Ekelund: 11am Worship, 9:45am SS
Monday, March 4:
 Mission Monday at Faith 9am

THE CATHOLIC COMMUNITIES OF St. Clement's – Grygla; St.

Ann's – Goodridge Fr. Adam Hanness
Sunday:
 St. Clement's: 11:45am
 St. Ann's: 10am

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
 Transfiguration Sunday
 8am Worship

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Sunday:
 9:30am Worship, 11am SS

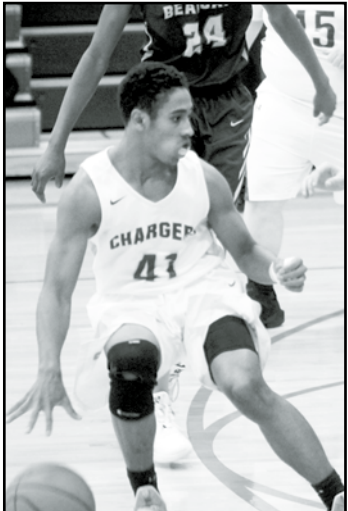
CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Wednesday, Feb. 27:
 Wed. School/Confirmation 5-7pm
Saturday:
 Mt. Olive Worship 9am
Sunday:
 St. Petri: 8am Worship, 9:15am SS
 OP: 8:30am SS, 9:45am Worship
 Nazareth: 10am SS, 11am Worship

LIBERTY CHAPEL
Grygla
Sunday:
 9:30am Worship

School Lunch Menus

Grygla Lunch Menu
 Wednesday, February 27: Popcorn Chicken, Mashed Potatoes, Vegetable, Fruit
 Thursday, February 28: Chili w/ Crackers, Carrots, Apples, Cinnamon Roll
 Friday, March 1: Lasagna, Celery, Carrots, Fresh Fruit
 Monday, March 4: Italian Hoagie, Baked Potato, Carrots, Fruit
 Tuesday, March 5: Chicken & Gravy, Mashed Potatoes, Corn, Fresh Fruit

Goodridge Lunch Menu
 Wednesday, February 27: Chicken Alfredo, Peas, Breadsticks, Apples, Strawberry Cup
 Thursday, February 28: Pulled Pork on a Bun, Baked Beans, Sun Chips, Pineapple Tidbits, Tossed Salad
 Friday, March 1: Shrimp Poppers, Garden Salad, Broccoli, Bread, Mandarin Oranges
 Monday, March 4: Chicken Patty on a Bun w/ Lettuce & Mayo, Green Beans, Pears
 Tuesday, March 5: Quesadillas, Corn, Romaine Lettuce, Peaches, Tomatoes



Moses Jensen in the JV game last Friday, February 22, in Hallock. For more action shots, see page 4. *Photo by Grygla Eagle Newspaper*

Community Calendar

Wed | Feb 27
 Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Feb 28
 GBB at Red Lake 6pm (if they get the win on Tuesday)

Fri | Mar 1
 Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1:30-3:30pm

Sat | Mar 2
 GBB at REA 12pm (if they get the win on Thursday)

Sun | Mar 3

Mon | Mar 4
 Senior Meals at Grain Bin Café 11am; BBB vs. LOW in Grygla 7pm (Play-in game)

To get your events on the calendar, please call 218-294-6220 or email grygla.eagle@gmail.com

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: Ethan Englund, Rylie Stratton and Keyton Klein. *Photo courtesy of Tausha Severts*



A group of Grygla Merchants met last week to discuss business that included setting the date for the annual Customer Appreciation Breakfast. The free pancake and sausage breakfast will be on Saturday, March 30th, from 7-10am. *Photo by Grygla Eagle Newspaper*

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 March schedule is below.

March 1st: 1:30pm-Heat vs. Retro Air Ballers, 2pm-Golden Gophers vs. Ballerz, 2:30pm-Golden Gophers vs. Retro Air Ballers, 3pm-Heat vs. Ballerz

March 8th: 1:30pm-Heat vs. Golden Gophers, 2pm-Retro Air Ballers vs. Ballerz, 2:30pm-Retro Air Ballers vs. Heat, 3pm-Golden Gophers vs. Ballerz

March 15th Playoffs: 1:30pm-G1: 1 seed vs. 4 seed; 2pm-G2: 2 seed vs. 3 seed; 2:30pm-3rd place: G1 loser vs. G2 loser; 3pm-1st place: G1 winner vs. G2 winner

Foot Care Clinics scheduled

North Valley Public Health will hold Foot Care and Blood Pressure Clinics on the following dates:

Newfolden Community Center: Tuesday, March 5, at 9:00 a.m. Contact: Darcy Hestekind at 218-874-2256

Warren Community Center: Thursday, March 7, at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

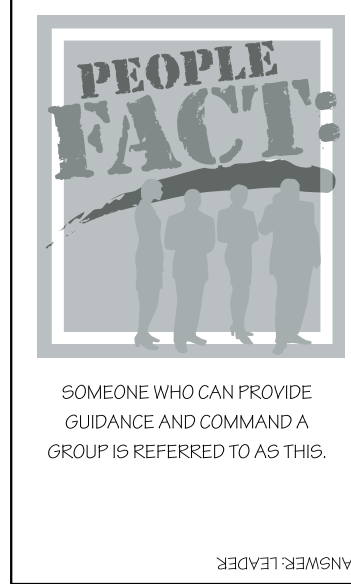
Argyle LAH/BNP: Tuesday, March 12, at 9:00 a.m. Contact:

Penny Korynta 218-437-8431

Middle River Royal Manor Apts.: Monday, March 18, at 9:30 a.m. Contact: Cindy Kilen at 218-222-4466

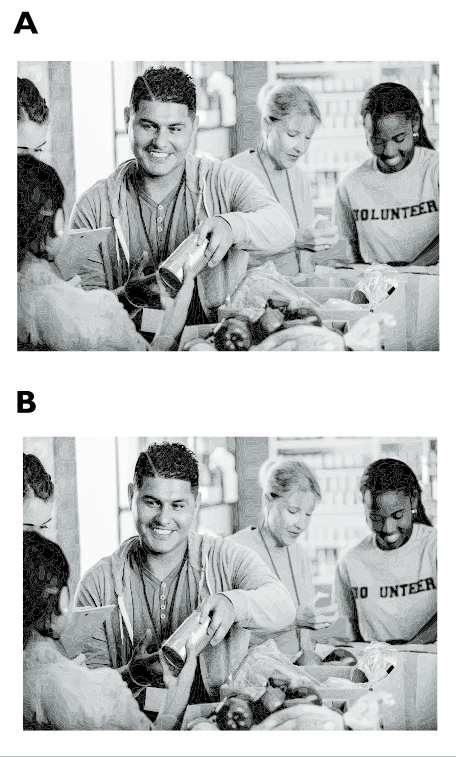
Oslo Community Center: Monday, March 25, at 9:30 a.m. Contact: North Valley Public Health at 218-745-5154

Grygla Community Center: Thursday, March 28, at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154



What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. Missing "L" in Volunteer 2. Applies in other bag 3. No orange in woman's hand 4. Extra button on man's shirt

THIS DAY IN...



HISTORY

• **1849:** THE STEAMSHIP CALIFORNIA LANDS IN SAN FRANCISCO, BRINGING THE FIRST EAST COASTERS TO THE GOLD RUSH.

• **1940:** BASKETBALL IS TELEVIEWED FOR THE FIRST TIME.

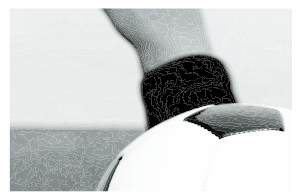
• **1983:** THE FINAL EPISODE OF THE HIT TV SHOW "M*A*S*H" AIRS.

New Word

DISCIPLINE

controlled behavior

GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SOCCER PLAYER

Did You Know?

TRAITS OF A LEADER INCLUDE HONESTY, INSPIRING OTHERS, GOOD COMMUNICATION, FAIRNESS, AND CREATIVITY.



How they say that in...

ENGLISH: Child

SPANISH: Niño

ITALIAN: Bambino

FRENCH: Enfant

GERMAN: Kind

NOTICE

The annual meeting for Lee Township, Beltrami County will take place at Wally Byklum's home. March 12th, 2019 at 1:00 p.m.
 Karol Byklum, Clerk G49-50C

Notice

NOTICE OF ANNUAL MEETING AND ELECTION OF OFFICERS

Notice is hereby given to the qualified voters of Benville Township, County of Beltrami, State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 12, 2019. In case of inclement weather, the meeting and election will be postponed until the third Tuesday in March.

The Election Poll Hours will be open from 5:00 p.m. to 8:00 p.m., at which time the voters will elect:

Supervisor
Treasurer

The Annual Meeting will commence at 5:00 p.m. to conduct all necessary business predetermined by law. The Annual Election and Meeting will be held at the following location: Benville Town Hall.
 Marie L. Reid
 Town Clerk, Town of Benville G49-50C

Steenerson Township Notice

Notice is hereby given to the qualified voters of Steenerson Township that the Annual Town Meeting and the Election of Officers will be held Tuesday March 12th, 2019 at the Steenerson Town Hall, 5:00pm til 8:00pm. Voters will elect 1-Supervisor 3yr. term, 1-Treasurer 2 yr. term. In case of Inclement weather the meeting and election will be held the following Tuesday same time and place.

Darlyne Roen, Clerk

G49-50C

GRYGLA LIONS' BINGO



Due to the overwhelming response and inquiries made toward the grocery store, Farmers Union Oil Company of Grygla is offering 'FOR SALE ON BIDS': Grocery Store building, property, equipment and grocery inventory only (no hardware). Requirements include: Minimum bid \$120,000 with a 10% earnest payment included with the bid proposal in a sealed envelope marked "store bid" to: **Farmers Union Oil Company PO Box 48 Grygla, MN 56727** Bids must be received by Friday March 15th, 2019. Bids will be opened and reviewed by the board of directors on Monday March 18th, 2019, at which time the 'board of directors has the right to reject any or all bids'. After this date all earnest payments will be returned to the unsuccessful bidders. G49-51C



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Grygla School Board approves January Minutes

Official Minutes
Grygla/Gatzke School Board Meeting
Thursday, January 16, 7:00 p.m.

Chairperson of the board Karina Tinnes called the meeting to order at 7:00 p.m. with James Verbout, Jeremy Rychlock, Andrew Oslund, Tera Nordby, Clinton Brobst, Principal Lunsetter, and Superintendent Clow present.

Pledge of Allegiance.
Motion by Jeremy Rychlock, second by Andrew Oslund, to approve the agenda as presented. Passed 6-0.

Reorganization of the Board: Election of Chairperson: Jeremy Rychlock nominated Karina Tinnes for chairperson. There were no further nominations. Tinnes was elected chairperson 6-0.

Election of Vice Chairperson: Karina Tinnes nominated Jeremy Rychlock for vice chairperson. There were no further nominations. Rychlock was elected vice chairperson 5-0, Rychlock abstained.

Election of Treasurer: Andrew Oslund nominated James Verbout for treasurer. There were no further nominations. Verbout was elected treasurer 6-0.

Election of Clerk: James Verbout nominated Tera Nordby for clerk. There were no further nominations. Nordby was elected clerk 5-0. Nordby abstained.

Committee Assignments: MSHSL Karina Tinnes, Sports Pairing Karina Tinnes, Legislative Action James Verbout, NWRIC Tera Nordby, Certified Negotiations Jeremy Rychlock/Andrew Oslund, Classified Ne-

gotiations James Verbout/Clinton Brobst, Essential Negotiations Jeremy Rychlock/Andrew Oslund, Administrative Negotiations Karina Tinnes/Jeremy Rychlock, Superintendent Evaluation Karina Tinnes/Jeremy Rychlock, Safety Jeremy Rychlock, Staff Development Jeremy Rychlock/James Verbout, Policy Review Jeremy Rychlock/Tera Nordby, Community Education Tera Nordby, Buildings/Grounds Karina Tinnes/Jeremy Rychlock, Transportation James Verbout/Andrew Oslund, Marshall County Collaborative James Verbout.

Minutes of the 12/20/18 regular school board meeting were approved as printed. Motion by Jeremy Rychlock, second by Karina Tinnes, to approve payment of the bills check #36472 through check #36535 and wire payments. Passed 6-0.

Finance Report: Given by Superintendent Clow. General Fund \$180,791.08 MSDLAF \$1,341,378.73 Food Service 3,444.81 Checking 107,783.04 Comm. Service 8,668.51 Trust 4,150.00 Scholarship 500.00 Total \$197,554.40 Total \$1,449,161.77

Student Report: Given by Jake Ahlbeck. The robotics team has been to three tournaments this year and has one more this Saturday. The robotics state tournament will be held on 2/1-2/2/19. Basketball is halfway done with their respective seasons. The boys have a 3-11 record and the girls sit at 2-12. Knowledge bowl had their first meet last Wednesday. Student council is beginning to plan for Spring Fling, although the exact dates are not known

yet. Bailey Watne and Payton Grandstrand are going to Oklee for Spring Summit planning next week. The choir festival at Concordia is this weekend, with four students attending. The juniors have begun prom planning. Online College in the High School began their second semester on Monday. The end of the first semester is this Friday.

Teacher Report: Given by Tausha Severts and Alissa Hruby. Knowledge bowl is underway and two teams of seniors competed last Wednesday, finishing 18th and 22nd out of 30. The 5th grade will be starting their roller coaster projects next week. The 5- 8 Spelling Bee was held in the small gym at 1:00 on Wednesday, January 16th. Emily Johnson took 1st place and Reece Sundberg 2nd place; congratulations to both of them! February is I Love to Read month, and there are a few different things planned in the elementary. First is a game called Bookmark where they have to read a book a day to move along a board. Second is the Bookmark Challenge, where each student designs a bookmark and the teachers choose a winner. Third is Character Day where the elementary teachers will be dressing up as a character from a book. Finally, Dr. Seuss Day is March 1st, with several activities planned for that day. The 3rd graders will be working on creating their Flat Stanleys next week. They did extremely well on their STAR testing and are also earning Book it certificates from Pizza Hut for reading books and gaining AR points. The GEA (Grygla Education

Association) notified the board of their intent to participate in PEIP.

Principal Report: Presented by Mr. Lunsetter. Mr. Lunsetter restated the standings for the basketball teams and discussed the athletic directors' responsibilities with the boards, as well as how scheduling, handling of conflicts, etc... are done. He also presented the board with the 19-20 athletic schedules, which he said are 99% complete at this point. The end of the semester is coming up this Friday, where there will be a few class changes by students. Mr. Lunsetter also presented the board with the idea of running a bus to Roseau and adding a bus route in Gatzke to help shorten up student time on the bus. The board agreed to start this new plan as soon as possible. The elementary students and teachers have been working on their STAR testing. The students have progressed tremendously throughout the year, with several students reading 2-3 levels above grade level. Keep up the great work!

Superintendent Report: Mr. Clow reported that all is going well with transportation, and there have been no major bus issues.

Motion by Andrew Oslund, second by James Verbout, to direct administration to evaluate all programs for reductions for the 2019-20 school year. Passed 6-0. Motion by Karina Tinnes, second by Jeremy Rychlock, to approve maternity leave for Renae Westbrook. Passed 6-0.

Trustee Reports: none
The meeting was adjourned at 7:55 p.m. Next Mtg. date/time: 2/21/19, 7:00 p.m.

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

Tabula Rasa

\tab-yuh-luh rah-suh, -zuh, rey-\

noun

- 1. A mind not yet affected by experiences, impressions, etc.
- 2. Anything existing undisturbed in its original pure state.

A Note from Principal Lunsetter’s Desk

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.” ~ Melody Beattie

I love how this is quote is worded. The decision to be grateful for the things we are blessed with not only transforms how we perceive things, but also the nature of how things are presented to us. When we see the world with gratitude, opportunities almost seem to drop into our laps, and we are open to accepting them. Others see how you react to situations, and strive to react the same way. At first, we may only believe that the world around us has gotten better, but soon, the world literally transforms around us. Take some time today to count your blessings, and thankful for the people that you have surrounded yourself with, and finally express your gratitude for everything that enters your life.

SIMPLY DELICIOUS



Written and made by Kari Sundberg, Eagle Editor
Oatmeal Butterscotch Cookies

This is both a “recipe to share” and a “please send me your favorite recipe for these” column.

A couple of weeks ago I was on the hunt for a new Oatmeal Butterscotch Cookie recipe. There’s only a billion and five of them online and if that’s not enough for you to choose from, there’s a hundred more in the church/telephone company cookbooks.

It’s insane and really overwhelming.

I made myself just pick the first one I saw online and I went with it. I liked how the blogger described her recipe: “They’re soft, chewy and hearty without feeling like I need to strap a backpack on and take them mountain hiking. Sometimes oatmeal cookies get a little too oaty and hearty. I want a cookie, not a granola bar.”

That spoke to me so I went with it.

The cookies were good – they were – that’s why I’m sharing the recipe with you, but they were nothing extra-special.

So, if you’re in the mood for these, I wanted to save you the time and headache of looking online and just provide you with a recipe that results in something decent, soft and chewy.

But what I also wanted to ask - if you have a favorite go-

A HIPPIE’S HEALTH

Written by Tara Waltman

Making time for myself... something that is difficult to find at times! Haha. I love working out but it has been hard to make the time. I worked out today and it was awesome! I went to this class and I didn’t really know what to expect but I did know that there was wine tasting after the class so I was in! It was fun not knowing, too.

We went to a Pound class. Where you workout with drumsticks. How cool does that sound? Well it was very cool! It worked our abs, legs and arms while playing with drumsticks to the music. It really didn’t even feel like you were working out until I could feel my legs burning. I used a little

peppermint essential oil before starting the class and I was unstoppable. Let’s be real, I had to stand up and relax my legs every so often because they were burning. Working out really improves by mood, relieves my stress and makes me feel better about myself, so it’s a 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.



GRYGLA LIBRARY LINK

Written by Kari Sundberg, Grygla Librarian

In honor of “I Love to Read” month, various volunteers headed to the Grygla Kindergarten room last week to do some reading to the youngsters. Pictured below is Cory Clevon reading to the little ones. I also visited the classroom one morn-



Intramural basketball will be wrapping up in just a few weeks for Grygla Elementary students. Pictured taking the ball up the court is Brody Saurdiff. His team was playing the Retro Air Ballers, who are coached by Peyton Verbout and Hudson McMillin, also pictured. Photo by Grygla Eagle Newspaper

Sportsman’s Club trip



After their 115-mile ride to get there, Fourtown/Grygla Sportsman’s Club members gear up for another 75 miles of riding around the Twin Lakes area last Saturday. The group is pictured outside of their cabins at Pinehurst Resort, which is situated between North Twin Lake and South Twin Lake by Naytahwaush, Minnesota.



Riders encountered some open water on their Saturday ride with the Sportsman’s Club last weekend. This photo was taken near Elbow Lake.
Photos courtesy of Robert Sundberg

Lion’s Potato Klub Supper



The Grygla Lion’s Club held their February meeting last Wednesday. It was their annual Potato Klub night where they invite Wannaska, Warroad, Roseau and Goodridge Lion’s Clubs to attend, as well. Steve and Julie Sparby, along with George and Carolyn Pittman, above, were present at the supper, including this group of Goodridge Lions below who enjoyed the hearty meal on a snowy, blustery night!
Photos by Grygla Eagle Newspaper



Below is Maddy Cullen in the JV game against the Freeze last week in Grygla. Along with Varsity, the JV team lost to Northern Freeze. Photo by Grygla Eagle Newspaper



Varsity girls celebrate their last minute win against Fertile/Beltrami last week in Goodridge! Amy Wiskow hit two 3’s to tie the game and send it to overtime! The final score ended in a 61-56 victory for the Chargers!
Photo courtesy of Deanna Coan

Last week’s Chargers varsity basketball stats

Monday, February 18th: GBB vs. Northern Freeze in Grygla
NF 42, GG 32
Points: Amy Wiskow 10, Chloe Kuznia 4, Caitlyn Jacobson 1, Maci Bakken 2, Vivian Coan 2, Mercedes Coan 2, Libby Johnson 11

Of the game, Head Coach Elroy Johnsrud said, “Our defense played very well tonight, holding them to 16 points in the first. Once again, we couldn’t score many points and were down by 2. The girls ran the offense well, but we couldn’t get shots to fall. This is another game that we closed the gap on. We lost by 30 the last time. The girls have improved a lot through the season. They keep working hard.”

Tuesday, February 19th:
GBB vs. Fertile/Beltrami in Goodridge
GG 61, FB 56
Points: Daria Waletzki 4, Amy Wiskow 11, Chloe Kuznia 7, Maloni Henrickson 3, Caitlyn Jacobson 2, Maci Bakken 9, Vivian Coan 9, Mercedes Coan 5, Libby Johnson 11.

Johnsrud commented, “It was a huge team win tonight. Everybody on the team did their job, and they did it well. The girls are fighters. We got down early and fought our way back. The girls were down by 10 with 1:58 left, and fought their way back. Amy hit 2 huge 3’s to tie it up and send it to overtime. The whole team executed the play, though. From the passing, to the cuts, and the picks. It was a big team win tonight. It was a good way to wrap up the season. Good job girls.”

Thursday, February 21st: BBB at Plummer
RLC 54, GG 39
Stats: Peyton Verbout (10 pts., 4 reb), Jake Tharaldson (9 pts, 5 reb), Kaleb Sjulestad (8 pts, 4 reb, 4 steals), Dylan Wold (6 pts, 5 reb, 2 asst), Hudson McMillin (2 pts, 2 asst), Riley Manderud (2 pts), Payton Grandstrand (1 pt, 2 reb), Jordan Horacheck (1 pt, 1

steal)
Comments by Head Coach Andrew Sundberg: “The Rebels are playing some good basketball right now. They present some tough matchups for us with their size paired with some excellent shooters. They really hurt us on the offensive boards - we allowed way too many second and third chances. I was happy with how our team hung around and kept playing hard the entire game. We just weren’t able to extend one of our runs to seriously threaten them. We could get it down to 6-8 points, but they would always have an answer.”

Friday, February 22nd: BBB at Hallock
KCC 54, GG 52
Stats: Jake Tharaldson (17 pts, 2 steals), Kaleb Sjulestad (12 pts, 11 reb, 2 asst), Hudson McMillin (9 pts, 2 reb), Jaden Kiesow (7 pts, 5 reb), Riley Manderud (4 pts, 3 reb), Dylan Wold (3 pts, 2 reb, 2 asst), Aaron Jones (2 reb)

Sundberg concluded, “This was a very competitive and fun game to be a part of. KCC has a couple of excellent players who played really well in a tight win over the Chargers in Goodridge a couple of weeks ago. We attempted to slow them down, and we did a pretty good job of it. The Bearcats held the lead the whole first half and added to it to start the second half. With about 10 minutes left, the Chargers trailed 41-30. We turned up the defensive pressure, made some shots, and went on an 11-0 run to tie the game at 41. It was back and forth the last 5 minutes of the game, and we weren’t able to take the win. Jake Tharaldson had an excellent game - he was aggressive on offense and did a terrific job of slowing down one of the better players in the section. Kaleb Sjulestad was also very active on the defensive glass, which created some transition offense. I was very proud of the intensity the kids played with, and how they came back when the game was getting away from us.”



Paige Burns and Payton Homme on defense against the Freeze in last week’s 8th grade game in Grygla.
Photo by Grygla Eagle Newspaper



Hannah Wilebski at the free throw line during the JV game on Monday, February 18th. The Chargers hosted Northern Freeze in Grygla. #50 Madison Paulson is also pictured. Photo by Grygla Eagle Newspaper



Above: Riley Manderud in the JV game against KCC last Friday night. Below: Jake Tharaldson starting out the Varsity game against the Bearcats in Hallock.
Photos by Grygla Eagle Newspaper



Jaden Kiesow puts up 2 of his 7 points in the game against KCC in Hallock last Friday night. It was a close game, but the Chargers fell short with a final score of 54-52. Photo by Grygla Eagle Newspaper