



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Partly Cloudy	Partly Cloudy	Cloudy	Cloudy
H 29 L 17	H 27 L 0	H 17 L 14	H 30 L 17	H 20 L -4



Coming up next week ... Grygla JCC's host Santa Day in town!



Belmont University's Bob Fisher, songwriter Pat Alger, ASCAP's Mike Sistad and artist Chris Stapleton. Photo courtesy of Belmont University

Belmont University honors ASCAP's Mike Sistad with Music City Milestone Award

Mike Sistad resides in Nashville, Tennessee. His parents are Marlyn and Gloria (Lunsetter) Sistad, of Gatzke, MN. Mike played with the Back Behind the Barn Boys from 1980-1988 and still presently joins the group for gigs around the area.

Written by Jessica Nicholson, Musicrow.com, November 26, 2019

Belmont University's Mike Curb College of Entertainment and Music Business, alongside industry partner ASCAP, recently honored alumnus Mike Sistad as the latest recipient of the Music City Milestone Award (MCMA).

The MCMA celebrates Belmont's connection with the Nashville music industry, while recognizing a Belmont graduate who has achieved success in the entertainment and music industries early in their career.

Joining ASCAP's Nashville Membership team as creative director in 2001, Sistad was promoted in June to vice president at ASCAP and still leads its Nashville Membership team. Sistad has been an inte-

gral member of ASCAP's Membership group for more than 18 years and has nurtured and signed some of the organization's top talent, including Chris Stapleton, Kelsea Ballerini, Old Dominion, Brothers Osborne, Carly Pearce and more.

In addition to attendance from publishing and label executives and industry friends, recording artist Chris Stapleton surprised Sistad at the award event in his honor. Sistad is credited with signing and developing Stapleton.

A Belmont University graduate, Sistad has held many roles, including a stint with Muscle Shoals producer and musician Barry Beckett, an A&R executive position with Arista Records Nashville, and band member for two-time ASCAP Country Songwriter/Artist of the Year Phil Vassar.

Originally from Minnesota, Sistad has worked on both the creative and business sides of the music industry. As a musician, he has performed across most of North America, including stops at the Houston Rodeo and Calgary Stampede, as well

as radio and television performances including "A Prairie Home Companion" and the Grand Ole Opry. Sistad has previously served as both a board governor and chapter advisor for the Nashville Chapter of the Recording Academy, in addition to being a CMA and

ACM member and Leadership Music alumnus.

Previous Music City Milestone Award recipients include Cyndi Forman, Beka Tischker, Ben Vaughn, Ashley Gorley, Connie Harrington, Rusty Gaston, LeAnn Phelan and Carla Wallace.



Mike Sistad (center) celebrates his Music City Milestone Award from Belmont University with UMG Nashville's Mike Dungan and MusicRow's Sherod Robertson. All three worked together in the '90s at Arista Records Nashville. Photo courtesy of Belmont University

CP Holiday Train makes local stop



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

The performers on the train visiting Thief River Falls will be Meghan Patrick, Tanika Charles and Kelly Prescott. A typical Holiday Train event goes something like this: the train arrives and pulls to a safe stop in front of the crowd. The stage door lowers and the band opens with its first song. After that, a brief presentation takes place with local food bank officials and other dignitaries. Once complete, the band resumes performing a mix of traditional and modern holiday-themed songs. The whole event lasts about 30 minutes. Once the band plays its farewell song, the

stage door closes, and the train heads off to the next stop.

Beginning in Montreal on November 25th, holiday cheer is brought to 164 communities along CP's network. Each event is free to the public. You are only asked to bring a canned food item donation for the local food bank. Food Bank representatives will be onsite collecting donations. The train's final show will be in Gleichen, Alberta, on December 18th.

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

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

Visit Thief River Falls director promotes city and new Ice Festival



Laura (Anderson) Stengrim is an Alumna of Grygla High School (2003) and University of North Dakota (2007). She is the Executive Director of Visit TRF, which is also the city she resides in. Photo courtesy of GF Herald

Written by Adam Kurtz, Grand Forks Herald, November 30th, 2019; reprinted with permission from Kurtz/GF Herald

From business travelers to outdoors enthusiasts, the city is seeing its popularity as a destination on the rise. The launch of Ice Fest aims to unfold a regional event.

For Laura Stengrim, one of the biggest challenges in her job as executive director of Visit Thief River Falls is adapting to rapid changes in marketing the city to tourists, while devising a promotional campaign for the newly formed Ice Fest to be launched in January.

Visit Thief River Falls has been in operation since 1984, though not always in that name. In 2018, the organization underwent a rebranding effort from The Thief River Falls Convention and Visitors Bureau (still its legal name) to conduct business under its current moniker. Stengrim, the only staff member, is tasked with promoting the city and its events, from Visit Thief River Falls' office in the historic Carnegie Library, 102 Main Ave. North.

"I would say the major hurdle for me, in particular, trying to manage the organization as the sole staff, is staying on top of marketing trends and trying to utilize our limited resources to the best of our ability," said Stengrim.

Attending marketing education conferences and seeking opportunities to network with staff at other CVB's has helped Stengrim stay on top of the industry. "There are always new trends in marketing; it's an ever-changing industry," said Stengrim. "I try my best to stay up on the trends and find ways to be creative with the limited budget that we have."

The budget comes from a 3% lodging tax at the city's seven hotels and campground, a budget that has, according to Stengrim, recently increased by about 14%. This has allowed Visit Thief River Falls' 2020 budget to increase to \$125,000.

"When we see a lodging tax increase, we know that what we are doing to market our community is successful," she said.

Stengrim has focused her efforts not only on placing advertising in traditional media outlets, such as the Carillon, a Manitoba newspaper, but on utilizing Facebook. Visit Thief River Falls' spring/summer Facebook campaign reached more than 123,000 people and earned over 10,000 likes for the page, one of the campaign's goals.

In addition, a Pandora Internet Radio Campaign, targeted at eastern North Dakota and southern Minnesota, reached more than 56,000 people. The organization also has worked with videographers to create promotional videos found on its

Facebook page and website at www.visitttrf.com.

Co-president of the 13-member board of Visit Thief River Falls and former interim mayor and City Council member Dave Carlson believes Stengrim's approach to marketing is moving in the right direction.

"She (Stengrim) is completely right about that," said Carlson. "It's gone a long way from from slapping an ad in some periodicals and running an occasional radio spot, to getting out in the social media and getting on the internet, and then finding out how to navigate that through various partnerships we've established with businesses that do that sort of thing, so we can explore new ways to reach different markets and broader markets than what we did in the past."

The largest group of visitors to Thief River Falls, more than 50%, are business travelers, according to Stengrim.

"It's surprising at how many international travelers we get due to our large companies of Digi-Key electronics and Arctic Cat Inc.," she said.

Thief River Falls, birthplace of Ralph Engelstad, also sees a large percentage of visitors attend sporting events in the town at the Ralph Engelstad Arena, a venue Stengrim calls a "world class high school hockey arena." Ralph and Betty Engelstad donated \$10 million for the construction of the arena in 2002.

Following sports travelers, Thief River Falls sees many other leisure travelers, including Canadian visitors who come to town for camping and outdoor activities. Snowmobile enthusiasts, waterfowl and deer hunters also make up a large number of visitors.

A newly created and upcoming event is called Ice Fest, a three-day festival running Jan. 10-12. The festival will feature activities from a kick-off party to candlelight snowshoeing, a vintage snowmobile ride, high school hockey games at the Ralph Engelstad Arena and snowblower races.

"Ice Fest is a brand new venture for us," said Stengrim.

The event was born out of a desire to celebrate the rich hockey tradition of Minnesota, while having a local event that offers residents and visitors fun activities in a traditionally "slow" time of year.

"This has some really good potential," said Carlson. "Obviously up in this part of the country, it's nine months of winter and three months of bad snowmobiling It's all got that winter-based thing to it, and, hopefully, it'll grow."

Stengrim is taking the lead in promoting and marketing the new event, from placing

Visit TRF...
Continued on page 2

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor TBD
Sunday:
Grace: 10:30am Worship
OS: 9am Worship
December Calendar not yet received

UNITED LUTHERAN PARISH
Gatzke
Sunday:
8:30am Worship, 9:30am SS
December Calendar not yet received

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, Dec. 4:
After school SS program practice at Ekelund with meal; 6pm Ekelund Church Council meets; 7pm Parish Advent Service at Ekelund
Saturday, Dec. 7:
Ekelund WELCA 13th Annual Advent Supper 5pm
Sunday:
Faith: 8:30 Worship, 9:30 SS
Bethany: 9:45am Worship w/ 10:30am SS
Ekelund: 11am Worship w/ Christmas Program

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

Ann's - Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Wednesday, Dec. 4:
7pm Advent Service at Pine Grove
Sunday:
9:30am Worship

LIBERTY CHAPEL
Grygla
Congregation-Led
Wednesdays:
Bible Study 7pm
Sunday:
9:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseth
Wednesday, Dec. 4:
5-7pm Wed. School and Confirmation
Saturday:
9am Worship at Mt. Olive
Sunday:
St. Petri: 8am Worship, 9:15am SS
Nazareth: 8:30am SS, 9:45am Worship
Oak Park: 9:45am SS, 11am Worship; LA Christmas Party 12:30pm

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

U.S.P.S. No. 002330
Grygla Eagle
Serving Eastern Marshall & Northern Beltrami Counties
PUBLISHER - RICHARD D. RICHARDS
Kari Sundberg - EDITOR
Phone 294-6220
—SUBSCRIPTION RATES—
\$30 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$40 per year outside of the area
PUBLISHER'S LIABILITY FOR ERROR:
The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.
The "Grygla Eagle" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644. Periodical postage paid at Grygla, MN 56727.
POSTMASTER: Send address changes to: Grygla Eagle, PO Box 17, Grygla, MN 56727.

Visit TRF... Continued from front

traditional and digital ads and creating posters for the event, working alongside the Chamber of Commerce. Organizers are hoping it will become an annual event and tourist draw for the town.

"This is year one, and we've got nothing but high hopes for this to unfold in a big event for northern Minnesota and the region here," said Carlson.
For more information on Ice Fest, visit www.trfchamber.com/ice-fest-2020.

Annual Lion's Santa Day in Goodridge

Santa Claus is coming to town! Mark your calendars to attend the Annual Lion's Santa Day on Saturday, December 14th, in Goodridge. The well-attended event takes place

December WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of December 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 December.
Wednesday, December 4: Warroad, Community Center
Thursday, December 5: Red Lake Falls, Community Center
Monday-Friday, December 9-13: Thief River Falls, Redeemer Lutheran Church
Monday, December 16:

Community Calendar
Wed | Dec 4
Grygla Eagle office open 10-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; BBB practice in Goodridge/GBB practice in Grygla 4-6pm
Thurs | Dec 5
GBB vs. KCC at Lancaster; BBB vs. Roseau in Grygla
Fri | Dec 6
Senior Meals at Grain Bin Café 11am; JH BBB vs. RLC in Goodridge; No BBB practice/GBB practice in Grygla
Sat | Dec 7
Bingo at Yo-Hawn's Bar & Grill 6:30pm
Sun | Dec 8
Grygla JCC's Santa Day at the Community Center 1-3pm w/ Bingo at 3pm; Our Savior's Lutheran Church Advent Celebration 6pm
Mon | Dec 9
Senior Meals at Grain Bin Café 11am; BBB practice in Grygla; GBB at NCTC w/ JV team at 6:30pm and Varsity at 8:15pm; Grygla City Council Meeting 7pm
Tues | Dec 10
GBB at NCTC vs. Sacred Heart 3pm; BBB 'C' team at Heritage 5pm/GBB 'C' team at Heritage 6:15pm

Christmas party

The Grygla Senior Citizens will be having their Christmas party on Friday, December 6th, at 2:00pm at the Grain Bin Café. Food will be served and card games played. Bring a gift to receive a gift!

Grygla Santa Day
Sunday Dec 8th
Grygla Community Center
1:00-3:00
Santa Visits!
Cookie Decorating
Christmas Movie
#Elfie Booth
Coloring Station
Tattoos & Face Painting
Popcorn & Hot Chocolate
3:00-5:00
Bingo
50¢ a card
Prizes donated by the Community
Grygla JCC JUNIOR COMMUNITY CLUB

THIEF RIVER FALLS RADIO
KTRF AM 1230 KKAQ AM 1460 KEDQ FM 99.3
LISTEN LIVE
Charger's Girls Basketball at NCTC
Monday, Tuesday, Thursday
December 9, 10, 12

Pine Cone Apartments
(Handicap Accessible)
1-2 Bedrooms
First month free
**with a 1-year lease
Section 8 Accepted.
Located in Grygla, MN
Call Dave at 218-294-6266

WIN BIG AT BINGO!
53 numbers for \$500
Progressive Bingo
Starting
Saturday, December 7th
6:30pm
Yo-Hawn's inc. Bar & Grill

HELP WANTED
Farmers Union Oil Company
Full time shop mechanic wanted. Benefits include 401k, insurance, vacation and sick time. Paid holidays.
Stop by for applications or call 218-294-6117 and ask for Brenda

Post Prom raffle tickets for sale

If anyone is interested in buying one of the \$20.00 Post Prom Party raffle tickets, they can stop in the Grygla School office or contact a junior/senior student or parent. There will be a drawing at every one of the home boys and girls basketball games. 1st prize is \$50, 2nd prize is \$30 and 3rd prize is \$20. The winner will be put back into the box for the next drawing, as well.



SHARING TREE is now set up at American State Bank
1. Choose an ornament from the tree.
2. Sign up on Sharing Tree List.
3. Purchase a \$20-\$30 gift.
4. Return unwrapped gift to this site before December 4th 2019
THANK YOU!!!
"It's that easy to make some young person's holiday season special
Marshall County Social Services
Along with the Sharing Tree Project this year, we are also asking for donations of new gloves for kids ages Newborn -18. If you would like to donate please leave the gloves/mittens in the decorated Christmas box.
In two locations
FDIC
ASB AMERICAN STATE BANK
PO Box 78
Grygla, MN 56727-0078
(218) 294-6111 • TOLL FREE (877) 814-9937
FAX (218) 294-6239
201 Vance Ave. S.
Erskine, MN 56535
(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 687-2328
www.asbgrygla.com

kids' corner

FOOD FACT
THE DUTCH WORD "KOEKJE" WAS THE BASIS FOR THIS ENGLISH WORD FOR A SWEET DESSERT.
ANSWER: COOKIE

How they SAY that in...
ENGLISH: Chocolate
SPANISH: Chocolate
ITALIAN: Cioccolata
FRENCH: Chocolat
GERMAN: Schokolade

Cookie Word Find
Find the hidden words in the puzzle.
BAKE BUTTER CHIPS COOKIE
CRUMBS DOUGH FLOUR INGREDIENTS
PEANUT SPRINKLES SUGAR SWEET
M X O R Z G H K F N I W
P B E C A T F T Y N S I
Q I W I F E U C G Z T S
S S E L K N I R P S E B
U B H A A O E F B M E M
G M B E C D O P L Z W U
A S P H I E H C L O S R
R U I E B U T T E R U C
U P N I B B A A F K V R
S T Z E H G U O D A S N
S P A B U D P B T G I U
B L W E D P P W U P U U
Get Scrambled
Unscramble the words to determine the phrase.
KBGNAI SCOEKIO
Answer: Baking cookies

THIS DAY IN...
DEC 1
HISTORY
• 1913: FORD MOTOR CO. INTRODUCES THE FIRST MOVING ASSEMBLY LINE.
• 1959: THE UNITED STATES, ALONG WITH 11 OTHER NATIONS, SET ASIDE ANTARCTICA AS A SCIENTIFIC PRESERVE.
• 1977: PINWHEEL, NOW KNOWN AS NICKELODEON, IS LAUNCHED.

New word
SPRITZ
a crisp, delicate butter-flavored cookie

Did you know?
GINGERBREAD COOKIES CAN BE CUT INTO MANY SHAPES. THE DOUGH IS MOST OFTEN MADE FROM GINGER AND MOLASSES.
ANSWER: GINGERBREAD COOKIES

GET THE PICTURE?
Can you guess what the bigger picture is?
ANSWER: SANDWICH COOKIE

How to cook a turkey - as told by Mr. Monson’s 2nd graders

“How do you cook a Turkey?”

Name: parker osse
School: Grygla
Teacher: mr. monson
Favorite Subject: phy. ed

First we Bake
Next we Put on the
table.
Then we take the
dishes out.
Finally we eat it.

“How do you cook a Turkey?”

Name: Summer Ruid
School: Grygla
Teacher: Mr. Monson
Favorite Subject: P.E.

First, you get a
Turkey from the woods.
Next, you have to bring it
home.
Then, you have to hete
it up in the stove.
Next, you bake it for 1 hour.
Then, you take your turkey
out of the stove.
Finally, you decorate your
turkey.

“How do you cook a Turkey?”

Name: tycen ostby
School: Grygla
Teacher: mr. monson
Favorite Subject: PE and spelling

First you pick the feathers
off of it. Then put it in
the oven. Next you let it
cool off and you call
everybody at the table.
Finally it's done.

“How do you cook a Turkey?”

Name: Roltynn Davis
School: Grygla
Teacher: mr. monson
Favorite Subject: reading

First you put salt on it
and then you put the candy.
Next you put the chocklet.
Then put it in the oven.
Next, you put the sprinkles.
and then you put on the gum.
Finally, you eat it num.

“How do you cook a Turkey?”

Name: sabian needham
School: Grygla
Teacher: Mr. Monson
Favorite Subject: PE

First cook the turkey.
Next put the meat on
the side.
Then you cook the meat.
Next you wait for the
meat to cook.
Then put salt and pepper
on the meat. Finally
eat it.

“How do you cook a Turkey?”

Name: Hudson Knight
School: Grygla
Teacher: Mr. Monson
Favorite Subject: PE

First get the gun.
Next, sit in the stand.
Then you shoot it.
Next you gut it.
Then you cook it for
6 hours. Finally you
take it out.

“How do you cook a Turkey?”

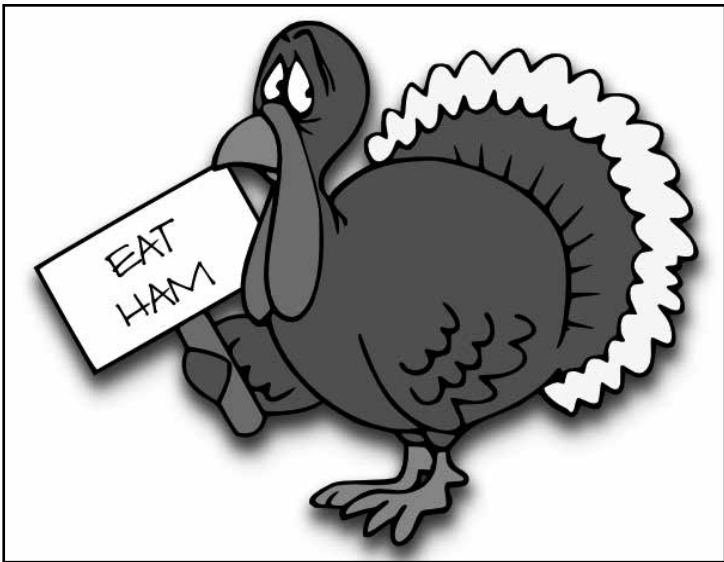
Name: Aria Saurdiff
School: Grygla
Teacher: Mr. Monson
Favorite Subject: PE

First, you take the feathers off
after you shoot it.
Next, you bring it home.
Then, you cook it for 50 minutes.
Next, you check it.
Finally, you take it out and eat it.

“How do you cook a Turkey?”

Name: oliver
School: Grygla
Teacher: mr. monson
Favorite Subject: math

First, I cook the turkey.
Then, I put some peper and salte
on the turkey.
Next, I put some seaning
on the turkey.
Finally, I put some use on the
Turkey.



DO IT YOURSELF

An easy DIY to spruce up your table. It looks great, but also smells great! Add an Evergreen sprig (or ANY type of green) along with a cinnamon stick to a linen napkin and you’ve nailed that rustic chic look that will impress your dinner guests. This is the season of hosting and making our tables look all fancy, so hit up Pinterest for more ideas if this one isn’t your style. There are TONS of ideas for napkins, tablescapes, place settings, etc.



Library Link... Continued from page 2

know – probably not. Ha. It’s just such a fabulous city filled with absolutely everything – old and new.

But I feel SO happy right now looking back on all my NYC photos; I also get kind of sad, though. It’s that bittersweet feeling. I just wish it wasn’t so far away and/or I could visit more often and experience everything is has to offer.

Anyway, this exact time last year I was walking around The Big Apple and made a trek into the New York Public Library. What a beautiful piece of history that is just sitting in the center of the city. So many stories it holds. (Literally.) I just wanted to re-share these two photos because it really was such an incredible place to see.

So besides reflecting on that today and feeling all the feelings, I’m also thinking about something else really cool. Do you know the author Brian Freeman? If you do, then you know what a big deal he is! If you don’t know him, let me tell you that he’s a really big deal. Like, REALLY big. He was just chosen by Putnam and the Robert Ludlum estate to carry on Ludlum’s Jason Bourne series! He actually just turned in his completed Bourne novel a couple of weeks ago!

He’s a #1 bestselling author of psychological thrillers and has a new Minnesota stand-alone thriller coming out on February 1st. Guess what it’s called!?

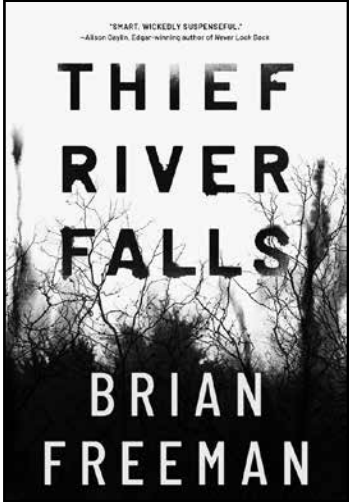
THIEF RIVER FALLS. Yes. THAT Thief River Falls. The book summary says it’s a gripping ride through the life of a writer in northwestern Minnesota whose world gets turned upside down in horrifying ways. “Smart, wickedly suspenseful and full of truly shocking twists, Thief River Falls is also a moving tale about family,” says Edgar Award-winning novelist Alison Gaylin.

More exciting news is that I was messaging back and forth with him a couple of weeks ago, (which made ME feel like a big deal, too, I just have to say) BUT, we were discussing a book event in Thief River Falls for sometime early spring. The hope is to have the Northwest Regional Library team up with Visit Thief River Falls and put on a really fun, exciting, big event. Since the book comes out in February, holding something in the spring gives readers some time to get their hands on the novel.

I actually had no idea Brian and his wife are Minnesota residents, too. He has lived in Chicago, California and now MN. In addition to the upcoming event, we were also talking about his Bourne series a little bit. Can you imagine being chosen to carry on that project? He said it’s one of the greatest honors of his creative life and one of the most enjoyable projects he’s ever worked on.

No kidding. Ugh. Can’t wait to meet him in person and hear all about his writing career.

I follow his Facebook page to stay current on his books, events and other things he shares; you should, too. Especially if you plan to read TRF and come meet him this spring sometime. I’ll keep you up-to-date when that event gets planned and finalized, but you won’t want to miss it if you’re a book nerd, er, um, lover like I am.



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

Corybantic \Kawr-uh-ban-tik, kor-\
adjective

Frenzied; agitated; unrestrained

A note from Superintendent Jamie Lunsetter

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” ~ Oprah Winfrey

This is part of something I was taught a long time ago. The 2 keys to happiness, and it’s not complicated:

1. Be thankful for what you have.
2. Serve others.

When we look at all the blessings that have been freely given to us, and are genuinely humbled by them, we have no room left to be jealous of the things we don’t have. When we serve others, we have a giving heart. We recognize that others often have at least the same struggles as us, and often times worse. It allows us to go back to #1 and be thankful for what we have. Make sure to enjoy the time you have with your friends and families and give thanks for everything!

God bless you all and hope you had a Happy Thanksgiving!

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

If you’re looking for a recipe that will disappear at holiday parties, cookie exchanges, neighborhood potlucks, or school bake sales, this is a guaranteed winner. No one can stop eating this – myself included.

Ingredients
About 10 full-size honey graham crackers – or enough to cover a cookie sheet
2 sticks butter
1 cup brown sugar, packed
½ tsp salt
2 cups chocolate chips
½ bag of heath toffee bits

Preheat oven to 350. Line the bottom of a 9×13-inch pan with aluminum foil, then spray with non-stick spray. Place the graham crackers on the bottom of the pan in an even layer.

In a saucepan, melt the butter, brown sugar, and salt. Once the butter has melted, let the mixture boil for another

4 minutes or so, stirring constantly so it doesn’t burn. The mixture should become thick and almost caramel-like in consistency.

Pour the mixture over the graham crackers, then bake for about 6-7 minutes. It should be bubbling around the edges.

Pull it out of the oven and sprinkle the chocolate chips on top. Return the pan to the oven to melt the chocolate chips – about 1-2 minutes. Remove from oven and spread the melted chocolate chips with a rubber spatula/scrapper.

Sprinkle the graham cracker crack with your toffee bits, then let it rest on your counter to set.

You’ll want to let it cool for about 3 hours. To cut, use a very sharp knife. You’ll end up with lots of little pieces that have broken off, but that’s totally fine; it’s toffee and doesn’t have to be perfect.



Kids and thin ice – a dangerous holiday combo

As excited as they are about the holiday season, many kids are equally curious when it comes to the ice. Talking with children about ice safety now will help them stay safe during this festive time.

“We want families to get out on the ice and have a good time when conditions allow— but we also want parents to make sure kids know ice is never 100 percent safe,” said DNR conservation officer Adam Block. “They should never go on the ice alone, and they should wear a life jacket and bring safety equipment, including ice picks and a cell phone in case of an emergency. Also tell them to never follow a friend or pet onto potentially dangerous ice.”

Lakes and ponds that appear frozen are inviting spots for ice skaters and children looking to explore. But ice thickness varies greatly at this time of year. Measure ice thickness in multiple locations before walking on it. There must be at least 4 inches of solid, clear ice for safe walking. Even if the ice is thick

enough for walking, always watch children closely.

“By all means, get outside this holiday — but if you’re hosting a party and you live near a pond, lake, or stream, be sure someone is keeping an eye on any kids near the ice,” said Lisa Dugan, DNR recreation safety outreach coordinator. “And make certain that all the adults know who the designee is.”

It can be easy to overlook precautions during outdoor holiday celebrations, so put safety first by following ice safety guidelines.

Ice safety guidelines
No ice can ever be considered “safe ice,” but following these guidelines can minimize your risk while on the ice:

- Always wear a life jacket on the ice (except when in a vehicle).
- Children need to be supervised when they are near the ice.

Thin Ice...
Continued on back page

Saphire Walker shares her ‘Monthly Inspiration’



Christmas Traditions
Christmas has always been my favorite holiday. Maybe it's the snow on the trees, the hot chocolate, the Christmas lights or maybe it's just the cozy feeling it gives me; a feeling that warms my entire soul. My favorite Christmas memory is standing at the top of the stairs looking down into the living room and seeing our huge Christmas tree sparkling with lights. Both sides of my family came that year. It was one big, giant, Christmas at our house and the feeling that moment gave me was one I kept my entire life.

As the Holiday season ap-

proaches, memories of traditions have flooded over me and I thought what a perfect way to start December with some holiday traditions that my family has done for years, others have done or ones that Blake and I have started with each other. I even asked others to see what traditions they love doing!

Number one. Cutting down a real Christmas tree together as a family. Every year the grandkids go out to Blake's grandma and grandpa's woods and pick out a Christmas tree together. Grampa Ted, brings his hand saw and allows each kid to saw some off. Everyone gets to be apart of cutting it

down. Christmas at the cabin is always filled with magic it seems. Grandma always has cappuccino ready, warm Sally Anne cookies, pistachios, and fresh pomegranate to snack on. The wood stove warms the house and the delicious smells fill the air as the tree we've picked out sits in the living room with antique ornaments hanging all around it.

Number two. Reading the Christmas story out of the Bible together. This is a tradition my family has done for years and it's also something one of my friends has done as well. When I asked her what traditions her family does, she told me that after Christmas dinner her papa would always read the Christmas story out of Luke. He passed away when she was six years old but her mom just by chance had recorded her papa one time reading it. So, every year they continue to sit and listen to him read it. She explained that this tradition built the foundation for the traditions she now has with her own family.

Number three. Picking out a special ornament each year that represents the year ahead or the year that's passed. My husband, Blake, started this tradition the year we moved to Nashville. He is sentimental and it's one of the many reasons I am so in love with him. Both of us love traditions with meaning behind them. This year we decided to pick out two! He suggested we buy a dancer ornament in honor of opening our dance studio. While we searched for that ornament we found an ambulance ornament that read "Saving lives is our mission". This September was a year since he got his dream job as a full time EMT, so we felt it was fitting that both of our ornaments this year represented the dreams we have accomplished!

Number four. Lefse. Lefse. Lefse. My family also has this wonderful tradition of making lefse but it's a tradition I have found many people do

yearly! If you don't know what lefse is, it's like a tortilla made out of potatoes, buttered and sprinkled with sugar all rolled up tightly. Many people spend hours, if not days, making this delicious treat.

Last but not least, one tradition that never seems to pull my heartstrings like this one, is the one with music. I came from a family that loves music. It runs through our veins and bleeds out of us. Every year, during Thanksgiving and Christmas, my grandpa and great grandpa would pull out their guitars and play Christmas tunes while my sister and I sang loud and proud. My great grandpa would take out his favorite guitar, he called his "Big Blonde" and would play the song Pretty Papers. His voice was raspy and low. I watched as he slid his hand up and down the neck of the guitar and play each note crisp and clear. I remember thinking "I could listen to this all day". Things are different now, my great Grandpa passed away while I was out in Nashville a few years back. This year, my sister and I played Pretty Papers and danced to it in my kitchen together reminiscing over all the beautiful memories we got to share with him.

Traditions are something that I find so special. Something that makes us remember what celebrating the holidays and being around family is all about. In closing, holidays change, people pass on, families separate, but personally I think even the simplest traditions can bring so much joy to the heart. So make your own or cherish the ones that have been in your family for years! Happy Holidays. – Saphire

Saphire Walker lives in Thief River Falls, MN. She is an inspirational writer and motivational speaker. She will be sharing her Monthly Inspiration columns in the Grygla Eagle Newspaper the first Wednesday of each month.



Thin Ice...
Continued from page 3

- Warn children to stay off ponds, streams, and other bodies of water.
- A thin coating of ice on a pond or lake does not mean it is safe.
- Check ice thickness at regular intervals – conditions can change quickly.
- Before heading out, inquire about conditions and known hazards with local experts.

- Avoid channels and rivers. The minimum ice thickness guidelines for new, clear ice are:
- 4 inches for ice fishing or other activities on foot.
- 5-7 inches for a snowmobile or all-terrain vehicle.
- 8-12 inches for a car or small pickup.
- 12-15 inches for a medium truck.
- Double these minimums for white ice or ice covered with heavy snow.

Chargers play at Northland

The Chargers Girls Basketball team will be playing in the Northland Community & Technical College Holiday Classic next week on December 9th, 10th and 12th in Thief River Falls. With the Classic, there is no tournament format, however, there will still be an all-tournament team. There will also be a feature night contest with the JV/Varsity teams playing.

Schedule for the Classic:
Dec. 9th
3pm: Red Lake vs. BGMR
4:45pm: Stephen Argyle Central vs. Sacred Heart
6:30pm: Grygla/Goodridge JV vs. Climax/Fisher JV
8:15pm: Grygla/Goodridge vs. Climax/Fisher
Dec. 10th
3pm: Sacred Heart vs. Grygla/Goodridge
4:45pm: Climax/Fisher vs. BGMR
6:30pm: Red Lake JV vs.

Stephen Argyle Cenral JV
8:15pm: Red Lake vs. Stephen Argyle Central
Dec. 12th
3pm: Stephen Argyle Central vs. Climax/Fisher
4:45pm: Grygla/Goodridge vs. Red Lake
6:30pm: BGMR JV vs. Sacred Heart
8:15pm: BGMR vs. Sacred Heart

As for the Chargers Boys Basketball team, they will be playing in the NCTC Boys Holiday Tournament on December 17th, 19th and 20th. The GG Charger's Varsity team is scheduled to play on Tuesday, December 17th, at 8:15pm vs. Red Lake. The winner of that game will play on Thursday, December 19th, at 8:15pm; the team that loses will play that afternoon at 3pm. Friday's game times are TBD. You can stay up to date on the Grygla School Facebook page.

Fourtown/Grygla Sportsman's Club members hit the trails

Minnesota snowmobile trails officially opened on December 1st, although the trails aren't exactly in great riding conditions at present time. However, that should change now given the snow we've gotten, the colder temps in the forecast and the work the local club put in last weekend.

With little snow and some wet trails, almost a dozen Fourtown/Grygla Sportsman's Club members set out to clear brush on over 75 miles of trails from Fourtown to Waskish last Friday. A couple of days later, the crew headed north towards Williams and

cleaned up the 60 mile trek that way.

Club President, Jack Nelson, said the trails are a little rough, but should be improving now that the blade has gone over them. He wants to remind riders to use caution and be respectful of farmland as there is crop still out in some areas.

While snowmobilers await the perfect day to ride, now is a good time to make sure registrations are current, snowmobiles are in good operating order, view safety training, and check local trail maps.



Storm over Chargers

The only Charger's game last week was for GBB against Stephen/Argyle on Tuesday, November 26th. The away game resulted in a loss for GG with a final score of 61-48.

GG Stats:
Daria Waletzki- 3 points, Amy Wiskow- 2 points, Chloe Kuznia- 10 points, 6 assists, Maloni Henrickson- 4 points, 10 rebounds, Caitlyn Jacobson- 10 points, 7 rebounds, Maddy Cullen- 4 points, Vivian Coan- 9 points, 11 rebounds

Storm Stats:
Annika Carlson- 8 points, Grace Thompson- 9 points, Greta Weberg- 7 points, Riley Mooney- 9 points, Grace Carl-

son- 12 points, Leah Johnson- 9 points, Josie Rivard- 7 points.

Coach's Comments: We played better than we did in the first game. It was a tight game throughout because the girls battled. We had less turnovers and gave up less offensive rebounds. Grace Carlson got some offensive rebounds on us, but she is tall. For most of the game we did a good job getting a body on her and not letting her get any more. They have a good 3 point shooter, the girls did a good job of limiting her 3 point attempts. It was a hard fought game and I am proud of how the girls played.



ASB celebrates YOU this holiday season

The holiday season is a great time to express appreciation to friends and customers. American State Bank of Grygla invites you in during the month of December to sign up for the Christmas drawings. We will be giving away wagons full of toys to one girl and one boy, and a \$150 cash card to one adult with the drawing to be held at 3:00 pm on Monday, December 23rd.

Christmas goodies will be served in the bank lobby from December 16th through December 20th. During the month of December, we will be waiving the fee for any gift card purchase, and we remind you to stop in and pick up your 2020 calendar.

Merry Christmas from your friends at American State Bank of Grygla. Member FDIC.

Our Savior's to host Advent Celebration

Sunday evening, December 8th, beginning at 6pm, the pews will be packed at Our Savior's Lutheran Church in rural Grygla. It's the annual Advent Supper with musical duo, Lois & Lois, performing special Christmas carols for the crowd! In carrying on with the tradition, the ladies of the

church will be serving a delicious Christmas meal (with all the fixings!) immediately after. This festive event is a great way to kick off the holiday season that many make a yearly tradition. You are invited to attend, along with friends and family members. Please RSVP to Holly Rychlock at 294-6497.

