



|                                                                                                                |                                                                                                                          |                                                                                                                        |                                                                                                                |                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <br>Today<br>Snow<br>H 27 L 2 | <br>Thurs<br>Partly Cloudy<br>H 7 L -12 | <br>Fri<br>Partly Cloudy<br>H 11 L -1 | <br>Sat<br>Cloudy<br>H 21 L 4 | <br>Sun<br>Mostly Cloudy<br>H 16 L 8 |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|

Wednesday, January 26, 2022

WE'RE ONLINE [www.tricocanary.com](http://www.tricocanary.com)

Vol. 47 Number 31

Coming next week ... Chargers Boys Basketball holds Parent's Night.

# Celebrations: The Ceramic Art of Betsy Saurdiff



The Northwest Minnesota Arts Council (NWMAC) is pleased to announce Celebrations: The Ceramic Art of Betsy Saurdiff. The exhibit is open through February 28 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

People love to celebrate special occasions. This new collection of pottery will make these celebrations even more special. We serve birthday cakes on pedestal stands to elevate the celebration both literally and figuratively. We can use "potluck pots" at picnics and reunions to keep our salads safe and cool because of the lower ice compartment. Graduates appreciate mugs with the two-word inspirational sayings. Little covered jars hold special treasures for any occasion. Decanters with matching cups also make drinking juice, liquor or wine more special. Punch bowls bring back memories of celebrations like baptisms, confirmations and birthdays. Somehow the punch seems to taste better out of a punchbowl.

The woven-handle baskets and the stilted baskets are unique centerpieces and could be filled with anything from fresh flowers to candy. Serving platters and bowls, butter dishes and cheese bells all make special meals more enjoyable. Fresh fruit is beautiful in a berry bowl, which can be used to wash and serve fresh fruit.

The ultimate celebration is the celebration of life. Saurdiff explained, "I explored the classic urn form, which I threw in

one piece on the potter's wheel. I was motivated to create urns when I went to the funeral of my high school art teacher, who introduced me to clay. He had made his own funerary urn in a style I recognized right away as being his own. Some art is put on the shelf or on the wall without interaction, a passive statement by the artist to be interpreted by the viewer. Functional pottery crosses this divide because it is meant to be touched and used, a conversation between the pottery and the user. This is why I make functional pottery. I hope you enjoy the exhibit."

Betsy Saurdiff lives in Grygla and studied Art and German at Bemidji State University and the University of Minnesota. Highlights of her career include two McKnight Fellowship Awards, two Merit Awards at the NW MN Arts Council exhibit and Art Advocate of the Year. She has sold her functional pottery at local businesses and art fairs. She recently retired from teaching and began selling her pottery online. You can find her at <https://bettspottery.com/>.

Saurdiff shared, "I really enjoyed the challenge of creating a new body of work for the exhibit. I pushed myself to create more complex and technically challenging pieces. It was liberating to explore new forms such as the baskets, urns, punch bowl sets and decanter sets. I would give myself "assignments" to try the new forms and repeat them until I felt that I had mastered them somewhat. That's why there are multiples, often in differ-

ent glaze colors. I limited myself to a few glaze combinations to unify the exhibit. In fact, the exhibit is organized primarily by color. My personal favorite is the "Red Wall!"

It was very gratifying to put up the exhibit and so fun to see it all come together. Thank you to the NW Minnesota Arts Council for this opportunity!"

## Artist Reception

You won't want to miss this



Grygla School's senior high art students have been busy learning wheel throwing and hand building in the pottery room with Betsy. Photo courtesy of Grygla School



Celebrations: The Ceramic Art of Betsy Saurdiff is now open at the NWMAC Gallery at Northland Community & Technical College in Thief River Falls; it will be open through February 28th. Of the exhibit, Betsy said it is organized primarily by color with her personal favorite being the Red Wall. Photo courtesy of Northwest Minnesota Arts Council

pottery exhibit! Please join us for an Artist Reception with Betsy on Saturday, February 12, from 3 to 5 pm at the gallery.

The NWMAC Gallery is located at Northland Community and Technical College in Thief River Falls. The gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door A. Visitor parking is free and at this time in the large end lot.

For more information about our exhibits look to our website at [www.NWArtsCouncil.org](http://www.NWArtsCouncil.org), or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at (218) 280-4917 or email [NWArtsCouncil@gmail.com](mailto:NWArtsCouncil@gmail.com). This exhibit is made possible with funding from The McKnight Foundation. Please sign up for our e-newsletter on our website home page to see the latest news and grant announcements. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.

## Facebook Live Event

Please join this Artist Spotlight discussion with area potter Betsy Saurdiff this Thursday at 2pm Live on Facebook on the Northwest Minnesota Arts Council page. We'll talk about her art, inspiration, process, and so much more.



# Grygla Cup

The Grygla Ice Devils hit the rink last Saturday night, brushing up on the necessary skills needed to end the winning streak of their rival team (and good friends) the Grygla Flames. The Flames won the Grygla Cup in 2020 making that their 15th consecutive win!

Due to COVID, the annual hockey tournament wasn't held last year, but it's back in action come Saturday, February 5th,

at the Brian W. Olson Memorial Arena in Grygla.

Right now, three teams are set to compete, but the Ice Devils are looking for a 4th team for the one-day tournament (three game guarantee, 4 on 4 hockey so you wouldn't need a big team to play.) Let Nick Olson know if you are interested or need more details (218-689-0830). Photos by Grygla Eagle Newspaper



# Community Ed Winter Retreat

Do you sew, craft, quilt or just "want to get away for a bit?" Community Ed's got a deal for you! We all go a little stir crazy and need to get out of the house, especially with all that has transpired over the last 2 years. Come and spend some time crafting, socializing and having fun. Share your talents and passions with others. Bring your stamps, sewing machine, beading, good books, or games (if you bring someone to participate in them).

Starting January 29th and then every other Saturday in February and March, the Com-

munity Ed Winter Retreat will gather around 9am at the Grygla Community Center and be there until 4pm. Schedules will evolve from there, so bring your ideas also. There is no cost to you as Community Ed will be funding these events. There is also no commitment to come every time.

For more info, watch Facebook, Grygla Eagle, or contact Lynette Jelle at 218-684-5453 or [lyn.jelle@hotmail.com](mailto:lyn.jelle@hotmail.com). Each attendee must be responsible for their own clean up. Feel free to bring yourself snacks and/or lunch if you so wish.

# Rapid tests available

Free at-home COVID-19 rapid tests will be available for pick-up at the Grygla Community Center on January 27th from 11-11:30am. There will be a limited amount of tests available. No appointment is necessary. These tests are free with no insurance or ID required. Pick up a test and bring it home for use on people

2 years old and older. One kit per member of household (limit 10). Receive your results in as little as 10 minutes.

To help keep your community healthy and slow the spread of COVID-19, the Minnesota Department of Health is providing these free at-home rapid tests to Minnesotans at specified pick-up locations.

# Intramural Basketball

Grygla Elementary 4-6 grade began their 2022 Intramural Basketball in January with games being held every Friday from 1-3pm, continuing through mid-March. The games are open for parents, grandparents and community members to come watch.

Intramural games will be broadcast on Garden Valley Grygla Channel 36 on Fridays from 1:00-3:00 pm.

The remaining schedule for January is below, along with the teams.

## January 28th

1pm: Miracles vs. Goal Diggers, 1:30pm Flaming Bears vs. Stars and Scars, 2pm: Goal Diggers vs. Flaming Bears, 2:30pm: Miracles vs. Stars and Scars

## Teams

Miracles: Coach Tucker Verbout, Gus Jones, Evan Grindahl, Brianna Severt, Alayna Carlisle, Kloe Slettes, Koly Davis.

Flaming Bears: Coach Andrew Loken, Cooper Aune, Catelyn Rath, Josie Saurdiff, Kensley Brateng, Tycen Ostby, Parker Osse, Chloe Haugan

Goal Diggers: Coach Katelyn Larson, Paizley Moe, Emma Sundberg, Rown Johnson, Zachery Rian, Josephine Landsrud, Aria Saurdiff, Oliver Smeby.

Stars and Scars: Coach Justin Thompson, Haedynn Boutain, Caylen Rabbit, Grayden Hagen, Krystal Neuschwander, Brayden Kaczor, Hudson Knight, Summer Ruud.

• CHURCH CALENDARS

**GRYGLA LUTHERAN PARISH**  
**Grace and Our Savior's, Grygla**  
**Vicar Marilyn Grafstrom**  
Recorded services are available on-demand on the church website and will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm. *gracelutherangrygla.weebly.com*

**Wednesday, Jan 26**  
11am Bible Study, 6pm Grace Choir, 6:30pm Confirmation  
**Sunday, Jan 30**  
Grace: 10:30am Worship, Annual Meeting to follow  
OS: 9am Worship

**GOODRIDGE AREA LUTHERAN PARISH, ELCA**  
**Bethany, Ekelund, Faith Pastor Kristin Dahlen Osercamp**  
Sunday services are posted online on the Parish YouTube channel. They are rebroadcast on the GVTV Channel 36 on Wednesdays at 9am and 6:30pm.

**Wednesday, Jan 26**  
7pm Confirmation at Faith  
**Sunday, Jan 30**  
Ekelund: 8am Worship, 9am SS, 8:45am Annual Meeting  
Faith: 9:30am Worship, 10:30am SS  
Bethany: 10am SS, 11am Worship, 11:45am Annual Meeting  
**Monday, Jan 31**  
Faith Quilting 9am-12pm

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

CLC announces fall honors lists

Central Lakes College, Brainerd and Staples, has announced its 2021 fall semester honors list. CLC is a comprehensive community and technical college in the Minnesota State Colleges and Universities System. The college serves about 5,500 students annually in liberal arts and career education programs.

The President's List includes 183 students who earned a grade-point average of 3.75 to 4.0 while enrolled for at least 12 credits. Local students include:

Jamie Dougherty, Grygla

Local students named to Dean's List

The University of Minnesota Crookston Fall Semester 2021 Dean's List has been announced by the Office of the Registrar.

To qualify for a place on the Dean's List, students must complete 12 or more letter-graded (A-F) credits while attaining at least a 3.66 grade point average. Local students include:

Mercedes Coan, Goodridge, Communications BS  
Brooke Anderson, Goodridge, Animal Science BS  
Kari Sundberg, Grygla, Communications BS



In two locations

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A FULL SERVICE BANK

March cash calendars

The Grygla Celebration Committee is kicking off the planning of their annual Fall Fest with a cash calendar raffle. March cash calendars will be on sale January 10th - February 27th. They are \$20/each with 31 chances to win!

Only 500 will be sold and can be purchased at area businesses or with one of the following members: Gretchen Smeby, Jaclyn Moe, Karla Byklum, Lindsay Oslund, Tonia Haack, Jack Nelson, Bob Thompson or Jodi Schulz.

Mark your calendars for the Grygla Fall Festival to be held Saturday, August 27th & Sunday, August 28th.

Quilting at Grace

The Grace Lutheran Church Women started quilting last Thursday, January 20th, at the church. This will continue every Thursday at 9am for the months of January, February and March. Please bring a sack lunch for yourself.

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**Ann's - Goodridge**  
**Fr. Adam Hanness**  
**Sundays:**  
St. Clement's: 10:15am Worship.  
St. Ann's: 12pm Worship

**BETHESDA LUTHERAN CHURCH Skime**  
**Pastor Steve Bliss**  
**Sunday, Jan 30**  
8am Worship, 11am FB Live Broadcast

**UNITED LUTHERAN PARISH Gatzke**  
**Pastor Tim Lundeen**  
**Sundays**  
8:30am Worship

**CLEARWATER LUTHERAN PARISH**  
**St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee**  
**Pastor Jeff Merseth**  
**Wednesday, Jan 26**  
Wed. School 5-7pm  
**Saturday, Jan 29**  
Mt. Olive Worship 9am  
**Sunday, Jan 30**  
St. Petri: 8am Worship, 9:15am SS  
*w/ Meal & Voters Meeting*  
Nazareth: 8:30am SS, 9:45am Worship  
OP: 9:45am SS, 11am Worship

Please email calendars to [grygla.eagle@gmail.com](mailto:grygla.eagle@gmail.com)

**HELP WANTED**  
Marshall County Social Services is accepting applications for a Social Worker position. A Degree from an accredited four-year college with major in Social work, Sociology or Psychology, or a closely related field is required. Minnesota Merit System certification is necessary. Salary range is \$25.91 to \$35.74 depending on experience.

Please send your resume to 208 Colvin Avenue, Warren, MN 56762 AND complete an application online at <http://agency.government-jobs.com/mnmeritsystem/default.cfm>. Any questions, please call 218-745-5124. Marshall County is an Equal Opportunity Employer. Deadline to apply is 2/11/22. G45-46C

Beltrami County DFL precinct caucuses held with extra safety precautions

(Submitted) The Beltrami County Democratic-Farmer-Labor Party (DFL) is taking extra precautions to help safeguard attendee health on precinct caucus night. Attendees gather Tuesday, February 1, to hear from candidates, select delegates for upcoming conventions, weigh in on the state DFL platform, and elect precinct leaders. Registration starts at 6:30 p.m. and the caucus begins at 7 p.m.

All caucus attendees must have proof of COVID-19 vaccination (2 doses of Moderna or Pfizer; 1 dose of Johnson & Johnson) or negative COVID-19 test. Also, attendees must wear a well-fitted mask worn over the nose and mouth and socially distance to the extent possible.

"We aim to protect the health of Beltrami County residents while maintaining grassroots democracy on caucus night," said Curtiss Hunt, Chair of the Beltrami County DFL. "DFLers who prefer not to participate in-person are invited to complete a non-attendee form ([dff.org/caucus/](http://dff.org/caucus/)) and return it to the chair ([beltramidfl@gmail.com](mailto:beltramidfl@gmail.com)) or to their caucus site between 6:30 pm and the adjournment of business on February 1, 2022."

Meeting locations for Beltrami County Grygla-area/townships are:

**Our Saviors Lutheran Church (37408 Hamre Rd. NW, Grygla):** townships Benville, Hamre, Lee, Minnie, Spruce Grove, and Steenerson; Unorganized Districts 1 and 2.

Which IRA Is Right For You?

An Individual Retirement Account is a great way to save for retirement. We offer both Traditional and Roth IRAs. Each IRA offers special tax benefits.

**Our IRAs are separately insured by the FDIC to \$250,000.** For more details, stop in or give us a call.

Community Calendar

**Wed | Jan 26**  
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; GBB practice Goodridge/BBB practice Grygla; Grygla Archery League 6:30pm

**Thurs | Jan 27**  
GBB vs. WAO in Goodridge; BBB at BGMR (JH in Badger, JV/V in Greenbush)

**Fri | Jan 28**  
Goodridge School Snofest Coronation 10am; Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1-3pm; BBB vs. Warroad in Grygla (7/JV at 4pm, 8/V at 5pm); GBB vs. RLF in Goodridge; Snofest Dance at Goodridge School

**Sat | Jan 29**  
Snowflake basketball league at RLF; Community Ed Winter Retreat at Grygla CC 9am-4pm (See front page for more information.)

**Sun | Jan 30**

**Mon | Jan 31**  
Senior Meals at Grain Bin Café 11am; BBB vs. NF in Goodridge; GBB practice in Grygla

Charger stats

Just a heads up that there are no GG Charger basketball stats to share from last week as all games were either cancelled or postponed.

ANNUAL MEETING FOR LEE TOWNSHIP

March 8, 2022, at 6 p.m.  
126 N Main Ave, Grygla (Grain Bin Cafe)  
**1 Supervisor - 3 years**  
**1 Clerk - 2 years**  
Signed, Lee Township Board

Snofest

Goodridge School 2022 Snofest Coronation will be held this Friday, January 28th, in the gymnasium at 10am. Congratulations to the following candidates: 7th Grade- Mylee & Evan, 8th Grade- Neveah & Sebastian, 9th Grade- Ashlyn & Micah, 10th Grade- Paige & Caden, 11th Grade- Jorja & Jordon, 12th Grade- Skya & Isaac, Ushers- Jamisen & Jonny.

U.S.P.S. No. 002330  
**Grygla Eagle**

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Kari Sundberg, EDITOR  
**Phone 294-6220**  
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Northern Lights fishing report

*Written by Ben Kucera*  
This week's report: more active fish with the warmer temperatures. With the warmup, the bite has started to pick up. Deep water 30'+ has had better action with a lot of smaller fish. Around 25' there is some action that has been producing some quality fish. The fish are starting to go out into the flats and moving up to structure in the early morning and at dusk. So, if you can, be mobile.

I would start at a transition zone in 20'-25' off of a reef or fast drop off. Then move out if nothing really happens. I give it till 0830 or so, and if there has been nothing, I move to the flats until about 3:30pm. If I haven't caught my fish yet and have time I will move up on to a reef or some sort of structure in about 18'-20' of water to finish off the day.

I always have a jigging spoon tied on in the morning and evening. During the day out in the flats I change it up. I find if the fish are sluggish and not really active I put a small jig around 1/8-1/16 and the smallest minnows I can find and use my panfish gear.

My favorite is a black, yellow, and blue tungsten jig that glows yellow and blue. If the fish are following but no takers, a lot of times I will pound the bottom - jig it up sharp about a foot, and as the fish starts to come up, I drop it past them and lay it on the bottom. I gently lift up after about 10 seconds or so to see if the fish took it. If not I just repeat.

Sometimes the best thing you can do when fishing is slow, and you have a fish finder, is to change presentation and your jigging rhythm. This allows you to see what got a fish to follow and interested, and then what got them to take. Once you get that figured out, it can increase the number of bites. I also am a believer that any color works, as well, some better than others.

If you have a jig that's not pretty or is different from the usual, try it; show the fish something they haven't seen yet this year.

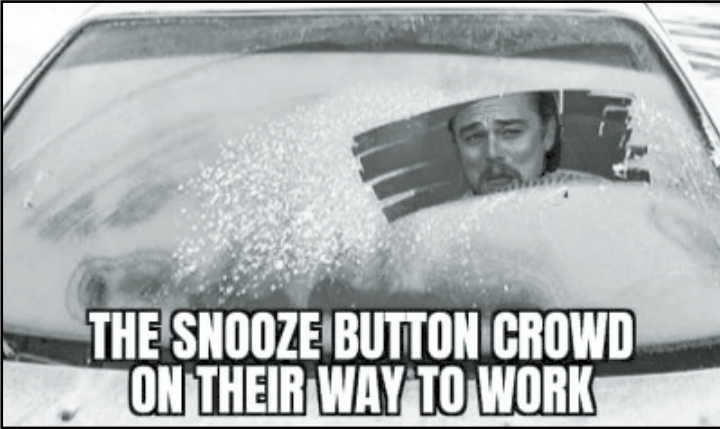
If I go out, I look to see

where nobody is fishing. My favorite place to set is at an intersection where nobody is. It never fails that everyone goes to the end of the road and at an intersection usually there isn't a house for a couple hundred yards in any direction.

My last secret that I do is my colors of choice. My favorite jigging spoon is either white that glows blue with red stripes, an orange and silver, or white glow blue with purple and neon green. Jigs like I stated before: black, yellow and blue; black with glow eyes, or pink or purple with neon green. These are my go-to colors and then try anything new that I made.

I hope to get out fishing sometime this week, not sure where yet, but I need to get out. Good luck this week and stay safe.

*Ben Kucera is the owner and creator of Northern Lights Tackle & Custom Rods. He is also a Marshall County Sheriff's Deputy residing in Grygla with his wife and children. Ben is an avid fisherman who will be writing and submitting a fishing report weekly. You can follow his Facebook page at Northern Lights Tackle and/or contact him at 218-684-0588.*



Valentine's Supper

The Grace/OS Lutheran LYO kids will be hosting a Valentine's Supper this year. Normally this event is held every other year but has been put on hold since 2019 due to COVID-19. The event will resume this year, taking place on Sunday, February 20th, at 6pm, at Grace Lutheran Church in Grygla.

Tickets are \$15/person with only 100 tickets available. They may be purchased with any 6-12 grade LYO student by February 13th and will be available within the week. You can also contact Ruth Anderson, Amber Sundberg or Kari Sundberg to purchase a ticket.

This year's menu will consist of: Baked Pork Chops in

a Creamy Mushroom Sauce, Garlic Buttered Parsley Potatoes, Fresh Garden Salad, Brown Sugar Carrots, Dinner Rolls, Assorted Desserts, Coffee, Milk, Sparkling Non-Alcoholic Wine.

6-12 grade LYO students/parents: This is a big undertaking that takes almost two dozen students to help prepare, cook and serve. Please let Ruth, Amber or Kari know if your child is able to help on Sunday, February 20th. This will be an all afternoon/evening thing. Students can come dressed casual, ready to help in the kitchen, but will need to bring their dress-up clothes to change into prior to the supper.

**Beltrami Republican Caucus Night**

**Tuesday, Feb. 1st, 2022 • 7:00pm**

Elect Delegates • Discuss Platform • Submit Resolutions  
Learn about Candidates • Straw Vote on Candidates

**CAUCUS LOCATIONS**

**Bemidji High School** | All Five Wards in City of Bemidji, Townships/Towns:  
Ten Lake, Frohn, Bemidji, City of Wilton, Port Hope, Turtle Lake, Eckles, Liberty, Buzzle, Lammers, Jones, Grant Valley, Maple Ridge, Roosevelt, Alaska, Turtle River, Northern, Brook Lake, City of Solway and Town of Turtle River

**Blackduck High School** | Townships/Towns:  
Hornet, Langor, O'Brien, City of Blackduck, Summit, Hines, Hagali, Nebish, Durand, Birch, Taylor, Moose Lake, Sugar Bush, Funkley, City of Tenstrike

**Kelliher High School** | Townships/Towns:  
Waskish, Eland, Shotley, Red Lake Township, Kelliher, Woodrow, Battle, City of Kelliher, Shooks, Cormant, Quiring and City of Red Lake, Redby, Ponemah and Little Rock

**Grygla/Fourtown, Our Savior Lutheran Church** | Townships/Towns:  
Benville, Spruce Grove, Minnie, Lee, Hamre, Steenerson

G43,45C

Only in Minnesota: a weekly feature in the Eagle

Here are 10 things they don't teach you about Minnesota in school

Minnesota has a lot of great claims to fame when it comes to inventions, medical accomplishments, and historical stories, but there are a few things, from crazy laws to world records to downright fascinating facts that we think belong in the history books – or at least are hilarious or noteworthy enough to be mentioned from time to time. Here are 10 facts that none of our students are ever going to hear in class, but that are pretty interesting and unique to the land of 10,000 lakes.

We made history with a world-record, 10-foot diameter bacon cheeseburger. It was 2,014 pounds of pure delight.

The clocks on Old City Hall in Minneapolis have faces bigger than Big Ben!

Minnesota is the proud meeting spot of the largest gathering of mustaches, totaling 1,131.

In 1988, Minnesota selected the official state muffin flavor. It's

blueberry. Good choice, everyone.

Minnesota produces the most turkeys of every state. We also have had the most turkeys presidentially pardoned.

Minnesota has the oldest public wildflower garden in the US, the Eloise Butler Wildflower Garden.

The Agriculture Commissioner is required by law to personally capture or destroy any wild boar that gets loose in Minneapolis or St. Paul. Has this been a problem we haven't been hearing much about, or...?

Minnesota is also home to the world's first separate library section for children. It's a great place to be a kid!

MN was home to the first shelf-stable popcorn, which may be one of our most important contributions to the world. Netflix watchers rejoice.

MN grocer Walter Deubener created the first handled grocery bags. We think this one definitely belongs in the history books.

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

Bon Vivant

\bon vee-vahnt; (French) bawn vee-vah\

Noun

A person who lives luxuriously and enjoys good food & drink.

SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

**Sheet Pan Breakfast Bake**

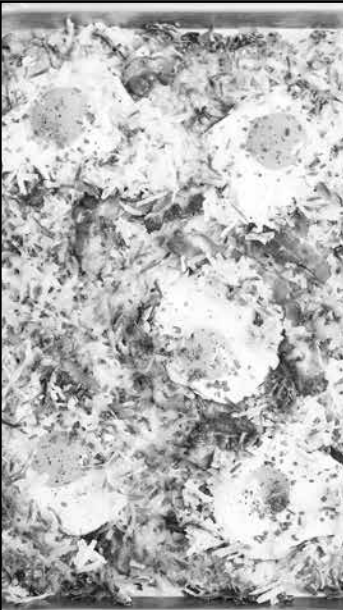
No need to dirty up another pan! You'll have a full breakfast with eggs, bacon and cheesy crisp hash browns on ONE SINGLE SHEET!

- Ingredients**
- 1 (20-ounce) package refrigerated hash brown potatoes
  - 2 tablespoons unsalted butter, melted
  - 1 tablespoon olive oil
  - 1/4 teaspoon dried thyme
  - 1/4 teaspoon dried basil
  - 1/4 teaspoon dried oregano
  - 1/4 teaspoon garlic powder
  - Salt & pepper, to taste
  - 1 cup shredded cheddar cheese
  - 12 slices bacon
  - 6 large eggs
  - 3 tablespoons freshly grated Parmesan
  - 2 tablespoons chopped fresh chives

**Directions**

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place hashbrowns in a single layer onto the prepared baking sheet. Stir in butter, olive oil, thyme, basil, oregano and garlic powder and gently toss to combine; season with salt and pepper, to taste. Sprinkle with cheese.

Place into oven and bake until the edges begin to brown, about 20-25 minutes. Remove from oven and create 6 wells. Add bacon slices and eggs, gently cracking the eggs throughout and keeping the yolk intact. Sprinkle eggs with Parmesan; season with salt and pepper, to taste. Place into oven and bake until the egg whites have set and bacon is cooked through, an additional 10-12 minutes. Serve immediately, garnished with chives, if desired.



SHEET PAN  
BREAKFAST  
BAKE



Free family  
focused webinars  
now through April

University of Minnesota Extension Center for Family Development educators and partners are facilitating webinars, providing information and resources for families and those who serve families to make informed decisions leading to greater health, resilience and well-being.

All webinars are virtual and free. Follow links for each dynamic series to learn more about dates, times and registration.

**Family friendly earth care**

Learn how to take actions for global health and wellness including ways to eat healthier for the planet and hands-on activities for all ages that promote wellness through being in nature. Series runs January 27-April 21, 2022. Follow the link to learn more.

[z.umn.edu/earthcare](http://z.umn.edu/earthcare)

**Finding balance**

While life is never certain, the last couple years have stressed our families and communities. Learn about how to find balance and flourish — even during life transitions. For both consumers and professionals. Series runs February 22-April 20, 2022. Follow the link to learn more.

[z.umn.edu/findingbalance](http://z.umn.edu/findingbalance)

**Making cents of it all**

Learn how to navigate financial choices including homeownership, credit, budgeting and saving, and changing financial needs across the lifespan. We'll also share culturally appropriate resources to support American Indian

and Latino communities. These online webinars are for individuals, families, educators and agency staff. Series runs January 25-April 28, 2022. Follow the link to learn more.

[z.umn.edu/cents](http://z.umn.edu/cents)

**No place like home**

Whether you rent or own your home, our educators have tips to make your home healthier, affordable and energy efficient. Offered in English and Spanish. Series runs January 18-April 14, 2022. Follow the link to learn more.

[z.umn.edu/noplacelikehome](http://z.umn.edu/noplacelikehome)

**Recovery and health**

Learn how mental well-being, nervous system support, nutrition and physical activity can support those in recovery. Hear from people in recovery about how they approach their health holistically and colleagues from the College of Pharmacy will discuss harm reduction and how to save lives from overdoses. Series runs February 16-April 12, 2022. Follow the link to learn more.

[z.umn.edu/recoveryhealth](http://z.umn.edu/recoveryhealth)

**Stand Alone Webinars**

March 2 — Current Session legislation aimed at transgender youth

March 15 — Community engaged work in family science and health and nutrition

For more news from U of M Extension, visit [www.extension.umn.edu/news](http://www.extension.umn.edu/news) or contact Extension Communications at [extdigest@umn.edu](mailto:extdigest@umn.edu). University of Minnesota Extension is an equal opportunity educator and employer.



Some winter activities and coloring fun for the kids

Winter word search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| E | Q | D | H | O | O | E | D | C | O | A | T |
| L | W | S | G | B | L | I | Z | Z | A | R | D |
| F | M | D | H | K | H | M | I | T | T | E | N |
| X | S | E | S | A | W | S | N | O | W | T | K |
| J | W | S | N | O | W | M | A | N | S | V | W |
| L | N | P | O | K | M | D | R | I | F | T | I |
| C | P | O | W | A | K | S | C | A | R | F | N |
| I | T | N | B | B | R | D | C | P | N | I | T |
| C | L | X | A | V | C | M | C | T | D | C | E |
| L | E | U | L | H | W | J | Z | Y | U | M | R |
| E | F | O | L | I | Y | A | T | U | M | R | H |

SNOW

SNOWBALL

COAT

DRIFT

SNOWMAN

BLIZZARD

SCARF

WINTER

ICICLE

MITTEN

Perfect Pairs

Find the matching mittens and color them in

3 THE GRYGLE EAGLE

Wednesday, January 26, 2022



## ASB Christmas Drawing winners

American State Bank of Grygla announced their Christmas drawing winners. Emmitt Aune and Isabelle Saurdiff were the lucky winners of the wagons full of toys; Jamie Dougherty was the winner of the \$150 gift card. *Photos courtesy of American State Bank*



## BIO Girls program

The Bio Girls program will be held at the Goodridge School again this spring. Registration begins February 1st and is only open to 20 Goodridge girls in grades 2-6.

**BIO Girls summary**  
Ashley Nerhus first introduced the BIO Girls program last year, in 2021. It was held from March-May with 10 girls in grades 4-6 with Ashley as the Director and Cindi Kilen and Crystelle Philipp as mentors. This year, with the help of sponsors, the program will run from March-May, but with 20 girls from grades 2-6. Ashley Nerhus will serve as the Director once again. Cindi Kilen and Crystelle Philipp will both return as mentors, with the addition of Amber Sundberg, Jessica Seyller, Khunsa Drangstveit and Chantel Rupprecht also as mentors. Carter Johnsrud is the Junior Mentor.

**Program overview**  
BIO Girls is a self-esteem building program serving girls grades 2-6. A BIO Girls site meets for 12 sessions, 90 minutes each — a session combines life-skills lessons, small-group mentoring, and non-competitive physical activity.

**Life-Skills Lessons**  
BIO Girls curriculum is evidence-based and research-proven. We equip participants with the skills necessary to combat societal pressures and recognize their inherent values. Our curriculum revolves around our four pillars: Mental Wellness, Healthy Relationships, Leadership, Kindness.

Through a hands-on service project, BIO Girls participants also get to experience the power of helping others, gain a bigger perspective on gratitude, and learn that giving back has no age requirement.

**Mentoring**  
Research proves adolescents with a non-familial role model have higher self-esteem, better psychological well-being, and greater satisfaction in

life. Our volunteer mentors engage the participants in small-group activities and one-to-one discussions. They also provide support and encouragement during the physical activity portion of the session.

**Physical Activity**  
BIO Girls uses non-competitive physical activity to teach participants accountability, goal setting, and how to manage stress and anxiety. Through these lessons, participants also experience success. BIO Girls has traditionally used running as our program's physical activity component. However, in 2019, we began expanding our program to include sites that use yoga and cross-training as their physical activity component.

BIO Girls is an inclusive program, welcoming girls of all demographics. In 2021, BIO

Girls provided \$35,616 worth of scholarships to professionally referred participants and those in need of financial assistance. Our program is impacting girls all across the Midwest.

**To register**  
Here is the link to the main website: <https://www.biogirls.org/>. You can also follow along on Facebook at BIOGirlsGoodridgeMN. 2022 Registration is first come, first serve. The season begins on March 2nd and runs through May 18th with the site meeting on Wednesdays from 3:15-4:45pm.

**Donors for Bio Girls**  
Goodridge Lion Tamers, Goodridge Area Development, Farmers Union Oil Company, Raincare Company, Sally Wolf State Farm, Hoffman, Philipp, & Martell, and CHS Ag Services.



Registration opens February 1st for 20 Goodridge girls in grades 2-6. *Photos courtesy of Crystelle Philipp*

## Snowmobile Safety Training



Fourtown/Grygla Sportsman's Club hosted Snowmobile Safety Training last Sunday, January 23rd, at the Grygla Bus Garage. 17 students took part to receive their certificate which is valid at 12 years of age. The training consists of an online classroom portion, along with the in-person training and safety course. *Photos courtesy of Robert Sundberg*



## Snowflake League



Local 4-6 graders have been participating in the Snowflake Basketball League that runs through January with tournaments being held in different towns. Last weekend, Goodridge and Grygla hosted young athletes from around the area for a day of competing on the court! Girls games were held in Goodridge with boys games being held in Grygla, both running from 9am-3pm. *Photos by Grygla Eagle Newspaper*

