



 Today Partly Cloudy H -6 L -33	 Thurs Mostly Sunny H -4 L -10	 Fri Partly Cloudy H -1 L -16	 Sat Snow H 18 L -1	 Sun Partly Cloudy H 8 L -2
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In this issue ... The Goodridge-Grygla 500 snowmobile race is February 12-13; route maps to come next week!

Suicide Prevention through learning QPR (Question, Persuade, Refer)



Destiny Brown resides in Grygla after previously living in the Brainerd Lakes area for 19 years. She is employed through Northern Pines Mental Health Center, which is based out of the Brainerd area.

Her position with Northern Pines includes the following:

- QPR (Question, Persuade, Refer) Suicide Prevention Instructor
- MN Board of Peace Officer Standards and Training (POST) Sponsor
- ASIST (Applied Suicide Intervention Skills Training) Trained
- Suicide Alertness for Everyone (safeTALK) Trained
- Make It Okay Ambassador
- Talk Saves Lives Presenter
- American Foundation for Suicide Prevention Advocate

Destiny is currently enrolled online at the University of Phoenix, working to obtain her Bachelor of Science in Industrial & Organizational Psychology.

The following article recently ran in the Brainerd Dispatch.

Suicide is not an easy word to say or subject to talk about, but we need to start talking about it. Talking about suicide will help break the stigma surrounding mental health and may ultimately save lives.

My story began in March of 2016, when I lost my cousin Rob to suicide. My family was shocked to the core. I saw him 4 days prior to his death and had no idea that he may have been struggling with thoughts of ending his life. A few months later in November, I lost a friend/former co-worker, Jeff to suicide. In July of 2017, my daughter lost her close friend,

Nic to suicide. As you can imagine, it was hard to watch your child struggle with losing a close friend at such an early age. She keeps his memory alive to this day. In October of 2019, my stepson lost one of his best friends to suicide. On August 29th, I lost Kris who was a friend from high school. I have been directly impacted by suicide from all angles.

The struggle is real being a survivor and learning how to move forward in life without your loved one is sometimes one of the hardest things to do in life.

Through my loss, I have learned that we need to connect and support one another in our loss. When I was offered my role, I was not sure if I could mentally or emotionally endure what was needed for me to do the job. I did know that I wanted to help those impacted by suicide and that was the drive that I needed to provide trainings and to talk about suicide. I have been able to heal through my position and have made the decision to go back to school to continue to work directly with those affected by suicide.

Did you know that suicide is a leading cause of death? Suicide is the tenth leading cause of death in the U.S. It is the eighth leading cause of death in Minnesota and is the second leading cause of death for young people 15-34 years of age. There is one suicide attempt every 26 seconds or one suicide every 11 minutes in the U.S.

Because of my personal experience, I am blessed to have the opportunity to help those affected by suicide and to provide QPR trainings to help prevent the tragedy of suicide. I offer QPR (Question, Persuade, Refer) trainings to the community, both businesses and community members. I'm also able to provide Make It Okay and Talk Saves Lives presentations.

QPR trainings that I offer:

- QPR Gatekeeper Core
- QPR for Clergy
- QPR for Elder Care Workers
- QPR for Rural and Agricultural communities
- QPR for School Settings

- QPR for Emergency Service Professionals, includes 1 POST credit for Law Enforcement

The mission of QPR is to save lives and reduce suicidal behavior by providing innovative, practical, and proven suicide prevention training. QPR is a free training for anyone 18+. They are approximately 60 minutes, offered in-person or virtually, and can vary according to needs.

What you will learn during a QPR training:

- Skills to:
 - o Question: a person about suicide
 - o Persuade: someone to get help
 - o Refer: someone to the appropriate resource for help
- By learning QPR, you will learn to recognize the warning signs, clues, and suicidal communications of people in trouble, and gain skills to act vigorously to prevent a possible tragedy.
- QPR teaches the fundamentals that may save a life, much like CPR or the Heimlich maneuver.
- You will learn myths and facts in regards to suicide, statistics about suicide.
- You also will receive resources to handout to anyone that may need them. I can also send out resources for anyone who may want those.

Previous trainings con-

ducted with the following:

- School staff: teachers, administration, transportations, food service, maintenance, etc.
- Law Enforcement agencies/Dispatch/Correctional Officers
- County Social Services
- Churches/Clergy
- Head Start/Early Head Start
- MN Council on Aging
- City Hall
- Domestic Violence/Sexual Abuse/Crime Advocacy Agencies
- Insurance Agencies
- Long Term Care, Home Health care agencies
- Medical staff
- U of M extension offices
- MN SHIP Educators
- USDA staff
- SWCD staff
- Chamber of Commerce
- Community members

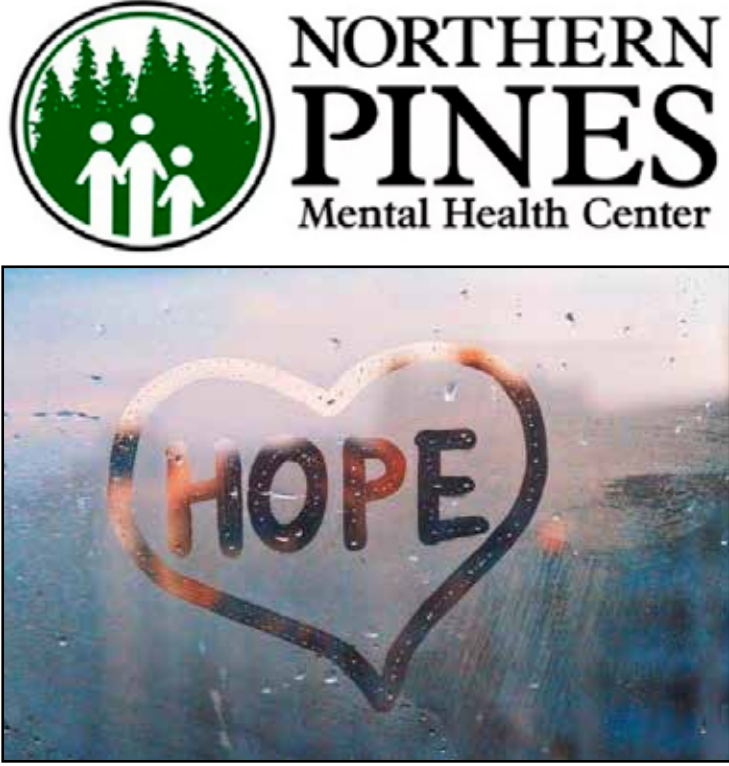
To schedule your free, one-hour QPR training, Make It Okay training, or to learn more contact: Destiny Brown at (218)821-2501 or email: dbrown@npmh.org

National Suicide Prevention Lifeline: 800-273-8255 (Veterans press 1)

Crisis Help Line: Northwestern MN 800-282-5005

Crisis Text Line: Text "MN" to 741741

MN Farm & Rural Helpline: 833-600-2670
The TREVOR Lifeline (LGBTQ+): 866-488-7386



Goodridge Senior Jordan Coan with his parents, Roger and Roxann Coan.

Parent's Night

Chargers Boys Basketball held their Parent's Night last week in Grygla. Senior players and their parents were introduced prior to the varsity game. Stats/action shots on the back page. All photos by Grygla Eagle Newspaper



Goodridge Senior Nick Groven with his parents, Shawn and Rosaline Groven.



Grygla Senior Andrew Loken and his mom, Carrie.



Grygla Senior Tucker Verbout with his parents, Jimmy and Brandi Verbout.



Grygla Senior Justin Thompson with his parents, Bob and Lori Thompson.

Grygla Cup this Saturday at the arena

The 2022 Grygla Cup will take place this Saturday at the Brian W. Olson Memorial Arena. Will the Grygla Flames get their 16th consecutive win, or will the championship go to the Ice Devils or Williams Wolves?! You'll have to go cheer on your favorite team at the arena this weekend.

Schedule

10am: Ice Devils vs. Williams

11:30am: Grygla Flames vs. Williams
1:00pm: Ice Devils vs. Grygla Flames
2:30pm: Play In Game – 2 vs. 3
4:00pm: Championship Game

Broadway Station to set up Saturday

Broadway Station will have their bar set up at the Grygla Community Center this Saturday

from 12pm-12am. Food and full bar will be available with games on hand and music throughout the day and night. The Broadway Station is owned by Chanc Keefe and is located in St. Hilaire. Chanc has owned the bar since July 1st, 2021. He's also the goaltender for the Grygla Flames and has been since 2004.

Chanc wanted to bring some fun to town this Saturday

for the Grygla Cup. Players, friends, families, along with anyone in the community is welcome to stop by the Grygla Community Center for a bite to eat, a cold drink or just to get out of the house for a bit. And yes, he'll have help on hand while he's over manning the nets for the Flames at the arena!

Celebrate this Valentine's Day with supper out

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 are available now. 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 Butter 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 pre-

pare, 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.



• 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
Sunday, Feb. 6
Schedule N/A

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
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.
Sunday, Feb. 6
Schedule N/A

THE CATHOLIC COMMUNITIES OF St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hammess
Sundays:
St. Clement's: 10:15am Worship.
St. Ann's: 12pm Worship

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday, Feb. 6
9:30am 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 Merseeth
Wednesday, Feb. 2
Wed. School 5-7pm
LYS 7-8pm
Saturday, Feb. 5
Mt. Olive Worship 9am
Sunday, Feb. 6
St. Petri: 8am Worship, 9:15am SS
Nazareth: 8:30am SS, 9:45am Worship
OP: 9:45am SS, 11am Worship

Please email calendars to grygla.eagle@gmail.com

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G46TFC

SPRUCE GROVE TOWNSHIP ANNUAL MEETING
March 8th, 2022 at 5:00 p.m.
Grande Corner School House
1 Supervisor (3 years)
1 Clerk (2 years)
Jessica Byklum, Clerk
G46J9C

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 8, 2022. 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 & Clerk
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
Social distancing guidelines will be followed and masks are required.
Marie L. Reid
Town Clerk, Town of Benville
Dated: a nuary 20, 2022
G46J9C

Grygla Community Education & Minnesota Kind Present
Back to Basics Yoga Class
Mondays at 6pm
March 21-April 25
\$25 for 6 weeks instruction
Register with Sandra at sandramelby@wiktel.com
or at 218-686-9603
G46 48, 50, 52C

Community Calendar
Wed | Feb 2
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; BBB practice Goodridge/GBB practice Grygla; Grygla Archery League 6:30pm
Thurs | Feb 3
BBB practice in Grygla; JH BBB vs. CG in Goodridge (7th at 4pm, 8th at 5pm); GBB vs. Sacred Heart in EGF
Fri | Feb 4
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1-3pm; BBB at KCC; GBB in Grygla vs. Northern Freeze
Sat | Feb 5
GBB practice 8-10am; Elementary GBB tourney in Argyle; Grygla Cup (see page 1 for schedule)
Sun | Feb 6
Elementary BBB tourney in Argyle
Mon | Feb 7
Senior Meals at Grain Bin Café 11am; GBB at Warroad



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 oth-

HELP WANTED
Marshall County Social Services is accepting applications for a Social Worker position. A Degree from an ac edited four- ar o llege with major in Social work, Sociology or Psychology, or a closely related field is required. Minnesota Merit System certification is neces- a ry. Salary range is \$25.91 to \$35.74 depending on experience .
Please e nd y ur res me to 208 Coli n Ae nue, Warren, MN 56762 AND complete an application online at <http://agency.goer mment-jobs.com/mnmeritsystem/default.cfm>. Any questions, please call 218-745-5124. Marb all County is an Equal Opportunity Employer. Deadline to apply is 2/11/22. G45-46C

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Below: Archery League action shots from last week!

Northern Lights fishing report

Written by Ben Kucera
On this week's report - slow with a chance of little ones. This past week, I was able to get out twice in between wrestling events. I was out last Friday and Sunday. Both days were really slow, and I was fishing out of Longpoint both days.
Last Thursday, a few people I talked to said almost everyone was catching fish; lots of small ones and keeping close to a limit of 14"-16" fish - mostly saugers with the occasional 16"+ walleye.
Across the lake, the biggest thing was no bites, and if they did bite, it was less than 10". On Friday we used one of our co-workers wheel house and caught around 30 fish and kept 6; 2 were small that wouldn't revive, between 3 of us.
On Sunday I took the girls out. Fishing was slow. We caught around 15 fish and kept 8; 3 were small that wouldn't revive, and a 35" pike.
In this report, I stated that we kept a few small ones that wouldn't revive. When you are fishing in 26"+, the chance of the little fish making it is not real good. To improve their chance, reel up as slow as possible or even give them slack and try to shake them off the hook. Overall, it was fun just to get out fishing again. The best

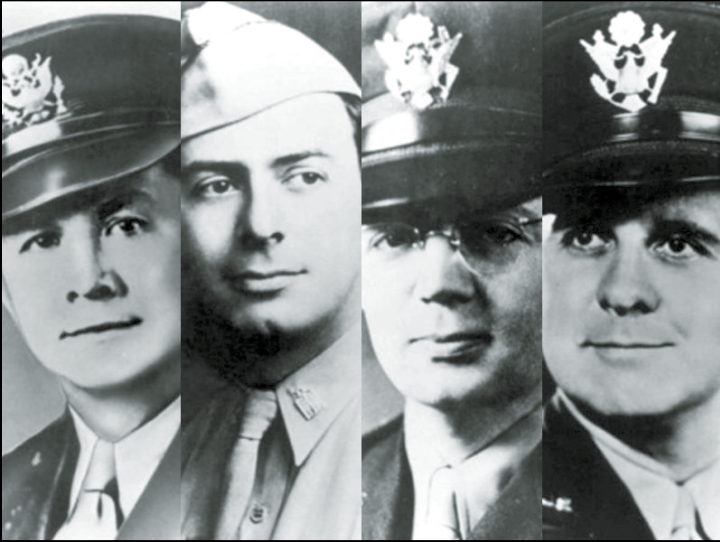
lure was a glow white spoon with a glow purple side and neon green dots, or just a glow white jig with a #10 hook and around a 1/28oz.
This coming week I hope to get out on Wednesday - not sure where or for what yet. On the tackle side of everything, I am winding down my ice fishing crafting and just finishing the orders I have. I'm taking a break and will be starting into summer fishing.
Right now, I have 6 summer rods to start so if you are interested in one it may be after opener before I get it done. My goal for this spring is to get a lot of tackle done for the show in TRF at the Ralph April 9-10. For this I want to have different spinners, bass jigs, panfish jigs and walleye jigs. I will have a few rods on display but will only be taking a few orders.
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.



The Four Chaplains

Submitted by Cathy Newton, on behalf of the Grygla American Legion Auxiliary
On Feb. 3, 1943, the U.S.A.T. Dorchester carrying 902 service men, merchant seamen and civilian workers was sunk in the cold Atlantic.
Through the pandemonium, according to those present, four Army chaplains brought hope in despair and light in darkness. Those chaplains were Lt. George L. Fox, Methodist; Lt. Alexander D. Goode, Jewish; Lt. John P. Washington, Roman Catholic; and Lt. Clark V. Poling, Dutch Reformed.
Quickly and quietly, the four chaplains spread out among the soldiers. There they tried to calm the frightened, tend the wounded and guide the disoriented toward safety.
"Witnesses of that terrible night remember hearing the four men offer prayers for the dying and encouragement for those who would live," says Wyatt R. Fox, son of Reverend Fox.
One witness, Private William B. Bednar, found himself floating in oil-smeared water surrounded by dead bodies and debris. "I could hear men crying, pleading, praying," Bednar recalls. "I could also hear the chaplains preaching courage. Their voices were the only thing that kept me going."
By this time, most of the men were topside, and the chaplains opened a storage locker and began distributing life jackets. It was then that Engineer Grady Clark witnessed an astonishing sight.
When there were no more lifejackets in the storage room, the chaplains removed theirs

and gave them to four frightened young men.
"It was the finest thing I have seen or hope to see this side of heaven," said John Ladd, another survivor who saw the chaplains' selfless act.
As the ship went down, survivors in nearby rafts could see the four chaplains—arms linked and braced against the slanting deck. Their voices could also be heard offering prayers.
Of the 902 men aboard the U.S.A.T. Dorchester, 672 died, leaving 230 survivors. When the news reached American shores, the nation was stunned by the magnitude of the tragedy and heroic conduct of the four chaplains.
"Valor is a gift," Carl Sandburg once said. "Those having it never know for sure whether they have it until the test comes."
That night Reverend Fox, Rabbi Goode, Reverend Poling and Father Washington passed life's ultimate test. In doing so, they became an enduring example of extraordinary faith, courage and selflessness.
The Distinguished Service Cross and Purple Heart were awarded posthumously December 19, 1944, to the next of kin by Lt. Gen. Brehon B. Somervell, Commanding General of the Army Service Forces, in a ceremony at the post chapel at Fort Myer, VA.
A one-time only posthumous Special Medal for Heroism was authorized by Congress and awarded by the President Eisenhower on January 18, 1961. The special medal was intended to have the same weight and importance as the Medal of Honor.



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It's wise to start saving for your retirement as soon as you get your first job. When you open an Individual Retirement Account, you can make small contributions regularly over a long period of time. When you're ready to retire, you could be very wealthy.
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Only in Minnesota: a weekly feature in the Eagle

Disguised as an old hardware store, this secret speakeasy is a Minnesota hidden gem

The Anoka Hardware Store, a secret speakeasy in Anoka, Minnesota, is a true hidden gem. Stop in for craft cocktails in a moody 1920s setting. Since it opened, it's become a popular spot for those looking for a cool atmosphere, great drinks, and live music.

You'll find the bar in downtown Anoka, tucked away among many other businesses. A nondescript door with a red light above it will let you know you've found the right spot. Reservations are highly recommended.

Inside, the speakeasy has a cool, dark atmosphere. There are several seating areas where your group can gather. Sleek furnishings and moody lighting add to the secret speakeasy vibe.

There are even heavy curtains between each space so that you can make your gathering feel a bit more intimate. At the end of



the room, a small stage is set up for live music events.

When it's time to place your order, head up to the bar. Service is friendly and efficient, and you'll never have to wait long.

You can order just about any cocktail you desire. Of course, you'll find plenty of classics such as the Old Fashioned or the Manhattan.

There are also plenty of unique craft cocktails as well. No matter what your taste, you'll likely find something that intrigues you.

Next time you're looking for a special night out, consider paying a visit to the Anoka Hardware Store. This secret speakeasy with a unique hardware theme is sure to delight!

201 Jackson St. Alley – Red Light, Anoka, MN
Hours: Wed 4-10, Thu 4-10, Fri 4-11, Sat 3-11



Northwest Minnesota Arts Council updates

Apply for the Northwest Minnesota Annual Art Exhibit

The Northwest Minnesota Arts Council is pleased to announce their latest "Call for Entries" for the 2022 Annual Art Exhibit. The deadline to submit your artwork is February 28, 2022!

This year, the annual Art Exhibit will be in Thief River Falls at the NWMAC Gallery at Northland Community and Technical College. Artwork will be immediately put up for viewing at our gallery starting March 7 through the end of April.

Artists from our 7 county-service region can enter into this art exhibit and will be competing for \$2,300 in cash awards. Artists must reside in Kittson, Marshall, Norman, Polk, Pennington, Roseau, or Red Lake counties to be eligible. Both adult and student artists are encouraged to enter. Exhibit cash award winners will be chosen while the exhibit is on display by a qualified juror. They will be recognized and receive their check at the Artist Reception in Thief River Falls at the end of April.

Visit our website at <https://northwestminnesotaartscouncil.org/nwmnartsexhibit-apply> for more information, including the exhibit entry rules and directions. If you would like the application mailed to you, please contact our office 218-745-8886 or director@nwartscouncil.org. The application must be submitted no later than February 28, 2022.

Nominations Open for Of the Year Awards

Applications are open for nominations for the Northwest Minnesota Arts Council Of the

Year Awards. Three awards are given each year to recognize artists and arts advocates within our region who stand out in terms of artistry or volunteerism in the arts. Often people serve in both roles.

Our Arts Advocate of the Year award is \$500.00 and often goes to a local leader who lives in the area where the artist reception will be held. But anyone is eligible to be nominated. Arts includes all disciplines.

Our Artist of the Year award can be given to any discipline artist including visual, performing, or creative writing who are emerging or at a mid-way point in their artistic endeavors. It is a cash award of \$500.00 to use however they see fit.

Artists can only receive our Northwest Star Award once, as a lifetime achievement award. This award is for \$5,000.00 and can be a wonderful gift to those who have chosen a hard career path related to artistic expression.

Our deadline for nominations is February 28. Please consider nominating someone who you view as a deserving candidate from our seven-county service area in northwestern Minnesota. Persons who believe their nominee would qualify for this award and have questions should contact the Northwest Minnesota Arts Council office at (218) 745-8886 or email director@NWArtsCouncil.org for more information. The nomination form is on our website.

Awards will be presented at the Northwest Minnesota Arts Exhibit reception in Thief River Falls at Northland Community and Technical College at the end of April. Stay tuned for

more information. Funding for Northwest Star and Northwest Artist of the Year comes from The McKnight Foundation. Funding for Northwest Arts Advocate of the Year comes from the Minnesota State Legislature.

Arts Grants Applications have March 1 Deadline – Apply Now

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

Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding can be used for Arts Projects, Arts Equipment, General Support, Public Art Projects and Arts Events in northwest Minnesota.

Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000 with a required cash match.

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

We are offering two grant writing workshops online or in

person to assist you with your application. You are welcome to come to our office in Warren for the workshop or to work on your grants in our new setting. RSVPs are required for grant writing sessions – please email director@nwartscouncil.org. Sessions will be held Tuesday, February 8 at 11:30 am or Wednesday, February 16 at 5pm. You can also set up a time to work one-on-one with our director on the grant writing process.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster online is a great resource to view artists available to teach in our area. Go to our www.NorthwestMinnesotaArtsCouncil.org website and click teaching artist roster on the left navigation bar. Another resource to view artists available to enhance curriculum is COMPAS.

Also available on a first come-first served basis are Quick Turn Around Grants for \$500. These grants can be used for missed gigs and income due to the pandemic. Use the Quick Turn Around application in the Individual Artist grants. See our website for more information and to apply!

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC's Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at director@NWArtsCouncil.org or call 218-745-8886.

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

Ungulate

\Uhng-gyuh-lit, -leyt\

Noun

A hoofed animal.

• SIMPLY DELICIOUS

Written and made by Kari Sundberg, Eagle Editor

Yogurt Bark

This is a super easy recipe that anyone can do. Great for a meal on the go – great for an after-school snack for the kids.

You'll only need three ingredients: Greek yogurt, peanut butter and raspberries. Use your creativity and add any toppings you like. You could drizzle dark chocolate on top, add sliced bananas, chia seeds, crushed nuts, coconut, or any other type of fruit.

Ingredients

2 cups Greek yogurt

2-3 tablespoons peanut butter

ter

½ cup raspberries

Spread the Greek yogurt on

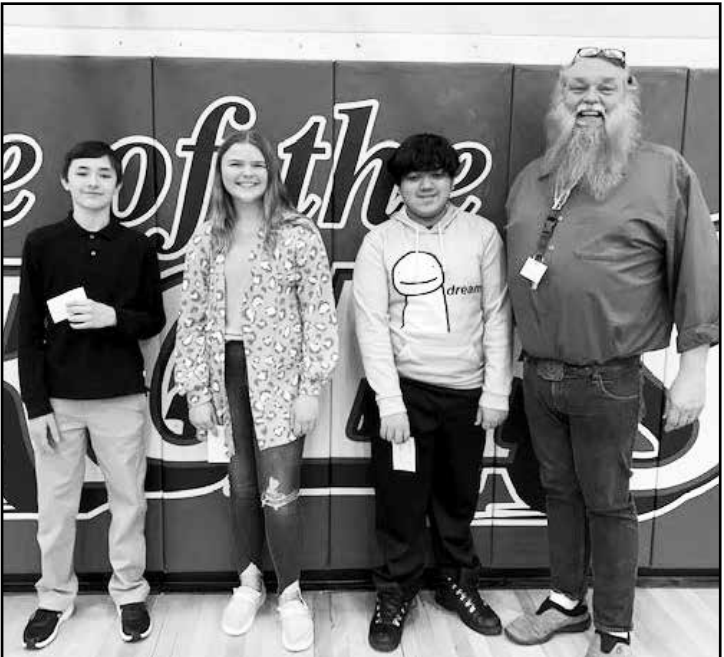
a plate lined with parchment paper. Drizzle peanut butter on top. Sprinkle berries on top. Let set in the freezer for a couple of hours. Cut into pieces and enjoy.



Congratulations to Emma Sundberg (right) on winning the Grygla Spelling Bee! Krystal Neuschwander came in 2nd place and is the alternate.

Photo courtesy of Grygla School

School Spelling Bees



The Goodridge School also held their Spelling Bee last week for 5th-8th grade students. L-R: The winner was Kayden Hodney with Mylee Sjulestad coming in 2nd as the alternate. 3rd place winner was Ignacio Bonagura-Carin. They are pictured with Spelling Bee Coordinator Mr. Eric Mickelson. Cash prizes were presented to the students by the Goodridge Area Development Corp.

Photo courtesy of Eric Mickelson



Grygla 3rd and 5th graders took a trip last week to the Headwaters Science Center in Bemidji.

Photos courtesy of Grygla School



Goodridge School holds Snofest



The Goodridge School held Snofest last week, crowning the seniors, Skya Wilson and Isaac Johnson!

Photo courtesy of Pam Rubischko

Charger basketball stats from last week



BBB vs. LOW in Grygla on Tuesday, January 25th
Chargers 84, LOW 30

Stats: Blake Rychlock (17 pts, 5 reb), Justin Thompson (6 pts), Andrew Loken (10 pts, 2 reb), Jordan Coan (8 pts, 4 reb), Carson Rubischko (2 pts, 2 asst), Nick Groven (10 pts, 4 reb, 2 asst), Lewis Jones (20 pts, 2 reb, 4 asst, 3 steals), Kaylor Torgerson (5 pts), Elliot Philipp (2 pts), Tucker Verbout (3 pts, 2 reb, 4 asst), Reece Sundberg (3 reb, 2 asst), Christian Loken (1 pt)

Coach's comments: After another long layoff due to weather postponements, I was very happy with how we played. We shot the ball extremely well (71%) and played unselfishly. I also thought we were locked in defensively and got contributions from the whole team.

BBB vs. BGMR in Greenbush on Thursday, January 27th

BGMR 52, Chargers 43
Stats: Blake Rychlock (13 pts, 10 reb, 4 asst), Jordan Coan (13 pts, 8 reb), Nick Groven (4 reb, 2 asst), Lewis Jones (11 pts, 4 reb, 2 steals), Tucker Verbout (3 pts), Reece Sundberg (3 pts, 3 reb, 3 asst)

Coach's comments: We knew it would be a dogfight in the Swamp against the Gators. We defended very well in the first half against the Gators excellent post options and held a 26-23 lead at the break. In the second half, the Gators switched up their defensive game plan and I didn't do a good job of adjusting to it. They did a great job of taking away some of our best options and we couldn't score enough to pull out the win. Our team played very hard against a good team in a tough environment but came up just a bit short.

GBB vs. WAO in Goodridge on Thursday, January 27th
GG 57, WAO 32

Hannah Wilebski- 6 points; Kjerstin Nelson- 4 points; Chesney Salo- 3 points; Caitlyn Jacobson- 20 points, 5 assists; Sadie Anderson- 3 points; Kylie Delage- 17 points, 11 rebounds; Katelyn Larson- 4 points

Coach's comments: The girls played good defense tonight. We held a good team to 32 points. The girls were rotating well. Offensively we shot well and moved well. Our passing was better tonight. It was an all-around good game. We also celebrated Caitlyn Jacobson's 1,000th point. 1,000 point scorers don't happen by accident. Well deserved.

BBB vs. Warroad in Grygla on Friday, January 28th
Warroad 72, Chargers 41

Stats: Blake Rychlock (16 pts, 10 reb.), Matt Busse (2 pts), Jordan Coan (9 pts, 5 reb), Carson Rubischko (5 pts, 2 reb), Nick Groven (3 reb), Lewis Jones (5 pts, 2 reb, 4 asst), Tucker Verbout (2 pts, 2 reb), Reece Sundberg (2 pts, 2 reb)

Coach's comments: Warroad is one of the best teams in the area, and they showed it. We started the game well as Blake came out hot. We defended well in the first half and trailed 27-18 at the half. When the Warriors turned up their defensive pressure we had no answers. We struggled to score and got beat back in transition far too often. We hope to get healthy again soon as more tough opponents are coming ahead.

GBB vs. RLF in Goodridge on Friday, January 28th
GG 55, RLF 39

Hannah Wilebski- 6 points; Kjerstin Nelson- 4 points; Chesney Salo- 2 points; Caitlyn Jacobson- 21 points, 7 reb.; Sadie Anderson- 7 points, 6 reb.; Kylie Delage- 6 points; Katelyn Larson- 13 points, 7 reb.

Coach's comments: We played a good game from start to finish. RLF is always good at pressuring the ball, but our guards handled it well. They beat us up in the paint a little bit. We won the rebounding and turnover battle. That helped us win tonight.

This week: BBB vs. NF in Goodridge (1.31); GBB at LOW (2.1); GBB at EGF (2.3); BBB at KCC (2.4); GBB in Grygla vs. NF (2.4)



Congratulations to Goodridge Junior Caitlyn Jacobson on earning her 1000th point in the win over the WAO Ponies last week on Thursday, January 27th! The Chargers took the win 57-32 with the game stopping when Caitlyn hit 19 points, the goal she needed to reach her 1000th point!

She was given the game ball, along with a quick celebration with her teammates and cheers from the crowd! Photos coutesy of Grygla Eagle Newspaper, Goodridge School and Jenny Woods.



Left: Katelyn Larson and Kjerstin Nelson in a battle for the ball against WAO. Right: Hannah Wilebski and Kylie Delage on defense for the Chargers.

Photos by Grygla Eagle Newspaper



Above: Jordan Coan starting the game out against Warroad. Below: Reece Sundberg at the 3-point line.



Action shots from the boys game last week against Warroad. Above: Justin Thompson gets announced in the starting line-up! All photos by Grygla Eagle Newspaper



Snowflake League wrapped up last Saturday with RLCC, Fosston, GG and Red Lake Falls. This GG team finished 8-0! Front row, L-R: Evan Grindland, Waylon Jones, Shay Jacobson, Zach Farder. Back row, L-R: Theodore Groven, Gus Jones, Cooper Aune, Connor Hjelle, Sawyer Carlson. Not pictured: Freddy Sorenson, along with coaches David Jones and Joe Rubischko. Photo courtesy of Jamie Aune