



				
Today Partly Cloudy H 13 L 5	Thurs Cloudy H 19 L 7	Fri Snow Showers H 25 L 8	Sat Cloudy H 27 L 12	Sun Snow Showers H 29 L 13

A look at next week... It might be rare for a young lady to get into, but restoring vintage sleds has become a hobby for Jamie Dougherty.



L-R: MaKayla Vad, Trystan Jelle, Kelly Dougherty and Dustin Nelson make up Iron Chargers Team 4149C, who earned an invite to the Robotics World Championship.

Grygla High School athlete sets new record by reaching 1000 kills and 1000 points

Shantel Verbout, a Grygla High School Senior, has set a new record at her school. She is the first GHS athlete to hit 1,000 kills on the volleyball court, in addition to scoring over 1,000 points on the basketball court. Setting this goal for herself when she was just a 7th grader, Shantel proudly hit the mark her final year of being a Charger's athlete. She is the daughter of Jimmy and Brandi Verbout, Grygla.

Being a part of the elementary basketball program, and joining the volleyball and basketball teams as a 7th grader, Shantel has seen her share of time on the court. On October 26th, the Charger's Volleyball team was playing Norman County West in Goodridge when Shantel hit her 1,000th kill. She is the first GHS volleyball player to reach this significant number. With half of her goal accomplished, she set out to finish her personal goal once basketball season started! On January 19th, the Chargers were playing in Warroad when Shantel got her 1,000th point. She says, "I knew I had to continue to push myself in order to achieve the goals, but I also had a great support system pushing me along the way."

Shantel says her team was a major part of that support system and added that they kept pushing her to get better every day. She also recognizes that her coaches played a key role in her athletic success. Shantel's volleyball coach was Jean Schulz; her basketball coach is Elroy Johnsrud. Of them, she says, "I love how Jean was always supportive and encouraging. She knew what we all could do and she would push us everyday. She had faith in us and she never backed down from a challenge." She adds, "Elroy is always encouraging and he gives us confidence when we don't have as much as we should. He is very good at making it enjoyable to play but he keeps us focused on the games. In practice he pushes us with different drills and competing against each other. He challenges us by adding different defensive and offensive plays in practice so we're ready for it in games. I enjoy both of the coaches I have. I love my team."

Shantel has reached many athletic achievements. She has been nominated for the AAA award and has received All-Conference awards in both sports since her 10th grade year. She has also been the recipient of the Academic All State Award. In addition to volleyball and bas-



ketball, Shantel definitely has a full plate. She is an honor student who works through the challenge of keeping her grades up. She is involved in River Watch, National Honor Society, Peer Helpers and is the Senior Class Secretary. On top of her classes at Grygla High School, she also takes a few credits via online college classes. After her high school graduation this May, Shantel plans to attend Northland Community & Technical College in Thief River Falls. She would like to pursue an Associates of Arts degree in Business, then transfer to a university to further her education in the business field. She hasn't fully decided if she'll play collegiate level sports, but is considering joining the volleyball team.

When asked if she has a specific sport's hero, Shantel replied, "I don't really have one, but I remember watching all of my older cousins in sports and hoping that I could be like them one day."

As an addition to this feature, Shantel's coaches were asked to weigh in and share some things about her. Her volleyball coach, Jean Schulz, didn't hesitate to show her support, saying, "I have coached Shantel for 4 years. She played a little her freshman year and then became a starter for 3 years. Shantel's main role was hitting and blocking. She was the team captain her senior year. Shantel always had a good positive attitude. Referees would even comment on how smiley she was. Her leadership was displayed by her actions more than words, she worked hard and was kind and respectful to teammates, coaches and refs, and she expected the same from her teammates. One word I would use to describe Shantel is talented. I helped Shantel accomplish her goal by encouragement, giving suggestion on what to do during the game to get kills, and pushed her to get better in practice and in games. I loved watching Shantel play volleyball. She is such a strong hitter and blocker. When I think about coaching Shantel I will think about how fun it was to coach her and watch her play. I will also think about how respectful she was to her coaches. She is an amazing talented athlete, and I am very proud of her

Verbout hits goal...
Continued on page 4



Shantel Verbout scored her 1000th point in Charger's Basketball on January 19th in Warroad. She is pictured giving her dad, Jimmy, a hug after reaching this milestone!



Grygla Iron Chargers named 2016 VEX Robotics State Champions

The Iron Chargers have earned an invitation to the VEX Robotics World Championships! They were named the 2016 VEX Robotics State Champions last weekend when they competed in the Dream It Do It Minnesota State VEX Robotics Competition that was held in St. Cloud January 23-24. Along with being named the tournament champions once again, out of seventy teams, the Iron Chargers Team 4149C also won the high school Excellence Award, which is quite the accomplishment.

In their five years of robotics, this was the best the team had ever done! Robotics advisor, Isaac Kvasager, said this was by far the most competitive tournament in those five years. This will mark the team's fourth year heading to the world championship event, which will be held April 20-23 in Louisville, Kentucky again.

Team 4149C members are Trystan Jelle, MaKayla Vad, Dustin Nelson and Kelly Dougherty. At the state com-

petition, the younger team, 4149G, went 3-4 during qualifications and were not chosen by any of the top 8 seeded robots, so they didn't get to participate in the eliminations round. However, Kvasager said of the team, "For a first year team, to even make it to the state competition was a significant achievement! They did well and should be a very competitive team next year thanks to everything they have learned this year!"

As for the 'C' team, they haven't had a chance to think about what's coming next! They plan to take a day or two off and then have a team meeting this week. Most likely, the group will head to the world's competition with the same robot, but work on other designs on the side to see if they can possibly design something better. They also need to discuss upcoming fundraisers that will help them travel to Kentucky. Congratulations to the Iron Chargers on another successful competition.

Thompson receives her white coat

Megan Thompson, daughter of Bob and Lori Thompson, of Grygla, has started her journey in the nursing field. Megan is a sophomore at the College of St. Scholastica in Duluth.

Each student going into the undergraduate nursing program received their white coat at their ceremony on Sunday, January 24th. The College of St. Scholastica has done a white coat ceremony for its sophomores since 2006.

Megan, whose family was in attendance for this rite of passage, has also been named to the 2015 Fall Semester Dean's List at the College of St. Scholastica. Dean's List members have achieved a 3.75 grade point average or above.



Haack moves on to the Regional Spelling Bee



The winner of the Grygla Spelling Bee was Jared Haack. The alternate winner was Jamie Dougherty.

The Grygla School held a spelling bee last week on Wednesday, January 27th, at 1:30pm. Participants were students in grades 5-8. The winner was 7th grader, Jared Haack, son of Jeremy and Tonia Haack. The alternate winner was Jamie Dougherty.

Jared will move on to the Regional Spelling Bee, which is set for February 10th at 9:30am at Northland Community and Technical College in Thief River Falls, where the winners from 22 schools will compete. The top four from the region will advance to the Multi-Regional State Spelling Bee on February 22nd in Fergus Falls.

Contestants in the Grygla School Spelling Bee were: 5th grade – Dane Arveson, Devon Dickson, Kia Klein. 6th grade – Zoey Fish, Nolan Anderson, Clayton Suchoski. 7th grade – Gracie Lunsetter, Jared Hack, Jamie Dougherty. 8th grade – Evan Fish, Bailey Watne, Maci Bakken.

Cash prizes were awarded for each grade. 1st place: \$10, 2nd place: \$7, 3rd place: \$5. The overall winner was also awarded \$20 with the alternate given \$15.

The winner of the Goodridge Spelling Bee was Trinity Walseth. She will also be moving on to compete in the Regional Spelling Bee at NCTC.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm Confirmation, 7:30 Interfaith Bible Study
Sunday:
Grace: 9am Worship, 10:15am SS.
Our Savior's: 10:30am Worship, 9:15am SS

GATZKE-THIEF LAKE LUTHERAN PARISH
United - Gatzke; Our Savior's - Thief Lake
Pastor Craig Bowyer
Sunday:
United: 11am Worship, 10:15am SS
Our Savior's: 9am Worship, 10am SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Interim Pastor Phil Johnson
Sunday:
Bethany: 8:30am Worship, 9:45am SS
Faith: 9:45am Worship, 11am SS
Ekelund: 11am Worship w/ Annual Meeting to follow, 9:45am SS

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hamness

Sunday:
St. Clement's: 11:45am Worship
St. Ann's: 10am Worship.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
9:30am Worship, No SS

COMMUNITY BIBLE CHURCH
Christian & Missionary Alliance of Grygla
Pastor TBA
Sunday:
9:30am Worship, 11am SS and Adult Bible Class.
Wednesdays:
7pm Bible Study and Prayer.

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseeth
Saturday:
Mt. Olive 9am Worship, 10:15am SS
Sunday:
St. Petri: 8am Worship, 9:15am SS
Nazareth: 9am Worship, 8am SS
Oak Park: 11am Worship, 9:45am SS

LIBERTY CHAPEL
Grygla
Fellowship of Christian Assemblies
Sunday:
9:30am Worship.

Community Calendar

Wed | Feb 3
Senior Meals at Grain Bin Café 11am; Grygla Merchants to meet at Yo-Hawn's at 12pm; Grygla Library 2-6pm

Thurs | Feb 4
Grygla Eagle office open 9am-3pm; GBB vs. Sacred Heart in EGF

Fri | Feb 5
Senior Meals at Grain Bin Café 11am; Grygla Elementary Basketball 1:30-3:30pm; BBB vs. KCC in Grygla

Sat | Feb 6
5th-6th grade basketball practice in Goodridge from 9-11am; Grygla Cup Tournament at the arena 9am-8pm; Valentine's Banquet at the Grygla Community Center 6pm

Sun | Feb 7

Mon | Feb 8
Senior Meals at Grain Bin Café 11am; Grygla City Council Meeting 7pm; BBB vs. LOW in Baudette

Tues | Feb 9
BBB vs. Sacred Heart in EGF; GBB Junior High vs. RLCC in Oklee

School Lunch Menus

Grygla School Lunch Menu

Wednesday, February 3:
Chicken Fajitas on a Tortilla Shell, Lettuce, Cheese, Broccoli, Mandarin Oranges, Pineapple

Thursday, February 4:
Submarine Sandwiches w/ Lettuce & Tomato, Baked Beans, Fresh Fruit

Friday, February 5:
Lasagna, Tossed Salad, Carrots, Applesauce, Peaches, Garlic Bread

Monday, February 8:
Italian Spaghetti, Lettuce Salad, Peach, Pear, Garlic Toast

Tuesday, February 9:
Chicken Patty on a Bun, French Fries, California Blend Vegetables, Pineapple, Applesauce

Goodridge School Lunch Menu

Wednesday, February 3:
Pepperoni Pizza, Corn, Peaches, Pears

Thursday, February 4:
Italian Dunkers, Cheesy Buns, Green Beans, Tossed Salad, Apples

Friday, February 5:
Polish Sausage on a Bun, Baked Potatoes w/ Toppings, Broccoli, Carrots, Celery w/ Dip, Fresh Fruit

Monday, February 8:
Tacos w/ Lettuce & Cheese, Green Beans, Apple Sauce

Tuesday, February 9:
Hot Dog on a Bun, French Fries, Tossed Salad, Mixed Fruit

GRYGLA LIBRARY LINK

By: Karen Olufson

Hello Fabulous Readers! It's one of those real wintery days today as I'm writing this ... one of those days when you don't really want to be working, but at home reading a good book instead! (Smile!) Guess that will have to wait while I live in the real world! (Smile!) Hope you're having a great day though and getting some reading done. Or else I hope you're at the library picking out something to read!!(Smile!)

I just had some interesting potential news from headquarters: The Grygla library may be hosting a Scandinavian event the first week in May. I don't know all the details yet but it sounds like it may take place in the afternoon, one day when the seniors have their dinner in Grygla. Of course the event will be open to everyone, not just seniors, but the time should make it more convenient for them to get there. I'll let you know as I get more information, but maybe you'd like to reserve that first week in May for some excitement! Put it on your calendar! (Smile!)

For those of you who are interested in our day care kits (available for anyone, not just day cares), we got in two new ones last week. The first kit is "You Are A Hero!" and the second kit is "Space Adventures." Don't these kits sound like exciting topics to share with preschool and young school age children? I noticed one of the kits has a DVD in it to go along with the topic and another has a CD in it. Along with all the books on the topic and the fingerplays and activity sheets included, the electronic media should just put the frosting on the cake for the little ones in your life. I hope you come and try one of these kits (we also have "Cities and Towns" and "Beds Big and Small") for your day care or preschool, or even just for your own or visiting children. You can keep the

kits for the three weeks that you can have books out for so there's no rush at getting them back to the library. The kits come in on a rotating basis also, so every month we get two new ones for you. We have four here at any one time unless they're out! (Smile!)

I'll also let you know that we got the movie MARTIAN with Matt Damon in last week. Unfortunately it's already flown off the shelf on a hold so if you want it I'll have to put it on hold for you ... or you can do it yourself. I can't remember if I also recently told you that we got the movie MR. HOLMES in, too. Come see what else we have. Our movie shelves are getting quite full ... and you can have them out for a whole week with a renewal if you want them for a second week!!

My book suggestion for the week is Lee Child's MAKE ME. It's his latest Jack Reacher release. It's a series mystery that keeps you riveted to your seat. Jack Reacher is quite the main character and he seems to get himself in all kind of messes that he didn't ask for, but Child's books make him someone you won't easily forget. I'll admit that these books are not for everyone, especially if you don't care for mysteries, but I think they're very well written (for whatever my opinion's worth! Smile!).

Well Dear Readers, I sure hope I've made you think about coming to visit the library ... well, maybe not just think about it, but I hope I've motivated you to action! I'd love to see you here making use of a very precious resource. Even if you're not a reader, bring the little children in your life. It's a terrific introduction to a lifelong love of reading. Also, have a good and safe week and enjoy your own reading. We'll see what next week brings. Until then

Grygla Cup this Saturday

The Brian W. Olson Memorial Arena will be a busy place this Saturday, February 6th. The annual 'Grygla Cup' Hockey Tournament will be taking place with games being held all throughout the day. The round robin tournament will feature four teams: Grygla Ice Devils, Grygla Flames, Ross Rangers and Williams Wolfpack. The first game will start at 9am and the last game is scheduled to start

at 7pm. Concessions will be available and will include hot dogs, brats, bbq's, bars, water and pop on a free will donation to go towards the arena. Everyone is welcome to come watch the games. The schedule has been set for: 9am Flames vs. Devils, 11am Ross vs. Williams, 1pm Flames vs. Ross, 3pm Devils vs. Williams, 5pm Flames vs. Williams, 7pm Devils vs. Ross.

Local students make Dean's List

Kelsie Hagen, Gatzke, was named to the 2015 Fall Semester Dean's List at Minnesota State University Moorhead. Eligible students must maintain a grade point average of at least 3.25 for the semester. Hagen's intended major is Elementary Education.

Christopher Kiesow, Goodridge, was named to the 2015 Fall Semester Dean's List at Alexandria Technical & Community College. ATCC stu-

dents recognized for this honor must have a 3.5 grade point average or above. Kiesow's intended major is Machine Tool Technology.

Megan Thompson, Grygla, was named to the 2015 Fall Semester Dean's List at the College of St. Scholastica in Duluth. Dean's List members have achieved a 3.75 grade point average or above. Thompson's intended major is in Nursing.

SUPER PARTY

Sunday, February 7th

Beer Bucket Specials
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Karl Sundberg - EDITOR

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WIC SCHEDULE

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of February 2016.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. WIC is very interested in enrolling pregnant women in the program. They 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. No proof of pregnancy is needed.

All potential clients must contact the WIC Program to schedule an appointment.

The following is the schedule of WIC Clinics for the month of February.

Monday, February 1: Newfolden, Evangelical Free Church

Tuesday, February 2: Hallock, Kittson County Courthouse

Wednesday, February 3: Warroad, Community Center

Thursday, February 4: Red Lake Falls, Community Center

Monday-Friday, February 8-12: Thief River Falls, Redeemer Lutheran Church

Monday, February 15: Warren, Evangelical Covenant Church

Tuesday, February 16: Karlstad, First Lutheran Church

Wednesday-Thursday, February 17-18: Roseau, LifeCare Medical Center Basement Auxiliary Room

Thursday, February 18: Grygla, Grace Lutheran Church (note location change)

For further information concerning the WIC program, call 874-7845 or 1-800-223-1591.

February Intramural Schedule

Grygla Elementary kids in grades 4-6 have been playing intramural basketball every Friday afternoon. Family and friends are welcome to come and watch! The February schedule is included for your reference.

Friday, February 5: 1:30 - Lakers vs. Warriors, 2:00 - Champions vs. Eagles, 2:30 - Eagles vs. Warriors, 3:00 - Lakers vs. Champions

Friday, February 12: 1:30 - Lakers vs. Eagles, 2:00 - Champions vs. Warriors, 2:30 - Lakers vs. Warriors, 3:00 - Eagles vs. Champions

Friday, February 19: 1:30 - Eagles vs. Warriors, 2:00 - Lakers vs. Champions, 2:30 - Lakers vs. Eagles, 3:00 Champions vs. Warriors

Friday, February 26: 1:30 - Lakers vs. Warriors, 2:00 - Champions vs. Eagles, 2:30 - Warriors vs. Eagles, 3:00 - Lakers vs. Champions

Grygla Alumni Basketball Tourney

All alumni from Grygla and Goodridge are invited to play in the alumni basketball tournament that is set for Saturday, March 5th, at the Grygla School. Registration begins at 9am with the games scheduled to begin around 10am.

Eyeglasses and hearing aid collection

The Grygla Lions are again collecting gently used eyeglasses and hearing aids. There will be three drop off points - the Coop, Grain Bin Café and the Grygla School. If you're doing your spring-cleaning and want to dispose of those eyeglasses and hearing aids lying on your dresser, now is the time to do it! The Lions collect the eyeglasses and hearing aids, repair them if needed, check the prescription, then send them off to third world countries. The Lions will be collecting until the end of February.

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BELTRAMI SOIL & WATER CONSERVATION DISTRICT TREE PROGRAM

ATTENTION: Landowners

The **2016 Spring Tree Order Forms** are now available at the following location:

<http://www.co.beltrami.mn.us/Departments/SWCD/Resources/TreeOrderForm.pdf>

Beltrami Soil & Water Conservation District Office
701 Minnesota Ave. NW, Suite 113
Bemidji, MN 56601

Questions: Call Kathy Ruzicka, at 218-333-4158 or email at kathy.ruzicka@co.beltrami.mn.us

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BBB vs. KCC in Grygla
Friday, February 5th

KKQD/KTRF

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FDIC

In two locations

grygla.govoffice2.com

City of Grygla

Community Bible Church presents Valentine's Banquet

Valentine's Day is quickly approaching - do you have plans yet? Look no further as you are invited to a Valentine's Banquet at the Grygla Community Center on Saturday, February 6th. Supper is at 6pm and a musical program will follow. The Ostrom Family Band will be performing a variety of music from Gospel, Folk and energetic fiddle tunes.

With four fiddles, stand-up bass, guitar, and some clogging, the Ostrom's music is enjoyable for all ages. Joy (14), Karina (12), Julia (10), Sophia (7) and Benjamin (6) along with their parents, Michelle and Joel, bring delight to young and old.

Families are welcome. The banquet is a free will donation. Call to reserve your space at 218-294-6306.

► EXTENSION NEWS

By: James Stordahl

Cow Calf Days
Northwest Minnesota is home to about 80,000 beef cows and about double that number when those cows have a calf at their side. It's estimated that for each cow, nearly \$400 of the total revenue remains in the local economy adding over \$30 million dollars to our rural communities. Indeed, beef production contributes significantly to the local economic in this part of Minnesota.

The beef industry in Minnesota is diverse and is positioned to expand in future years. The beef industry within our state includes numerous cow/calf producers that use grass and water resources to produce high quality cows and calves.

Producing beef however, is not an easy task. Producers are faced with many challenges that impact their production efficiency, profits and sustainability in the industry. The University of Minnesota Beef Team's goal is to assist beef producers when facing challenges and to promote the Minnesota beef industry within the state and beyond. To do this, the Beef Team conducts various extension education events throughout the year. One of the most impactful is the Minnesota Beef Cow/Calf Days.

Again this year, the University of Minnesota Beef Team is proud to host the annual Cow/Calf Days Seminar Tour and Trade Show at 10 locations across the state in the next weeks. This event has been held for over 40 years and continues to be the leading information, technology and research outlet

for cow/calf producers in the state of Minnesota.

The 2016 event will feature information on cow/calf confinement systems, trace mineral nutrition, and calf health protocols. Information on the Minnesota Grazing Lands Conservation Association and how to capture greater value from calves will highlight the event. The corresponding tradeshow will feature vendors with new information, technology and products with a wide-array of practical uses for the operators in the cow-calf sector.

The program is directed at cow/calf producers, allied industry representatives and is open to the public. A meal will be served with the program and a registration fee of \$20 will include the meal, proceedings book and program materials.

More information can be found at the Cow/Calf Days Seminar Tour and Trade Show website: www.extension.umn.edu/beef. To pre-register contact at Eric Mousel at 605.690.4974.

Northern Tour
FEB 9 – Staples, MN, 9:30 AM, Central Lakes College

FEB 9 – Bagley, MN, 5:30 PM, American Legion

FEB 10 – Lancaster, MN, 5:30 PM, Community Center

FEB 11 – Roseau, MN, 5:30 PM, Gene's Bar Grill

FEB 12 – Iron Junction, MN, 5:30 PM, Clinton Community Center

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Source: Eric Mousel, UM Beef Team.



Minnesota state parks and trails announce license plate design contest

Later this year, Minnesotans will have an option to purchase a special license plate to support Minnesota state parks and trails. State officials are calling on residents to submit design ideas for the new plates, which will provide free entry to all of the state's parks and recreation areas.

"We're looking for an image that captures the essence of Minnesota state parks and trails," said Erika Rivers, director of the Parks and Trails Division at the Department of Natural Resources. "These special places have been around for 125 years, and purchasing the new license plates will be a great way to show everyone on the road that you 'go the extra mile' to support them."

Entries will be accepted from Monday, May 2, until 4pm on Friday, May 6.

A panel of judges will evaluate entries based on criteria such as creativity, quality, representation of Minnesota state parks and trails and suitability

as a license plate image. Three finalists will be selected on Thursday, May 12, and their designs will be posted online for a public vote to select a winner. The online vote will take place from Monday, June 13, to Sunday, June 19.

All entries will be publicly displayed in the visitor center at Fort Snelling State Park on Saturday, May 14, from 10am to 4pm and on Sunday, May 15, from noon to 4pm.

The new license plates are expected to be available in October 2016. The cost of the new plates will start at \$60, plus tax. This total includes a one-time \$10 fee for the plate itself and a minimum \$50 contribution (renewable annually).

Entry forms and complete contest rules are available at www.mndnr.gov/parksplate. For more information, contact the DNR Information Center at info.dnr@state.mn.us or 888-646-6367 between 8am and 4:30pm Monday through Friday.



A send off pep fest was held last Thursday for the Iron Chargers, who were departing for the State Tournament in St. Cloud. Pictured above is the robotics advisor Isaac Kvasager, who said a few words of encouragement.

► SIMPLY DELICIOUS



Swiss Cheese Chicken
This meal consists of just layering ingredients. If you have a few kids hanging around, have them join in and form an assembly line...you'll be done in no time!

Ingredients:
4 chicken breasts (or enough to fill pan)
6 slices Swiss Cheese
1 can Cream of Chicken Soup

¼ cup milk
Stove Top stuffing
¼ cup butter

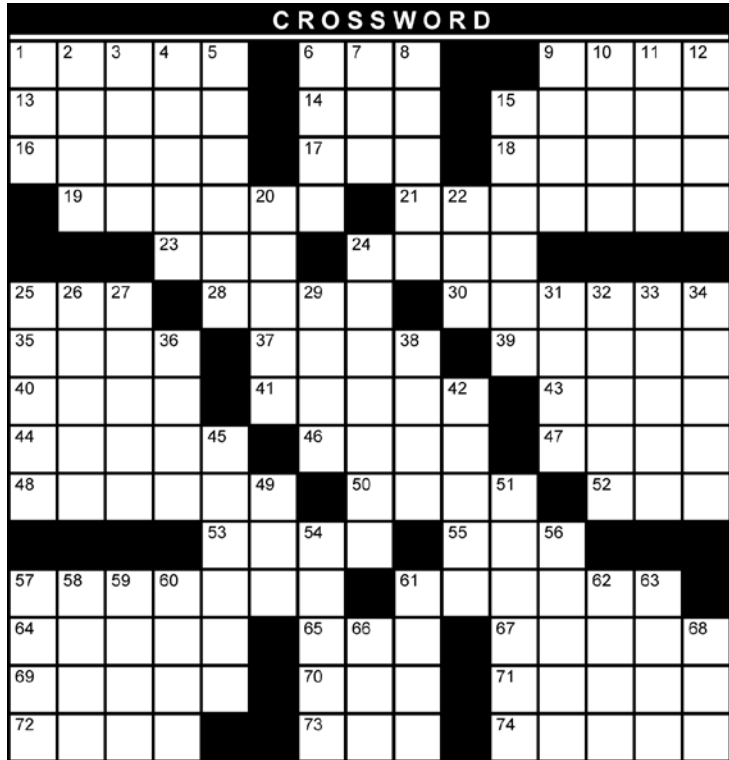
Directions:
Cover bottom of pan with chicken. You can leave the breasts whole or cut as small as you'd like. Layer 6 slices of Swiss Cheese on top of the chicken. Mix 1 can cream of chicken soup and ¼ cup milk. Pour mixture over the cheese. Sprinkle ½ box of Stove Top Stuffing over the top. Drizzle ¼ cup melted butter over the

stuffing mix. Bake at 350 degrees for 45-60 minutes.



► DO IT YOURSELF

Love to entertain, but hate to spend big bucks? If you're hosting a Super Bowl party, there are lots of little things you can do on the cheap. One of those includes making a football utensil holder from recycled cans and acrylic paint. You can even skip the paint and cover them with brown and white construction paper. Party planning is all in the details and this one has little to no cost.



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STATEPOINT CROSSWORD

THEME:
Valentine's Day

ACROSS

- Often follows "taken"
- Common inquiries
- Tibetan monk
- Shakira's soccer-playing partner Gerard
- Down Under bird
- Female fox
- Greyish brown
- *Romantic destination
- Unable to move
- *Valentine and the like
- *a.k.a ____ Awareness Day to some
- Found on grass some mornings
- *Lover of Aeneas
- *Special celebratory drink
- Preakness, e.g.
- Release of gas
- Baker's baker
- "In the ____" by Village People
- Sound of battle
- "Nana" novelist
- West African storyteller
- ____-do-well
- *Keep nuptials a secret
- Alternative to truth
- German mister
- Nine voices, pl.
- Seaside bird
- Chester White's home
- Lack of clarity
- Workout unit
- *Woo
- *Popular Valentine shapes
- Defendant's excuse
- Cook's leaf
- Torn down
- Imitate
- Grave acronym

- Treeless plain
 - *Chaucer or Poe
 - Sierra Nevada, e.g.
 - An end zone is 10 of these
- DOWN**
- Address abbreviation
 - Objectivity preventer
 - Greenish blue
 - *Expert archer?
 - More keen
 - Come clean, with "up"
 - Unit of electric current
 - To some degree
 - End of "traveling"
 - Figure skating jump
 - Mother in Provence
 - "Hardworking" insects
 - Relating to wine
 - Nasality in speech
 - *Words of commitment
 - Stray from the accepted
 - *Rose amount
 - Convex molding
 - Cantaloupe, e.g.
 - *Form of greeting
 - Hyperbolic tangent in math
 - Songs sung by three or more voices
 - Deflect
 - *"Love means never having to say you're ____"
 - Back of neck
 - Bygone era
 - To the point
 - Like Thai cuisine, e.g.
 - Cul de ____
 - Just about
 - Monochromatic equid
 - ____-la
 - Freeway exit
 - Hodgepodge
 - Play charades
 - Slightly
 - Hoopla
 - Russian autocrat
 - *Seal with a kiss and do this
 - Be ill or unwell
 - "____ and don'ts"

Word of the Week

...enhancing vocabularies
one Grygla Eagle at a time.

Cryophilic

Adjective
Preferring or thriving at low temperatures.

\krah-yoh-FIL-ik\

A Note from Principal Lunsetter's Desk

"Most people spend more time and energy going around problems than in trying to solve them." ~ Henry Ford

I think there are two kinds of people; those who find ways to make things happen and those who find reasons why something won't or shouldn't work. Those who get things done to see problems in their life, they see challenges. They want to see improvement, so they take a positive approach to each challenge and work diligently to find a way over, around or through the challenge. If they fail, they find out why or how and make new changes to address the challenge until they are finally successful. The other group of people have defeated themselves before they even try. Everything is a problem, and rather than dealing with the problem, they continue making excuses and complaining about it. Their lives are problems after problems after problems, and they never get beyond that mindset. Consider something that you're dealing with today and see if there is another way of tackling it than you have done in the past. Life is about perspective and sometimes we get too wrapped up in our own issues, so take a step back and go at it from another angle.

► WHAT A JOKE

Pun intended!

I tried to catch some fog, I mist.

When chemists die, they barium.

Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid. He says he can stop anytime.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun went. Then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I'm reading a book about anti-gravity. I can't put it down.

They told me I had type A

blood, but it was a Type O.

Class trip to the Coco-Cola factory. I hope there's no pop quiz.

Energizer Bunny arrested: Charged with battery.

I didn't like my beard at first. Then it grew on me.

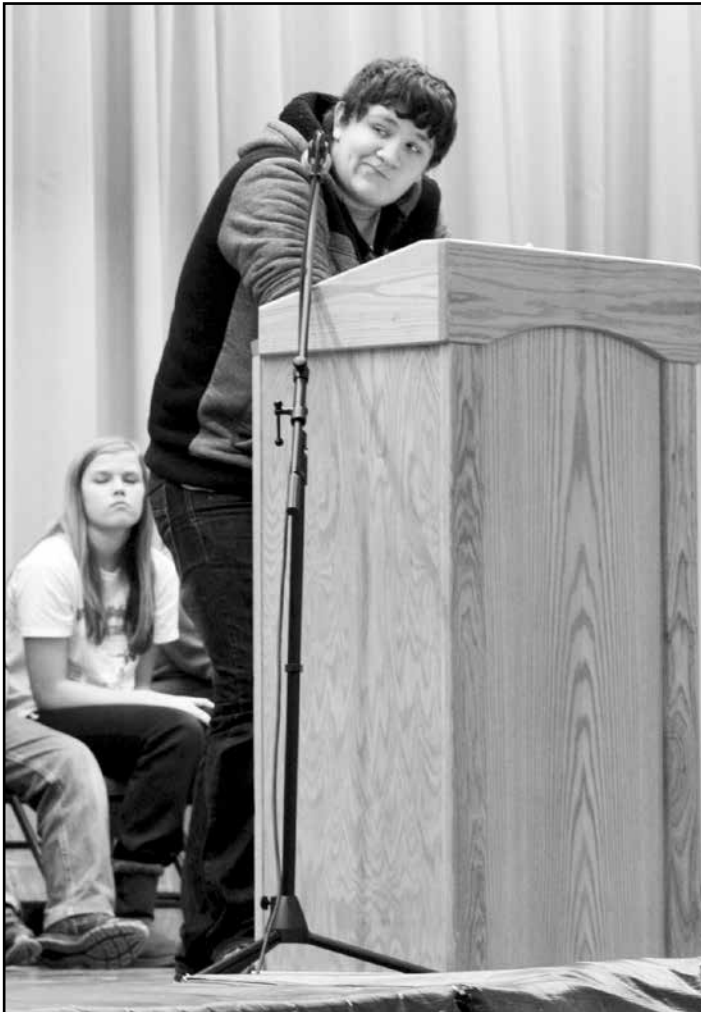
What do you call a dinosaur with an extensive vocabulary? A thesaurus.

When you get a bladder infection, urine trouble.

What does a clock do when it's hungry? It goes back four seconds.

I wondered why the baseball was getting bigger. Then it hit me.

Broken pencils are pointless.



Grygla 8th grader, Evan Fish, competed in the Spelling Bee last week. Below: Nadine Wold, Laurie Polansky and Bryan Grove served as the Spelling Bee judges.



Grygla/Goodridge Elementary Snowflake Conference Tournaments were held in Bagley last Saturday. Pictured above is Grygla 6th grader Brigitte Watne going up for two!

Verbout hits goal...
Continued on page 4

and all she has accomplished.”

Her basketball coach, Elroy Johnsrud, also offered up support to Shantel by sharing some of his thoughts. “Shantel is a leader on this team. She keeps everybody ready to go during practice and calm during the game. During the game she can do it all. She can help bring the ball up when we are getting pressured, she can set up the offense, she can play the guard or post in any offense. Defensively is the same thing. Wherever we need her to play, she can play it. She has an awesome attitude on and off the court. I never see her getting mad at her teammates. She is always trying to encourage them. Off the court, she is approachable and easy to talk to. She shows leadership by being vocal on the court. She plays her role on the court, and has a good knowledge for the game. She doesn’t argue with the refs, the other team, or coaches. She is willing to help the rest of her team get better by helping them learn a play or by simply leading by example. One word to describe her would be smart. She gets good grades in school, and she is smart in the way she plays sports. She never puts herself above the rest of the team. She knows that you have to put in extra time to get better at something. I think she will be successful in whatever she decides to do with her life.”

He added, “Shantel scored her 1,000th point throughout the years by playing smart, being aggressive, and being a team player. A few years from now, when I think of Shantel, I will remember how smart she was, her sense of humor, her leadership, how versatile of player she is, and how much she had fun playing the game. I am glad I had the opportunity to coach her.”



The younger Chargers played in a basketball tournament in Bagley over the weekend. Pictured above are Goodridge 5th graders Matt Busse, Jordan Johnson and Elliot Philipp playing against Win-E-Mac.



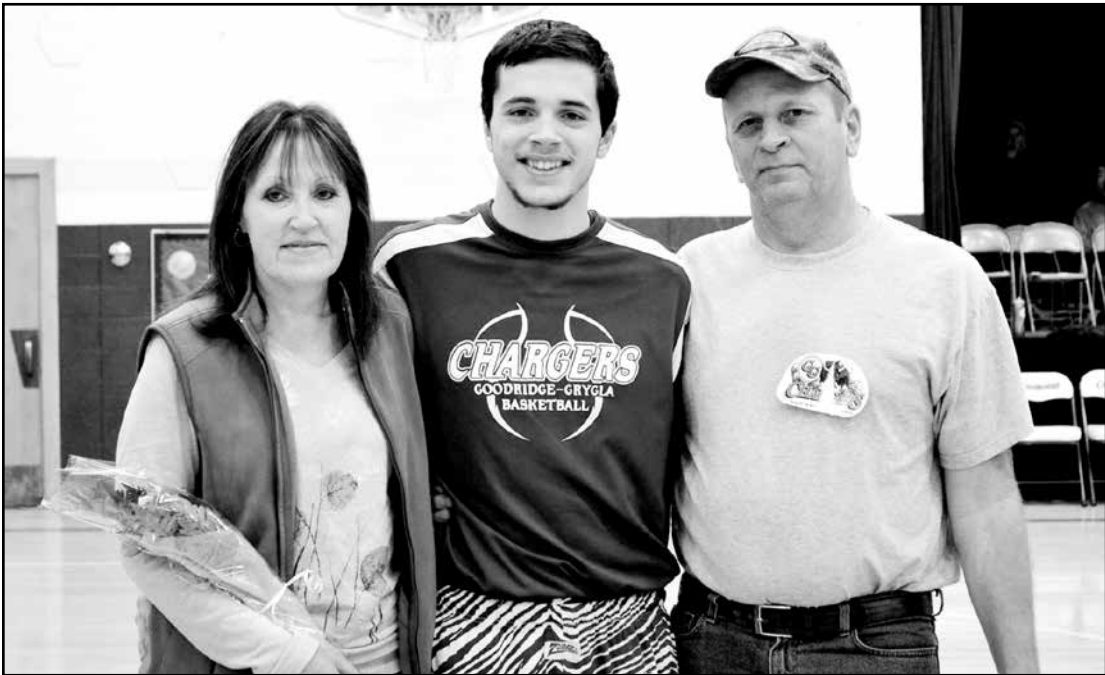
Pictured above is the Grygla/Goodridge 4th grade team that is a part of the Snowflake Conference traveling basketball team. Front row, L-R: Blake Rychlock, Carson Rubishko, Donny Johnsrud, Chase Manderud. Back row: Spencer Coach, Dominic Wilson, Lewis Jones, Nick Hagen, Russell Ryan and Coach Randy Henrickson.



Charger’s Parent’s Night: Senior Ty Jelle with his parents, Mike and Shonda.



Senior Benji Wilebski with his parents, John and Sue.



Senior Austin Brateng with his parents, Tami and Mike.

The healing power of pets

Written by Karin Haugrud

Throughout history and all over the world, animals have brought love, laughter and companionship to the people whose lives they share. Today, many doctors, social workers, and other health care professionals believe that companion animals are important in helping many people lead healthy, happy lives, especially elderly people. Many researchers are finding that the most serious disease for older persons is not cancer or heart disease -- it's loneliness. Love is one of the most important health tonics we have and pets are one of nature's best sources of love.

Dogs and cats help everyone overcome the pain of loneliness by supplying companionship and affection. For anyone who is consistently left alone pets can also supply a sense of security and protection. Pets can make you laugh and divert your mind away from troubles. They also broaden your circle of friends and encourage good health through exercise. Studies show that pets can aid relaxation, lower one's blood pressure, promote health, and prolong life.

Some pet programs at nursing homes are credited with

enabling patients to reach out beyond their own pain and isolation and start caring about the world around them once again. A lot of these patients have many losses, personal as well as some physical health problems. It's important for them to have something like a puppy that's so accepting, that doesn't care if you are in a wheelchair or if you can't walk, or if you've had an amputation. The puppy loves everybody and it means a lot to the patients.

Many studies also show that pets are psychologically important to the elderly, as they help stimulate socialization by providing a topic of conversation with others where stories of happy moments with pets are shared.

Although animals make great companions for people of any age, pets can have important benefits for seniors. But before adopting a new companion, seniors need to understand the amount of dedication that goes into caring for an animal. Seniors need to be sure they have the time and the means to care for a pet, both physically and financially.

It's also important to consider the kind of pet to adopt. Animal care professionals of-

ten advise seniors to consider adopting an adult dog or cat. An older animal may be a better fit for their lifestyle than a puppy or kitten.

If you are thinking about owning a pet, think carefully about how it will affect your life. Know how you will provide for the animal before you bring it home. Be honest with yourself. Don't take a pet because someone else feels that you should have one. And don't let well-meaning but overly protective friends or relatives convince you that you should not have a pet.

You know better than anyone else what you want and what your abilities are. It's your decision!

This article is made possible with Older Americans Act dollars from Land of the Dancing Area Agency on Aging. The Senior LinkAge Line® makes it easy for older adults and their families to find services in their community. Call the Senior LinkAge at 1-800-333-2433 to speak with an information specialist, or check out our website at MinnesotaHelp.info. The site includes more than 12,000 agencies and 44,000 services across the state of Minnesota.

Charger’s varsity basketball results from last week

Boys get the win on Parent’s Night

Parent’s Night was held in Goodridge last week on Monday, January 25th. The Chargers hosted Win-E-Mac and defeated them 62-57.

“We struggled in the middle stages of the game. We kept battling and never gave up. We erased a 16-point deficit. We played a great 2nd half offensively and defensively. We hit some key shots and free throws down the stretch. I’m very happy for our guys! It was a great win,” says Varsity Head Coach Mike Gast.

Scoring: Kriel 19, Stinar 15, Brateng 13, Dylan Walker 11, Ben Groven 4.

Rebounding: Ben Groven 10, Dylan Walker 8, Tyler Stinar 3, Ty Jelle 3, Austin Brateng 2, Benji Wilebski 2, Austin Brateng 2.

GG over LOW

The boy’s basketball team got another win on Tuesday night, January 26th. They traveled north to play Lake of the Woods and came home with an 83-39 victory.

“We got off to a fast start and we rolled from there. Our bench got some quality playing time, which is always nice to see. Every win we get is very important to us. It was a good night,” says Head Coach Mike Gast.

Scoring: Kriel 21, Brateng 17, Walker 8, Groven 7, Stanley 6, Stinar 5, Wilebski 5, Jelle 5, Lundeed 2, Wiseth 2, Manderud 2, Jelen 2, Nerhus 1.

Rebounding: Walker 9,

Groven 6, Jelle 6, Brateng 4, Lundeen 4, Kriel 3, Stinar 3, Wiseth 3, Stanley 3, Wilebski 2, Merrill 2, Wiskow 1.

Girl’s lose to WAO by 8

The girl’s basketball team had an away game last Thursday, January 28th vs. Warren/Alvarado/Oslo. They lost the game 40-48.

Varsity Head Coach Elroy Johnsrud said, “We played very well defensively in this game. We allowed only 18 points in the first half, but we only scored 13. Shantel got hurt in the beginning of the game, and Ashley Moe was out with an injury. Those are two people that see a lot of playing time, so it took a little while to get use to the new flow of the game. We scored 27 in the second, so the girls did a good job at stepping in and being able to run different spots then they were used to. Madison Bakken had a good game on both sides of the floor. She was very active on defense. Karlee Johnson played a lot of minutes and did a good job keeping pressure on the guards.”

Stats: Ashlyn Henrickson 4 points, 1 rebound; Brooke Anderson 4 points, 1 rebound; Brooke Limesand 2 points; Hannah Dietsch 9 points, 5 rebounds; Karlee Johnson 2 points, 4 rebounds; Madison Bakken 6 points, 8 rebounds; Mariah Coan 11 points, 6 rebounds; Shantel Verbout 2 points.

BGMR beats GG Chargers

Thursday, January 28th, the boy’s basketball team

played BGMR in Goodridge. They lost the game 62-78.

Gast said of the game, “We missed too many opportunities on offense and we were a step slow on defense. BGMR played better than we did. Hopefully we can get on track this next week. We played well in spurts, just not consistent enough.”

Scoring: Brateng 21, Kriel 16, Stinar 13, Walker 6, Wilebski 3, Groven 2, Jelle 1.

Rebounds: Brateng 7, Stinar 6, Groven 4, Walker 4, Wilebski 4, Kriel 3, Jelle 3

Red Lake Falls over Chargers

Friday, January 29th, the girl’s basketball team played another away game against Red Lake Falls. The girl’s varsity team lost the game 33-61.

“Red Lake Falls did a good job pressuring us all game. We couldn’t get the flow of our offense going. Shantel, Ashley, Alison, were out for the game, and Madison was out for half the game. We played everybody off the bench. The girls that usually don’t get to much playing time did a very good job. Brooke Limesand has been coming off the bench and giving us some quality minutes,” stated Head Coach Elroy Johnsrud.

Stats: Ashlyn Henrickson 7 points, 4 rebounds; Brooke Limesand 4 rebounds; Carlye Kiesow 5 points, 1 rebound; Hannah Dietsch 7 points, 6 rebounds; Karlee Johnson 3 points, 6 rebounds; Madison Bakken 4 rebounds; Mariah Coan 11 points, 6 rebounds.



Parent’s Night photos courtesy of Deanna Coan Photography, Goodridge.

