



 Today Snow H 25 L 11	 Thurs Mostly Cloudy H 17 L 4	 Fri Mostly Cloudy H 18 L 14	 Sat Cloudy H 25 L 20	 Sun Cloudy H 28 L 20
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In this issue ... Marshall County Commissioners reorganized in 2023.



Snowmobile Safety Training on Jan 22

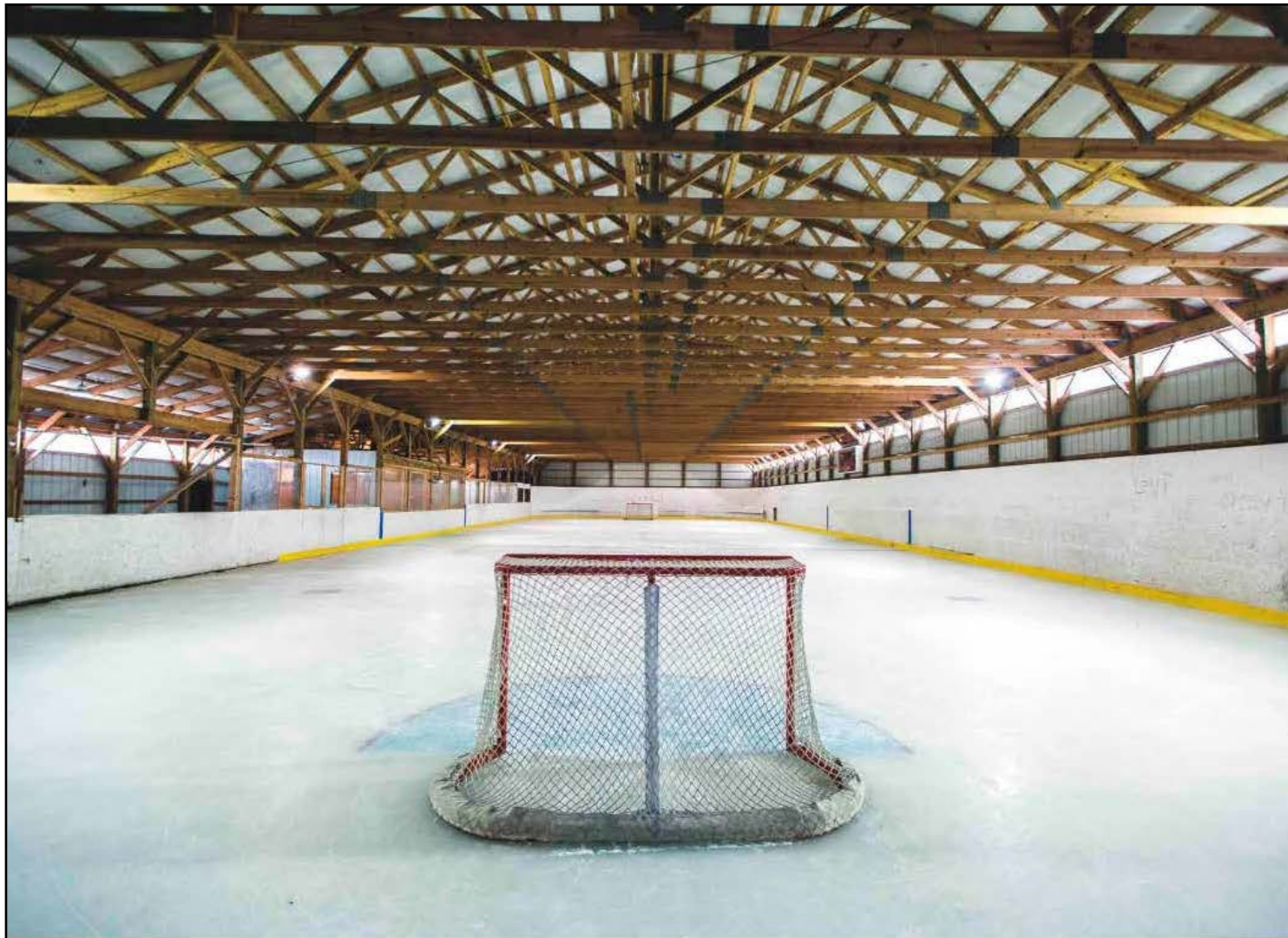
There is a Snowmobile Safety Training coming up on Sunday, January 22nd, at 1pm at the Grygla Bus Garage. Students must be 11 years of age or older – certificate is valid at 12 years of age. Please sign-up in advance. Please come dressed for riding and winter weather. Helmet required.

There is an online class that must be completed prior to January 15th. You can access that at snowmobilecourse.com. Please contact Bob Thompson at 218-689-1374 or Jack Nelson at 218-689-8807 for more information. This course is hosted by the Fourtown/Grygla Sportsman's Club.



Grygla Cup scheduled for February 4th

The Annual Grygla Cup has been set for Saturday, February 4th, at the Brian W. Olson Memorial Arena in Grygla. Last year marked the 17th consecutive win for the Grygla Flames. If you think your team has what it takes to end the Flames' winning streak, then get signed up with Nick Olson ASAP. The event is looking for more teams to participate. You can contact Nick at 218-689-0830 for more information. Last year's line-up included the Grygla Flames, Grygla Ice Devils, and the Williams Wolves. It was a monumental year for the Ice Devils in 2022, also, as it was their first time ever playing in the Championship game! *Photo above by Grygla Eagle Newspaper/photo below by Matthew Jasper.*



Members of the Fourtown/Grygla Sportsman's Club put in some time and effort over the weekend making sure that this shelter is stocked with plenty of wood to burn. It's located halfway between Fourtown Store & Tavern and the Center Shelter.

Photo courtesy of Fourtown/Grygla Sportsman's Club

It's ice skating season



The arena in Grygla is open for the season and you're invited to make use of the wonderful facility that's available to all. During the day, Grygla's PE classes will be held at the arena from now through February. However, make note of all the other available times you can hit the ice. (Hopefully not literally!)



Let's take a moment to recognize all of the effort put in by our local sportsman's club members who are always making sure the trails are ready for safe, enjoyable riding. *Photo courtesy of Fourtown/Grygla Sportsman's Club*

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Vicar Marilyn Grafstrom
Recorded services will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm.
Wednesday, Jan 11
3:30pm FFF Night; 8pm Grace Council
Sunday, January 15
Grace: 9am Worship
OS: 9:30am SS w/ 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Sunday, Jan 15
Faith: 8am Worship
Bethany: 9:30am Worship
Ekelund: 11am Worship
Monday, Jan 16
Faith Quilting 9am-2pm

THE CATHOLIC COMMUNITIES OF St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Bryan Kujawa
Sundays:
St. Clement's: 10:15am Worship.
St. Ann's: N/A

PUBLIC NOTICE
Wheaton Grain Inc (Chippewa Falls, WI) would like to inform the general public that Bill of Lading COSU6337596040 issued by Cosco Shipping Lines (North America) Inc. for 303.329 Metric Tons of Yellow Soybeans to Ho Chi Minh, Vietnam have been lost. They are void and no longer valid proof of ownership of the goods.

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sundays
8am Worship

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 11
Wed. School 5-7pm; Vespers 6:30pm; LYS 7pm
Saturday, Jan 14
Mt. Olive: 9am Worship
Sunday, Jan 15
Oak Park: 8am Worship, 9:15am SS
Nazareth: 9:15am Worship w/ 10:15am SS
St. Petri: 11am Worship w/ Annual meeting & meal to follow

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G46TFC

Position Available
The Grygla School is seeking a Head Custodian

1. The possession of, or ability to obtain a Boiler's License, along with knowledge of how a boiler and heating system function.
2. Flexibility in working early hours and cleaning prior to the beginning of the school day.
3. Ordering of all custodial supplies
4. Working as a leader on the school safety committee
5. Conduct building and grounds maintenance as well as maintain all health and safety inspections on the premises.

In addition, the applicant must be a proficient communicator, be willing to work as a member of a team and possess other skills relevant to the position.

Preference will be given to applicants with or the ability to obtain a boiler's license and a bus driver's license. A High School Diploma is required, as well as the ability to pass a background check.

Please contact Derek Gieseke at 218-294-6155 or dgieseke@grygla.k12.mn.us if you are interested.

G43-44C

Medicare 101 Virtual Class

There is a lot to do when you become eligible for Medicare and it can seem overwhelming. Minnesota's Senior LinkAge Line® offers a class giving you answers. The Senior LinkAge Line Medicare 101 class is for people new to Medicare and would like to learn about Medicare Parts A, B, C and D. Topics include a comprehensive introduction to Medicare including what Medicare covers, supplemental insurance and Part D prescription coverage. During class, you will find out how to get the most from your benefits and how to research your Medicare plan options using the Medicare.gov site.

Space is limited, to attend please register online at www.dancingskyaaa.org or call Senior LinkAge Line at 1-800-333-2433.

WHAT: New to Medicare Virtual Class
WHEN: Thursday, January 19th, 2023, from 2:00 PM - 4:00 p.m.
REGISTRATION: www.dancingskyaaa.org
DEADLINE TO REGISTER: January 16th, 2023
The Senior LinkAge Line® is a free statewide service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the service and support they need. Call the Senior LinkAge Line at (800)-333-2433, Monday through Friday from 8:00 a.m. to 4:30 p.m. or visit www.MinnesotaHelp.info® to chat with a specialist during business hours.

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JANUARY 25TH
THIEF RIVER FALLS
BLACK CAT BAR & GRILL
MEETING @ 8:30 AM
Breakfast will be served

JANUARY 25TH
GRYGLA
THE HOUND BAR & GRILL
MEETING @ 4:00 PM
Supper will be served

JANUARY 26TH
ROSEAU
GENE'S BAR & GRILL
MEETING @ 11:00 AM
Lunch will be served

G43-44C

TOPICS:
GRAIN MARKETS - SHOULD I SELL OR HOLD?
MPCI INSURANCE CHANGES **SCO/ECO BREAKDOWN** **ARC/PLC RECOMMENDATION**

Meetings will also be offered via Zoom. Please contact us for the virtual link.
ROSEAU: 218-450-2129 **TRF: 218-681-1431**

Experience winter adventure in a whole new light

(AROUND THE AREA)
If candlelight events are not already an annual tradition for you, let this be the season where you get out and experience winter adventure in a whole new light.

Snowy trails, ice luminaries, and a gentle candlelight glow are all waiting for you at an area winter candlelight event hosted by Minnesota State Parks. These events feature short, easy trails lit with lanterns or luminaries. Enjoy their glow as you ski, snowshoe, or walk the trails. Go as far as you like and warm up with refreshments and a fire when you're done. These

events are free, family friendly, and perfect for anyone looking to spend a fun evening in a Minnesota State Park.

Upcoming events at a park closest to Grygla include: Saturday, January 21st, at Itasca State Park. It's an evening lantern lit snowshoe and ski that provides a new experience and fun for the whole family. The event runs from 5-7:30pm, come-and-go at your own leisure. Start at the Jacob V. Brower Visitor Center. Trail illuminated along the South Entrance Road approximately 3.5 miles round-trip. Snowshoe, walk or ski at your own pace.

There is also a candlelight snowshoe event at Lake Bemidji State Park on January 28th. Kick off the park's upcoming 100-year anniversary by exploring the winter woods along a candlelit trail. It starts and ends at the Visitor Center where refreshments are available. Event runs from 6-8pm.

You can check out the MN DNR website under State Parks/Candlelight Events for more information on location, dates and times.

Before you go:

- Anyone age 16 or older must carry a signed ski pass when using groomed cross-country ski trails in state parks or state forests, or on state trails or grant-in-aid trails.
- Many parks offer rentals. See a list of cross-country ski rentals or snowshoe rentals



on the Minnesota State Parks website.

- Be safe and smart in cold weather. Tips are available on the Minnesota State Parks website.
- Restrooms and vault toilets are open daily at all Minnesota state parks throughout the year.
- Before you go...find out the snow conditions.
- Trails are still open, even when there's no snow - it just becomes a wintery hike, rather than snowshoe or ski.
- When in doubt, call the park.

Community Calendar

Wed | Jan 11
Senior Meals at Grain Bin Café 11am with January Senior Birthday Celebration; Grygla Library open 2-6pm; BBB/GBB practice

Thurs | Jan 12
GBBB JH vs. CF; BBB JV/V practice in Grygla; GBB at BGMR (JV 5:15 Badger; Varsity 7:15 Greenbush)

Fri | Jan 13
Senior Meals at Grain Bin Café 11am; BBB vs. CG in Grygla; GBB at Northern Freeze

Sat | Jan 14

Sun | Jan 15

Mon | Jan 16
Senior Meals at Grain Bin Café 11am; GBB/BBB practice

Tues | Jan 17
GBB at Warroad; BBB in Goodridge vs. Red Lake

grygla.govoffice2.com
City of Grygla
Minutes/Agendas avail.

U.S.P.S. No. 002330
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Serving Eastern Marshall & Northern Beltrami Counties
Richard D. Richards - PUBLISHER
Karl Sundberg - EDITOR
Phone 294-6220

—SUBSCRIPTION RATES—
\$35 per year in the trade area (Grygla, Gatzke, Goodridge & Wannaska addresses)
\$45 per year outside of the area

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Foot Care clinics scheduled in area

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

Middle River Royal Manor Apts.: Tuesday, January 17th at 9:00 a.m. Contact: LAH/BNP at 218-222-4466

Grygla Community Center: Thursday, January 26th at 9:30 a.m. Contact: North Valley Public Health at 218-745-5154

Oslo Community Center: Tuesday, January 31st at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Please call to cancel if you feel ill.

- Please call the person listed to sign up. We require sign-up sheets so that we can staff accordingly. If you are not able to keep your appointment, please call to cancel.
- Please arrive 15 minutes prior to your appointment time.
- The North Valley Public Health staff will soak feet and trim nails. The fee is \$20.
- The North Valley Public Health staff will do free blood pressure checks upon request.

Grygla Elementary Intramurals

Grygla Elementary Intramurals start up this week for students in grades 4-6. Games are held every Friday from 1-3pm and will continue through mid-March. The games are open for parents, grandparents, and community members to come watch.

The January schedule is below, along with the teams.

January 13
1pm: Red-Eye Tigers vs. Ball Stars; 1:30pm: Swish-Kabobs vs. Big Blue; 2pm: Swish-Kabobs vs. Red-Eye Tigers; 2:30pm: Ball Stars vs. Big Blue

January 20
1pm: Ball Stars vs. Swish-Kabobs; 1:30pm: Red-Eye Tigers vs. Big Blue; 2pm: Red-Eye Tigers vs. Ball Stars; 2:30pm: Swish-Kabobs vs. Big Blue

January 27
1pm: Red-Eye Tigers vs. Swish-Kabobs; 1:30pm: Ball Stars vs. Big Blue; 2pm: Swish-Kabobs vs. Ball Stars; 2:30pm: Red-Eye Tigers vs. Big Blue

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Results from last week's StatePoint crossword puzzle.

DNR to fly elk surveys in northwest Minnesota

The Minnesota Department of Natural Resources will conduct aerial elk surveys beginning the second week of January. DNR staff will survey the Kittson County and Grygla elk herds in northwestern Minnesota and the border elk herd in both Minnesota and Manitoba.

The surveys are typically conducted each year during the winter, weather permitting.

Aerial survey information is used to monitor elk populations and help the DNR make decisions about future elk management and harvest regulations.

"We have sufficient snow cover now to start our elk surveys," said Doug Franke, acting assistant regional wildlife manager and elk survey coordinator. "We anticipate the surveys will be completed in about two weeks."

DNR pilots will fly surveys during daylight hours at an al-

titude of approximately 200 to 300 feet.

The DNR is also asking for help from those who have recently seen elk in their area. People are encouraged to contact their local DNR office with sighting information:

- Karlstad area wildlife office, 218-436-2427
- Thief Lake Wildlife Management Area, 218-633-7671
- Thief River Falls area wildlife office, 218-219-8587

People can also document observations using the elk sightings tool on the DNR website (mndnr.gov/elk/elk-sightings.html).

"Thank you to everyone who has reported elk sightings to us," Franke said. "These reports provide an important supplement to data from our aerial surveys and help us better understand elk movement and distribution in Minnesota."

Martin Luther King Jr. Day
Martin Luther King Jr. was born January 15, 1929 in Atlanta, Georgia. As an American Baptist Minister, Dr. King became the most visible spokesperson and leader in the civil rights movement in the 1950s and 60s.

On the third Monday each January, we celebrate Martin Luther King Jr. Day.

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WE WILL BE CLOSED ALL DAY MONDAY, JAN. 16th in observance of Martin Luther King, Jr. Day.

I HAVE A DREAM
MARTIN LUTHER KING JR.
"I HAVE A DREAM"

G43C



Four local students chosen for AAA

The purpose of AAA is to recognize and honor high school seniors who have excelled in the classroom, on the athletic field and in the arts. The purpose is also to elevate academic standards and create greater awareness of League-sponsored activities and their values, and to provide member schools of the League with the opportunity to participate in a statewide program that supports, promotes and recognizes academic and extra-curricular achievements.

Congratulations to Kia Klein and Reece Sundberg, above, from Grygla High School, along with Caitlyn Jacobson and Elliot Philipp, below, from Goodridge High School.

The AAA Banquet will be held on February 1st in Mahanomen, MN. At that point, any students chosen for the regional award, will go on for a chance to win the state AAA award.

Photos courtesy of each school



Word of the Week

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

Eristic

Adjective

Pertaining to controversy or disputation; controversial.

e-ris-tik



By Kari Sundberg, Eagle Editor

Chicken Cheesesteak Skillet

First, what is a cheesesteak sandwich?

A traditional cheesesteak sandwich is made up of thinly sliced pieces of ribeye or top round steak cooked on a flat top grill. Sautéed onions are commonly added to the sandwich as well. As far as the cheese, provolone, American cheese and Cheez Whiz are most commonly used.

Long, soft hoagie rolls are the bread of choice for cheesesteaks. Depending on where you get your cheesesteak sandwich, you may also find ingredients like bell peppers and mushrooms added into the mix.

As for this week's recipe? Well, the concept is the same, but instead of using steak, use thinly sliced chicken breasts. You can also sauté a red and green bell pepper and onions for additional flavor. Everything cooks in one skillet and is topped with plenty of melted provolone cheese.

Ingredients

- 2 tablespoons olive oil, divided
- 1 yellow onion, halved and thinly sliced
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 1/4 pounds boneless skinless chicken breasts, thinly sliced
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon smoked paprika
- Kosher salt and fresh ground black pepper to taste
- 1 cup shredded provolone cheese

Instructions

Heat a tablespoon of olive oil in a large skillet over medium-high heat. When the oil is hot, add in the sliced peppers, onion, and plenty of salt and pepper. Sauté the vegetables until they are very tender and then remove them from the skillet and onto a plate.

Add the remaining tablespoon of olive oil to the skillet. Add the sliced chicken in along with the Italian seasoning, smoked paprika, salt and pepper. Move it around so that it's in a single layer and then let it cook without moving it for a couple minutes so that it browns.

Continue to sauté the meat until it's fully cooked then add the onions, peppers and any juices left on the plate back into the skillet. Stir everything together and top it with the shredded provolone cheese.

Cover the skillet with a lid until the cheese has melted and then serve.



Marshall County Commissioners reorganized in 2023 - Jim Duckstad will be Chairperson with Gary Kiesow as Vice Chair. Front row, L-R: Gary Kiesow and Jim Duckstad. Back row, L-R: Scott Peters, Rolland Miller, Larry Nybladh and Sharon Bring. Below, the Oath of Office given for all newly and recently elected individuals. From L-R: Newly elected County Attorney Chris Rokke, Sheriff Jason Boman, Auditor/Treasurer Scott Peters, Commissioners Jim Duckstad, Sharon Bring, Larry Nybladh and Gary Kiesow. *Photos courtesy of Scott Peters*



Free family-focused webinars January through April in 2023

Submitted by Sara Croy-mans, Extension Educator

University of Minnesota Extension will present a series of webinars to support families and those who serve families in making informed decisions that lead to greater health, resilience and well-being.

All webinars are virtual and free. Extension offers more information about the webinar series at: <https://z.umn.edu/ExtFamWebinars2023Jan-Apr>

Follow links for each series to learn more about webinar topics, dates, times and registration.

Family Friendly Earth Care

Learn more about global health and wellness, including how to eat healthier for the planet, reducing food waste, composting and reducing your family's carbon footprint. Leave with hands-on activities for all ages that promote wellness through nature.

Finding balance

While life is never certain, the last couple of years have stressed our families and communities. Learn from Extension experts in individual and community well-being about how to find balance and flourish — even during life transitions.

Later life decision making

A fact of life is that each of us is getting older each year. In addition to having concerns as we age, many of us are also helping our parents and loved ones as they age as well. This webinar series addresses concerns related to housing, finance, caregiving, health and nutrition.

Making cents of it all

Learn about educational resources and tools to help families navigate financial choices, including building knowledge and skills around homeownership, credit, budgeting and saving, and changing financial needs across the lifespan. We'll also share culturally appropriate tools and educational resources to support American Indian and Latino communities.

No place like home

Whether you rent or own your home, Extension educators have tips to make your home and community healthier, affordable and energy efficient. Join us to learn from financial educators, the Clean Energy Resource Team and experts in preparedness.

Recovery and health

Learn about the many ways recovery and health go hand in hand. This series will cover topics of healing through history and show how nutrition and physical activity can support those in recovery. Colleagues from the University of Minnesota College of Pharmacy in Duluth will join to discuss community solutions to the opioid crisis, including harm reduction and how to save lives from overdoses.

What's for dinner?

You make lots of daily decisions and "what's for dinner?"

Free webinars...

Continued on back

Chargers basketball stats from last week

GBB on Tuesday, January 3rd, in Grygla vs. SAC
GG 72, SAC 53
Ashlyn Nelson- 9 points;
Brooklynn Kriel- 5 points;
Morgan Underdahl- 2 points;
Chesney Salo- 11 points; Caitlyn Jacobson- 34 points, 11 reb.; Sadie Anderson- 3 points, 6 reb.; Kylie Delage- 8 points

Coach's comments: We had a good start shooting. We got up 9-0, but SAC came back into the game. We played a little sloppy in the first half but came out in the second half and played well. We forced some turnovers, passed the ball up the court, and rebounded well.

BBB on Thursday, January 5th, at Lancaster
KCC 58, GG 49
Stats: Blake Rychlock (27 pts, 9 reb, 3 asst), Matt Busse (2 reb), Spencer Coan (9 pts), Carson Rubischko (6 reb), Lewis Jones, (7 pts, 7 reb, 3 steals), Elliot Philipp (2 reb), Russell Rian (6 pts)

Coach's comments: It was an intense game against the Bearcats. The game was tight the whole way through as the Bearcats played excellent defense and did a great job of getting the ball into the post to their two big players. We just couldn't make enough shots at the end of the game to pull it out. Blake had a great game and kept us in it, but we came up short.

BBB on Friday, January 6th, in Goodridge vs. Sacred Heart
Sacred Heart 77, Chargers 56

Stats: Blake Rychlock (16 pts, 5 reb), Matt Busse (15 pts, 4 reb), Spencer Coan (5 pts), Carson Rubischko (5 pts, 4 reb), Lewis Jones (13 pts, 4 reb, 7 asst, 5 steals), Elliot Philipp (2 pts), Russell Rian (5 reb)

Coach's comments: We've had some good battles against the Eagles the past couple of years, but we weren't able to keep up with the high powered team this time. We came out making shots and the game was tight for most of the first half, but the Eagles made a nice run at the end of the half to take a 10 point lead into the break. In the second half we had no answers for their excellent ball movement and shooting and we couldn't make a run to make a game of it.

This week's game schedule for both teams: Monday, January 9th, BBB at Roseau and GBB at RLCC; Tuesday, January 10th, BBB at Northern Freeze; Thursday, January 12th, GBB at BGMR, BBB JH vs. Climax Fisher; Friday, January 13th, GBB at Northern Freeze.

Free webinars... Continued from page 3

is a question that can get tiring fast. Learn about healthy eating, meal planning, what to do with garden produce, feeding your family on a budget, and African culinary heritage.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.



#14 Caitlyn Jacobson puts up an easy 2 points during last week's home game. Photo by Grygla Eagle Newspaper



The Grygla 6th grade girls played in Fosston last Saturday to kick off the Snowflake League Basketball tournaments that take place every Saturday. They defeated Clearbrook and Bagley. Right: Krystal Neuschwander takes the ball up for the Chargers. Photos courtesy of Lolit Neuschwander



Some 'C' team action from the game in Goodridge last Friday. The Chargers hosted Sacred Heart. Brennen Parnow (above) passes the ball down the court. Right: Owen Larson looks to Trustin Wiseth under the basket. Photos by Grygla Eagle Newspaper



Raymond Moe makes a break for the basket.



#11 Molly Cullen in the JV game against the Storm last Tuesday in Grygla. Morgan Underdahl (right) tries to stop the ball from getting around her. Photos by Grygla Eagle Newspaper



...and it was a SWISH for Brennen Parnow! Photos by Grygla Eagle Newspaper



Varsity action shots from last week's home game in Grygla vs. SAC. L-R: Chargers defense by Sadie Anderson, Chesney Salo and Brooklyn Kriel; #12 Salo; Caitlyn Jacobson drives in. Photos by Grygla Eagle Newspaper