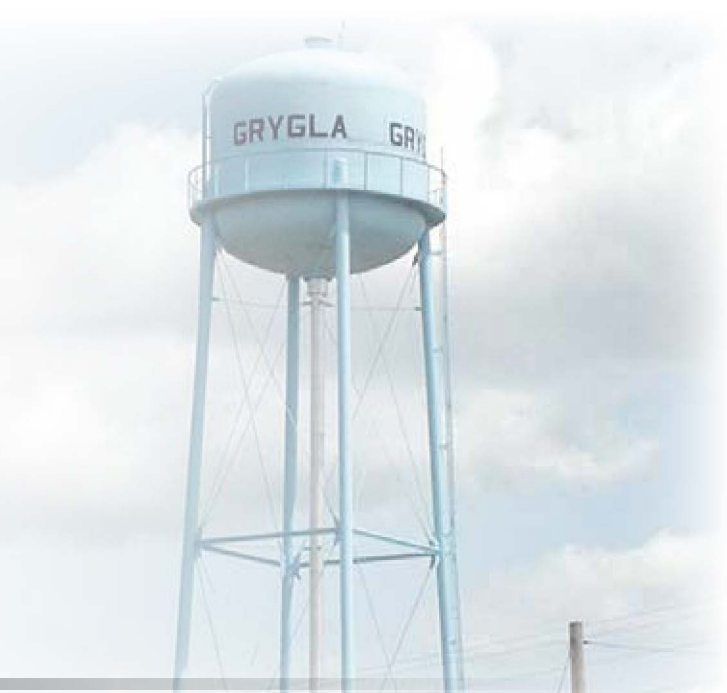




Today	Thurs	Fri	Sat	Sun
Mostly Cloudy	Cloudy	Cloudy	Partly Cloudy	Mostly Cloudy
H 19 L 10	H 20 L 7	H 17 L 13	H 24 L 15	H 26 L 12



In this issue ... Grygla Junior, Lewis Jones, scores his 1000th point on the basketball court.



Phase 2 of the Grygla Community Center Flooring Project underway



Phase 2 of the Grygla Community Center Flooring Project is underway. Concrete Designs out of Thief River Falls has been working on the new flooring. The project was taken on by the Grygla Lion's Club with \$30,000 being raised for the new floors. A breakdown of funding sources will be shared when the project is complete as a large portion was donated in honor of Grygla Lion's Charter Members; more on that to come.

The Grygla Lion's Club made a commitment to the project that they would have volunteers donate their time and effort to remove the old flooring. It's been broken down in phases with the kitchen, hallway and bathrooms being the 2nd and last phase. The anticipated completion date is February 8th.

Pictured below are Neil Clements, Jordan Nelson, Jack Nelson, and Donny Wikert, Lion volunteers who are helping to remove the old tiles. *Photos above by Grygla Eagle Newspaper; photos below courtesy of Bob Thompson*



The winners of the girl/boy wagons given away by American State Bank of Grygla in their Christmas drawing were Auna Olson and Braxtin Kriel. Randy McMillin was the winner of the \$150 gift card (not pictured). *Photos courtesy of Missy Saurdiff*



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 every playing in the Championship game.

Grygla Elementary Intramurals

Grygla Elementary Intramurals started last 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 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

Teams
Red-Eye Tigers coached by Reece Sundberg: Alayna Carlisle, Brayden Kaczor, Summer Ruud, Aria Saurdiff, Tycen Ostby, Tasha Malwitz

Ball Stars coached by Lewis Jones and Molly Cullen: Krystal Neuschwander, Kloe Sletten, Chloe Haugan, Kolt Davis, Kasyn Abrahamson, Ihle Holthusen, Brayden Neuschwander

Swish-Kabobs coached by Kaylor Torgerson and Blake Rychlock: Brianna Severts, Josephine Landsrud, Oliver Smeby, Parker Osse, Jessica Davenport, Mariah Grindahl, Grayson Lang

Big Blue coached by Christian Loken and Russell Rian: Josie Saurdiff, Zachery Rian, Kensley Brateng, Harper Severts, Kamdyn Brobst, Mauer Nordby

• 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 18
3:30pm FFF Night
Thursday, Jan 19
9am Grace Quilting
Sunday, January 22
Grace: 9am Worship
OS: 9:30am SS w/ 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Wednesday, Jan 18
Release Time 12:20pm
Sunday, Jan 22
Faith: 8am Worship
Bethany: 9:30am Worship
Ekelund: 11am Worship
Monday, Jan 23
Faith Quilting 9am-2pm

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St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Bryan Kujawa
Sundays:
St. Clement's: 11:45am Worship
St. Ann's: 10am Worship

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 Merse
Wednesday, Jan 18
Wed. School 5-7pm; Vespers 6:30pm; LYS 7pm
Saturday, Jan 21
Mt. Olive: 9am Worship
Sunday, Jan 22
St. Petri: 8am Worship, 9:15am SS
Oak Park: 8:45am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship. Annual Meeting with meal to follow Worship.

Please send your church calendars in a timely fashion to:
grygla.eagle@gmail.com

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© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Snowmobile Safety Training

This 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. Hosted by the Fourtown/Grygla Sportsman's Club.

Playing It Safe

In recent years, some "new" investments have found their way into the marketplace. Many of these "new" investments promise a high rate of return, but are not insured, and as a result involve a high degree of risk.

When you have money to invest, **we recommend playing it safe** with insured investments from our bank. Each depositor is insured to at least \$250,000 by the FDIC.

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When you have money to invest, **we recommend playing it safe** with insured investments from our bank. Each depositor is insured to at least \$250,000 by the FDIC.

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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

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

Goodridge School celebrates Snofest this week

There are a variety of activities and events happening at the Goodridge School this week as they celebrate Snofest!

The student dress-up days, along with some of the daily activities are shared below. Coronation will be taking place this Friday at 2:30pm in the Goodridge School Gymnasium.

Monday: Zoom Day; Snow Sculpture Competition

Tuesday: America Day;

Scavenger Hunt, Spelling Bee; GBB at Warroad; BBB in Goodridge

Wednesday: Groutfit Day; Trivia in the Gym

Thursday: Salad Dressing Day; Class Dance Competition; Pep Fest for BBB; Intramural Basketball; BBB in Goodridge

Friday: Charger Pride Day; Games in the Gym; Pep Fest for GBB; Coronation; GBB in Goodridge; School Dance

Snofest Coronation: Friday, January 20th, at 2:30pm. Candidates are: Ellie Nelson and Waylon Jones (7th grade); Norah Philipp and Karson Nerhus (8th grade); Mica Schultz and Trustin Wiseth (9th grade); Morgan Coan and Johnny Murphy (10th grade); Kennedy Panek and Chase Manderud (11th grade); Caitlyn Jacobson and Jordon Johnson (12th grade)

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

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.

Grygla City Council approves December Minutes on January 29

The January meeting of the City Council was held at the Grygla Civic Building on Monday, January 9th. Council members approved the December minutes, which are included below. Official minutes are taken by Grygla City Clerk and recapped by Eagle Editor. For the full version, including receipts & disbursements, visit www.grygla.govoffice2.com

The regular meeting on December 12th was called to order at 6pm at the Civic Building by Mayor Mosher with the following council members present: Gavin Nordby, Devin Ruud and Karla Byklum. Absent: Lindsay Oslund. Also present was Rose Aune and Dustin Nelson.

Council approved minutes, along with receipts, disbursements, checking, savings & total balances for that month. The payment of all bills was also approved. Other items included:

FIRE HYDRANT BY COOP STORE
Tabled until Spring 2023.

COMMUNITY CENTER
The tiles are all out and the floor is ready to be painted. They will finish the kitchen, bathrooms and entryway after the wedding and the Sportsman's club supper.

PARK BATHROOMS
There was nothing new to report at this time.

WATER TOWER
There was nothing new to report at this time.

PICKLE BALL COURT
Tabled until Spring.

SIREN
Chief Thompson is waiting to hear back on a bid.

FEMA REIMBURSEMENT
Rose and Rocky have been working on reports for FEMA. Right now it looks like the city could possibly get reimbursed around \$30,000 for labor, rent,

repairs at lagoon and a flood pump.

SECURITY CAMERAS
Cameras have been ordered.

EXTRA MEETINGS
Nordby, Mosher, Byklum and Ruud had the amending budget meeting.

Lion's Club meeting

There will be a Grygla Lion's Club meeting this Wednesday, January 18th, at the Grain Bin Café. Supper is on your own at 6:30pm with the meeting beginning at 7pm.

Community Calendar

Wed | Jan 18

Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; GBB/BBB practice 4-6pm; Lion's meeting at Grain Bin Café 7pm

Thurs | Jan 19

BBB practice in Grygla 4pm; BBB vs. WEM in Goodridge; School Board Meeting 7pm

Fri | Jan 20

Senior Meals at Grain Bin Café 11am; 2:30pm Snofest Coronation in Goodridge; GBB vs. KCC in Goodridge; Snofest Dance at Goodridge School

Sat | Jan 21

Snowflake Basketball Tournament for 3-6 grade (girls in Goodridge; boys in Grygla) Grygla/Gatzke Food Shelf open 8-10:30am

Sun | Jan 22

1pm Snowmobile Safety Training at Grygla Bus Garage

Mon | Jan 23

Senior Meals at Grain Bin Café 11am

Tues | Jan 24

BBB at WAO; GBB at RLF

m

DEPARTMENT OF TRANSPORTATION

Construction Inspector Positions (3)

Thief River Falls MnDOT

\$23.91-\$30.60/hr

Full Time – Year Round

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Have you been working in the highway construction field testing construction materials, recording construction activities, or solving construction problems? The Minnesota Department of Transportation is looking for qualified candidates to do inspection work on highway and bridge construction projects in this area. MnDOT is a family friendly workplace that supports families with a great benefit package.

Go to www.mn.gov/careers and select job number 62141 to see the full posting and minimum job qualifications. These positions are open for application through January 31, 2023.

MnDOT is an equal opportunity/affirmative action employer with a strong commitment to workforce diversity.

G43C

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-CC

Wednesday, January 18, 2023

Only in Minnesota: a weekly feature in the Eagle

Hang out in an igloo at this one-of-a-kind Minnesota bar Those willing to make the trip can experience winter in the Bold North in a pretty unique way: sipping a beverage at this heated igloo bar in Minnesota. All you have to do to get there is head up to Lake of the Woods and out onto the ice. (A quick trip from our very own Grygla, and a place most are familiar with!) In what's become a North Star State tradition, for a couple months each winter, Zippel Bay Resort opens its Igloo Bar on the frozen Lake of the Woods. Lake of the Woods is a year-round hotspot for anglers who come for the walleye, northern pike, and muskie fishing. Once the ice is thick enough, the staff at Zippel Bay Resort, on the lake's southern shore, sets up ice fishing houses, as well as an ice road (which it maintains throughout the season) out onto the lake to

reach them. Several years ago, the resort also began setting up an igloo-shaped bar out on the ice. Zippel Bay Resort's ice road will take you right out to the Igloo Bar. You can reach it by vehicle, snowmobile, or just about any other mode of transportation suitable for travel across ice and snow. Every year, folks look forward to the Igloo Bar's seasonal opening. It's a hotspot for Lake of the Woods anglers and resort guests. The Igloo Bar's also a great spot to show off your trophy catch, too! Some seasons, you can even head out to the Igloo for a game of hockey. The resort even maintains matching, heated restrooms at the Igloo Bar for the convenience (and comfort) of its patrons. From the Igloo Bar to the aurora borealis, it's amazing what's waiting to be discovered in the Bold North.



Free family-focused webinars January through April in 2023

Submitted by Sara Croymans, 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, Free webinars... Continued on back

WHAT A JOKE



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

Asinine As-uh-nahyn
Adjective

Foolish, unintelligent, or silly.



Grygla Scripps Spelling Bee 2023 winner Is Krystal Neuschwander and the Runner-Up is Alayla Blanco. Krystal will represent our school on Wednesday, February 8th at the Regional Bee in Thief River Falls. Congrats to all the finalists! Photos courtesy of Grygla School



DO IT YOURSELF

Alright, so we all know egg prices have soared 60% in a year. Whatever the reason, Avian Influenza, consumer eating habits, cost to raise, the holidays, inflation, all of the above...whatever...we know the cost has soared. This is a helpful DIY for egg replacement in a baking recipe, like a cake. No one is saying these are egg substitutes and you can scramble it up and it'll taste like an omlette, but it is helpful to know if you don't have any eggs, what can be used in its place when tackling a recipe.

Egg Substitutes

full details on topwithcinnamon.com

1 egg =

	1 tsp baking soda + 1 tbsp vinegar
	1 tbsp ground flaxseed + 3 tbsp water
	1 tbsp chia seeds + 3 tbsp water
	4 tbsp mashed banana
	4 tbsp Greek yoghurt
	1 tbsp chickpea flour + 3 tbsp water
	4 tbsp aquafaba
	2 tbsp oats + 3 tbsp boiling water
	4 tbsp blended silken tofu
	1 tbsp cornstarch + 3 tbsp water



It was an exciting Monday last week for Lewis Jones, his family, friends, coaches and teammates! The Grygla Junior was on the Roseau court when he hit a 3-point shot that made him surpass his 1000th point. A reception was held at the next home game in Grygla, which was on Friday, January 13th, where the Chargers hosted the Clearbrook/Gonvick Bears. Left: #23 is celebrated the milestone with his teammates after the win against C/G. Photo courtesy of Shaunna Olson



Free webinars...
Continued from page 3

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 communi-

ties.
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?" 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.



Action shots from last Friday's game in Grygla against the Bears. Photos courtesy of Shaunna Olson



Chargers basketball season records so far: BBB 7-4, GBB 9-1

Monday, January 9th, BBB at Roseau

Chargers 86, Roseau 72
Stats: Blake Rychlock (28 pts, 12 reb, 4 steals), Matt Busse (16 pts, 4 reb, 3 asst), Spencer Coan (6 pts, 5 reb, 3 asst), Thor Henrikson (1 pt, 2 reb), Carson Rubischko (4 pts, 4 reb, 3 asst), Lewis Jones (27 pts, 6 reb, 3 asst), Elliot Philipp (4 pts, 3 reb)

Coach's comments: We started a busy week in the new Roseau gym. We came out shooting well, but so did the Rams and it was a back-and-forth game in the first half. I was much more pleased with our defensive execution in the second half and that allowed us to pull away from a scrappy Rams team. The major highlight of the night was Lewis Jones surpassing 1000 points for his career with a 3-point shot in the beginning of the 2nd

half. Lewis has put in so much work and effort into his game and we're all proud of him for accomplishing this milestone!

Monday, January 9th, GBB at RLCC

GG 48, RLCC 33
Ashlyn Nelson- 5 points; Brooklynn Kriel- 2 points; Morgan Underdahl- 2 points; Chesney Salo- 8 points, 4 ast.; Caitlyn Jacobson- 20 points, 10 reb.; Sadie Anderson- 6 points, 7 reb.; Kylie Delage- 5 points, 7 reb.

Coach's comments: Tonight was a rough game, but it was good to see the girls fight through it. It took us a little while to get our passing and offense going, but we did. RLCC did zone against us, and we showed that we are improving against zones. I thought we moved the ball effectively and got some good shots.

Tuesday, January 10th,

BBB at Newfolden

Northern Freeze 73, Chargers 68

Stats: Blake Rychlock (17 pts, 6 reb), Matt Busse (10 pts, 2 reb.), Spencer Coan (4 pts, 4 reb), Thor Henrikson (1 pt, 2 reb), Carson Rubischko (3 pts, 2 reb, 5 asst), Lewis Jones (32 pts, 3 reb, 3 asst), Elliot Philipp (3 reb, 4 asst), Russell Rian (2 pts, 3 reb)

Coach's comments: We had a back-to-back with an extremely tough Freeze team. We started slow and we fell behind double digits in the first half. We got physically pushed around and outworked by the Freeze in the first half and were lucky to be down only 7 at halftime. I was proud of our effort in the second half - we were able to cut the lead down to 3 multiple times but couldn't quite overtake the Freeze.

Thursday, January 12th,

GBB at BGMR

BGMR 49, GG 39

Ashlyn Nelson- 9 points; Brooklynn Kriel- 2 points, 6 reb.; Chesney Salo- 6 points; Caitlyn Jacobson- 13 points, 9 reb.; Sadie Anderson- 4 points, 8 reb.; Kylie Delage- 5 points, 7 reb.

Coach's comments: We got off to a slow start in the first quarter of the game. We got down 16-2. Then we started to get into the flow of the game. We got it down to 4 points in the second half, but couldn't get it any closer. BGMR moves and passes well. Defensively they did a good job of pressuring us to make us feel uncomfortable. We lost to a good team. Besides the turnovers and missed easy shots, I thought our girls played well against them.

Friday, January 13th, BBB in Grygla vs. CG

Chargers 86, Clearbrook/

Gonvick 76

Stats: Blake Rychlock (25 pts, 10 reb), Matt Busse (19 pts, 2 asst), Spencer Coan (6 pts, 2 reb), Carson Rubischko (6 pts, 2 reb, 2 asst), Lewis Jones (27 pts, 5 reb, 12 asst), Elliot Philipp (2 reb, 2 steals), Russell Rian (3 pts, 3 reb, 2 blocks)

Coach's comments: We wrapped up the week at home trying to avenge a defeat to the Bears prior to Christmas. We shot the ball extremely well but again struggled to get stops and rebound. Two of the Bears better players had very good games and definitely gave us problems. Luckily we shot the ball over 50% behind the 3 point line and we were able to outscore them. Lewis, Blake and Matt all took their turns getting hot and carrying the offense. We did a really nice job of executing and moving the ball. Elliot took 3 charges, which

are huge momentum plays and shows his unselfishness and willingness to do whatever it takes to help the team. Overall, it was a very good win for the Chargers.

Friday, January 13th, GBB at Northern Freeze

Chargers 64, Freeze 49

Ashlyn Nelson- 11 points; Brooklynn Kriel- 2 points; Morgan Underdahl- 12 points, 5 reb.; Chesney Salo- 9 points, 6 reb.; Caitlyn Jacobson- 22 points, 8 reb.; Sadie Anderson- 6 points; Kylie Delage- 2 points, 6 reb.

Coach's comments: We played a good game tonight. I thought we played good defense, and we had 3 girls in double figures. We kept our turnovers down and rebounded well. It was a good win for us.



Top row photos from the GG vs. RLCC game in Plummer last week. Bottom row photos from the game against BGMR last Thursday. Photos by Grygla Eagle Newspaper

