



				
Today	Thurs	Fri	Sat	Sun
Partly Cloudy	Mostly Sunny	Partly Cloudy	Partly Cloudy	Snow
H 6 L -10	H 11 L -5	H 5 L -7	H 8 L -2	H 23 L 15

Wednesday, February 10, 2016

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Vol. 42 Number 32

A look at next week... Grygla Flames and Grygla Ice Devils both compete in the Grygla Cup Hockey Tournament at the Brian W. Olson Memorial Arena.

“There aren’t too many girls that are actually interested in this,” laughs Jamie. “But I really like vintage sleds.”



Jamie Dougherty put a lot of hard work into her 1973 Polaris Colt 175, and she's got the trophies to prove it!

It might be rare for a young lady to get into restoring vintage sleds, but to Jamie Dougherty, it's a hobby. She is the daughter of Bryan and Kristine Dougherty and is a 7th grader at Grygla High School. *Interview conducted by Eagle Editor, Kari Sundberg.*

You're really into snowmobiles, Jamie...just vintage sleds or new ones, too? Yes! I like both of them!

Do you have one of your own? Yeah, I have a Vintage Sled. It's a 1973 Polaris Colt 175. My dad actually bought it, along with all of the stuff needed to restore it, but I work and do jobs to "pay it off".

Did you get your hands dirty and help restore it? Definitely. We got the sled a couple of years ago. My dad was really open to letting me pick out how to finish it, but getting there took a long time and a lot of nights in the shop. But yeah, I fixed up the motor – my dad told me what to take apart – and I cleaned the carburetors and sanded down the body and hood. I put a lot of work into it and made it

unique!

What makes it stand out? Well, it has pink and purple on it because I like pink! Instead of basic vintage decals, I had flames put on it, along with my name. Salo Signs did the decals for us.

How did you get into this hobby of restoring vintage sleds? My dad is really into it and he has taught me a bunch of things. Next year, when I'm in 8th grade, I will be in shop class where I'll study about small engines. I'll learn a lot more then! Most likely I'll get another snowmobile and work on it myself. Right now, though, my dad bought an old truck that he's working on so I'll get to learn some more stuff by helping with that, too.

You get to spend a lot of quality time with your dad it sounds like! Yeah. It's pretty much me and my dad's thing. My mom and sister don't work on that stuff like us. They'll come to the shop and hang out with us but they won't really help!

What do you do with your vintage sled now that

it's finished? I drive it for fun around home and I enjoy entering it into vintage snowmobile shows. I've also taken it on the Grygla vintage ride two years in a row.

Are the vintage rides fun? Yes! We drove one from St. Hilaire to Red Lake Falls and also a couple around Grygla. Although this year, mine broke down on the Grygla ride. My dad and I changed the belt and tried to pull start it and it wouldn't go. We thought, "Oh great." But it turns out it's just a couple of crank bearings, but we had to tear apart the entire engine because we didn't know what it was at first.

What vintage shows have you entered? I've brought it to the Backbreaker's Vintage Snowmobile Show in Grygla. This year I went to a show in St. Hilaire, too. Last year we went to one in Roseau. My dad enters his too; he has four sleds restored of his own.

Have you won any awards or trophies at any of the shows you've went to? I've won in Grygla twice. One was from the vintage ride

in 2014, my first year entering, and I won for 'Most Unique', which is always the category I enter; it's all people's choice at the Grygla show. The other award was for best vintage sled at the Grygla Fall Fest in 2014. That one was voted on by a panel of judges.

What's been your favorite show you've entered? I have to say Grygla because you know more people and it's fun to see how amazed the people are when they find out I've entered a sled in the show and that I'm interested in it! There aren't too many girls that are actually interested in this!

Do you consider this a hobby? I do. I also like to play volleyball, but I like to help my dad in the shop. It gives me something to do and it's fun! I'm one of those people who are just a tomboy, I guess.

What's your favorite thing about this hobby? I like to see people's reactions! But I really enjoy seeing all the different vintage sleds - that's what I really like.

What does your future look like with vintage snowmobiles? I'd like to maybe buy my own sled one day and do it all by myself from start to finish. I also like these Little Andy sleds; they are tiny vintage sleds. I'd like one of those, but then we'd have to make it my own and a put a unique touch on it. I really want to do that. It wouldn't be much for driving around, but I'd show it off at shows.

Do you have any advice for someone who might want to get into something like this? Well, this is an expensive hobby and if anyone wants to do it, you're going to need lots of time and patience and know what you're doing. It's a long process but it's worth it to see what it looks like when it's finished. And you get to feel proud that you did it!



Approximately 40 vintage sleds registered in the 6th Annual Backbreaker's Vintage Snowmobile Show on January 30th in Grygla, most of which rode the 30 mile ride as well! Gary Satre, of Grygla, entered his 1971 Arctic Cat Panther, which is pictured above.



Grygla Fire and Rescue teams up with United Blood Services

United Blood Services announces an additional community blood drive to stock hospital shelves for this year's flu season. During the winter flu season, healthy people are encouraged to keep their donation appointments since many regular donors find themselves fighting the flu bug themselves.

The Grygla Fire and Rescue members are teaming up with the United Blood Services for this special event in addition to the regularly scheduled annual blood drive events sponsored by the Grygla Lion's Club.

If you are feeling well, you are encouraged to donate at this additional drive to help meet the needs of the local blood supply. This is also a perfect time of year for first time donors to help patients who are counting on a volunteer like you to provide the lifesaving blood that they need. Your donation will make a difference for those who are fighting cancer, having surgery or facing an emergency.

This event will be taking place at the Grygla Community Center on Wednesday, February 17th, from 12:30-5:30pm. Contact Paul Nordby (294-6547), Geoff Satre (289-4601) or Sheldon Peterson (294-6176) for an appointment or call United Blood Services at 1-800-917-4929 for more information.

If you have received the flu shot, there is no impact on your ability to donate blood, you can receive the shot and donate blood the same day.

To save time, donors can now fill out their Health History Questionnaire online at www.unitedbloodservices.org the day of their donation. To donate blood, volunteers must be at least 16 years old (16 and 17 year olds need a minor donor permit) and be in good health.

Grygla/Gatzke Food Shelf 2015 Annual Report

2015 has been another good year for the Grygla/Gatzke Food Shelf as they work to be of assistance to the surrounding community.

There is still a continuing need for a food shelf in this area. Currently, there are 39 family units registered (56 people ages 1-17, 59 people ages 18-64 and 9 people over age 65), and an average of 25 households each month. During the year, the food shelf purchased 14,231 pounds of food and another 2,631 pounds was donated. A total of 16,314 pounds was distributed. Additional food for the holidays was given out; 1,090 pounds of food went in Thanksgiving and Christmas baskets. American State Bank and Polaris donated funding towards these food baskets.

\$16,600.28 was taken in from grants and donations; \$12,907.19 was spent. (\$12,698.39 for food, \$150.00 in dues and \$58.80 on postage.)

During the year the Grygla School donated personal care items and some clothing items (hats, scarves, mittens, etc.) that was made available to clients.

As an effort to improve the

food shelf operation this last year, the pounds of food based on household size was increased. A bulletin board was also established with recipes to give ideas on using some of the food available.

For the coming year, there will be an increase in rent, but food shelf representatives feel confident they will be able to meet this increase with continued support.

The food shelf would like to recognize the tremendous support received from the community. Area churches, businesses, organizations, the school and many individuals have given food and monetary donations. Monetary donations allow the purchase of food from the North Country Food Bank at a greatly reduced rate.

Grygla/Gatzke Food Shelf will continue to apply for grants to Marshall and Beltrami County and Roseau Electric's Operation Round-up to help us meet needs. They will also receive monthly food donations from Walmart in Thief River Falls and special community food drives.

Coming up is the March Campaign, which is a big fundraiser for the year.



Danny Thorstad's Scorpion won for 'Most Unusual' at the vintage show held in Grygla on January 30th.



Bryan Dougherty's 1967 Polaris Mustang was voted 'Best Restored'. Bryan, along with Nick Harris, started the Backbreaker's Vintage Snowmobile Show/Ride in Grygla six years ago. He is also the father of Jamie Dougherty, featured above!



Denise Ostby, Grygla, entered a 1972 Arctic Cat Kitty Cat into the show....it even came with a qualified driver!



Payton Dougherty got a trophy for 'Best Unrestored' with his 1973 Polaris TX.

CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday:
6pm Choir, 6:30pm Confirmation, 7:30pm Interfaith Bible Study
Sunday:
Grace: 9am Worship, 10:15 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
Wednesday Feb 10:
6pm supper at OS with 7pm service
Sunday:
United: 11am Worship, 10am SS
Our Savior's: 9am Worship, 10:15am SS.

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Interim Pastor Phil Johnson
Wednesday, Feb 10:
6:30 Supper, 7pm Lent Services at Faith
Sunday:
Bethany: 8:30 Worship, 9:45am SS
Faith: 9:45 Worship, 11am SS
Ekelund: 11am Worship, 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
Wednesday Feb 10:
6pm supper w/ 7pm Lent Service at Nazareth
Saturday:
Mt. Olive 9am Worship, 10:15am SS
Sunday:
St. Petri: 8am Worship, 9:15am SS
Nazareth: 9:45am Worship, 8:30am SS
Oak Park: 11am Worship, 9:45am SS

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

Community Calendar

Wed | Feb 10
Ash Wednesday; Senior Meals at Grain Bin Café 11am; Grygla Library 2-6pm; February Senior Birthday Party at Grain Bin Café 2:30pm; ECFE Valentine's Night

Thurs | Feb 11
Grygla Eagle office closed; GBB vs. Roseau in Grygla

Fri | Feb 12
Senior Meals at Grain Bin Café 11am; Grygla Elementary Basketball 1:30-3:30pm; GBB/BBB Double Header vs. Warroad in Grygla; Fourtown/Grygla Sportsman's Club Annual Snowmobile Ride Feb 12-14 (see page 2 for details)

Sat | Feb 13
BBB vs. WAO at 1pm at NCTC for Super Saturday

Sun | Feb 14
Valentine's Day

Mon | Feb 15
Presidents Day; No School; Senior Meals at Grain Bin Café 11am; GBB vs. SAC in Argyle

School Lunch Menus

Grygla School Lunch Menu
Wednesday, February 10: Cheese Pizza, Broccoli, Carrots, Fresh Fruit, Bread
Thursday, February 11: Tacos, Lettuce, Tomatoes, Corn, Peaches, Mandarin Oranges, Bread
Friday, February 12: Quesadilla, Baked Beans, Carrots, Applesauce, Pineapple
Monday, February 15: No School – President's Day
Tuesday, February 16: Chicken Fingers, Rice, Corn, Peas, Mandarin Oranges

Goodridge School Lunch Menu
Wednesday, February 10: Tomato Soup w/ Cheese and Crackers, Egg Salad or PB&J Sandwiches, Veggies w/ Dip, Apples
Thursday, February 11: Chicken Nuggets w/ Assorted Sauces, Corn, Mandarin Oranges
Friday, February 12: Shrimp Poppers, Garden Salads, Corn, Pineapple Tidbits
Monday, February 15: No School – President's Day
Tuesday, February 16: No School – Teacher's Inservice

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.

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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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Help Wanted
The Grygla School District has the following position open:
Staff/Student Personnel Administrative Assistant
For information/application contact Jamie Lunsetter, K-12 Principal, Grygla Public School, PO Box 18, Grygla, MN 56727. Phone: 218-294-6155, email: jlunsetter@grygla.k12.mn.us. Open until filled.

POSITION OPEN
Jr Varsity VB Coach
Goodridge/Grygla Sports
For information and application contact Jamie Lunsetter, Athletic Director, at 218-294-6155, email: jlunsetter@grygla.k12.mn.us
Deadline for applications: 3 PM, 2-19-16.

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 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 LIBRARY LINK

Written by: Karen Olufson
Hello Faithful Readers! Well, the sun was shining earlier today and it was pretty nice out, but I've learned that we can't expect that kind of weather to last too long up here and so it's back to being cloudy again! I wonder what the weather will be when you're reading this. Whatever the weather, it's always a good time to get a little reading in. Of course some days are more conducive to that than others, but I try to sneak a little in when I can. Hope you do too! (Smile!)
Well, we've been having our Hot Reads contest for a few weeks now and we've had two lucky winners a week. Have you been one of them? It's not difficult, so you should come and try. All you have to do is visit the library and put your name and phone number on a piece of paper and drop it in a little box! Two names get picked out at the end of the day and they are the winners! (Smile!) Of course I win, too, because I get to see you at the library which is just what I want! (Smile!) Who knows You could win a wonderful prize ... like a trip to the Caribbean! Just kidding, but you do win something even better ... the luxury of visiting a place that can take you to many, many worlds ... the library! (Smile!) Please come. I can guarantee you won't regret it even if you don't win a prize!
Also, I've been meaning to tell you that we have a signed copy of a Tracie Peterson book for sale here. It is book three of the Brides of Seattle and it is called LOVE EVERLASTING. The price is \$21.00. I actually only have one copy on hand, but if there is more than one of you who wants one I'll get them from one of the other libraries for you. For those of you who don't know, Tracie Peterson is a Christian fiction author.
Feb 15-19 is School Board Recognition Week
The Grygla School District will join school districts throughout the state to pay tribute to school board members during Minnesota's annual School Board Recognition Week February 15-19, 2016. The week is designed to recognize the contributions made by Minnesota's school board members who are charged with governing public education under state law.
School board members through the state oversee multimillion dollar budgets which fund educational programs for more than 850,000 students in approximately 2000 schools. Their personnel decisions affect more than 52,000 teachers, thousands of administrators, and support staff.
School board members are also responsible for school district policy, curriculum, school facilities, adhering to state and federal education law, legal issues, and school finance.
Grygla school board members include Nicolette Leach, Gary Polansky, Shaunna Olson, Karina Tinnes, Charisa Limesand and Jimmy Verbout. Please help the Grygla School extend a thank you to its school board members during Minnesota's School Board Recognition Week.

Local club heads to Pinehurst Resort
The Fourtown/Grygla Sportsman's Club is holding their annual snowmobile ride this weekend, February 12-14. The destination is Pinehurst Resort in Naytahwaush, pending snow conditions. There is still time to sign up and head with the group. Contact Tonia Haack at 218-294-6025 to sign up and/or for any updates.
Editor's note on last week's Grygla Eagle
For anyone who might not have received last week's Grygla Eagle, our computer process for label printing was changed last week. Some labels were not printed. As a result, some subscribers were left off the list. We apologize for this mistake and the problem has been fixed for this week!
In the meantime, anyone who didn't receive last week's paper, there are a few leftovers in the Eagle office. Please call 218-294-6220 or email grygla.eagle@gmail.com.



There's no doubt who's sled THIS is! Jamie put a lot of unique touches on her 1973 Polaris Colt 175. (See page 1)
Wednesday, February 10, 2016

Soon to be the New Mr. & Mrs.
Shawn & Sherry (Nelson) Waling
Former Grygla'ites have been waiting over 20 years for this special day!
Personally Invite you & the public to the Celebration of their Marriage
Come Dance with us to Primetime DJ
Saturday Feb. 20, 2016
8:30 pm - 1 am
yohawn's in grygla
No invitations will be sent. Please, no gifts...your presence is present enough.

MarBel Homes in Grygla
Immediate openings for a 2 bedroom unit and several 1 bedroom units!
Rent includes electric, water, sewer, garbage and heat
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Presidents Day
In 1776, Thomas Jefferson authored the Declaration of Independence. He served as the first U.S. Secretary of State and later as the second Vice President. He was elected the third President of the United States in 1801.
One of President Jefferson's many achievements was the Louisiana Purchase. He acquired land from France and doubled the size of the U.S. Every February, we honor all of America's Presidents.
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EXTENSION NEWS

Written by: James Stordahl

Upcoming Events for Local Food Enthusiasts

Farm to Institution Net-working

Getting Minnesota apples, tomatoes, and other locally grown foods on the menus of schools and other institutions such as hospitals, long term care facilities and childcare centers requires cross-sector partnerships, community support and relationship building. The Northwest is one of four regional Farm to Institution Networking events taking place across the state between February and April. The aim is attract buyers and growers from across the Northwest region to community host Thief River Falls, thanks to support from a number of organizations behind Thief River Fall's Growing Forward project.

The workshops are designed to meet the needs of the region and strengthen connections to advance partnerships between local farmers and community institutions. Farm to Institution builds strong communities, healthy people and resilient local farms, creating a "win-win" for all parties.

- Ample time for farmers + buyers to learn & connect
- Educational introductions to Local Food Purchasing Regulations & Food Safety/GAPs
- Community partners leverage shared goals

REGISTER TODAY for the February 16th Northwest MN Event in Thief River Falls by contacting Grace Brogan · grace@rtcinfo.org · 612-520-1675.

This event has been made possible by the Specialty Crop Block Grant Program (SCBGP)

WHAT A JOKE

You're an eighties child if...

You had a crush on one of the New Kids on the Block members.

You wanted to be on StarSearch.

You wore jelly shoes and jelly bracelets.

You thought "Ghostbusters" was by far the coolest movie.

You remember watching shows like Punky Brewster, Webster, You Can't Do That On Television, Wild & Crazy Kids and Double Dare.

You wore a banana clip in your hair or one of those slap on wrist bands at some point during your youth.

You rolled up the bottoms of your splatter painted jeans.

You wore loafers with everything, and you put the laces in those little rolls.

You had slouch socks and puff painted your own shirt at least once.

You knew what Willis was talkin' 'bout.

You know the profound meaning of "Wax on, Wax off."

You can name half of the members of the elite "Brat Pack."

You can remember watching Full House and Saved by the Bell for endless hours!

You yearned to be a member of The Babysitter's Club, and tried to start a club of your own.

You sat on your back porch, playing with your "My Little Pony", "Rainbow Brite" and "Strawberry Shortcake" dolls.

You know that another name for a keyboard is a "Synthesizer."

You hold a special place in your heart for "Back to the Fu-

of the USDA, the Minnesota Department of Agriculture, the NW Regional Sustainable Development Partnerships, U of M Extension, TRF Growing Forward, Quin County Community Health Services – SHIP, the Minnesota Department of Health, and many local partners.

Local Foods College
Local Foods College is a series of eight sessions, meeting at 6 PM on Tuesdays from January 12 to March 1, 2016. This is the fifth year for this series, and the 2016 series will provide many options for participants to interact with one another. The webinar format is handy for many participants to access from home or office locations. There are also public sites that offer opportunity to network with your neighbors. <http://localfoods.umn.edu/college>

Remaining Schedule of Sessions

February 9, 2016 ~ Food Business Regulations

February 16, 2016 ~ Animals on Your Homestead

February 23, 2016 ~ Scaling up for Markets – Benchmarking, Engaging Economic Development

March 1, 2016 ~ Farming in a Controlled Environment

Local Foods College is free, but registration is required to provide you access to the Moodle classroom. Please register online, or use the printable brochure, both available on this website: <http://localfoods.umn.edu/college>.

For more information, contact me at 800-450-2465 or stordahl@umn.edu

ture."

You know where to go if you want to go where everybody knows your name.

You thought Molly Ringwald was REALLY cool.

You know what "sike" and "not!" mean.

You wanted to be a Goonie or Elliot from E.T.

You owned an extensive collection of Cabbage Patch Kids and trolls.

You could breakdance or wished you could.

You remember when Atari was a state of the art video game system.

You know all the words to "Ice, Ice Baby".

You remember MC Hammer well.

You were led to believe that in the year 2000 we'd all be living on the moon.

You remember and/or own any of the CareBear Glass collection from PizzaHut.

You totally LOVED Barbie's cooler, punkier counterpart, "Jem" and her "Rockers".

You wanted to have an alien like Alf living in your house.

You wore biker shorts underneath a short skirt and felt stylish.

You layered your multi-colored slouch socks, and added suspenders to make your outfit complete.

You ever had a Swatch Watch.

You actually spent countless hours trying to perfect the care-bear stare.

Partying like it's 1999 seemed SO far away!

You remember when Deborah Gibson was "Debbie" Gibson.

Goodridge 'A' Honor Roll Students

Jeremy Wiskow, Benji Wilebski, Marisa Newton, Mariah Coan, Ben Groven, Blake Jensen, Shantel Horachek, Madison Paulson, Amy Wiskow,

Jordan Skibicki, Riley Manderud, Dylan Manderud, Kristin Farris, Jackie Zaviska, Kansas Jensen, Caleb Olson, Ashlyn Henrickson and Alexis Kiesow.

Goodridge 'B' Honor Roll Students

Cynthia Sampson, Madi Race, Nichole Arveson, Karlee Johnson, Hannah Dietsch, Libby Johnson, Brooke Anderson, Mercedes Coan, Hannah Seyller, Katerina Groven, Jordynn Johnsrud, Maloni Henrickson, Heather Glenn, Jordan Nelson, Kayla Walseth, Annaliiese Pederson, Trinity Walseth, Vivian Coan, Shyann Harzke, Logan Knutson, Donavin Hagen, Justice Rodriguez, Blaine

Kriel, Brandon Kostrzewski, Felix Jensen, Ian Haugen, Brandon Stanley, Dylan Walker, Jacob Tharaldson, Kaleb Sjulestad, Jordey Marquis, Jesse Wiseth, Alec Kiesow, Chantal Nerhus, Blake Passa, Zachary Marquise, Jordan Horachek, Hogan Lundeen, Blake Nerhus, Logan Merrill, Kendra Jensen, Daylyn Kainz and Kayla Kiesow.



Goodridge High school 'Students of the Quarter'
Jordan Skibicki -10th grade, Kristin Farris -11th grade, Cameron Naeseth -11th grade.

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

Alpenglow

\AL-puh n-gloh\

Noun

A reddish glow often seen on the summits of mountains just before sunrise or just after sunset.

A Note from Principal Lunsetter's Desk

"People rarely succeed unless they have fun in what they are doing."

~ Dale Carnegie

When I read that quote, I wondered what Mr. Carnegie was referring to by saying "succeed". There are as many different definitions of success as there are people walking this Earth. I think that success in it's purest form means that a person has all of their basic needs met, they appreciate all that they have and everyone that is close to them and they are generally happy with the life they have created for themselves. By that definition, it is impossible to be successful without having fun. Therefore anytime we have fun we are successful. Spend some time with those you love today and this weekend and make sure to make a lot of time for something fun!

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

Results from last week's crossword puzzle.

SIMPLY DELICIOUS

Asian Chicken Noodle Soup

The best time of year, soup season!

Yield: About 4-5 servings

Ingredients

- 2 Tbsp vegetable oil
- 1 cup diced carrots (about 2 large)
- 6 green onions, sliced (1 1/2 cups)
- 4 garlic cloves, minced
- 2 Tbsp minced peeled ginger
- 1 lb boneless skinless chicken breasts
- Salt and pepper
- 6 1/2 cups low-sodium chicken broth
- 2 1/2 Tbsp soy sauce, or more to taste
- 2 Tbsp mirin
- 2 Tbsp rice vinegar
- 1 Tbsp Sriracha
- 1 Tbsp sesame oil
- 1 Tbsp granulated sugar
- 3 cups slightly packed chopped Napa cabbage
- 6 oz crimini mushrooms, sliced
- 1 (4.3 oz) package dry ramen, seasoning packets discarded
- 1/2 cup chopped cilantro

Directions

Heat 1 Tbsp vegetable oil in a large non-stick skillet over medium-high heat. Add carrots and saute 3 minutes then add green onions, garlic and ginger and saute 2 minutes longer, set aside.

Cover chicken with plastic wrap and pound to an even thickness using the flat side of a meat mallet. Heat 1 Tbsp olive oil in a large cast iron dutch oven over medium-high heat.

Season both sides of chicken lightly with salt and pepper, then add to pot and cook until browned on both sides, about 2 1/2 minutes per side. Pour in chicken broth, soy sauce, mirin, rice vinegar, Sriracha, and sesame oil, then pour carrot mixture into soup mixture. Bring to a boil then reduce heat to medium-low, cover and simmer until chicken has cooked through (center should register 165 degrees on an instant read thermometer), about 5 - 7 minutes. Remove chicken breasts from soup and transfer to a cutting board and let rest 5 minutes then cut into strips.

Meanwhile, stir in sugar, cabbage and mushrooms and return soup to a boil. Add noodles and cook 3 - 5 minutes longer until noodles are tender. Stir in chicken. Serve warm sprinkled with cilantro.



Social Services donates to local food shelves 'Casual Friday' fund money

Marshall County Social Services has donated \$150 to each of the local food shelves in Argyle, Strandquist, Grygla-Gatzke and Warren. The employees have been participating in 'Casual Friday' and have the choice to wear jeans to work that day. In turn, they

donate \$1.00 to the jean fund. 'Casual Friday' was started in 2012 and they have contributed to local organizations and events in Marshall County. The employees appreciate the opportunity to dress casual and help others out at the same time.

Goodridge Elementary School recently participated in an Accelerated Reader challenge. Grades competed against each other by reading books and taking a test on what they read. A total of 2,151.7 AR points was achieved! Celebrating the win, there was an afternoon of fun with 'Minute To Win It' games with pizza, pop and popcorn.



It looks like Mylee Sjulestad, daughter of Rick and Sue Ann, enjoyed herself at the AR party held at the Goodridge School recently!



Pictured are Goodridge Elementary students Kylie DeLage and Sadie Anderson participating in some Oreo fun at their AR party.



Goodridge Elementary 'Students of the Quarter'

Front Row: Philip Taylor Jr. -Kindergarten, Fatima Carin -Kindergarten

Middle Row: Caleb Nelson -1st grade, Jamisen Wilson -3rd grade, Ava Halvorson -3rd Grade, Sebastian Groven -2nd grade, Easton Parnow -1st grade.

Back Row: Sophia Brown -4th grade, Nicholas Groven -6th grade, Chantel Grindeland -5th grade, Cody Nelson -5th grade, Emilea Johnson -4th grade.



Grygla High School 'A' Honor Roll Students
Front row, L-R: Jared Haack, Madison Cullen, Chloe Kuznia, Abby Kiesow. Middle row: Gracie Lunsetter, Mya Anderson, Jaden Kiesow, Carlye Kiesow, Brooke Limesand, Alaina Monson. Back row: Cheyenne Irlbeck, Maci Bakken, Madison Bakken, Shantel Verbout, Erin Monson, Alison Satre.

Charger's Basketball Results

GBB vs. BGMR on Monday, February 1st, in Greenbush

Chargers 39, BGMR 58
Stats: Ashlyn Henrickson 1 point, 1 rebound; Brooke Anderson 5 points, 4 rebounds; Hannah Dietsch 7 points, 8 rebounds; Karlee Johnson 2 points, 3 rebounds; Madison Bakken 6 points, 2 rebounds; Mariah Coan 9 points; Shantel Verbout 9 points, 7 rebounds.

Coaches Comments: We played a good BGMR team. They seemed to hit every shot that they took, whether we were on them or not. They hit 53% of their 2 point field goals. Their senior Emily Anderson did a good job and driving through our defense and shooting the 3. Mekash had a good night and we couldn't stop her. We shot the ball well from the 3 point line making 43% of our shots. I think our offense moved the ball well, and we started to find the gaps in their zone defense. That has been something we have been working on.

BBB vs. Roseau on Monday, February 1st, in Goodridge:

Chargers 63, Roseau 45

Scoring: Walker 22, Brateng 14, Stinar 12, Groven 10, Kriel 5

Rebounding: Stinar 10, Kriel 9, Walker 8, Groven 8, Brateng 5, Jelle 4, Wilebski 1, Wiseth 1
Coaches Comments: We played a good ballgame. We shot the ball pretty well. Our defense and rebounding was the biggest factor in our victory. My players work extremely hard so it's nice to see them get rewarded with a win.

BBB vs. Clearbrook/Convick on Tuesday, February 2nd, in Clearbrook:

Chargers 73, C/G 41
Scoring: Kriel 17, Stinar 16, Walker 12, Brateng 12, Groven 6, Wilebski 4, Lundeen 4, Nerhus 2

Rebounding: Walker 16, Brateng 8, Kriel 8, Stinar 6, Groven 3, Wilebski 3, Jelle 2, Lundeen 2, Wiseth 1, Naeseth 1

Coaches Comments: We played pretty good defense and rebounded well. Because of that we were able to get quite a few fast break baskets. We shot a good field goal percentage and also shot well from the free throw line. We were able

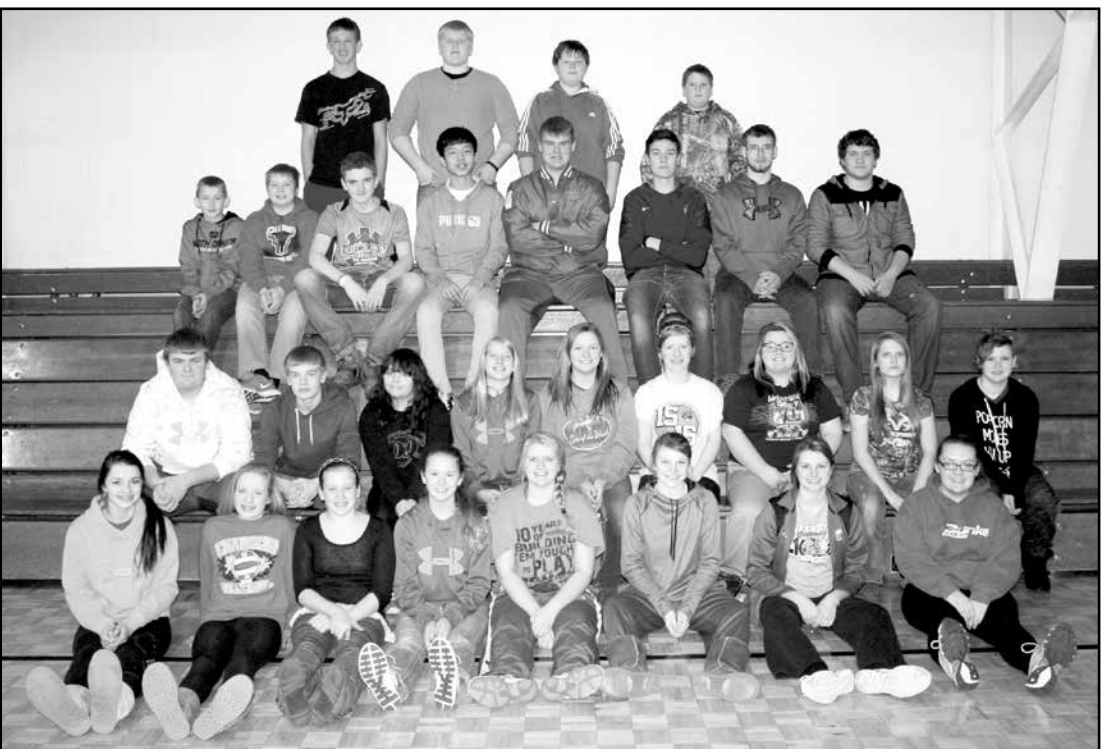
to clear the bench two nights in a row and that's always a good thing.

GBB vs. Sacred Heart on Thursday, February 4th, in EGF:

Chargers 73, Sacred Heart 38

Stats: Ashlyn Henrickson 8 points, 2 rebounds; Carlye Kiesow 2 points, 2 rebounds; Hannah Dietsch 2 points, 6 rebounds; Karlee Johnson 1 rebound; Madison Bakken 4 points, 1 rebound; Mariah Coan 3 points; Shantel Verbout 19 points, 3 rebounds

Coaches Comments: This was a tough game for us. They had a lot of length and speed. They are undefeated and we seen why. They shot 70% from the field. They also had 15 offense rebounds. That is 14 too much. We also shot well making 50% of our shots, but they had nine 3's and we had none. It was nice to see Shantel back, and she had a strong game. She had 19 points. Most of them came in our half court offense. The rest of the girls did a good job getting the ball into her when she was posting up.



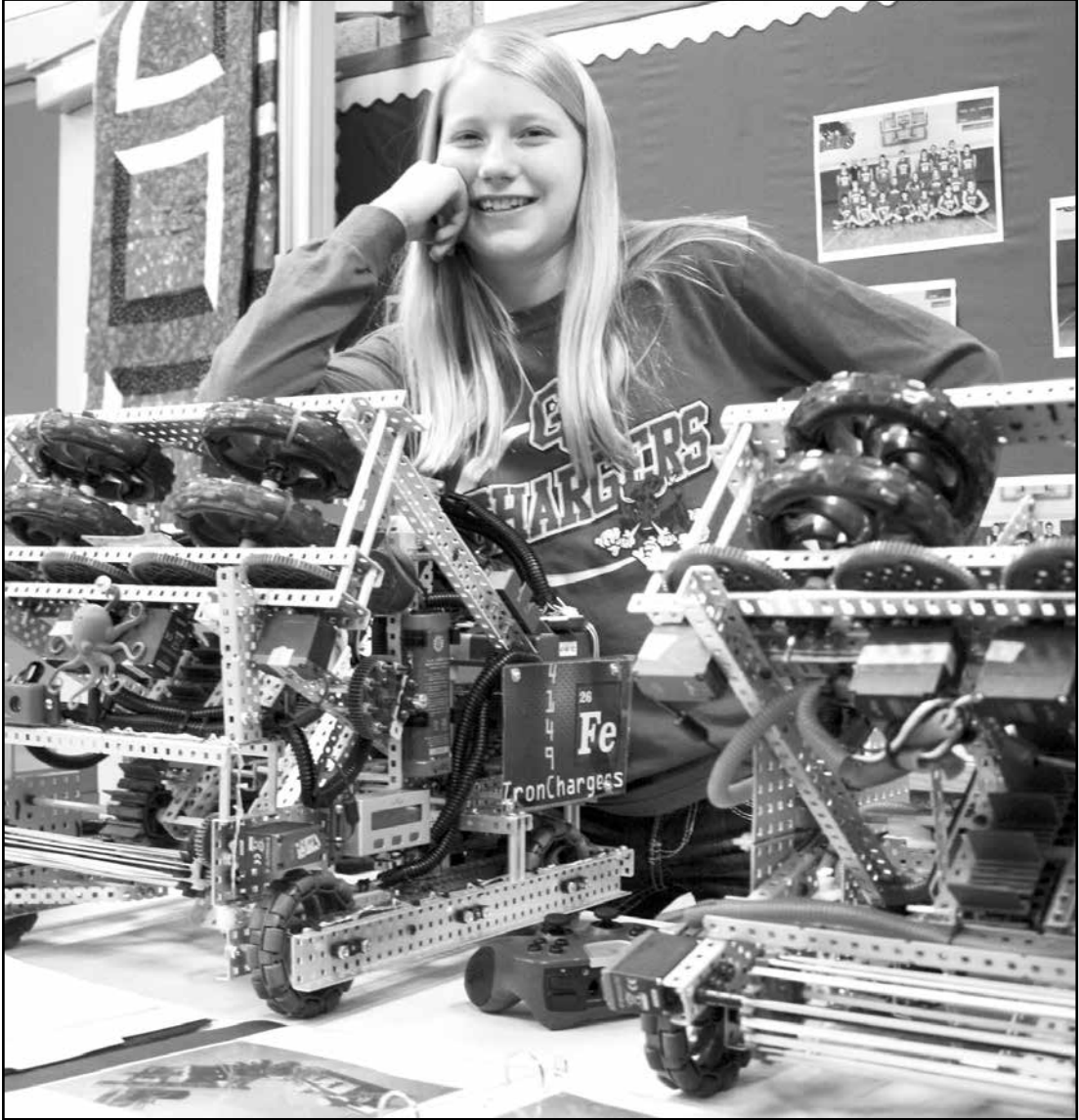
Grygla High School 'B' Honor Roll Students
Front row, L-R: Kaitlyn Olson, Courtney Vad, Hailey Knutson, Jamie Dougherty, Layla Jelle, Daria Waletzki, Trystan Jelle, Sarah Suchoski. Row 2: Dustin Nelson, Hudson McMillin, Taylor Berberich, Elise Monson, Shawntel Ignaszewski, Hailey Vad, Julianne Nordby, McKayla Vad, Bailey Watne. Row 3: Jake Olson, Levi Kiesow, Chris Luttrell, Antony Yip, Clayton Irlbeck, Arman Duyar, Ryce Skime, Evan Fish. Back row: Peyton Verbout, Lucian Tinnes, Josh Johnson, Eli Sundberg. Not pictured: Evan Englund, Jake Ahlbeck, Anthony Loken, Samantha Kraulik, Ashley Lawrence, Danielle Olson.



Tyler Stinar (left) and Ben Groven (right) put the ball up against KCC in last Friday night's game in Grygla.



Grygla Elementary Basketball games are held every Friday from 1:30-3:30pm. Pictured above are Hunter Vad, Lewis Jones and Chelsie Nelson (guarded by Hunter Vad). See page 2 for the Intramural schedule. Friends and family are welcome to come watch the games every Friday!



Elise Monson is part of the Iron Charger's Robotics Team. She was at last Friday night's game giving fans an inside look into what the team does! Folks who stopped by could get a look at the robots, along with all the programming and buiding info! The Iron Chargers are heading to the World's Competition in Louisville, Kentucky April 20-23, 2016.



Goodridge senior, Mariah Coan, in the away game against Sacred Heart last week, February 4th. Varsity girls won the game 73-38. Photo by Deanna Coan Photography.



Nichole Arveson, JV team, takes the ball up the court. The Chargers played Sacred Heart in EGF last Thursday. The Photo by Deanna Coan Photography.



Grygla Go-Getters 4-H Club sold baked goods at last Friday night's basketball game in Grygla. Pictured L-R: Missy Saurdiff, Kinsley Oslund, Lori Jones, Gus Jones, Angie Mickelson, Chey Mickelson.