$1.00

GRYGLA EAGLE

Wed	Thurs	Fri	Sat	Sun
Snow	Partly Cloudy	Snow	Snow	Snow
H 9 L -4	H 7 L -2	H 17 L 7	H 17 L 0	H 13 L 2

Wednesday, January 22, 2025 WE'RE ONLINE www.tricocanary.com Vol. 48 Number 49

GOODRIDGE - GRYGLA CHARGERS BASKETBALL 1,000 POINT CLUB

GIRLS	POINTS	YEAR
CAITLYN JACOBSON	1,750	2023
JENNIE BOUTAIN	1,377	1986
SARAH KIESOW	1,303	2016
GEORGINE TROSKA	1,299	1977
MCKENZIE BAKKEN	1,289	2013
JILL SAURDIFF OLSON	1,277	1980
SHANTEL VERBOUT	1,143	2016
JUSTYNE LARSON	1,076	2007
MARY JO KIESOW	1,036	1982

BOYS	POINTS	YEAR
LEWIS JONES	2,186	2024
BLAKE RYCHLOCK	1,617	2024
TOMAS LOBERG	1,472	2006
TONY NORDBY	1,443	2003
TRA ALDERETE	1,409	2014
LON SZYMANSKI	1,400	1965
BRET JOHNSON	1,369	2010
BRETT BAKKEN	1,283	2009
SHAWN GROVEN	1,282	1987
CASEY JONES	1,130	2002
CHAD JOHNSON	1,129	2001
PRESTON SWENSON	1,076	2012
GAVIN NORDBY	1,073	2001
DONAVON QUAM	1,051	1992
RICK EASTHOUSE	1,042	1976
SHAUN VERBOUT	1,011	1997
JEREMY ENGLESTAD	1,007	1993
OTTO RUBISCHKO	1,007	2008
BEN GROVEN	1,000	2018

Goodridge/Grygla 500 cancelled

Cor PowerSports Race Series, along with our local reps that coordinate the Goodridge-Grygla 500, both announced the cancellation of the snowmobile race that was scheduled for February 8-9, 2025.

This is the second year in a row that the Goodridge-Grygl 500 Snowmobile Race has had to be cancelled due to a lack of snow. The crew is still selling raffle tickets. If there's no race, the proceeds will go to the Grygla and Goodridge EMS and Fire Departments.

Cor PowerSports released this statement on Monday:

We have been working closely with the Goodridge-Grygla snowmobile clubs the past year planning for the Goodridge-Grygla I-500 with course routing and logistics, but like last year, we once again find the region very thin on snow.

Currently, there is barely enough snow in the Goodridge-Grygla area to cover the grass. Some ditches are drifted in, but many fields and ditches are bare. The snowmobile clubs have not been able to get out and groom yet, so there is no base in the snow and many hazards are barely covered.

When it comes to making decisions on the event, we have to not only look at this year's event but the future for the trail system and the relationship with these groups and individuals for gaining access for races.

Looking at the current conditions in the region, along with the extended range forecast, there is unfortunately nothing positive in the long range for cold temperatures or snow forecasted.

Decisions that we have to make do not come easily, but at the end of the day, we need to do what is best for all the parties involved, so the vote was to cancel the 2025 race due to the conditions.

The entire Cor PowerSports staff, sponsors, and manufacturers want to express our gratitude for the Goodridge and Grygla snowmobile club members for all their work and dedication to keep the I-500 tradition alive.

We look forward to working with the snowmobile clubs for the 2026 Goodridge-Grygla I-500 February 15-16, 2026.

Grygla School Spelling Bee

The Grygla School held a Spelling Bee for grades 5-8 on Wednesday, January 15th. The winner was Krystal Neuschwander (below left) with Summer Ruud (below right) placing 2nd. They are pictured below with Mrs. Jana Nelson, who coordinates the event. Krystal will move on to the Regional Spelling Bee, which will be held at NCTC in TRF on February 5th.

GG to display 1,000 Point Club

Grygla School Athletic Director/Dean of Students, Jeff Mumm, has created a 1,000 Point Club Board, which will soon be hung up and displayed at both the Grygla and Goodridge Schools. Mumm has been working on going through the basketball history for Goodridge and Grygla, and has had help from a number of people, but especially Coach Jason Grandstrand and David Jones. The image here is the latest version, but if someone is missed or has the wrong totals, grad year, spelling, etc., please contact Mumm at the Grygla School 218-294-6155. Once the final version is approved, each name will include Charger, Huskie or Eagle behind them to identify which school they played for when they reached this prestigious goal.

Up next, plans include finding businesses or individuals that would like to help sponsor these boards, in which their names would also be displayed on. Mumm wanted to give special recognition to Jason & Courtney Salo at Salo Signs for all their help and professionalism with this project.

31st Annual Grygla Cup

The 31st Annual Grygla Cup hockey tournament is coming up on Saturday, February 1st. Last year marked the end of an era for the Grygla Flames, who had previously held the title for 18 consecutive years, but were overthrown by Red Lake Falls. Who will take the Championship title this year?

You can also get some custom clothing with your favorite local hockey team logo. Check out Nelson Customs on Facebook for more information, pricing and photos.

Goodridge School crowns Snofest King & Queen

The Goodridge School held Snofest last week with the seniors getting crowned at Coronation on Friday. Congratulations to Brennen Parnow and Chesney Salo on being named the 2025 King & Queen! The Snofest Court was made up of the following students, front row, L-R: 9th grader Fred Sorenson, 7th grader Carly Jensen, 11th grader Nevaeh Kotrba, Senior Queen Chesney Salo, Senior King Brennen Parnow, 8th grader Taylor Wilson, 9th grade usher Gemma Kotrba, 10th graders Emma Seyller and Hank Jones. Back row, L-R: 7th grader Braxton Homme, 9th grader Lilly Swenson, 2024 Queen Maddie Nelson, 11th grader Sawyer Jacobson, 8th grader Caleb Kiviaho, 2024 King Micah Anderson, 9th grade usher Shay Jacobson.

• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Grace Live Stream will play on Garden Valley Channel 36 on Sundays 9am (9:30am last Sunday of the month).
Wednesday, Jan 22
11am Bible Study, 2:15pm Release Time, 3:30 FFF Night, 7pm Confirmation
Thursday, Jan 23
9am-12pm Grace Quilting
Sunday, Jan 26
OS: 9am Worship
Grace: 10:30am Worship w/ Potluck and Annual Meeting to follow.

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Sunday, Jan 26
Ekelund: 8am Worship, 9am SS
Faith: 9:30am Worship, 10:30am SS
Bethany: 10am SS, 11am Worship w/ Annual Meeting to follow.
Monday, Jan 27
Faith Mission Monday, Quilting 9am-2pm

THE CATHOLIC COMMUNITIES OF
St. Clement's – Grygla; St. Ann's – Goodridge
Fr. Bryan Kujawa
Sundays:
St. Clement's: 11:45am Worship
St. Ann's: Worship time N/A

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday, Jan 26
8:30am Worship w/ 11am YouTube Live Broadcast

UNITED LUTHERAN PARISH
Gatzke
Pastor Tim Lundeen
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeffrey Merseth
Wednesday, Jan 22
5-7pm Wed. School/Confirmation; 6:30pm Vespers
Sunday, Jan 26
St. Petri: 9:45am Livestream-Nazareth: 9:45am SS
Oak Park: 8:45am SS, 9:45am Worship w/ dinner & Annual Meeting to follow.

Community Calendar

Wed | Jan 22
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Jan 23
GBB at WAO

Fri | Jan 24
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1-3pm; BBB vs. BGMR in Grygla

Sat | Jan 25
Grygla/Gatzke Food Shelf open 7:30-10am; Snowflake Tournament in Goodridge & Grygla

Sun | Jan 26

Mon | Jan 27
Senior Meals at Grain Bin Café 11am; GBB at LOW

Tues | Jan 28
JH GBB vs. Clearbrook/Gonvick in Goodridge; BBB Parent's Night vs. NF in Grygla

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C: 218-689-4062
Steve Dahlen, Agent
GO44-49C

Provide input on 2024 deer populations, observations

Contact: Todd Froberg, Big Game Program Coordinator, 651-470-5018

The Minnesota Department of Natural Resources is seeking public input via an online survey on 2024 deer populations and observations. The survey includes questions about experiences hunters had during the deer hunting season; issues related to damage deer might have done to crops, landscaping or gardens; and other deer-related issues. People can also share their input on proposed boundary changes for deer permit areas 101, 111, 183, 208 and 268.

The Minnesota DNR will use the feedback to shape regulations for the 2025 hunting season. The survey is open through Monday, Feb. 10 and available on the DNR deer management webpage (mndnr.gov/deer).

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www.johnsonfuneralservice.com
G46TFC

Food shelf open earlier

This Saturday, the Grygla/Gatzke Food Shelf will be open from 7:30-10am. Please note this change of time for this month only.

The local food shelf is located in the back of Motel 89 in Grygla.

NORTHERN Ag
GRAIN MARKET TECHNICALS & FUNDAMENTALS
MARKETING TOOLS & STRATEGIES
ARC/PLC RECOMMENDATIONS FOR 2025
CROP INSURANCE REMINDERS

January 28 — Roseau — Gene's Bar & Grill — Meeting @ 10:00AM — Lunch will be served
January 29 — Thief River Falls — Black Cat Bar & Grill — Meeting @ 8:30AM — Breakfast will be served
January 29 — Grygla — The Hound Bar & Grill — Meeting @ 4:00PM — Supper will be served

ALL FARMERS WELCOME!
MEETINGS WILL ALSO BE OFFERED VIA ZOOM. PLEASE CONTACT US FOR THE VIRTUAL LINK.
ROSEAU: 218-450-2129 TRF: 218-681-1431
The Thief River Falls office is a branch of Midwest Market Solutions. There is risk of loss in futures trading and is not suitable for all investors.
G44C

Snowmobile Safety Training

There is a Snowmobile Safety Training scheduled for Sunday, March 2nd, 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 March 2nd. 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.

U.S.P.S. No. 002330
Grygla Eagle
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Kari Sundberg- EDITOR
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GG to host Snowflake League again this Sat.

Goodridge AD Tomas Loberg said that Grygla and Goodridge Schools will each host Snowflake League basketball again this weekend. He said, "In the past we used to host only one snowflake league Saturday and an elementary basketball tournament, but it was a lot of work to find teams to come to our tournament. We decided it was easier to host 2 snowflake league Saturday's instead, because the date is set and the teams participating are set for us. The snowflake league is always looking for additional host sites for Saturdays. This way we get 2 home events for snowflake league, additional fundraising opportunities for student groups, and our families don't have to travel as much."

This Saturday, the sites are swapped for the boys and girls. Grades 3-6 boys will play in Grygla while grades 3-6 girls will play in Goodridge. Games begin at 9am.

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.

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G45C

• AROUND THE AREA

This weekend: Glow in the Snow candlelight snowshoe

Each winter, candlelight events at Minnesota state parks, recreation areas and trails encourage people to get outdoors and warm up to winter. The events feature trails lit up at night with candles, lanterns and other luminaries. Depending on the location of the event and the amount of snow cover, visitors can hike, snowshoe or cross-country ski along the lighted trails.

"Winter candlelight events are a magical way to experience Minnesota's state parks, recreation areas and trails," said Ann Pierce, director of Parks and Trails Division at the Minnesota Department of Natural Resources. "There's something truly special about walking a snowy trail under the glow of candlelight, where the quiet of the night and the sparkle of the snow create a peaceful escape. It's a chance to slow down, connect with nature, spend time with friends and family and find beauty in the stillness of winter."

This winter, 19 candlelight events at 17 different locations are planned between Jan. 3 and Feb. 22. The schedule — including dates, times and other details — is available at the candlelight events webpage (mndnr.gov/candlelight).

Candlelight trails are suitable for beginners of all ages. In some locations, snowshoes and skis can be rented or checked out at the ranger station or visitor center. Call the park in advance to confirm the availability of equipment.

In the event of severe weather, check alerts and notices on the park website or call the park office. Park websites are listed on the DNR website (mndnr.gov/parklist) and phone numbers are listed on each park website.

Save time: Get vehicle permits online before event. While there is no participation fee for the candlelight events, a vehicle permit is required to enter Minnesota state parks and recreation areas. The DNR recommends buying permits in advance at the state park vehicle permit website (mndnr.gov/permit). The cost is $7 per day, or $35 for a year.

The closest events near Grygla happen at either Itasca State Park or Lake Bemidji State Park. There is a Glow in the Snow Candlelight Snowshoe happening at Lake Bemidji State Park this Saturday, January 25th, from 5:30-8pm.

There's also good news when it comes to these temps, by this weekend it should be back up to the 20's again!

Event details

(10 miles north of Bemidji, off Highway 71 N.)

Step into a winter wonderland on a twilight snowshoe adventure lit by the soft glow of candlelight. Follow the paths through snowy landscapes, experiencing the peaceful serenity of nature in the stillness of night.

Stop by the Lavinia Group Camp to warm up around a cozy campfire and at the Visitor Center for live music, hot cocoa and other refreshments.

Bring your own snowshoes or a limited quantity will be available to rent at the park office at $6 per pair. If there is not enough snow depth, it will be a hike instead.

Embrace the magic of the season on this unforgettable evening!

LEGAL NOTICE

Office of the Minnesota Secretary of State

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Minnesota Statutes, Chapter 333

The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.

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NAME HOLDER(S):

Name: Oldcastle Infrastructure, Inc.

Address: 7000 Central Pkwy, Suite 800, Atlanta, GA 30328

By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

SIGNED BY: David M. Toolan
DATE: 01/07/2025
David M. Toolan, Assistant Secretary
EMAIL FOR OFFICIAL NOTICES: jennifer.parks@crh.com
Work Item 1532011700039
Original File Number 1532011700039
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Secretary of State
G44-45C

Grygla Elementary Intramurals

Grygla Elementary Intramurals are underway 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 go watch.

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

Only in Minnesota: a weekly feature in the Eagle

This 100-year-old bridge in Minnesota offers some of the best views of the Mississippi River

The Rock Island Swing Bridge in Inver Grove Heights, Minnesota, is a historic pedestrian bridge offering spectacular views of the Mississippi River.

We love that Minnesota is full of history. It's in everything from our state parks to our rock formations to some of our most beautiful buildings. In much of Minnesota's history, you can find that it extends a century or more back in time. That's certainly the case for one special bridge that has been standing in Inver Grove Heights for more than a century. Though it has a long history, it stands today as a pedestrian bridge that happens to be one of the best spots to see the Mississippi River. Read on to learn more about the Rock Island Swing Bridge, one of the oldest bridges in Minnesota.

The Rock Island Swing Bridge is a beautiful - and historic - spot in Inver Grove Heights, Minnesota. It's part of the lovely Swing Bridge Park.

Built in 1894, the bridge is more than 100 years old. At the time, it was one of the only double-decker bridges over the Mississippi River! The bridge's original use was to carry railroad traffic across the river on the top deck. The bottom deck carried road traffic.

After nearly 100 years, the bridge closed to rail traffic. The year was 1980, and the railroad that had owned the bridge went bankrupt. Years later, in 1999, the bridge closed to rail traffic as well. Another blow to the bridge occurred 10 years later when part of it was demolished. But in just a few years, that would all change.

In 2011, the bridge opened to pedestrian traffic! It is now one of the most beautiful Mississippi River overlooks. You can walk, bike, or skate across it.

December School Board Minutes

Thursday, December 19th, 2024, 6pm

Grygla School Staff Room

Pledge of Allegiance.

Present: Board Members Jeremy Rychlock, Jim Verbout, Andrew Oslund, Tera Nordby, Gretchen Smeby, Superintendent Derek Gieseke, Dean of Students/AD Jeff Mumm, Teacher Tausha Severts, and Student Owen Larson

Absent: Luke Nordvick

Motion by Jim, second by Andrew, to approve the agenda as amended. Passed.

Minutes of the 11/14/2024 regular school board meeting are approved as printed.

Truth in Taxation Presentation: open to the public, no one in attendance. The biggest takeaway is that community members' proposed tax statements they received this fall did not include the school referendum/levy questions that passed in November. They can either wait to see their official tax statements that come out in early spring or call their county to see the impact on their property taxes.

Approve payment of bills: (Jim & Gretchen) Motion by Gretchen, second by Jim, to approve payment of the bills check #40743 through check #40815, p-card payments and wire payments. Passed.

Student Report by Owen Larson: Juniors want to raise more money for their class; they want to do a fundraiser through Rhombus Guys Pizza and are asking the board for verbal approval. Peer helper Christmas Day was the 19th, it went well. Concerts were on December 16th, Elementary concert was on the 13th. Christmas Bingo was changed from the 20th to the 19th so that the ones absent for basketball could play. Choir sang at Digikey on the 10th of December. Matinee game at Stephen on the 20th at 10:00. Student Council held the blood drive, and that went well.

Finance Report (see image below): Little light on the revenue this month. U of Kansas teacher study 2nd payment came in. Summer staff unemployment payment came in from the state. Up a little bit in our bank balance as of last year, accounting for the changes made to save money at the school.

Teacher Report was given by Tausha: Science wrapping up units before break, 4th graders wrapped up their research of northeast states. Intramural basketball will start after Christmas break; 6th graders will do passion projects. Christina came up with the idea of Grinching a room; Mrs. Taus's class received this surprise. Bryan Grove came and read the Grinch.

Dean of Students Report: Athletic Update BBB 2-2, JV 3-1, C- 3-0, GBB 3-5, Student & Class Rewards Grades K-12. Rewarding for good behavior, grades

Superintendent Report: MNDOT Safe Routes to School - grants to help create safer routes to and from school. We have been approved to come up with a proposal. Looking to repair sidewalks and creating cross walks to the school, expanding parking lots-very initial stages of the process. The committee will hold an open meeting to discuss this at the February 13th Regular Board Meeting at 6 pm.

February and March Board Meeting Dates: move to February 13th and March 13th.

Baseball-Cost-share way of looking at baseball, ratio percentage base depending on number of players. Or adjust the activity fee for the players to play. Derek will propose the Northern Freeze adjust their activity fee on behalf of the Grygla Board.

Motion by Tera, second by Andrew, to approve the 2024 payable 2025 levy limitation and certification at the maximum amount $958,234.43 less $12,943.28 (OPEB reduction) for a total of $945,291.15.

Motion by Gretchen, second by Jim, to approve Derek Gieseke as the District Identified Official with Authority (IOwA).

Motion by Andrew, second by Gretchen, to approve the MN Pay Equity report. Passed.

Motion by Tera, second by Jim, to approve the following donations: Rose Hanson $20 Halloween Party; Sierra Sundberg $20 Halloween Party; Grygla Lion's $100 Halloween Party; Randy Larson $200 Social Worker; Randy Larson $500 Music Department; Grygla Celebration Committee $200 Robotics (volunteering at Fall Fest).

Adjourn: meeting adjourned at 7:31 p.m. Next meeting is 1/16/25, 6:00 p.m.

Finance Report: November 2024

Current Month

Revenue for November 2024:

State Aid	$34,018.07
County Taxes	$135,616.92
State/Federal Food Service	$13,644.48
Title	$0.00
REAP	$0.00
Con-Con	$0.00
U of Kansas teacher study	$10,000.00
	$0.00
All other revenue	$32,209.21
Total	$225,488.68

Expenses for November 2024:

Salaries	$189,856.83
Benefits	$44,687.70
Goodridge School (Everest)	$1,500.00
Chocolate/pies/wreaths	$9,907.00
NWRIC	$10,315.20
Pine To Prairie (OCHS Fall '24)	$4,330.92
All other expenses	$55,667.74
Total	$316,265.39

Prior Months

Monthly Totals: current year

		Revenue	Expense
2024	July	$55,092.03	$343,814.83
	August	$674,514.19	$356,822.28
	September	$277,478.27	$244,066.73
	October	$251,790.78	$330,483.40
	November	$225,488.68	$316,265.39
	December		
2025	January		
	February		
	March		
	April		
	May		
	June		

Monthly Totals: prior year

		Revenue	Expense
2023	July	$92,871.44	$122,514.02
	August	$479,008.77	$143,455.73
	September	$359,099.10	$620,763.40
	October	$242,784.90	$443,607.44
	November	$174,038.87	$323,990.97
	December	$306,310.81	$293,210.05
2024	January	$327,325.25	$442,324.33
	February	$331,056.54	$321,976.26
	March	$347,463.67	$336,685.18
	April	$319,496.39	$330,868.18
	May	$286,408.43	$292,724.48
	June	$503,599.60	$496,295.99

Bank Balance: current year

2024	July	$547,600.57
	August	$1,007,933.05
	September	$929,145.79
	October	$844,699.77
	November	$792,985.51
	December	
2025	January	
	February	
	March	
	April	
	May	
	June	

Bank Balance: prior year

2023	July	$1,079,212.15
	August	$1,299,200.42
	September	$1,029,668.75
	October	$867,970.53
	November	$668,148.14
	December	$672,215.35
2024	January	$572,860.84
	February	$568,326.20
	March	$592,945.37
	April	$562,863.80
	May	$557,186.06
	June	$862,792.23

Note: Unemployment summer term payment was $40,478.41 (but MDE decreased gen ed aid by the same amount for a $0 net payment amount)

Grygla City Council December Minutes

The January meeting of the City Council was held at the Grygla Civic Building on Monday, January 13th. 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 16th was called to order at 6pm at the Civic Building by Mayor Devin Ruud with the following council members present: Gavin Nordby, Dave Dunrud, Karla Byklum and Dustin Nelson. Absent: None. Also present was Rose Aune.

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:

AIRPORT RUNWAY

There was nothing new to report at this time.

ARENA ZAMBONI

Needed to replace the water tank on the Zamboni. A few donations have been received for the arena; some hockey players might be able to donate some for it, too.

WATER TOWER/LAGOON GRANT

There is nothing new to report at this time.

SAFE ROUTES TO SCHOOL

There will be a public hearing February 13th at 6pm at the school to go over the plans for "Safe Routes to School."

UTILITY BILLING SOFTWARE UPDATE

There's a few things the software company needs to change for a smoother transition for us. The switch may not happen until February or March.

SANITATION CONTRACT

Nordby made a motion, seconded by Byklum, to approve the contract with Northstar LLC for $21/mo and $20/mo for seniors, instead of $28.75/mo & $27.75/mo for seniors with Spruce Valley Enterprises. Motion carried unanimously.

DIAMOND'S 4J LOAN

Since the Diamond's building was sold for less then what was owed to the bank, NWRDC, and the city, there was not anything left to go towards their loan. Dunrud made a motion, seconded by Nordby, to write off the loan. Motion carried unanimously.

EXTRA MEETINGS

There weren't any extra meetings last month.

Word of the Week

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

Epochal **/ep-uh-kuhl/**

adjective

Extremely important, significant or influential.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

These soft Cinnamon Roll Cookies are a dream come true. Take some cinnamon roll filling, swirl it into some Snickerdoodle dough, dunk it in more cinnamon-sugar, then die and go to heaven. This recipe is easy and so delicious.

Ingredients

For the filling

6 tablespoons salted butter softened

3/4 cup brown sugar packed

1 & 1/2 tablespoons cinnamon

For the dough

1 cup salted butter 2 sticks

1 and 2/3 cup granulated sugar

2 large eggs

2 teaspoons vanilla extract

3 and 1/2 cups all-purpose flour spooned and leveled

1 teaspoon baking soda

3/4 teaspoon kosher salt

1 and 1/2 teaspoons cream of tartar

For rolling

1/3 cup granulated sugar

1 and 1/2 tablespoons cinnamon

Instructions

Make the filling first. In a large bowl or stand mixer, add 6 tablespoons softened butter. Beat well until it is creamy and smooth. Add 3/4 cup packed brown sugar and 1 and 1/2 tablespoons cinnamon. Beat well, scraping sides down, until completely smooth.

Line a baking sheet or large platter with parchment paper or a silicone mat. Clear out space in your freezer, if possible.

Use a spoon to create small balls of filling, about the size of a marble. Line them up on the prepared pan, you should have quite a few (see photo). Place in the freezer if you can fit it in. Freeze for 20 minutes until hardened. If you only have room in the fridge, you will have to wait about an hour or two until they are firm.

Preheat the oven to 350 degrees and prepare a couple more baking sheets with parchment paper.

Make the dough. In the same large bowl or stand mixer (no need to wash it), beat 1 cup butter for a couple minutes until smooth, scraping the sides and bottom a few times in between.

Add 1 and 2/3 cup white sugar. Beat for 2 minutes, taking the time to scrape the bottom and sides of the bowl in between. Your butter and sugar should be light and fluffy with no chunks at all.

Add 2 eggs and 2 teaspoons vanilla. Beat well, scraping the sides and bottom of the bowl.

Add 3 and 1/2 cups flour but don't mix it in yet.

Stir in 1 teaspoon baking soda, 3/4 teaspoon kosher salt, and 1 and 1/2 teaspoons cream of tartar into the flour. Gently beat the flour mixture into the butter mixture. Don't overdo it. Just a few seconds until everything is combined. Over mixing = tough cookies.

Mix in. Once your small balls of cinnamon filling are frozen and firm, you can add them to the dough. Do not use a stand mixer or hand mixer. Instead, fold them in with a wooden spoon or a spatula.

Use a large cookie scoop or a spoon to shape the dough. You want dough balls that are about 2 inches across.

Roll the cookies. In a small bowl, add 1/3 cup sugar and 1 and 1/2 tablespoons cinnamon. Stir together. Roll the shaped cookies in the cinnamon-sugar to coat.

Place cookie dough balls on the prepared baking sheet with about 2 inches in between them. I can fit 12 cookies on an 11x17 baking sheet. But as you can see from the photos, they kind of run into each other. You can fix this with the spooning technique.

Bake the cookies at 350 for about 11-12 minutes. These cookies are not going to look done when you take them out of the oven because the cinnamon filling will stay shiny. You might think these cookies are going to flatten out and crisp up and fail, but never fear, we have a plan:

Shape the cookies. Immediately after taking the cookies out of the oven (like seriously, within 30-60 seconds before the edges crisp), use a couple spoons to push the edges of the cookies toward their centers. Shape them back into the circle that they were meant to be. They have spread out too much and are running into each other and will collapse into pancake cookies with too-crispy-edges and no textured height in the middle. Scrape up all that oozing cinnamon sugar goodness and pack it into the edge of the cookies, pushing the cookies in on themselves. This makes the cookies thicker, chewier, and solves the problem of the cinnamon filling spreading everywhere.

Let the cookies set up on the pan for at least 5 minutes.

Simply...Delicious

• LETTER TO THE EDITOR

On your path to recovery, you shouldn't have to walk alone

Addiction is a chronic brain disorder characterized by compulsive drug use despite negative consequences. The emotional impact of addiction often leads to increased stress, depression, guilt, and emotional numbness. Individuals may experience overwhelming feelings of shame and hopelessness as they struggle to control their substance use despite the consequences.

Addiction is not a sign of weakness, a character flaw, or a moral failure. It is a common condition that affects millions of people of all ages, backgrounds, and socioeconomic status, and while there is no one cause of addiction, there is hope-–it can be treated effectively.

Hope is important in recovery because it acts as a powerful motivator, enabling individuals to persevere through challenges by providing a belief that things can improve and a better future is possible, thus improving coping mechanisms, mental well-being, and resilience in the face of adversity; essentially it gives people the strength to keep going even when faced with difficult situations.

If you are struggling with addiction, coming to grips with it and retaking control of your life may be one of the hardest things you will face. There will almost certainly be setbacks, disappointment, and failure during your recovery journey. It's a path that you shouldn't have to walk alone.

If you are struggling with addiction seek help from your primary physician or an addiction/mental health professional. Support groups are also a valuable tool in recovery from addiction. Support groups for addiction let you know that you are not alone. They are a great way for individuals in recovery to connect with other people who are dealing with similar issues, and who can therefore relate, sympathize, and offer feedback grounded in real-life experiences.

If you would like someone just to talk to, I may be reached by email at

gottahavehope38@gmail.com or send your comments by letter to 1258 Randall St., Apt 125, Winona, MN 55987.

Respectfully submitted,
Mark Jacobson
Peer Support Specialist
Winona, MN

Last week, the Lady Chargers hosted Warroad in Grygla on Tuesday, while the boys played Roseau on the home court the night before on Monday, January 13th. The girls also traveled up to Roseau on Thurday the 16th. It was a week full of basketball, but 'tis the season as this week brings games almost every night, too! Pictured above left, Chesney Salo gets in two points against Warroad. On the right, Owen Larson starts out the game for the Chargers vs. Rams.

Busy week for the GG Chargers

BBB on Monday, Jan. 13, vs. Roseau in Grygla

Roseau 68, Chargers 66

Stats - Shay Jacobson (12 pts, 4 reb, 10 asst, 3 steals), Sawyer Jacobson (2 pts, 4 asst), Payton Dougherty (3 pts), Owen Larson (12 pts, 6 reb), Evan Rubischko (8 pts, 9 reb, 3 asst), Landon Nordby (20 pts, 4 reb), Trustin Wiseth (8 pts, 9 reb)

Coach's comments: We came off a tough week of close losses and experienced yet another tough one. We had difficulty containing the Rams' Borowicz brothers as they scored a combined 52 points. However, we moved the ball very well on offense and led most of the game. We had some untimely turnovers and missed block outs leading to second chances for the Rams in the last couple of minutes which led to a tie game with 7 seconds left. The Rams had to go the length of the court for a game winner, and they made a buzzer beater to defeat the Chargers. We need to learn from these errors we are making at the end of close games in order to improve.

GBB on Tuesday, Jan. 14, vs. Warroad in Grygla

GG 60, Warroad 40

Ashlyn Nelson- 25 points, 10 stls.; Chesney Salo- 15 points; Brooklynn Kriel- 7 points, 7 reb.; Anna Sundberg- 6 points; Nevaeh Kotrba- 5 points; Mylee Sjulestad- 2 points, 9 reb.

Coach's comments: We pushed the ball up the floor well tonight. We got some steals that turned into layups for us. In the second half we moved the ball well and got some better shots than we got in the 1st half.

GBB on Thursday, Jan. 16, at Roseau

Roseau 52, GG 49

Ashlyn Nelson- 17 points; Chesney Salo- 11 points; Anna Sundberg- 7 points; Brooklynn Kriel- 6 points; Nevaeh Kotrba- 6 points; Mylee Sjulestad- 2 points

Coach's comments: We beat Roseau the first time, but they got us tonight. We are two evenly matched teams. We held the lead in most of the game, but we went on one long scoring drought which allowed Roseau to slowly come back. We missed a few easy shots during that drought, but Roseau did a good job of not letting us get any more easy shots.

BBB on Friday, Jan. 17, in Goodridge

This game vs. Win-E-Mac has been rescheduled to Jan. 27.

Coming up this week:

This week's game schedule is as follows: BBB at Roseau on Monday, JH GBB at RLF on Tuesday, BBB also playing on Tuesday in Grygla vs. WAO, GBB heads to Warren on Thursday to play WAO Ponies, and Friday's BBB game is at home in Grygla vs. BGMR.

Above: Ashlyn Nelson keeps an intense eye on the ball up in Roseau. The Chargers led most of the game, but Roseau ended up winning in the last few seconds.

Chargers vs. Rams up in Roseau last week. These are two teams that are evenly matched - it was going in the Charger's favor most of the game until the Rams got ahead at the end, beating GG 52-49.

Action shots from the boys game against Roseau on Monday, January 13th. Above: Shay Jacobson.

Above: Landon Nordby and Owen Larson double up on defense against the Rams. Below: Trustin Wiseth at the 3-point line.