



Wed
Partly Cloudy
H3 L-8

Thurs
Sunny
H10 L-4

Fri
Partly Cloudy
H15 L6

Sat
Snow
H24 L20

Sun
Mostly Cloudy
H34 L30



Madison (Bakken) and Josh Lake, both graduates of Grygla High School, during Madison's white coat ceremony on Friday, January 31st. She is the daughter of Scott Bakken and Casanda Bakken.

GHS Alumna receives white coat as part of UND PA program



Maddy Lake, Grygla High School Alumna, recently received her white coat as part of UND's Physician Assistant program. The presentation of the white coat is symbolic of the transition to the clinical portion of schooling for the University of North Dakota's PA program. Maddy explained that her class will be in various

clinical sites until graduation in May 2026 and will return to campus for a few weeks here and there for more training/instruction. Throughout clinicals, the Class of 2026 will continue certain classes online, but all core science courses have been completed.

The article below was originally published on February 6, 2025, on the University of North Dakota School of Medicine & Health Sciences website.

Department of Physician Assistant Studies presents white coats to Class of 2026

Thirty-one University of North Dakota School of Medicine & Health Sciences (SMHS) physician assistant (PA) students are set to begin the clinical portion of their studies this month in an effort to earn their Master of Physician Assistant Studies (MPAS) degree.

To this end, the Physician

Assistant Class of 2026 received its white coats on Friday, Jan. 31, in the University of North Dakota's Chester Fritz Performing Arts Center.

"The presentation of the white coat is symbolic of the new profession the students are entering," said Department of Physician Assistant Studies Chair Jeanie McHugo, Ph.D., PA-C. "The coats will be worn by students through the clinical phase of their training and denote their involvement with the PA program at UND."

Students have already completed their first two semesters of basic science instruction and now transition into the clinical aspect of their curriculum in the didactic setting before beginning their primary care clinical experiences under the supervision of physician and PA preceptors. Over the next 18 months, they will return to UND for several weeks at dif-

ferent junctures for additional education and training.

Eighty one percent of the PA Class of 2026 is from North Dakota and Minnesota. Students range in age from 22 to 35 years, with an average age of 26. The class includes 12 males and 19 females.

This is the fifth group to benefit from the School's Adopt-a-PA-Program, where donors to the SMHS provide professional white coats for second-year Physician Assistant Studies students who are about to begin their clinical experiences.

"We really can't thank our supporters enough," added McHugo. "This program met its goal the very first year we implemented it and our alumni and friends continue to show their commitment to helping us produce fabulous physician assistants for practice primarily in rural and underserved areas of our state."

Ice Devils host Youth Hockey Day

There will be a Youth Hockey Day open to all ages on Saturday, March 15th, from 1-5pm. There will be games, drills and fun for everyone! This will take place at the Brian W. Olson Memorial Arena in Grygla. Please contact Robbie Anderson (218-684-1740) or Nick Olson (218-689-0830) for more details.

The Grygla Ice Devils are hosting this Youth Hockey Day. The local hockey team will also be selling Bingo cards at The Hound that night, which is hosted by the Grygla Lion's Club and begins at 6:30pm.

Potato Klub Supper

The Grygla Lion's Club will be holding their Annual Potato Klub Supper/February meeting on Wednesday, February 19th, at the Grygla Community Center at 6pm. Neighboring clubs from Goodridge, Waukegan and Warroad will also be invited. Hope to see everyone there.



CLASS OF 1970

The Goodridge High School Class of 1970 will be holding a reunion on Friday, March 7th, at 6:00 PM at The Hound in Grygla. For those unfamiliar with The Hound, it's located in the former Steak Knife and Yo-Hawn's building.

Gary Anderson, who served as class president during the 1970 senior year, took the lead in organizing the event. He is eager to see as many classmates as possible come together

for an evening of reminiscing and celebration. He hopes this reunion will be a special occasion for all who can attend. The supper plans will include each person ordering off the menu on their own.

Please RSVP to RaeAnn Pittman at 218-689-1284.

Please note that there will be no formal invitations sent out, so all are encouraged to spread the word and attend.

Grygla City Council January Minutes

The February meeting of the City Council was held at the Grygla Civic Building on Monday, February 10th. Council members approved the January 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 January 13th was called to order at 6pm at the Civic Building by Mayor Devin Ruud with the following council members present: Gavin Nordby, Dave Dunrud (phone), 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
Zamboni bills came to \$3,600. The hockey players paid half. There were other donations to help with most of the remainder.

WATER TOWER/LAGOON GRANT
USDA is waiting for Congress to approve their budget. Hoping to know what kind of funding will be available in March.

SAFE ROUTES TO SCHOOL
Reminder that the Public Hearing for the Safe Routes plans is Thursday, February 13th, at 6pm at the school.

SMALL CITIES FUNDING GRANT
There were not enough responses sent back in for the income surveys, so we didn't qualify for that grant.

APPOINT POSITIONS

The following positions were appointed and approved:

Revolving Loan Fund Committee: Bryan Grove (Chairperson), Devin Ruud, Gavin Nordby, Mark Loberg & Lynn Anderson

Planning & Zoning Commission: Karla Byklum Dec 2025, Mark Loberg Dec 2025, Gavin Nordby Dec 2026

City Tree Committee: Gavin Nordby & Lisa Newton Dec 2025, Devin Ruud & Lindsay Oslund Dec 2026

Official Newspaper: Grygla Eagle

Official Depository: American State Bank of Grygla

Vice Mayor: Gavin Nordby

Street Commissioner: Dave Dunrud

Park/Recreation Commissioner: Dustin Nelson

Sheriff/Legal Issues/Violations: Devin Ruud & Gavin Nordby

Buildings & Maintenance Commissioner (Arena, Civic Bldg, Shop): Dave Dunrud

Public Relations Commissioner: Gavin Nordby & Devin Ruud

Civil Defense: Robert Thompson

Emergency Management Director: Brad Monson

Weed Inspector: Devin Ruud & Rocky Hagen

Airport: Todd Stanley & Rocky Hagen

City Engineer: Moore Engineering

CLERKS CONFERENCE REGISTRATION
Council approved Rose to attend the Clerks Conference in March in Bloomington.

AMEND 2024 BUDGET
Approved.

NWRDC NOMINATION
Nordby is going to look over what is involved with being on the committee before getting nominated to the position.

EXTRA MEETINGS
There weren't any extra meetings last month.

Alumni & Elementary Basketball Tournament



The Goodridge School Post Prom hosted an Alumni & Elementary Basketball Tournament at the Goodridge School last Saturday, February 15th, with K-12 teams and GHS Alumni participating! Above are the players who made up the alumni team. More pictures shared throughout the paper.

• 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, Feb 19
11am Bible Study, 2:15pm Release Time, 3:30 FFF Night, 7pm Confirmation
Thursday, Feb 20
9am-12pm Grace Quilting
Sunday, Feb 23
OS: 9am Worship
Grace: 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith Sunday, Feb 23
Bethany: 8am Worship, No SS
Ekelund: 9:30am Worship, 10:30am SS
Faith: 10am SS, 11am Worship
Monday, Feb 24
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, Feb 23
9:30am 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 Jeffrey Merseth Wednesday, Feb 19
5-7pm Wed. School
Sunday, Feb 23
St. Petri: 9:45am Worship
Nazareth: 9:45am Livestream
Oak Park: 8:45am SS, 9:45am Livestream

Please email your church calendars to:
grygla.eagle@gmail.com

Safe Kids Press Release

This information is brought to you by Safe Kids Grand Forks and their partners at Vision Zero.

Poison Prevention
Medicine can become harmful to young kids when taken without following the proper instructions or when ingested without supervision. Make sure to keep medicine tightly closed after each use, and out of reach and out of sight of children. Do not leave any medicine on counters, in backpacks or purses, or any other places children may have easy access to. When giving medicine, make sure to use the dosing device that it comes with. Do not use a kitchen spoon as the amount can be different from the dosing device.

For older students that may be taking medications on their own, make sure to teach them how to read the labels and assure they understand that medications may have different names, but the same active ingredient and should not be taken together.

If someone you know has ingested medicine without your supervision or has taken more than the required amount, please call the poison help

number at 800-222-1222. It is suggested to add this number to your phone to have in case of an emergency.

Electronic Scooters
A popular newer way to get around is with electronic scooters. These vehicles are fast and can be risky for kids to ride. In fact, the Grand Forks Bird Scooter fleet is restricted to riders over 18 only, while personally owned scooters are restricted to use by those over 10 years old. Additionally, many cities prohibit riding on sidewalks and kids under 18 must wear helmets. Here are some other things to keep in mind if you consider using these scooters:

- Keep your eyes on the road.
- Keep both hands on the handlebars.
- Use a proper helmet – this should be a multisport helmet or DOT approved helmet as bike helmets won't offer appropriate protection.
- Slow down before looking back or turning.
- Inspect your scooter regularly.
- Equip the scooter with proper lights.
- Wear eye protection.

Grygla Merchants meeting end of Feb.

The Grygla Merchants held a meeting recently with only 3 members in attendance. The group will meet again the end of February in hopes that more merchants can attend. Please make note of the next meeting date on Thursday, February

Merchant Breakfast

Coming next month! The Grygla Merchant's will be serving their free customer appreciation breakfast on Saturday,

27th, at the Grain Bin Café at 12pm. The agenda will include: Merchant dues, horseshoe pits, city banners, the upcoming Grygla Merchant Breakfast on March 22nd, including getting workers signed up.

March 22nd, from 8-11am at the Grygla Community Center. Everyone is invited to go fill up on pancakes and sausage.

Community Calendar

Wed | Feb 19
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Grygla Lion's Potato Klub Supper/February Meeting 6pm at Grygla Community Center; Grygla Go-Getters 4H meeting at Grygla School 6pm; Fourtown/Grygla Sportsman's Club Feb. meeting at Fourtown 7pm

Thurs | Feb 20
GBB in Goodridge vs. C/G; BBB at Warroad

Fri | Feb 21
Senior Meals at Grain Bin Café 11am; Grygla Elementary Intramurals 1-3pm; BBB at Fertile

Sat | Feb 22
Grygla/Gatzke Food Shelf open 8-10:30am; Grygla Lion's Bar Bingo at The Hound 6:30pm

Sun | Feb 23
7/8 GBB and 8th gr. BBB tourney in TRF

Mon | Feb 24
Senior Meals at Grain Bin Café 11am; TBD GBB Section 8A Pig Tail Game at High Seed

Tues | Feb 25
BBB in Grygla vs. Fosston

Thank You!

Special thanks to Grygla Rescue for responding to my emergency on December 20th.

To my wife for taking me to the ER in Thief River.

The ambulance ride to Grand Forks Altru ER.

The doctors and staff at Altru for getting the turkey neck bones out of my throat.

Thank you all,
Lyle Nelson

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

U.S.P.S. No. 002330

Grygla Eagle

Serving Eastern Marshall & Northern Beltrami Counties

Richard D. Richards - PUBLISHER
Kari Sundberg- EDITOR
Phone 294-6220

—SUBSCRIPTION RATES—

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

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NOTICE TO CONTRACTORS

Sealed quotes will be received until 4:00 p.m. on Friday, March 7th, 2025 by the Marshall County Highway Engineer, in Warren, Minnesota, on behalf of the Marshall County Board of Commissioners for the rental of heavy equipment to be used for road and ditch repair work within Marshall County.

Proposals shall be obtained from the Office of the County Highway Engineer, 447 S. Main, Warren, MN or from the Marshall County website, under Highway Department.

All quotes must be submitted in a sealed envelope marked "Quote for Equipment Rental 2025" and addressed to:
County Engineer
447 S. Main
Warren, MN 56762.

Marshall County reserves the right to accept or reject any or all quotes and to waive irregularities therein.

G49-50C

The Marshall County Highway Department is currently accepting applications for:

- Part-Time Summer Help**
 - o The duties include roadside and road surface maintenance, surveying/construction assistance, and ditch spraying assistance
 - o Starting wage is \$18.19 per hour
 - o May-August
- Part-Time Summer Roadside Mowing**
 - o The duties include roadside mowing county-wide and routine maintenance of equipment
 - o Starting wage is \$20.78 per hour [\$20.07 + \$0.71 hazard pay]
 - o June-September

Seasonal/Temporary positions do not participate in county benefit plans aside from earned sick & safe time accruals, employee assistance program, and travel/meal reimbursements.

Applications are available at the Marshall County Highway Department, 447 S. Main, Warren, MN 56762 – and on our county website www.co.marshall.mn.us.

Positions are open until filled. Must be 18 or older and have a current driver's license to apply. Marshall County is an Equal Opportunity Employer.

G48-50C

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Steve Dahlen, Agent

At Jay Swanson Agency, we know our community because we're part of it. From protecting your farm to securing your family's future, Steve and our team offer personalized insurance solutions you can count on. We don't just provide insurance, we offer honest advice and peace of mind—no tricks, just trust. Ready for coverage that understands your needs? Let's talk. Get in touch with Steve at (218) 689-4062 or at 218-681-6443 at our Thief River Falls office. We look forward to connecting with you and becoming your trusted insurance partner."

JSA Jay Swanson Agency
223 East 3rd Street
Thief River Falls, MN 56701
P: 218-681-6443
C: 218-689-4062

GO44-49C

Murder Mystery Dinner

The Hound Pub & Dining is hosting another Murder Mystery Dinner – a murder at the Shakin' Shamrock Pub! This event will be on two different nights, March 14th and March 21st, from 7-10pm. Must be 21 or older to attend. \$65/per person. Tickets must be purchased in advance and are available until February 21st. Tickets include appetizers, 3-course dinner, adult beverage and an evening of mystery and murder! Tickets can be requested at The Hound or on the Facebook page.

Party details:
The dress code is fun St. Patty's Day party attire. Character roles will be assigned to all attendees.

"You're invited to the Shamrock Pub for a St. Patty's Day shindig! All the fine, upstanding gents & ladies will be there. But don't be deceived as many have scandalous secrets. How far will they go to keep those secrets? Murder?"

Footcare clinics scheduled for March

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

Warren Community Center: Tuesday, March 4th, 2025 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Newfolden Community Center: Thursday, March 6th, 2025 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Argyle LAH/BNP in the mall: Tuesday, March 11th, 2025 at 9:00 a.m. Contact: Penny Korynta at 218-437-8431

Middle River Royal Manor Apts.: Tuesday, March 18th, 2025 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Oslo Community Center: Tuesday, March 25th, 2025 at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154

Grygla Community Center: Thursday, March 27th, 2025 at 9:30 a.m. Contact: North Valley Public Health at 218-745-5154

Please call to cancel if you feel ill. Please call the person

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



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G49C



Brandon Bakken & Jason Kotrba were among those who played in the Alumni Tournament in Goodridge last Saturday.

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Where: Grygla School
Time: Flexible

If you have any ideas, interests or classes you'd like to see offered through Community Ed., please call at 294-6155.

Only in Minnesota: a weekly feature in the Eagle

The Minnesota county that has more lakes than any county in America

Did you know that Otter Tail County in Minnesota has the most lakes of any county in the United States?!

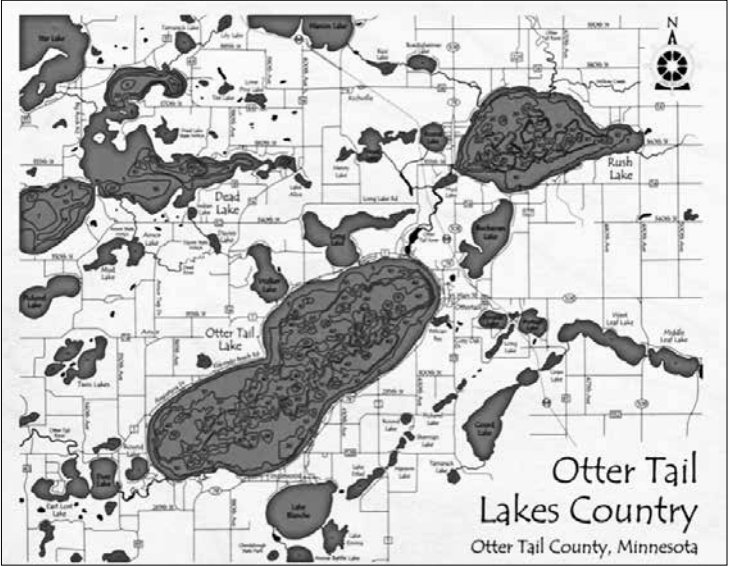
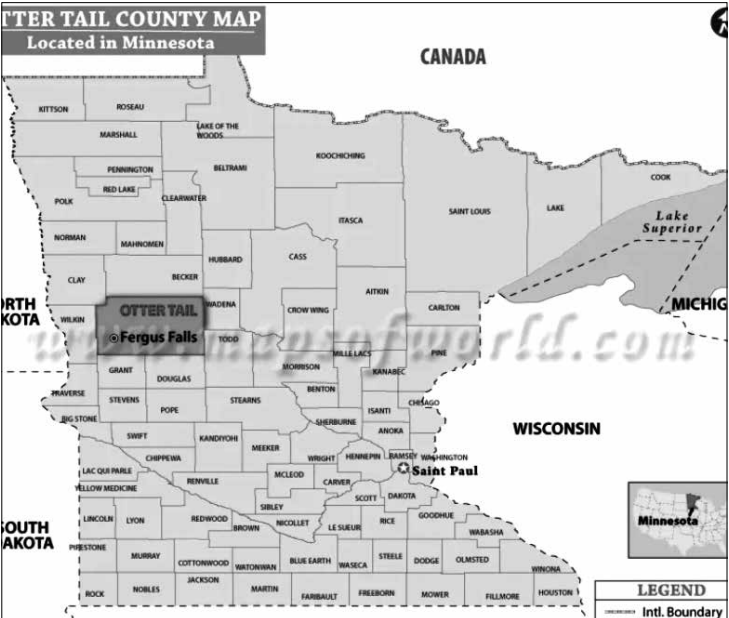
It goes without saying that Minnesota lakes are famous. After all, Minnesota is known as the Land of 10,000 Lakes (even if we technically have over 14,000). It's our natural wonder claim to fame, one of our state nicknames, and it's even present on our license plates. There are only four counties in all of Minnesota that don't have any man made or natural lakes.

Each of our lakes in Minnesota offers something special, but in this issue, we'd like to focus on quantity rather than quality. If you've ever wondered what county has the most lakes, now you've got your answer. Otter Tail County, Minnesota, has more lakes than not only any other county in Minnesota, but also any other county in the entire United States!

We know that the far northern portion of Minnesota is typically what is thought of as lake country around here. Surprisingly, Otter Tail County is located in west central Minnesota.

The county boasts a whopping 1,048 lakes - more than any other county in the entire United States. It's also approximately 7% of all lakes in Minnesota!

Over 244 square miles of Otter Tail County is made up of wa-



ter. That's 11% of the entire county.

The largest of the lakes in Otter Tail County shares the county's name. Otter Tail Lake is a walleye fishing destination that's about 21 square miles in area. And it's very deep – 120 feet of depth.

There's also Star Lake, located in NW Otter Tail County, about 3.5 miles west of Dent. Star Lake is roughly 4,500 acres and has a maximum depth of 94 feet. There are two public accesses on Star Lake and it's known for it's unique features. There are islands, peninsulas and large shallow bays/marshy areas. Star is a fantastic fishing lake, too.

The county also has tons of lodges and campgrounds available for visitors. Of course, you can also just enjoy a day of fishing or wildlife spotting.

As you can imagine, boats are a common sight in Otter Tail County, no matter what size lake you're visiting.

Whether you're cruising on a speedboat or taking it slow in a pontoon, it's easy to find your perfect lake sanctuary. Those who suffer seasickness may have more fun swinging their feet off of a dock or shoreline. Is anything better than watching a summer sunset with your ankles submerged in cool water? Soon, my friends; those days are coming soon!



Grygla School Board January Minutes

Grygla School Board Meeting Thursday, January 16, 2025, 6:00 p.m.

Grygla School Staff Room Pledge of Allegiance

Present: Board Members Jim Verbout, Andrew Oslund, Alisha Anderson, Carson Saurdiff, Tonia Haack, Superintendent Derek Gieseke, Teacher Gene Lunsetter, Business Manager Amy Holte, and Students Allie Sundberg and Addi Severts. Absent:Tera Nordby

Motion by Andrew Oslund, second by Carson Saurdiff, to approve the agenda as amended. Passed 5-0.

Reorganization of the Board: Guidelines for officer selection-Acting chairperson calls for nominations for chair (3 times) or until all nominations are made. Acting chairperson states nominations are closed and declares a new chair if there is only one nomination or calls for a vote if there are two or more nominations and declares the chair when a nominee receives a majority vote. If no majority, revote until there is a majority. Same procedure is used for selection of vice chair, clerk, and treasurer. Motions and seconds are not needed in this process.

Election of Chairperson: (2024 Chairperson-Jeremy Rychlock)

Acting Board Chairperson Jim Verbout calls for nomination for Chairperson 3 times: James Verbout was nominated and declared chair.

Election of Vice Chairperson: (2024 Vice Chairperson-James Verbout) Board Chairperson calls for nomination for Vice Chairperson 3 times: Alisha Anderson was nominated and declared vice chair.

Election of Clerk: (2024 Chairperson-Tera Nordby)

Board Chairperson calls for nomination for Clerk 3 times: Tera Nordby was nominated and declared clerk.

Election of Treasurer: (2024 Treasurer-Gretchen Smeby) Board Chairperson calls for nomination for Treasurer 3 times: Tonia Haack was nominated and declared treasurer.

Committee Assignments 2024/2025

MSHSL: James/James

Paired Sports: James/Alisha

Legislative Action: James/James

NWRIC: Tera & Gretchen/Tera & Tonia

Certified Negotiations: Tera & Andrew/Andrew & Carson

Classified Negotiations: Andrew & Luke/Andrew & Carson

Essential Negotiations: Tera & Gretchen/Tera & Tonia

Administrative Negotiations: Jeremy & James/James & Alisha

Superintendent Evaluation: Jeremy & James/James & Alisha

Safety: Jeremy/Carson Staff Development: Tera & James/James & Alisha

Policy Review: Tera & James/James & Carson

Community Education: Gretchen/Tonia

Buildings/Grounds: Andrew & Luke/Andrew & Carson

Transportation: James & Andrew/James & Andrew

Marshall County Collaborative: Tera/Tera

Minutes of the 12/19/2024 regular school board meeting are approved as printed.

Approve payment of bills: Motion by James, second by Alisha to approve payment of the bills check #40416 through check #40874, p-card payments and wire payments. Passed 5-0.

Student Report: The Peer Helper Christmas Day was held in December and was a success. Intramural basketball started recently for 4-6th graders on Friday afternoons. The knowledge bowl team has started their season with the first competition held recently. Krystal N (8th grade) and Summer R (7th grade) won first and second places yesterday at the school spelling bee. Student Council hosted a blood drive last month.

Senior Class Trip Proposal: Senior advisors Brady Olson and Christina Kucera will be taking the seniors on their class trip this spring. They are proposing to rent a house in Wisconsin, and most of their daily activities will be in Minnesota in the Duluth area. Allie and Addi presented their budget and itinerary for the trip. Next month they will sell butter braids, and they will work concessions a few more times to make sure they have enough funds for the trip

and the remaining senior expenses. The board was agreeable to the proposal and gave the go-ahead to book the house.

Finance Report: (See images to the right.)

Teacher Report: Gene Lunsetter reported that the resolution written for the READ Act requirements has been written and is ready to go. Tausha Severts will have the last day of 8th grade art with semester 1 ending this Friday; senior high art students have their latest project displayed in the lunchroom. Mrs. Severts has applied

for a couple of grants-including one to have Betsy Saurdiff teach some senior high pottery and 6th grade ceramics. Abby Sundberg and the fourth graders will soon be publishing a book called My Imaginary Pet. Gene Lunsetter took five students (Landon N, Brianna S, Krystal N, Izabel H, and Emma S) who were selected to participate in the Honor Band in Fergus Falls last week.

Dean of Students Report: Mr. Gieseke reported for Mr. Mumm that the basketball seasons are well underway, and the teams are seeing improvement.

Superintendent Report: The NW Regional Development Commission is seeking nominations for school board representation; let Mr. Gieseke know if you're interested. The staff who are part of phase 1 of the READ Act training have had their names submitted to MOE the first week of January. Isaak Kvasager had previously been doing the MCA testing for us in the spring, so Mr. Gieseke will meet with him next week to learn the ropes. There have been a couple of complaints recently about fans' behavior at Charger basketball games.

There was a meeting this week about the trap shooting team joining with the Goodridge team since we do not currently have a coach. Part of the agreement of joining together would be for Grygla to

promote the team. Tonia suggested having a member of the school staff at the Fourn town-Grygla Sportsman's Club fire-arm safety courses.

Motion by Tonia, second by Carson, to designate the American State Bank and the Minnesota School District Liquid Asset Fund as official depositories. Passed 5-0.

Motion by Andrew, second by Alisha, to designate the Grygla Eagle as the legal newspaper. Passed 5-0.

Motion by Carson, second by Alisha, to approve the health insurance correction plan that involved four retirees' and the superintendent's health insurance. Passed 5-0.

Motion by Andrew, second by James, to approve the hire of Kassandra Nordby as a Part-Time Paraprofessional. Passed 5-0.

Motion by Tonia, second by Carson, to approve the following donations: Grygla Sports Boosters \$8,335 for Track Program; Digi-Key \$500 for Music Program; Polaris \$1200 for Robotics 24-25; St. Cloud Tech & Comm College \$1000 for Robotics 24-25; Ben Kucera \$20 for Shop Donation.

Trustee Reports: The school lunch program was discussed, and it was decided that the three new school board members would meet with administration and food service staff to learn more and discuss.

Meeting Adjourned at 7:39 p.m. Next Meeting, 2/13, 6pm

Finance Report: December 2024	
Revenue for December 2024:	Current Month
State Aid	\$201,333.71
County Taxes	\$6,111.83
State/Federal Food Service	\$14,042.36
Title	\$0.00
REAP	\$0.00
Con-Con	\$0.00
U of Kansas teacher study	\$10,000.00
	\$0.00
All other revenue	\$25,347.82
Total	\$257,135.72

Monthly Totals: current year		Monthly Totals: prior year	
Revenue	Expense	Revenue	Expense
July	\$55,092.03	\$343,814.83	\$92,871.44
August	\$674,514.19	\$156,822.28	\$479,008.77
September	\$277,478.27	\$244,066.73	\$359,099.10
October	\$251,790.78	\$330,483.40	\$242,784.90
November	\$225,488.68	\$316,263.39	\$174,038.87
December	\$257,135.72	\$249,502.87	\$306,310.81
January			\$327,325.25
February			\$331,036.54
March			\$347,463.67
April			\$319,496.39
May			\$286,408.43
June			\$503,599.60

Bank Balance: current year		Bank Balance: prior year	
Revenue	Expense	Revenue	Expense
July	\$547,600.57	\$1,079,212.15	\$1,299,200.42
August	\$1,007,933.05	\$1,029,668.75	\$867,970.53
September	\$929,145.79	\$668,148.14	\$672,215.35
October	\$844,699.77	\$572,860.84	\$568,326.20
November	\$792,983.51	\$592,945.37	\$562,863.80
December	\$759,326.07	\$557,186.06	\$862,792.23
January			
February			
March			
April			
May			
June			

Word of the Week

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

Divulgate

/dih-vuhl-geyt/

verb

To make publicy known; publish.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

Protein Shake Makeover

If you're looking for a quick, tasty, and healthy way to start your day, Premier Protein shakes are a game changer. Packed with 30g of protein per shake, they're the perfect grab-and-go breakfast. But let's be real — sometimes the vanilla flavor can start to feel a bit... routine. I started using it as a coffee creamer replacement, and it's been a great change-up to my morning routine. It adds the perfect creamy texture without all the added sugar. So, I'm sharing a few fun, easy recipes to jazz up your protein shake game. I've tried all of these and I highly recommend them!

Iced Vanilla Cranberry

This one is as simple as it gets — but oh, so refreshing! Fill a glass with ice, pour in a vanilla protein shake, and top it off with Diet Cranberry Juice. It's a delightful, fruity twist that's both filling and delicious.

Blueberry Cheesecake

No need for measuring here — I just eyeball everything to taste, but I always make sure to use the full shake for that 30g of protein goodness. For this decadent treat, throw the following into your blender: one vanilla protein shake, about ¼

cup of blueberries (or strawberries if you prefer), a handful of ice cubes, and a tablespoon of sugar-free cheesecake pudding mix. Blend and enjoy a flavor-packed, guilt-free dessert in a glass!

Guilt-Free Copycat Starbucks

Coffee lovers, unite! If you're anything like me, you can't get through the day without a cup of coffee. And while I've switched from regular creamer to vanilla protein shake for a healthier boost, these two options give you that Starbucks vibe with far fewer calories and sugar.

• For a simple pick-me-up, pour two shots of espresso over ice, then add a caramel Premier Protein shake.

• If you're craving a mocha frappe, toss some ice cubes in the blender, add a chocolate Premier Protein, a splash of unsweetened cold brew, and blend to perfection. It's just like your favorite Starbucks drink, minus the extra sugar.

There are endless possibilities for customizing your protein shake, so get creative. Check out Pinterest or Google for more fun ideas, and feel free to experiment with your own twist. Trust me, these shakes are delicious on their own, but with a little extra flavor, they're even better.



More action shots from the K-12 & Alumni games held in Goodridge last Saturday!



It was a busy week for the Charger Girls last week. They played in Bagley, Grygla and Newfolden. Pictured above, the Varsity team hits the court for their game against the Freeze.



GG over Bagley 53-43 last week. The girls did a great job of pushing the ball up and getting some quick points off of it. Pictured above are Brooklynn Kriel & Chesney Salo.

Charger boys/girls basketball results from last week

GBB at Bagley on Monday, Feb. 10
GG 53, Bagley 43
Chesney Salo- 16 points;
Ashlyn Nelson- 12 points;
Brooklynn Kriel- 12 points;
Anna Sundberg- 8 points; Ne-
vaeh Kotrba- 4 points; Mylee
Sjulestad- 1 points
Coach's comments: We went
to Bagley and got a win. Bagley
had a girl with 1,000 rebounds
in her career. I thought the girls

did a good job on her and limit-
ing her offensive rebounds. We
did a good job staying on their
3 point shooter. We pushed the
ball up well and got some quick
points off of it.
**BBB in Goodridge vs. C/F
on Monday, Feb. 10**
Chargers 57, Climax/Fisher
34
Stats - Shay Jacobson (17
pts, 4 reb, 3 asst, 5 steals),
Sawyer Jacobson (4 pts, 3 reb,

2 asst), Payton Dougherty (2
pts), Owen Larson (3 pts, 6
steals), Brody Saurdiff (2 pts,
4 reb), Brett Rychlock (2 pts),
Evan Rubischko (4 pts, 7 reb,
6 asst), Landon Nordby (2 pts),
Trustin Wiseth (9 pts, 4 reb),
Lorenzo Cavallaro (5 pts, 2
reb), Gavin Aune (3 pts, 5 reb),
Gus Jones (4 pts, 4 reb)
Coach's comments: It was
a tough first half against the
Knights as we shot very poorly

in the first half (26%). Our de-
fense allowed us to keep the
game tied going into the break,
and we came out and played
much more aggressively and
shot the ball better in the sec-
ond half. Everyone had posi-
tive contributions in the second
half, but I thought Evan had
one of his better games of the
year with his defensive energy
and some nice passes to give
teammates easy opportunities.

**GBB in Grygla vs. BGMR
on Tuesday, Feb. 11**
Gators 52, Chargers 49
Ashlyn Nelson- 13 points;
Anna Sundberg- 12 points; Ne-
vaeh Kotrba- 9 points; Chesney
Salo- 9 points; Brooklynn Kriel-
6 points
Coach's comments: This was
the best game the girls have
played all season. I thought we
played good physical defense.
The girls were moving and
boxing out. Offensively, we got
a good mix of paint shots and
3's. We lost this game, but the
girls played very well and they
should be proud.
**BBB at Oklee vs. RLC on
Tuesday, Feb. 11**
Rebels 73, Chargers 38
Stats - Shay Jacobson (8 pts,
7 reb, 3 asst), Sawyer Jacobson
(3 reb), Owen Larson (2 pts,
6 steals), Brody Saurdiff (10
pts.), Evan Rubischko (2 pts,
4 reb), Landon Nordby (2 pts,
2 reb), Trustin Wiseth (8 pts, 6

reb), Ray Moe (2 pts), Lorenzo
Cavallaro (2 pts), Gavin Aune
(2 pts, 2 reb)
Coach's comments: The fol-
lowing night we headed to
Oklee to take on the #5 ranked
in the state Rebels. The Rebels
are an outstanding team and
they made quick work of us - we
struggled with their defensive
pressure. We struggled to take
care of the ball and to get any
quality shots on offense. On the
other end of the floor, their ball
movement and quickness were
too much for us to handle. I was
happy with how the boys kept
playing hard - we had a much
better 2nd half than 1st. Brody
did a lot of good things in this
game. He was aggressive offen-
sively.
**GBB vs. Freeze in New-
folden on Thursday, Feb. 13**
Chargers lost to the Freeze,
63-41.
No stats/comments provid-
ed.



Pictured are two more teams that participated in the Goodridge Alumni & Elementary Basketball tournament last weekend. It was open for students in grades K-12, along with any alumni players.



Davi Barros battles to block Kember Kriel's pass attempt!