



				
Today	Thurs	Fri	Sat	Sun
Cloudy	Snow	Snow	Partly Cloudy	Partly Cloudy
H 3 L -6	H -3 L -13	H -7 L -14	H -4 L -15	H -3 L -13



This colored issue is sponsord by Farmer’s Union Oil Company of Grygla.



Our firemen are ready to serve you

Submitted by the Grygla Fire Department

The Grygla Fire Department is at it again. We looked at the calendar and decided it was time to host our annual Firemen’s Supper! If you’ve been waiting all year for this event, you should know that it’s coming up real soon! We enjoy putting this meal on every spring, and we look forward to visiting with you all at the Community Center.

Our annual Firemen’s Supper will be held Sunday, March 26, at the Grygla Community Center, from 4:00-7:00pm. The menu will include Roast Beef and Ham, mashed potatoes and gravy, coleslaw, and corn. We are charging \$12.00 for adults, and \$6.00 for kids under 12. It’s “all you can eat”, so bring your hearty appetites. We will draw

door prizes at 7:00. We will also be offering curbside pick-up for those that would rather eat in the comfort of their homes. Simply call the Community Center to arrange pick-up. The phone number is 294-6200.

During the past year, the fire department has responded to 64 calls, an increase of 8 over last year. This included 8 wild-land/grass fires, 2 structure fires, 4 auto/atv accidents, and 44 medical calls. We also had 6 alarm activation/ service calls. By the way, have you checked your smoke detectors recently?

We’ve been busy serving in other ways as well. In the past year, we have provided fire and rescue services for the races at the Fall Festival and the Goodridge/Grygla 500 snowmobile race. We’ve attended trainings with the DNR to plan fire sup-

pression strategies for wildland and grassland fires. Working with DNR Forestry also allows us a chance to meet the people we always hear on our pagers and two-way radios.

Soon we will be training with a live structure fire. We will be building a small fire in a certain room of an old house, and small crews will go in to locate the fire and put it out. We can repeat this many times in different rooms until everyone gets multiple attempts at locating and extinguishing the flames. At the end of the training, we will let the structure burn down to ashes, and the landowner will be rid of an old nuisance building. It’s a great way to learn how fire behaves in real time, and an excellent way to train using our own equipment in a safe environ-

ment. If you know of a suitable building that could be used for future live burns, let one of us know at the supper.

We would like to acknowledge the support of all the individuals, businesses, service clubs, and civic organizations in our area. With your generous donations, we have been able to make improvements to our equipment, attend trainings, and maintain our Fire Hall. The Grygla Fire Department serves 6 townships in Marshall County, 8 townships in Beltrami County, and provides mutual aid to the surrounding departments in Goodridge, Middle River, and Roseau.

Serving the community since 1941, Grygla Fire and Rescue

Charger basketball brings the excitement

A HUGE congratulations to our girls basketball team on their 8A West Subsection Runner-Up finish! We are proud of you and all the hard work you put in this season. The Chargers finished 19-7 this season (overall). The girls lost to BGMR at the Ralph Engelstad Arena on Tuesday, March 7th, in the 8A West Subsection Championship game. A special acknowledgement to the players and coaches for all their hard work this season, along with the fans and communities for their support. Lastly, a shoutout to the Charger Seniors – Caitlyn Jacobson, Kylie Delage and Sadie Anderson for all the contributions to their team and the program throughout their basketball career.

GBB on Tuesday, March 7th, in TRF at REA vs. BGMR

Gators 53, Chargers 30
Ashlyn Nelson- 2 points;

Morgan Underdahl- 3 points; Caitlyn Jacobson- 18 points; Sadie Anderson- 2 points; Kylie Delage- 5 points

Coch’s comments: Unfortunately, we lost tonight to end our season. We have nothing to hang our heads about though. We still made it far into the playoffs, and we lost to a good team. BGMR was more physical than us, got too many offensive rebounds, and got a lot of shots up. We started off slow, but we made a run at the end of the 1st half that got us back into the game. Second half, we were cold on the offensive side which allowed them to get a good lead on us. I am very proud of this whole team for working hard this season, fighting every game, and coming every day ready to play. The seniors have been a big part of this team for 3+ years now. They will be hard to replace and will be missed.

As for our Charger boys, they beat RLC in the Section

8A Round 2 game at UMC on Thursday, March 9th. That advanced them to take on the Sacred Heart Eagles at the Ralph Engelstad Arena in TRF over the weekend in the Section 8A Quarterfinals. However, due to the weather, that game was postponed until Monday, March 13th. As of press time, the game hadn’t been played yet, but we’re hoping for another victory for the Chargers!

Thursday, March 9th vs. Red Lake County at UMC

Chargers 70, RLC 57
Stats: Blake Rychlock (26 pts, 12 reb), Matt Busse (14 pts, 3 ast), Carson Rubischko (2 pts, 4 reb, 3 ast), Lewis Jones (19 pts, 4 reb, 5 ast), Russell Rian (6 pts, 11 reb), Reece Sundberg (3 pts, 6 reb)

Coch’s comments: Our boys were looking forward to the matchup with the Rebels after they dominated us 3 weeks ago. We started out very well and jumped to a 14-4 lead. The

Rebels got back into the game, and it was back and forth for the majority of the game. The Rebels led 49-48 with about 7 minutes left, and we finished the game on a 22-8 run to win it. It was a complete team effort. Everyone that played contributed to the victory. Carson played tremendous defense. Matt made a couple of huge 3’s in our run at the end of the game. Blake was incredible all game, and went over 1000 points for his career with an “And 1” in the second half. Lewis controlled the game despite not having his best shooting game, and our big guys stepped up huge and dominated the glass. It was our best defensive game of the year, and we made our free throws down the stretch to secure the win. We now look forward to the challenge of taking on the #1 seeded Sacred Heart Eagles in the Ralph!



Congratulations to our Goodridge-Grygla Charger Girls on being named the 8A West Subsection Runner-Ups! Photo courtesy of Grygla School

No paper printed March 22

Editor’s note: Reminder, There will be no Grygla Eagle Newspaper printed for next week’s Wednesday, March 22nd, issue. Please plan accordingly for any ads, public notices, announcements and events.

Again, no newspaper is being printed the week of March 20-24th as I will be out of the office with no one filling in for me while I’m away. Thank you for your understanding.

SNOW much fun on the Fun Run

Despite the snowy winter weather last Saturday, 60+ sleds still took part in the Fourtown/Grygla Sportsman’s Club Fun Run. A lot of folks were willing to ride in the flurries, and with the help of the Grygla Lion’s Club, a total of \$2,850 was raised and will be going directly to the Lourens family, along with a quilt that was donated by Grace Lutheran Church of Grygla. A big shout-out to all the local businesses for donating food, cash and door prizes. Fourtown Store & Tavern did an amazing job with hosting.

Goodridge Municipal Liquor Store, Fourtown Store & Tavern, The Hound Pub & Dining, Goodridge Shelter, Dike Shelter and Nelson’s Landing for an “extra card.”

Event sponsors were Stanley Farms, Farmer’s Union of Grygla, Amerian State Bank, Machinewell, Universal Screenprint, Grygla General Store and The Hound.

Until next year’s Fun Run, enjoy the fresh snow, riders!

Photos courtesy of Fourtown/Grygla Sportsman’s Club, Missy Saurdiff and Greg Hallstrom



Milestone for Rychlock



Blake Rychlock, a Grygla Junior, reached his 1000 career points in the game against RLC last week in Crookston. Photos courtesy of Grygla School & Deanna Coan



• CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Vicar Marilyn Grafstrom
Recorded services will play on Garden Valley channel 36 on Wednesdays 7pm and Sundays 9am & 7pm.
Wednesday, Mar 15
11am Bible Study, 2:30pm Release Time, 3:30pm FFF Night, 5:30 Lent Supper, 6pm Grace Choir, 7pm Lent Worship at Grace
Thursday, Mar 16
9am Grace Quilting, 7pm OS Lent Worship
Sunday, Mar 19
Grace: 9am Worship
OS: 9:30am SS w/ 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Wednesday, Mar 15
Release time 12:20pm
Sunday, Mar 19
Bethany: 8am Worship
Ekelund: 9:30am Worship
Faith: 11am Worship
Monday, Mar 20
Faith Quilting 9am-2pm

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Bryan Kujawa
Lenten Opportunities:
Tuesdays: Mass 6pm, Adoration & Confessions 6:30-7pm
March 14: St. Francis Xavier
March 21: St. Clement's
March 28: St. Ann's
Sundays:

St. Clement's: 11:45am Worship
St. Ann's: 10am Worship

BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Sundays
Calendar N/A
UNITED LUTHERAN PARISH Gatzke
Pastor Tim Lundeen
Wednesday, Mar 15
Lent Service at 5pm w/ supper to follow.
Sundays
8:30am Worship
Mondays
Quilting at 9am

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseeth
Wednesday, Mar 15
Wed. School 5-6pm; Nazareth Meal 6pm w/ Lent Service at 7pm
Thursday, Mar 16
Mt. Olive Worship 5pm
Saturday, Mar 18
Mt. Olive: 9am Worship
Sunday, Mar 19
St. Petri: 8am Worship, 9:15am SS
Oak Park: 8:45am SS, 9:45am Worship
Nazareth: 10am SS, 11am Worship
LYS Bowling in Bagley at 2pm

Community Calendar

Wed | Mar 15
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; Possible BBB Section 8A West Subsection Championship Game at REA in TRF 7:45pm
Thurs | Mar 16
Grygla Lion's Meeting at The Hound 7pm
Fri | Mar 17
Happy St. Patrick's Day; No School in Grygla; Senior Meals at Grain Bin Café 11am; Possible Section 8A Championship Game at REA in TRF 7pm
Sat | Mar 18
Grygla Merchant Breakfast at Community Center
Sun | Mar 19
Mon | Mar 20
First Day of Spring; Senior Meals at Grain Bin Café 11am
Tues | Mar 21
Fourtown/Grygla Sportsman's Club Meeting at The Hound 6:15pm

MCAT Annual Meeting

Marshall County Association of Townships' Annual Meeting will be April 8, 2023 at 9:00 a.m. with registration at 8:00 a.m. in the Newfolden Community Center. Township officers and interested persons are invited. All business presented to be considered. Resolutions should be presented in written form. Election of directors (3 year terms) from Districts 4 and 6 will be held.
Dated: March 8, 2023
Jill K. Hall, Secretary

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Richard D. Richards - PUBLISHER
Kari Sundberg - EDITOR
Phone 294-6220
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Elementary basketball/ECFE fundraiser

The Grygla School ECFE will once again be holding their BBQ fundraiser supper on the same night as Elementary Basketball Night which is set for Thursday, March 30th, at 5:30-7pm. The ECFE Fundraiser supper allows them to pay for their programming for the year, as well as fund our area's share of the Dolly Parton's

Imagination Library, which provides age-appropriate books for our youngest Chargers at no cost to families. In conjunction with the supper, there will be a raffle as well; tickets will be \$1/each. If your business or organization, family or any individuals would like to donate an item or a basket for the raffle, or make

a monetary donation to the ECFE program, please contact the Grygla School at 294-6155. The basketball schedule for the night is also included:
6:00: ECFE Activity; 6:05: Kindergarten; 6:25: 1st & 2nd Grade; 6:50: 3rd Grade; 7:15: 4th-6th Grade Girls; 7:40: 4th-6th Grade Boys

Upcoming events for your calendar

Spring Opener
Goodridge Lion Tamers "Spring Opener" is set for Saturday, March 25th, at the Lion's Hall. Refreshments and Hors d'oeuvres from 7pm-12am. Prizes include a Remington Model 100-243 BDL Bolt, Tikka T3X Hunter 300 Win-Mag Bolt, \$1000 cash and \$750 cash. Tickets are being sold for \$40. Ticket holder must be 21 or over. Need not be present to win.
Goodridge Area Fire & Rescue Open House & Fundraiser
The Goodridge Area Fire & Rescue Open House & Fund-

raiser is a popular event each year. Mark your calendars for Saturday, April 15th, from 4-7:30pm at the Goodridge Fire Hall. Plenty of food, drinks, raffles and prizes to go around! A full bar set-up by the Goodridge Liquor Store will be on site also.
Grygla Smelt Fry
ALL YOU CAN EAT! The Grygla Lion's Smelt Fry is set for Saturday, April 15th, from 4-8pm at the Grygla Community Center. In addition to smelt, your meal ticket also gets you baked potatoes, baked beans, coleslaw and dinner rolls.

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Lion's Meeting

The Grygla Lion's Club will hold their March meeting on Thursday, March 16th, at The Hound. 6:30pm supper is on your own with the 7pm meeting to follow. Reminder that the Annual Membership Night is Saturday, March 25th, 2023, at The Hound Pub & Dining.

NOTICE OF ANNUAL MEETING OF THE STOCKHOLDERS OF THE FARMERS UNION OIL COMPANY OF GRYGLA, MN

NOTICE IS HEREBY GIVEN that the annual meeting of the stockholders of Farmers Union Oil Company of Grygla, Minnesota will be held at the Community Center in Grygla Minnesota on Monday the 27th day of March, 2023 at 10:00 a.m. For the election of one director whose term expired. Also for the transaction of any other new/old business that may properly come before the meeting and a reading of the financials.
Rolls will be served starting at 9:30 a.m. Door Prizes to everyone attending the meeting. The meeting is very important and your presence is urgently requested.
Dated: 3-2-2023
Mike Hanson, Secretary
Farmers Union Oil Company
Grygla, Minnesota

Memorial Dinner
Spaghetti Feed

ALL PROCEEDS GO TO 4 YEAR OLD FELICITY WHOSE FATHER, JOHNATHAN HAYES, PASSED AWAY UNEXPECTEDLY ON FEBRUARY 4TH, 2023.



March 25th
1:00-3:00 pm
Grygla School

JOHNATHAN WAS KNOWN FOR HIS QUICK WIT, INFECTIOUS SMILE, HIS KIND AND COMPASSIONATE SPIRIT, AND HIS GOOFY LAUGH THAT WOULD MAKE YOUR DAY SPECIAL JUST TO HEAR IT.

We would like to invite everyone to attend the Grygla Merchant's Breakfast this Saturday at the Community Center from 7-10 a.m.

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NATIONAL AGRICULTURE WEEK

The Farmers Union Oil Company and Ag Division of Grygla would like to honor our area farmers during National Agriculture Month.

Please check your address label!
Grygla Eagle subscribers: Please check the address label in the upper left corner of the front page. Be sure all the information is correct.
If not, call the Grygla Eagle office at 218-294-6220 as soon as possible. You need to contact the Grygla Eagle office with a change of address or corrections. Just giving the Post Office a change of address, **DOES NOT** change your paper address. Thank You.

Only in Minnesota: a weekly feature in the Eagle

Keep your eyes peeled, thousands of hummingbirds are headed right for Minnesota during their migration this spring

You may already be asking yourself, "When will hummingbirds arrive in Minnesota this spring?" For many Minnesotans, there's no greater sign of spring than the sight and sound of birds in the air. After a long, cold winter, we're ready for the new season. And what a season spring in Minnesota is: honking Canada geese arrive early on, along with ducks and cranes. They're often here when the water is still frigid and the ground still covered in snow, but it's a sign that things are about to change.

Some birds, however, arrive a bit later, making them the true harbingers of warm weather. One example is the ruby-throated hummingbird. These tiny little birds migrate by the thousand every spring and fall. This spring, like every other, they're headed right for Minnesota. One way to help the hummingbirds in Minnesota – just before and just after migration – is to hang a hummingbird feeder. The best hummingbird feeders allow hummingbirds to feed while preventing large insects from crawling into the liquid. Let's see when we can expect these amazing avian animals.

The range map below shows ruby-throated hummingbirds' winter homes in blue, their migration in yellow, and their summer homes in green.

These industrious little birds migrate up from Mexico and Central America, spreading through the United States as the weather warms.

Hummingbirds, a common sight in yards across Minnesota, are currently traveling by the thousands throughout Mexico and the southern United States.

This migration will continue for the next several months, with hummingbirds not yet arriving in Minnesota until the first week of May, according to the experts at Hummingbird-guide.com.

By June and July, the birds will have spread through the rest of Minnesota, to feed on the nectar of flowering plants and hummingbird feeders in Minnesota's backyards.

If you'd like to see ruby-throated hummingbirds in your own yard, consider getting a hummingbird feeder. Fill your hummingbird feeder with one part sugar, three parts water, and delight as these tiny little creatures flutter around it.

Male ruby-throated hummingbirds are easy to spot, thanks to the bright red throats for which they are named. Females have

light brown or white throats. Both are beautiful additions to your yard this spring and summer.

So, when will hummingbirds arrive in Minnesota? They'll begin to show up in late April, and the bulk will appear in early May. Then we'll have hummingbirds in Minnesota all summer long. If you plan on putting out nectar, look for the best hummingbird feeders you can find and try to have them up by May 1.

Have you ever spotted a ruby-throated hummingbird in Minnesota? And if you're totally ready to be done with winter and move on to spring, you'll definitely want to check out these 11 beautiful places to visit in Minnesota when the weather turns warm! Excited for spring in Minnesota? We sure are!

What types of hummingbirds are in Minnesota? The only hummingbirds in Minnesota that could be considered regular visitors are native ruby-throated hummingbirds. This doesn't mean that you can't see other types of hummingbirds in the Land of 10,000 Lakes. In fact, at least six other species of hummingbirds have been positively identified in Minnesota. These include Mexican violet ears, which could be described as a "casual species" because they tend to roam around the edges of their range. Thus, it is the other species you have the best chances of spying in Minnesota. Other confirmed sightings include rufous hummingbirds, Anna's hummingbirds, calliope hummingbirds, Rivoli's hummingbirds, and Costa hummingbirds. These species are rarely spotted in the state, and when they are, it is most likely because they have wandered off course and stumbled into the North Star State accidentally.

When should I hang a hummingbird feeder in Minnesota? Because hummingbirds begin to arrive in late April or early May, the state's Department of Natural Resources recommends hanging your hummingbird feeder in Minnesota no later than May 1. Doing so will also help warblers and Baltimore orioles, which may arrive earlier in the season and also feed on nectar.

Is it safe to feed hummingbirds in Minnesota?

According to the University of Minnesota's Raptor Center, the biggest concern about feeding birds this year is avian influenza, and hummingbird feeders pose a lower risk than other types of bird feeders. The best course of action is to monitor the Raptor Center's website for avian influenza updates and feeding recommendations.

Word of the Week

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

Jouissance

Zhwee-sahnns

Noun

Pleasure; enjoyment.

Foot Care clinics scheduled

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

Middle River Royal Manor Apts.: Tuesday, March 21st, 2023, at 9:00 a.m. Contact: LAH/BNP at 218-222-4466.

Oslo Community Center: Tuesday, March 28th, 2023, at 9:00 a.m. Contact: North Valley Public Health at 218-745-5154.

Grygla Community Center: Thursday, March 30th, 2023, 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.

Elementary Intramurals playoffs

The Grygla Elementary School will be holding their Intramurals this Friday. The season wraps up with the playoff game on Thursday, March

16th, from 1-3pm. All family, friends and community members are invited to watch the games in the Grygla School Gym.

High School Release Day

Students in grades 7-12 from the Goodridge and Grygla School Districts (and 6th grade in Grygla) are invited to attend a High School Release Day on Wednesday, April 12th. The speaker is Tim Eggebraaten, from Detroit Lakes. Tim is an expert at "working the beat." He's been a correctional officer, police officer and has held many positions along the way, including Chief of Police. His title of "Off Duty Chief" allows him to take his experiences, message, music and talent to the streets.

For this special High School Release Day, students will

travel from Grygla to Goodridge to hear the inspirational speaker in the morning and travel to Falls Cinema (in Thief River Falls) in the afternoon to watch the movie Jesus Revolution.

Pizza, popcorn, and a soft drink will be provided to the students all free of charge. The school districts are sending out permission slips in the coming weeks, so a total head count can be taken. If you have any questions, please contact Ruth Anderson. Students will be back at their schools by the end of the school day.

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

Baked Potato Soup

This Baked Potato Soup has a thick and creamy broth that's loaded with bacon and chives, cheddar cheese, sour cream, and smooth potatoes. It's the ultimate dish for this winter weather and so easy to make.

- Ingredients
- 4 large russet potatoes, equal to 2 lbs.
 - ¾ teaspoon salt
 - 6 slices bacon
 - 1 large yellow onion
 - 3 cloves garlic, minced
 - 2 Tablespoon butter
 - ¼ cup flour
 - 3 ½ cups chicken broth
 - 2 cups half and half
 - ¾ cup sour cream
 - ½ teaspoon pepper
 - 2 cups shredded cheddar cheese

Instructions

Cut the bacon into 1-inch squares with kitchen shears. Cook in a large pot over low heat. Remove and set aside once crisp. Leave 2 Tablespoons of drippings in the pot.

While the bacon cooks, peel the potatoes and cut them into 1-inch cubes. Add to a stock pot and cover the potatoes with 1 inch of water. Add the salt and boil gently for 20 minutes or until very fork tender. Drain, then gently mash. Set aside.

Add the diced onion to the pot with the bacon drippings and cook until softened, about 5 minutes.

Add garlic and butter and

cook 1 more minute.

Whisk in flour, use a silicone spatula to stir as the flour cooks for 1 full minute to remove the raw flour taste.

Add the chicken broth. Use a silicone spatula to loosen any bacon remnants from the bottom of the pot, this will add flavor.

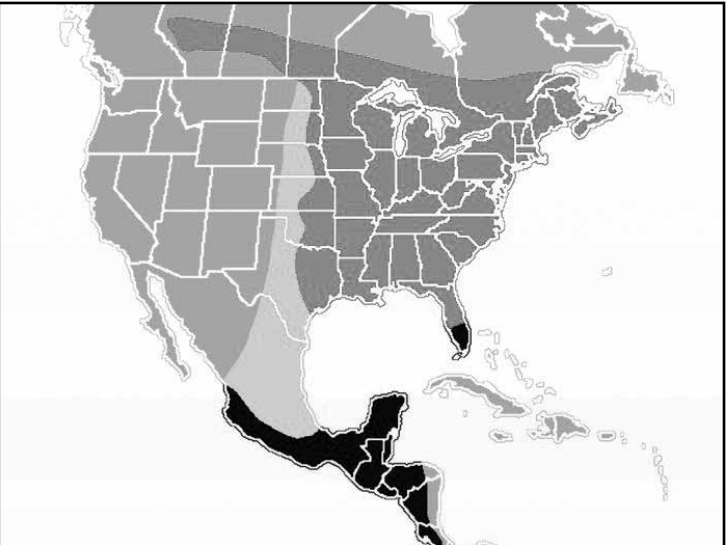
Slowly add the half and half. Bring to a boil, then reduce to a simmer.

Stir in the potatoes, then mix in the sour cream, and pepper.

Remove from heat. If desired, blend with an immersion blender or transfer it to a blender in batches.

Gradually sprinkle with shredded cheese and stir until combined. Make sure the base of the soup isn't too hot or the cheese won't melt creamy and smooth. The soup will continue to thicken as it sits.

Garnish with chives and bacon, serve.



Congratulations to the Grygla Senior High Choir on their excellent ratings they received on March 7th in Badger. Photo courtesy of Grygla School



This group of Grygla kids attended a Young Author's Conference at NCTC last week. Students in grades 5-8 had the unique opportunity to attend three different sessions throughout the day – all dealing with creative writing; poems, movie scenes, wildlife photography, short stories, songs, comic strips and more! Photos courtesy of Grygla School



Congratulations to our local Goodridge/Grygla athletes

NORTHERN GALAXY GIRLS BASKETBALL ANNOUNCES ALL-CONFERENCE TEAM

The Northern Galaxy Girls Basketball Conference recently announced the conference awards and all-conference team. The list includes a few of our GG Charger Athletes – congratulations to Caitlyn Jacobson, Sadie Anderson and Kylie Delage.

2023 team champions – Sacred Heart

Offensive Player of the Year – Caitlyn Jacobson (Goodridge/Grygla)

Co-Defensive Player of the year – Caitlyn Jacobson (GG) and Morgan Turn (KCC)

Coach of the Year – Michael Mathison (Sacred Heart)

All-Conference:

- Red Lake Falls – Shandi Nelson, Gabby Casavan
- Goodridge/Grygla – Sadie Anderson, Caitlyn Jacobson
- Kittson County Central – Ella Olson, Morgan Turn
- Sacred Heart – Isabel Vonesh, Lydia Riskey
- Warren-A-O – Hannah Ped-

erson

- Northern Freeze – Rylie Klopp
- Stephen-Argyle – Regan Swanson

Honorable Mention:

- Red Lake Falls – Alexis Swendra

Goodridge/Grygla – Kylie Delage

- Kittson County Central – Aidra Johnson
- Sacred Heart – Leah Sundby, Alexis Lawrence
- Warren-A-O – Kylie Nelson, Annika Magnusson
- Northern Freeze – Addison Bakke, Kaydence Augustine
- Stephen-Argyle – Liv Efta, Tessa Durand
- Red Lake County Central – Marissa Thomas

NORTH STAR BOYS BASKETBALL ANNOUNCES ALL-CONFERENCE TEAM

The 2022-23 North Star Conference awards have been announced.

Conference Champions: Northern Freeze

Conference Coach of the

Year: Sean Spilde-Northern Freeze

Jay Sorenson Award: Will McGlynn-Stephen-Argyle

Conference Most Outstanding Player: Josiah Sundby-Sacred Heart

All-Conference:

- BGMR – Zachary Blawat
- Clearbrook-Gonvick – Logan Westrum

Goodridge/Grygla – Lewis Jones, Blake Rychlock

- Northern Freeze – Ryder Blazejewski
- Red Lake County – Gerald Melin, Owen Chervestad
- Sacred Heart – Josiah Sundby, Ethan Arnston
- Stephen-Argyle – Will McGlynn
- Warren-Alvarado-Oslo – Tyson Mortimer, Jackson Woinarowicz

Honorable Mention:

- Northern Freeze – Everett Nelson
- Sacred Heart – Landen Denney, Parker Erickson

All award-winning players and coaches, including the Northern Freeze team, will meet on March 19th for the North Star Conference banquet and meal.

GOODRIDGE GRYGLA-GATZKE

CHARGERS

Congrats on a great season!

All photos courtesy of Thoele Photography



Girls Basketball 7th Grade (11-6-1). Combined with 8th grade they were 6-4, so overall 17-10-1.



Girls Basketball 8th Grade. Season record not available.



Girls Basketball Junior Varsity Team. Season record not available.



Girls Basketball Varsity Team (17-6). Regular season record.



Boys Basketball Junior High Team (7th grade 24-3, 8th grade 19-8, C-team 8-6).



Boys Basketball Junior Varsity Team (9-16).



Boys Basketball Varsity Team (14-12 regular season). Regular season record.

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 Goodridge Lions
 Goodridge Municipal Liquor Store
 Grain Bin Cafe & Gift Shop
 Grygla General Store

Grygla Fire & Rescue
 Grygla Lions
 Grygla Seed & Services, LLC
 Grygla/Gatzke JCC's Club
 Holthusen Construction, Inc.
 Machinewell, Inc.
 Monson Electric
 Rain Care Co.
 Roseau Electric Cooperative, Inc.
 Salo Signs & More
 Saurdiff Trucking
 Skime Store, LLC
 Stanley Farms Drainage
 Sue's Beauty Shop
 The Hound Pub & Dining
 William Stanley Spray Service

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