



Today	Thurs	Fri	Sat	Sun
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H 51 L 37	H 55 L 40	H 51 L 41	H 49 L 39	H 50 L 36

Wednesday, October 11, 2023

WE'RE ONLINE www.tricocanary.com

Vol. 47 Number 16

In this issue ... Annual Lutfisk Supper happening this Saturday in Grygla.

Grygla Fire Department & ECFE to recognize Fire Prevention Week



Grygla Fire and Rescue Volunteers, L-R: (Back) Andy Oslund & Geoff Satre. (Standing) Travis Dougherty, Richard Davenport, Dacotah Byklum, Dylan Morey, Carson Saurdiff, Robbie Anderson, Greg Monson, Rodney Hagen, Chris Jensen, Bob Thompson. (Kneeling) Jeff Lund, Paul Nordby, Dave Dunrud, Mark Severts, Lynn Anderson. Not pictured: Brad Monson & Mike Jelle. *Photo by Grygla Eagle Newspaper*

By Kari Sundberg, Eagle Editor

This week is Fire Prevention Week, which runs October 8-14, 2023, and is recognized nationally. This year's campaign is "Cooking safety starts with YOU. Pay attention to fire prevention™."

About Fire Prevention Week

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.

Grygla Fire Department

The Grygla Fire Department has been serving the community since 1941. The Department would like to acknowledge the support of all the individuals, businesses, service clubs, and civic organizations in our area. With generous donations, they have been able to make improvements to equipment, attend trainings, and maintain the Fire Hall. The Grygla Fire Department serves 6 town-

ships in Marshall County, 8 townships in Beltrami County, and provides mutual aid to the surrounding departments in Goodridge, Middle River, and Roseau.

Incoming calls include wildland/grass fires, structure fires, auto/atv accidents, medical calls, and alarm activation/service calls, which serves as a good reminder to check your smoke detectors! The department provides service in other ways, as well. In the past year, volunteer members have provided fire and rescue services for the races at the Fall Festival and the Goodridge/Grygla 500 snowmobile race. Firemen have attended trainings with the DNR to plan fire suppression strategies for wildland and grassland fires. The crew also does training with live structure fires where a small fire is built in a certain room of an old house. Small crews go in to locate the fire and put it out. This can be repeated many times in different rooms until everyone gets multiple attempts at locating and extinguishing the flames. At the end of the training, the structure is burned to ashes and the landowner is rid of an old nuisance building. This is a great way for the fire department to learn how fire behaves in real time, and an excellent way to train using their own equipment in a safe environment.

Recognizing Fire Prevention Week

The Grygla ECFE will be holding their get-together this Wednesday night at the Grygla Fire Hall beginning at 5:30 p.m. Fireman Robbie Anderson will be in attendance as a volunteer for the fire department and also as a parent. Anderson

said the crew will be showing the kids the fire trucks, gear and equipment, and also go through fire safety, explaining to the kids what to do if there is a fire in their house. He added, "As an added bonus this year, and because of increased fireman help, we hope to let the kids spray water from one of our trucks."

2023 Fire Prevent Week Campaign

As mentioned, this year's Fire Prevention Week™ (FPW™) campaign, "Cooking safety starts with YOU. Pay attention to fire prevention™," works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Unattended cooking is the leading cause of cooking fires and deaths. "Year after year, cooking remains the leading cause of home fires by far, accounting for half (49 percent) of all U.S. home fires," said Lorraine Carli, vice president of outreach and advocacy at NFPA. "These numbers tell us that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking."

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. By following a few safety tips, you can prevent these fires.

Cook with Caution...

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.

- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.

- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.

- Call 9-1-1 or the local emergency number from outside the home.

Importance of fire prevention

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children. Teenagers, adults, and the elderly are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire.

To learn more, visit <https://www.nfpa.org/Events/Events/Fire-Prevention-Week>



L-R: Peter Grafstrom, Pastor Marilyn Grafstrom and Bishop Bill Tesch. *Photos courtesy of Pastor Marilyn*

Pastor Marilyn Grafstrom is a called and ordained minister

By Kari Sundberg, Eagle Editor

It was a blessed day last Sunday for many. Pastor Marilyn Grafstrom was ordained by Bishop Bill Tesch of the NWMN Synod of the ELCA as a Minister of Word and Sacrament. Of the special day, Pastor Marilyn said, "I am so proud to be called by the Grygla Lutheran Parish. It was such a great day! Thank you to all who came to celebrate! God is good."

Bishop Bill Tesch stated, "Let it be acclaimed that Marilyn Grafstrom is a called and ordained minister in the church of Christ serving in the Evangelical Lutheran Church in America. She has Christ's authority to preach the word of God and administer the sacraments, serving God's people as together we bear God's creative and redeeming love to all the world."

Pastor Marilyn and her husband Peter have moved into the parsonage in Grygla. Peter farms around Salol so he will be going back and forth, especially until harvest is done. Pastor Marilyn said she will go to the farm once a week or so, but her days are flexible depending on what is going on in the parish. She has been working about half-time over the summer but will now be full-time and anticipates a lot more visiting and spending time in the community, along with being active in local synod events. She is interested in starting some small groups for prayer or support and would love to hear any ideas. "If people would like me to visit, please just call or text," she offered. Pastor Marilyn's number is 218-242-4964. This is her first call and she hopes to serve the wonderful people of Grygla as long as she is able!



Fritchman Orchards North is open through October



By Kari Sundberg, Eagle Editor

The following interview was conducted with Christina Kvick, with Fritchman Orchards North, and is being left in its original format for your reading pleasure. Fritchman Orchards North is located in Goodridge, Minn., and is a family-owned business, ran by

Kris and Christina Kvick, who have three children, Owen, Kaden, and Kinley (who all attend Goodridge School). The Kvicks have lived in Goodridge for the last four years and have enjoyed the first year of their

Fritchman Orchards...
Continued on page 3

Cooking safety starts with YOU.

Pay attention to fire prevention.™



FIRE PREVENTION WEEK™

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This year's Fire Prevention Week campaign revolves around cooking safety. When it comes to cooking and kids, have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

• 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, Oct 11
11am Bible Study, 2:15pm Release Time, 3:30pm FFF, 6pm Grace Choir, 7pm Confirmation, 8pm Grace Council
Sunday, Oct 15
Grace: 9am Worship
OS: 9:30am SS, 10:30am Worship

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Wednesday, Oct 11
Confirmation Meeting at Faith 7pm (6:30 meal)
Sunday, Oct 15
Faith: 8am Worship
Bethany: 9:30am Worship
Ekelund: 11am Worship
Monday, Oct 16
Faith Quilting 9am
THE CATHOLIC COMMUNITIES OF St. Clement's – Grygla; St. Ann's – Goodridge Fr. Bryan Kujawa

Sundays:
St. Clement's: 10:15am Worship
St. Ann's: 12pm Worship
BETHESDA LUTHERAN CHURCH Skime
Pastor Steve Bliss
Sundays
9:30am Worship, 10:45am SS
UNITED LUTHERAN PARISH Gatzke
Pastor Tim Lundeen
Sundays
8:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri – Grygla; Mt. Olive, Nazareth – Trail; Oak Park – Oklee
Pastor Jeff Merseth
Wednesday, Oct 11
Wed. School 5-7pm, Vespers 6:30pm
Saturday, Oct 14
Mt. Olive: 9am Worship
Sunday, Oct 15
St. Petri: 8am Worship
Nazareth: 8:30am SS, 9:45am Worship
Oak Park: 10am SS, 11am Worship

Community Calendar

Wed | Oct 11
Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm; ECFE visits the Fire Hall 5:30pm
Thurs | Oct 12
VB at Newfolden; JH FB/ Varsity FB at Argyle
Fri | Oct 13
Senior Meals at Grain Bin Café 11am
Sat | Oct 14
V VB tourney in Fertile; JH VB tourney in Erskine; Lutefisk Supper at Grygla Community Center 4-7pm
Sun | Oct 15
Mon | Oct 16
Senior Meals at Grain Bin Café 11am; VB at SAC; JH VB vs. NF in Grygla
Tues | Oct 17
Grygla Merchants Tailgate party 5:30pm; FB vs. NF in Grygla 7pm (Parent's Night)

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Northern Minnesota's 2023 Baja Invitational

Evan's Scrap & Steel/Kainz Family Farm presents Northern Minnesota's 2023 Baja Invitational in Goodridge, Minn., on Saturday, Oct. 21, beginning at 2 p.m. The race is located ¾ mile north of Highway 1 on 280th Ave., 3 miles west of Goodridge.
Racing is by invite only. Classes included 4 cylinder FWD/Rear Wheel Drive, 6 & 8 Cylinder FWD/Outlaw.
12 and under will be free of charge. 13 and over is \$10. Pit person is also \$10. Driver entry fee is \$25.
Concessions will be on site by Top Hawg. Absolutely no private alcohol on the premises. Beer will be served and available for purchase by Broadway Station of St. Hilaire.
Contacts for the event are Kiefer (218-416-2866) and/or DJ (218-686-9711).
This event is also sponsored by Rusty Nail, Kainz Chiropractic, Hrubby Road Service, Sigerud Trucking, Jay Swanson Insurance Agency, Harzke Farms, & K-Star Ag Services.

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More in 2024? New ideas welcome for the Grygla Fall Festival



New at Fall Fest this year was the Sidewalk Chalk Contest! Photo courtesy of Jodi Schulz

By Kari Sundberg, Eagle Editor
The Annual Grygla Fall Fest has come and gone, but the committee stays as busy as ever. Fall Festival planning is a year-round event and is done by members of the Grygla Celebration Committee, which is made up of Karla Byklum, Jacelyn Moe, Jack Nelson, Lindsay Oslund, Gretchen Smeby, Bob Thompson, and Jodi Schulz.

Plans for 2024 have already begun and the committee welcomes new suggestions as well as new members. The Celebration Committee themselves line up most of the weekend events, which includes food stands, beer gardens, entertainment, ordering and distributing buttons, advertising, lining up porta-potties, and finding volunteers to help work at the various scheduled events.

The Grygla Fall Festival has been enjoyed by many for decades. There are a lot of volunteers, individuals, organizations, and businesses that come together to make the weekend a success by running and working at different events over the weekend. Some of them include the Grygla JCC's, Fourtown/ Grygla Sportsman's Club, Grygla Lion's Club, Grygla School/ Student Council members, and Grace Lutheran LYO, plus many more.

Celebration Committee member Jodi Schulz said they have been trying different events out to change things up a bit. For example, the opening ceremony the last couple of years, which has been a nice way to kick off the event and is held at the Veterans Memorial Gazebo and honors local veterans and Lion members.

A "cutest" farmer/cowboy/cowgirl contest has been added to Saturday afternoon's stage, along with adding a sidewalk chalk contest and face painting.

Unfortunately, attendance has been declining over the last few years. This year for the first time, the Saturday softball tournament had to be cancelled due to a lack of teams. There were also less numbers playing volleyball and entering in different contests. The parade also had a low number of attendees, yet still had more entries than last year. Though buttons are being sold out, along with more evening gate admissions, the numbers are lower than they've been in the past. Committee member Schulz said the group has tried to be accommodat-

ing, saying, "We have had the parade early the last few years as it was one of the suggestions to accommodate the afternoon football jamboree and farmers being in the field. Now the football jamboree is in the morning, farmers were in the field, and no Saturday softball took away from the numbers. It's not always easy to work around everyone and try to not overlap activities and responsibilities that the volunteers have." She said the committee will be reviewing times and events at their next meeting as they plan for 2024. Schulz wanted to give recognition to all our local organizations, clubs, and volunteers, saying the annual event would not be possible without them. She added that all these

organizations and clubs also welcome new members.
Sponsorship is huge for the Grygla Fall Festival. It aids in cutting the overall cost of the event and allows the committee to add new things. Sponsors are recognized on the poster. This year, they consisted of American State Bank, Farmer's Union Oil & Ag, Grygla Lion's Club, Grygla Seed, Fourtown-Grygla Sportsman's Club, Machinewell, Stanley Farms, Mike Jelle Trucking, K-Star Ag Services, and Grygla General Store.

Schulz worked with the Eagle to get this information for the paper. She said the total cost to host the Grygla Fall Festival is between \$9,000-\$11,000. "This is where button sales, gate admission, food stands, flea market fees, youth & adult cornhole registration (20% goes to the committee and 80% is paid out to the winners, horseshoe registration, and most of all sponsorship helps cut the cost," she explained.

Let's all use this time to remember the ol' saying about how great things go when everyone pitches in to do a little vs. only a few volunteering tackling a lot. The Grygla Fall Festival is always a fun weekend. It wouldn't be possible without the hard work of the planning committee and all our locals who step up and help. When Jodi suggested that new members and ideas are welcome, well, the Grygla Eagle took a little coffee break and hit up Google. If I can find these ideas over one cup of coffee, think of what others could find! When I said "maybe more in 2024", maybe that means more new events on the calendar, maybe it means more help, more new members, more fun, all of the above. I should probably rejoin the committee and offer my help, not just my ideas, huh? Maybe more of you will consider joining our local clubs, too.

Why not share a few of the ideas I found since the committee welcomes new suggestions...
More in 2024
It's always fun to keep the fan favorites on the schedule, but it can really turn things around to add new things, too. Here are just a few of my ideas I found, without any look into cost, manpower, supplies needed, etc. Just because I love to write aimlessly, let's roll with them and have some fun toying with these new ideas.

What if we got more businesses involved in Fall Fest around Grygla? Maybe this comes in the form of a game show where businesses play against each other, maybe this comes in the form of one of the bars hosting a wine/beer tasting with bar trivia, or dinner and a comedian. I know...it all costs money, though. Less expensive options: Hay Bale Maze, Movie Night in the Park, Chili Cook-Off, Pie Palooza, Pumpkin Bowling...
I've often thought an obstacle course or some kind of fitness/tough mudder might be kind of cool down by the river or set up in a mud pit like they used to have over in the demo pit.

There was one town festival I saw online where businesses hung paper and let the visitors and kids create art murals and masterpieces around town. Maybe there's some kind of water activities or a giant sprinkler (you'd find me here in the August heat). So many cool stations that maybe some of our youth groups could make fake tattoos, water sponge toss, slime/putty making stations.

There's the potential of bringing in great singers if there was a big karaoke contest one night with some perks going to the winners. Maybe a petting zoo or animal playground would be fun. Hayrides, hiking trail nature walks, corn on the cob or hotdog eating contests...

I also saw a beautiful flower market/flower exchange, where gardeners were bringing in bouquets from their gardens and selling/swapping them.

I do love some craft beer – there are a few local breweries that might be interested in setting up a trailer with some pizza, beer and a big community bonfire, how cool...!?

Other ideas to throw out: art and wine walk, fresh produce station, coffee, cider and donuts with Sunday morning Worship, set up hay bales to sit on. I know that's not all it takes to make a successful outdoor community worship, but every little bit helps, right?! Maybe a movie on the football field where everyone's invited to bring a blanket or chair to set up.

Maybe more businesses are invited to come set up at the street market and advertise their local happenings, job openings, promo items, etc. Invite area colleges to target our high school students, the DNR (who usually love to bring in cool, fun things), ask city officials, school admin, or business reps to set up, offer insight and tours...tours of the fire station with photo opportunities next to the truck, playground time with Grygla High School students, peer helpers, or LYO kids. A Charger Apparel Station, a haunted house, a 5k/10k bike tour with a route planned out for folks to pedal on their own.

Ok, so maybe that was 2 cups of coffee worth of Googling. And I totally realize that most of these take a lot of time, money, effort, workers, planning, etc. But it's just an example that we are all capable of coming up with some fresh, new ideas and offering a little of our time. Sounds like I better check with the Celebration Committee and see if they want a new member then, eh?

Each and every person does a fantastic job with our Annual Grygla Fall Festival. It takes a lot to plan and it's an event we all want to see well attended and worth everyone's time. No doubt 2024 is going to be great but use this as encouragement to join a new club or organization this year. Use this as an opportunity to share your ideas. If you feel an event has gotten a little stale, speak up. There is room for everyone to come together and keep these events happening, successful, and well-attended.

Big Buck or Doe contest

The Grygla JCC's are hosting a Big Buck or Doe contest for the upcoming youth hunt and regular season. Both have a \$20 entry fee. The youth hunt contest will be October 19-22. Payout based on entries. Must sign up by October 18 at Fourtown or contact a JCC member. Weigh in will be done at Fourtown nightly from 6-9 p.m. Must be fully field dressed.

Must follow all hunting laws and regulations set by the State of Minn.

The regular season contest will run November 4-12. Payout based on entries. Must sign up by November 3 at Fourtown or contact a JCC member. Same as the youth contest, the weigh in will be done at Fourtown nightly from 6-9 p.m. and must be fully field dressed.

Lutefisk Supper this Saturday in Grygla

Grace Lutheran Church of Grygla will be hosting their Annual Lutefisk Supper this Saturday, Oct. 14, at the Grygla Community Center from 4-7 p.m. The menu includes Lutefisk, Lefsa, Swedish Meatballs with Gravy, Real Mashed Potatoes, Carrots, Cranberries

and Homemade desserts.

Prices are: 13-adult \$17 (Lutefisk), 13-adult \$12 (Meatballs), 5-12 years old \$6, Preschool and under are free. To-Go boxes will be available. Also bake sale and handcraft items will be for sale. All are welcome.

4H Welcome meeting

The Grygla Go-Getters 4H Club is holding a Welcome meeting on Wednesday, Oct. 25, at 6:30 p.m. at the Grygla School cafeteria. New members are encouraged to attend and join the local club, which

is open to ages Kindergarten through first-year college students. 4H leader Katie Brobst will be going over what the year looks like in regards to activities and events.

Grygla Merchants Tailgate Party

You know what goes together? Tailgates and touchdowns! Gear up because the Grygla Merchants Tailgate Party is coming up on Tuesday, October 17. The event will be held in conjunction with Charger's Football Parent's Night. The Merchants will serve

grilled brats, hotdogs, and chips in the Ralph Klein Memorial Park beginning at 5:30 p.m. until the 7 p.m. kick off. The Chargers will host Northern Freeze in Grygla that night. Parents of senior players will be announced prior to the game.

Halloween Carnival prep

The Grygla Elementary School is hosting their Annual Halloween Carnival on Tuesday, October 31st, from 12:30-2:50 p.m. This is open to pre-school through sixth grade in the small gym. If anyone is willing to give candy or monetary donations, you are en-

couraged to do so. Also, if any business, organization, or individual would like to join in helping, setting up or running a game, that is also welcomed. Please contact Brooke Olson or Tausha Severts at 294-6155 if you'd be willing to help.



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Results from last week's StatePoint crossword puzzle.

Wednesday, October 11, 2023

Only in Minnesota: a weekly feature in the Eagle

The Kensington Runestone: Minnesota's most brilliant and durable hoax?

The Kensington Runestone has provoked a host of scholarly and popular articles and books. The Minnesota Historical Society library carries more than forty titles on the subject. The following was written by Paul Nelson in May of 2020.

The Kensington Runestone is a gravestone-sized slab of hard, gray sandstone called graywacke into which Scandinavian runes are cut. It stands on display in Alexandria, Minnesota, as either a unique record of Norse exploration of North America or of Minnesota's most brilliant and durable hoax.

Minnesota historian Theodore Blegen wrote in 1968 that "few questions in American history have stirred so much curiosity or provoked such extended discussions" as the Kensington Runestone. There are two uncontested facts. Swedish immigrant Olof Ohman came to Douglas County, Minnesota, in 1879. While clearing land on his farm near Kensington in the fall of 1898, he turned up a slab of rock with symbols carved on the side and underside. These markings were later identified as Scandinavian runic writing. The generally accepted

translation of those runes reads: "We are 8 Goths [Swedes] and 22 Norwegians on an exploration journey from Vinland through the West. We had camp by a lake with 2 skerries [small rocky islands] one day's journey north from this stone. We were out and fished one day. After we came home we found 10 of our men red with blood and dead. AVM [Ave Virgo Maria, or Hail, Virgin Mary] save us from evil. We have 10 of our party by the sea to look after our ships, 14 days' journey from this island. Year 1362."

If the inscription is genuine it places Norse seafarers deep in the North American continent 130 years before Columbus reached the West Indies and tells a story otherwise unknown.

The details of the stone's geology, discovery, carving, and weathering, and the personality, education, writings, and possessions of its finder have been dissected, analyzed, and debated for more than a century. There are four main controversies over the stone's authenticity.

The first controversy centers on the plausibility of the story. For the party's ships to lie fourteen days' journey from Alexandria, the only possible route

is south from Hudson Bay. That distance is nearly 800 miles by direct line, longer by river and portage—a distance difficult to manage in fourteen days. The route is "through the west" from a "Vinland" whose location in 1362, if any, is unknown. No other record of this expedition has been found. Why would explorers who had just suffered a massacre stop to carve — in well-crafted, even, and orderly characters — a stone inscription?

The writing and language of the text are questionable. Experts first analyzed the runic writing in 1899. They dismissed it as a fake, citing too many discrepancies in form and vocabulary from the known languages of fourteenth-century Scandinavia. Most experts since then have agreed.

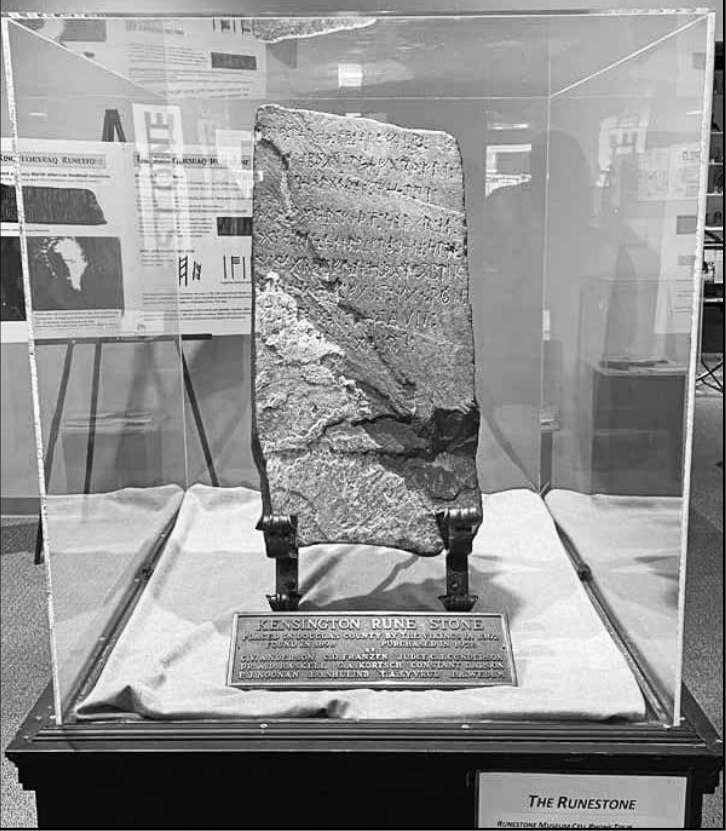
The condition of the rock has also raised doubts. Though graywacke is a hard sandstone, had it been exposed to wind and rain for hundreds of years, as is supposed, the inscribed areas would show telltale weathering whose age could be estimated. A 2003 analysis conducted by Scott F. Wolter concluded that the inscriptions were more than 200 years old. This remains highly contested.

Finally, who was responsible for the alleged hoax? If the in-

scription is a fake, it must have been done by someone with knowledge of old Scandinavian language and runes, the ability to carve in stone, and the nerve to carry out the prank. The most likely perpetrator was Olof Ohman. Ohman had little education but owned a small library that included information about runes. His friend, former pastor Sven Fogelblad, may have had knowledge of runes and, like Ohman, may have sought to try to fool academics, whom both men reportedly disliked. Ohman never admitted to a hoax.

The Kensington Runestone has provoked a host of scholarly and popular articles and books. The Minnesota Historical Society library carries more than forty titles on the subject. The slab has been examined in Europe and displayed at the Smithsonian Institution and the 1965 New York World's Fair. Expert opinion favors the conclusion that the inscription is not authentic, but the majority view asks the question: if a hoax, then who, how, when, and why? Definitive answers have so far proved beyond reach.

For more information on this topic, check out the original entry on MNopedia at <https://www.mnopedia.org/thing/kensington-runestone>



Figures of Ghosts & Dreams: The Artwork of Stephanie Olson, Goodridge School teacher

Submitted by NWMAC

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce the opening of Figures of Ghosts & Dreams: The Artwork of Stephanie Olson. The exhibit is open through Wednesday, November 29 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

Stephanie Olson works as a public-school English teacher in Goodridge and lives with her husband and kids in rural Thief River Falls. She holds a Writing MFA degree from Hamline University. Her visual artwork has appeared in several group shows, including past exhibits with the Northwest Minnesota Arts Council, two This Week Only exhibits at the North Dakota Museum of Art, and a group show at the Vine Arts Center in Minneapolis.

Figures of Ghosts and Dreams includes 42 pieces of watercolor on paper, India ink on paper, and acrylic on wood, cork, and canvas. Stephanie explained, "This exhibit reflects the art that comes to me. When I sit down with an idea, with a plan, my art fails almost every time. But when I sit down with no intention, it's like a door is left open. In the beginning, my art was more abstract: lines, color, depth. Now, I have these figures. Sometimes they seem peaceful, as if visiting from a dream. Sometimes they remind me of loved ones who have passed on, like visiting ghosts. There are undeniable motifs that I can't escape: houses, snakes, dogs, cats, women. I must let it all come as it is, like the weather. I wouldn't say it's like the notion of a muse taking over, not at

all. It's more like a house filling up with guests. I'm never sure how long they'll stay, but this is what I find when I manage to steal time to sit down and paint. It's always a surprise. Try it! You never know who might show up, who you might meet."

An artist reception at the gallery will be held at Northland Community and Technical College on Wednesday, October 18, from 6 to 8 PM. Everyone is welcome to join us for this free event with live music and refreshments. Stephanie will be live painting during the reception. Come and see Stephanie creating art while viewing her large group of expressive pieces! Stephanie's art is available for purchase.

The NWMAC Gallery is located at Northland Community and Technical College in Thief River Falls. The gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door B, which is right next to the gallery. Visitor parking is free.

For more information about this exhibit visit or for other information look to our website at www.NWArtsCouncil.org, or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at (218) 745-8886 or email NWArtsCouncil@gmail.com. Please sign up for our e-newsletter on our website home page to see the latest news and grant announcements. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.



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

Coriaceous

/Kohr-ee-ey-shuhs/

Adjective

Or or like leather.

Fritchman Orchards... Continued from front

new business venture here.

Explain the family business a bit: Fritchman Orchards is a family owned and operated business. My dad and mom, Erik and Shannon Fritchman, are the owners. I have two brothers, Ely and Ethan, that work for my dad, then there is me. My husband and I manage the store here in Goodridge. Me and my brothers are the 5th generation of growing fruit.

Where are the headquarters located? Fritchman Orchards is in Eckert, Colorado, and is our home base. All of the fruit and produce comes from our orchard there. My oldest brother is the driver that delivers up here; my youngest brother runs our picking crew, and packing/selling at our store in Eckert. My grandparents still help run the store there, also.

How long have you been in business? We have been in business since 1970 in Eckert, Colorado. This is our first year in Goodridge.

Where are you located exactly? Fritchman Orchards North is located at our home address of 104 Osmund Ave South, Goodridge, MN, 56725.

Hours of operation: 8 a.m. – 5 p.m. Monday through Saturday and 8 a.m. to 3 p.m. on Sundays.

Current produce and items on hand? Honey Crisp apples, Gala apples, Johnathan ap-

ples, Golden Delicious apples, Empire apples, pears, onions, squash, gourds, pumpkins, local honey, local homemade caramel, jams and syrup, apple cider, frozen pie, cherries, and nectarines.

When does your season run? From July 1 until the end of October, but that could change depending on the harvest of the fruit.

Can we get a list of all the produce and items you have had available thus far? We have had cherries, peaches, apricots, vegetables, and everything I mentioned above.

What will be available at the time this newspaper issue comes out? Everything above in the long produce. Honey Crisp apples are \$35 for a 22 lb. box or \$2.50 lb. All other apples are \$22 for a 22 lb. box or \$1.50 lb. Squash is \$.75 lb.

Have you set up stands at any festivals or events? Yes, we did Crazy Days in TRF this year!

What has been your most popular sell? Pretty much everything has been a hit.

Summarize your first season: Our first year was way better than expected. We have a few things we have to figure out, but we are thankful for everyone in the community for supporting us.

What does your off season look like? Our off season is cleaning and getting everything ready to do it all over again next year!



Fritchman Orchards North is located at our home address of 104 Osmund Ave South, Goodridge, MN, 56725. Photos courtesy of Fritchman Orchards

• SIMPLY DELICIOUS

By Kari Sundberg, Eagle Editor

Maple Brown Sugar Cookies

With big flavor, crisp edges, and mega chewy centers, these maple brown sugar cookies are a definite favorite. Top with maple icing for the ultimate fall cookie. Note: Chilling the cookie dough is imperative, so set aside 2 hours or prepare the cookie dough the day before.

Ingredients

- 2 and 1/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter, softened to room temperature
- 1 cup packed brown sugar
- 1 large egg
- 1/3 cup pure maple syrup*
- 1 teaspoon vanilla extract
- 1 teaspoon maple extract
- 1 cup chopped pecans*
- MAPLE ICING
- 2 tablespoons butter
- 1/3 cup maple syrup
- 1 cup confectioners' sugar
- pinch salt

Instructions

Whisk the flour, baking soda, and salt together in a medium bowl. Set aside. Using a hand mixer or a stand mixer fitted with a paddle attachment, cream the butter and brown sugar together on medium speed until smooth, about 1-2 minutes. Add the egg and beat on high until combined, about 30 seconds. Add the maple syrup, vanilla extract, and maple extract, then beat on high speed until combined.

Pour the dry ingredients to the wet ingredients, then mix on low until combined. Add the pecans, then beat on low speed until combined. Dough will be creamy and soft.

Cover and chill the dough for 2 hours in the refrigerator (and up to 3-4 days). If chilling for longer than a few hours, though, allow to sit at room temperature for at least 30 minutes before rolling and baking because the dough will be quite hard.

Preheat oven to 350°F. Line 2-3 large baking sheets with parchment paper or silicone baking mats. Set aside.

Roll cookie dough into balls, about 1.5 tablespoons of dough

per cookie. Bake each batch for 12-13 minutes until lightly browned on the sides. The centers will look very soft.

Remove from the oven. If your warm cookies look puffy, lightly bang the pan on the counter when you remove it from the oven. That will help slightly deflate the cookies, creating lovely cracks as you see in the pictured cookies. Cool cookies on the baking sheets for 5 minutes before transferring to a wire rack to cool completely.

Make the icing: In a small saucepan over low heat, melt the butter and maple syrup together, whisking occasionally. Once the butter has melted, remove from heat and whisk in the sifted confectioners' sugar. Taste. Add a pinch of salt, if desired. Drizzle over cooled cookies. Icing will set after about 1 hour.

Cookies stay fresh covered at room temperature for up to 1 week.

Recipe notes

Maple Syrup: Avoid "breakfast syrup" which doesn't have the same robust maple flavor that pure syrup contains. Grade A is good, but Grade B is darker and more flavorful because it's produced later in the season. You can't go wrong with either in these cookies.

Maple Extract: Pure maple syrup isn't enough to guarantee mega maple flavor. Without the crutch of maple extract, the cookies were lacking. It's recommended to use McCormick maple extract. You can find it in the baking aisle.

Pecans: The pecans are optional but add wonderful flavor and texture.





Above: At last Friday's Homecoming Football game in Goodridge, all veterans, active-duty military, fire and rescue, first responders, EMS, and law enforcement were recognized on the field prior to the game. All past and present members of these groups received free admission to the game. Left: Brad and Roz Johnsrud, along with their family, hosted a tailgate party with a free-will offering going to the Goodridge Area Fire & Rescue. Over \$2,000 was raised and donated to the local department! *Photos by Grygla Eagle Newspaper*



Chargers vs. Bearcats action shots. *Photos by Grygla Eagle Newspaper*



Homecoming game results in double overtime win

Charger Stats from last week
Volleyball Chargers vs. Clearbrook/Gonvick in Grygla on Tuesday, October 3
Chargers won in 5 sets (25-18, 18-25, 23-25, 25-18, 15-13)
Stats per Coach Larson
Chesney Salo 1 ace, 8 digs, 34 assists, 5 kills; Carter Lee Johnsrud 5 digs, 11 kills; Molly Cullen 2 aces, 10 digs, 1 assist, 11 kills; Kinsley Oslund 3 aces, 22 digs, 1 assist, 8 kills, 1 block; Morgan Coan 4 aces, 18 digs, 1 assist; Addison Severts 13 digs, 3 assists.
Football in Goodridge vs. KCC on Friday, October 6

GG: 0, 0, 0, 8, 0, 8 = 16
KCC: 0, 8, 0, 0, 0, 0, = 8
Chargers 16, KCC 8 (2OT)
Scoring
2nd Quarter
KCC - Morgan Muir 4 yd run (Muir run)
4th Quarter
GG - Blake Rychlock 5 yd pass to Owen Larson (Lewis Jones pass to Larson)
2OT
GG - Rychlock 12 yd pass to Jones (Rychlock run)
Stats
Rushing
Lewis Jones 10 carries/65 yds

Blake Rychlock 8 carries/16 yds
Kehan Nelson 5 carries/7 yds
Carson Rubischko 10 carries/23 yds
Passing
Blake Rychlock 10/19 102 yds, 2 TD 1 Int
Receiving
Carson Rubischko 2 rec/31 yds
Kehan Nelson 2 rec/13 yds
Lewis Jones 4 rec/46 yds 1 TD
Owen Larson 1 rec/5 yds 1 TD
Sawyer Jacobson 1 rec/7 yds

Defense
Carson Rubischko 20 tackles
Gavin Aune 18 tackles
Kehan Nelson 13 tackles
Lewis Jones 12 tackles
Blake Rychlock 8 tackles
Owen Larson 8 tackles
Andrew Englund 7 tackles
Donny Johnsrud 6 tackles, 1 sack
Sawyer Jacobson 5 tackles
Hunter Vad 3 tackles
Coach's comments: This was a big win for the Chargers in the standings after playing 3.5 quarters of sub-par football. Weather conditions and very

poor line play gave Kittson County Bearcats momentum and an early 8-0 lead that held until the final three minutes of regulation.
A late touchdown pass from Blake Rychlock to Owen Larson and the 2-point conversion pass also from Rychlock to Larson tied the game with one minute left to put the contest into overtime. Then a 12 yard pass from Rychlock to Lewis Jones gave the Chargers the lead in the second over-time. A defensive goal line stand on the 1 yard line earned the Chargers a hard fought victory.

I'm so proud of our players and of how they fought back. They never gave up & had the confidence that they were going to come out on top. On the positive side, our D-line figured some things out the 2nd half & controlled the line of scrimmage. Hopefully the Chargers learn from this and can use this to get better. Things don't get any easier as Goodridge-Grygla travels to Stephen-Argyle Thursday, October 12th, for a battle for the top spot in Section 8. Both team's sit at 5-1.



Left: Allie Sundberg & Addison Severts are ready in the back row at the Homecoming Volleyball game against Clearbrook/Gonvick last week in Grygla. Above: Chesney Salo with the set at the Varsity Volleyball tournament in Wauben last Saturday. *Photos by Grygla Eagle Newspaper*



Above: Morgan Underdahl at the net against the Bears. Chargers won in 5 sets in Grygla last week during their Homecoming Volleyball game. *Photos by Grygla Eagle Newspaper*



Wayne Warne was much more than just the bus driver for the Charger's last Saturday as they traveled to Wauben for a tournament; he also had to line judge the whole day, but put every ounce of effort in, like he always does! The Chargers are lucky to have him. *Photo by Grygla Eagle Newspaper*



Emily Johnson serving for the Charers during the JV game. *Photo courtesy of Robin Johnson*

