The Dam News

October 25, 2023, Vol. 43



<u>Dedicated volunteers serve</u> lakeside town

Originally Published in the Hazen Star by Daniel Arens October 5, 2023

Sixteen residents in and around Pick City have dedicated their time to helping serve and protect the small community by volunteering with the Pick City Fire Department.

Department Chief Dan Wettstein said he is comfortable with the current numbers of the staff, although there are ways the department is trying to grow in equipment and space, as well as trainings to keep up on.

"I am currently applying for a grant to add on to the fire hall," he said. The Pick City Fire Hall is located on the south end of the city hall building, behind Scott's Bait & Tackle. He said the current building is very crowded with the trucks the department has, and that inspections on the trucks currently require them to be driven out into the street to be checked outside. An expanded truck bay will allow inspections to be handled within the building, and also give more room for training.

In addition, while some gear was recently donated to the Pick City team by the Hazen Fire Department (including helmets for nearly all the staff), Wettstein said Pick City has recently put on some new firemen and more new gear is needed. Although the department gets some funding through the city, it is very small, given the small size of the town.



Front row: Dan Wettstein Pick (City Fire Chief), Brandon Reiser, Kerry Neuberger, Paul Davis, Todd Isaak, Rick Sailer, Larry Unruh, Arv Anderson Back row: Evan Johnson, Kevin Neuberger, Travis Brezden, Kyle Little, Brandon Sailer, Not pictured James Sailer, Kel Westman, Diane Johnson. Photo taken by Diane Johnson

Wettstein also hopes to purchase a thermal imager that the department can use to better measure and monitor fires. He is also looking into battery replacements for helmet lights, including considering whether to get rechargeable batteries.

To help with some of these costs, the fire department volunteers have been selling jars of honey for \$20 a piece. They also recently finished a large gun raffle, with the drawing held Sept. 16. Wettstein said they sold around 1,600 tickets and brought in about \$12,000 through this raffle.

The Pick City Fire Department technically only covers the area within Pick City city limits. All the areas outside of town, including the cabin sites to the west, are actually within the Hazen Rural Fire's coverage area.

However, Pick City is part of a county-wide memorandum that is basically a mutual aid agreement, whereby other departments assist Pick City in the event of a fire and Pick City Fire Department likewise assists other departments in their responses as well.

The Pick City Fire Department volunteers routinely do training with Rod Skalsky, fire management officer with the National Parks Service, as well as North Dakota Game and Fish. As the department occasionally replaces a truck, more training is needed as well so that the responders are acclimated to how the new truck handles.

"You've gotta be able to get water to come out of that truck," Wettstein said. "It can be little stressful, but you still gotta do it."

During the winter months, the volunteers primarily do winter training on laptops, refreshing themselves on how maydays and forcible entries work, and reviewing the art of reading smoke. Wettstein said the kind of smoke can help determine the level the fire is at, and even how much damage a structure is taking and whether it can still be saved.

Wettstein said one thing he is proud of is increasing trainings for the fire department responders to such a point that the ISO insurance score for Pick City residences has been lowered, with the City getting a check from the insurance company for residents paying their premiums. This is because, the more training and better equipped the local fire department is, the less risk is involved in insuring properties within that city.

Wettstein said he thinks the department is well staffed, having recently taken on a few new members, and with good training.

"With the amount of firefighters we have right now, I'm good with that," he said. "And the fact that many of them are retired, at least half of them, is good. It's a good mix."

Looking Back...

Pictures submitted by Diane Johnson



Mike Waleen, Rick Skraba, Mike Spanic, Arv Anderson, Dennis McKnight



Mike Spanic & Ken Kuylen 1997 Ken was Fire Chief from 1995-2000 but had many years with the Pick City Fire Dept.



Late night and early morning fire calls also come with the job as a volunteer fireman and is 24/7. It is a privilege to step up, serve & protect our community & its citizens.

NATIONAL FIRE PREVENTION MONTH

National Day Calendar

October is National Fire Prevention Month and that means it's time for us all to take the precautionary steps to prevent dangerous and life-threatening fires.

#NATIONALFIREPREVENTIONMONTH

According to the National Fire Prevention Association, the winter months see an increase in home fires, deaths and injuries. These are the months when we turn on the heat to keep our homes warm. While we need to keep our homes warm, there are steps we should take to prevent a fire.

- •Make sure your heating source is well maintained. Whether it's a fireplace, wood stove, a furnace or electric heat, check the equipment before using or have them serviced.
- •Don't store items near your heating source. Boxes, clothes, and other fuels may ignite if they are close.
- •Make sure draperies and furniture and other combustible items are kept far enough away from a heating source.

3 Common Causes of Fire

- 1.Kitchen It's important to not leave burners or grills unattended. Make sure to use proper equipment and to keep dish towels, clothing and other items away from heating elements and open flame. Keep pets secured away from the kitchen, especially when you're not home. They can inadvertently turn on burners.
- 2. Candles Never leave a burning candle unattended. As an alternative, use battery-operated candles for ambiance.
- 3.Smoking Unattended cigarettes or overly full ashtrays start fires. Curious children might play with matches or lighters. Keep them well out of their reach.

<u>More National Fire Prevention Month tips</u>

When it comes to keeping our families and homes safe, there are many other steps we can take to prevent fires. Make sure smoke detectors and carbon monoxide detectors are working. Place a fire detector every level of the home and test them monthly. Replace batteries annually.

Get a fire extinguisher and make sure it's not outdated. Most fire extinguishers have an expiration date. Place one on each floor of the house and in the garage, too. They truly are a lifesaver. We recently had a grease fire and the only thing that kept us from an uncontrollable fire was the fire extinguisher that we had handy. Flames shooting up from your stove or grill are a frightening experience, but you can avoid disaster! It's also important to know how to use one.

The National Safety Council recommends this acronym, PASS to remember the steps.

- •Pull the pin.
- •Aim low at the base of the fire.
- •Squeeze the handle slowly.
- •Sweep the nozzle side to side.

Have an escape plan. Practice fire drills with your family and make sure everyone knows where to go depending on where the fire is in the home. Have at least two ways to get out of the house, too. Set a meeting place for everyone. In the event of a house fire, do not try to salvage items before leaving the house. Personal effects can be replaced, but lives cannot. Instead, keep valuable documents in a fireproof box for recovery later. Keep valuable documents in a fireproof box for recovery later.

Throughout National Fire Prevention Month, take the steps to keep your home and family safe. Explore several other tips from the <u>National Safety Council</u> and the <u>National Fire Protection Association</u>. They offer valuable resources.

HOW TO OBSERVE #NationalFirePreventionMonth

Follow the tips listed above. Work with your family to implement safety precautions. Practice fire safety all year long and not just once a year. Share tips and resources with your neighborhood. Attend fire safety courses at work or in your community. Join the conversation by using #NationalFirePreventionMonth when sharing on social media.

NATIONAL FIRE PREVENTION WEEK HISTORY

The National Fire Protection Association founded <u>National Fire Prevention Week</u> in 1922. The observance takes place the week of October 9th, commemorating the date of the Great Chicago Fire in 1871. In later years, the organization expanded its efforts to include the entire month of October.



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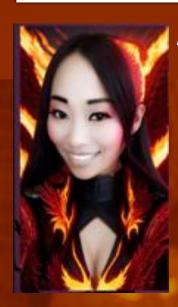
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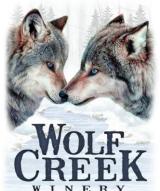
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Wolf Creek Winery

Wolf Creek Winery currently produces approximately
19 varieties of grape and fruit wines. We support local, and
source as much fruit locally as we can.

Wolf Creek Winery offers off-sale, tastings, and tours by appointment at 3631 8R Street NW, Coleharbor ND, 701-220-7237. You may also order online and pick up at the winery, or we can ship to 35 different states.

Wolf Creek Wines are available locally at the

following locations:

Bronson's Liquor, 201 West Main Street, Beulah ND
Grimsley's Convenience Store, Underwood ND
Hiway 83 Express, 153 Case Street, Washburn ND
J Aurthers Flower & Gifts, 213 Main Street, Turtle Lake ND
Krause's Liquor Store, 339 4th Ave SE, Garrison, ND
The Rusted Rail Bar & Grill, Underwood ND (off Highway 83)
Totten Trail Bar and Grill, along Highway 83 at Lake Audubon ND
Little's Bar & Grill, Pick City, ND
Iron Oar Pub & Grill, Riverdale, ND

Visit our website: www.wolfcreekwinerynd.com, or call us at **701.220.7237.** Also make sure to Follow us on

Facebook Wolf Creek Winery & Twitter.

Also available at:

Broadway Liquor, 1030 N. Broadway, Minot ND Captain Jacks Liquor Land West, 1100 Turnpike Ave, Bismarck ND

Cash Wise Liquor, 900 43rd Ave. N.E., Bismarck ND
Cash Wise Liquor, 1144 East Bismarck Expressway, Bismarck ND
Cash Wise Liquor, 3208 16th Street SW, Minot ND
Lucky's Liquor Store, 450 12th ST West, Dickinson ND
Lucky's Express Liquor Store, 1005 E Villard Street, Dickinson, ND
Medora Convenience Store, 200 Pacific Ave, Medora ND
Medora Uncork'd, 370 Pacific Avenue, Medora ND
Wild Flour Cafe & Bakery, 718 Elk Street, Alexander ND
Wild Vines Market, Beach ND
WILLIQUORS Liquor Store, 3025 Yorktown Drive, Bismarck ND



HALLOWEEN

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Lasagna Soup-2

Taco Soup-2
Cheesy Chicken-3

Prime Rib Sandwich-3

Meatballs, Mashed, Gravy-7

Chicken Cordon Bleu-1

Pizza Burger-2

Chili-8

Sloppy Joe-10

Bacon Gouda Grilled Cheese-1	
Pizza Pasta-2	
Hamburger Stroganoff-7	
Chicken Fajita Wrap-6	
Italian Peppers & Sausage Sub-2	
BBQ Meatballs-17	
Enchilada Meatballs-13	
Roast Beef, Mashed	
Chicken Carbonara-7	
Chicken & Dumpling Soup-3	
Cowboy Pasta-8	
Wings-10	
TatorTot Hotdish-11	
Chicken Wild Rice Soup-5	
Chicken Strips-1	
Taco Pasta-6	



Kimi's "Kimisfoodservices" for Daily Specials and Events





HALLOWEEN Word Search



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eerie
jackolantern
specter
bat
fangs
mummy
spider

bones
frankenstein
owl
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broomstick
frightening
party
tombstone

candy
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phantom
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wraith
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McLean-Mercer Regional Library is headquarters for a consortium of public libraries in the communities of: Beulah, Garrison, Hazen, Max, Stanton, Turtle Lake, Underwood, Washburn.



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Deb Johnson

Extension Agent, **Family Nutrition Program NORTH DAKOTA STATE UNIVERSITY**



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DECORATE YOUR PLATE WITH FALL COLORS

With fall upon us and Halloween quickly approaching, I bet you're officially starting to get into the spirit of the season. And while that probably includes things like decorating your home, lighting fall scented candles and watching scary movies, there is another way you can get festive, and it's with your fruits and vegetables!

Everyone knows that orange and yellow are the most popular colors associated with fall so why not add these colors to your plate. Orange and yellow fruits and vegetables are rich in vitamin C, vitamin A, vitamin K, potassium, fiber, flavonoids, and carotenoids. Although we think of pumpkins and squash in the fall and oranges in the summer, these foods are best consumed all year long. Many orange and yellow foods obtain their color from the antioxidant, beta-carotene, which converts to vitamin A, which is needed by the body to support healthy vision, immunity, cell division, and other functions. Orange and yellow foods benefit us by promoting eye health and reducing the risk of macular degeneration; boosting the immune system; reducing the risk of heart disease; strengthening healthy bones, teeth and joints; and protecting the nervous system. Good sources of carotenoids include carrots, winter squash, yellow peppers, apricots, sweet potatoes, pineapple, mangoes, pumpkins, peaches and oranges.

Buy produce when it's in season, and you'll get great bang for your buck in terms of quality, flavor and nutrients. That means hardy winter vegetables like sweet potatoes, pumpkins and squash will be some of the best value foods available in supermarkets or at local farmer's market right now. The benefits of eating fruit and vegetables in season are many. Your favorite fruits and vegetables taste best when naturally ripened, and you're likely to get some cost savings by choosing seasonal produce, since food that's in season tends to be less expensive.

Plus, there is no limit to the number of ways these veggies can be prepped and enjoyed. As well as roasting and baking in the oven, you can toss them in your slow cooker or air-fryer, or simply boil or steam them. Veggies are very versatile.

To really take advantage of autumn's bounty, create fall-inspired dishes with combinations of inseason foods. By incorporating an assortment of seasonal produce, you can increase your dietary variety and continue to establish the base for a healthy and balanced diet. Even if you find that some of these seasonally prized options are not typically in your wheelhouse, the everchanging seasons provide the perfect opportunities to experiment and try something new.

Check out the recipe below that will allow you to enjoy an orange vegetable/fruit. **Pumpkin Pie Dip**

INGREDIENTS

15 oz. can pumpkin puree

8 oz. Cool Whip, thawed

5.1 oz. vanilla instant pudding mix 1 tsp. pumpkin pie spice (optional)

NUTRITION:

DIRECTIONS:

Cream together all ingredients with an electric mixer until well combined and fluffy. Chill in the fridge until ready to serve. Serve with vanilla wafers or graham crackers.

Makes 5 cups. Each ½ cup of dip has 8 calories, 2.5 grams (g) fat, 0 g protein, 15 g carbohydrate, 1 g fiber and 30 milligrams sodium.



FALL HOURS

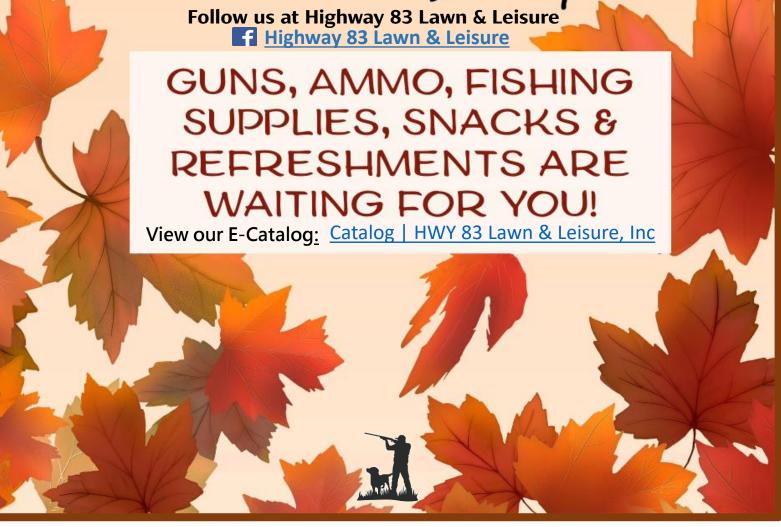
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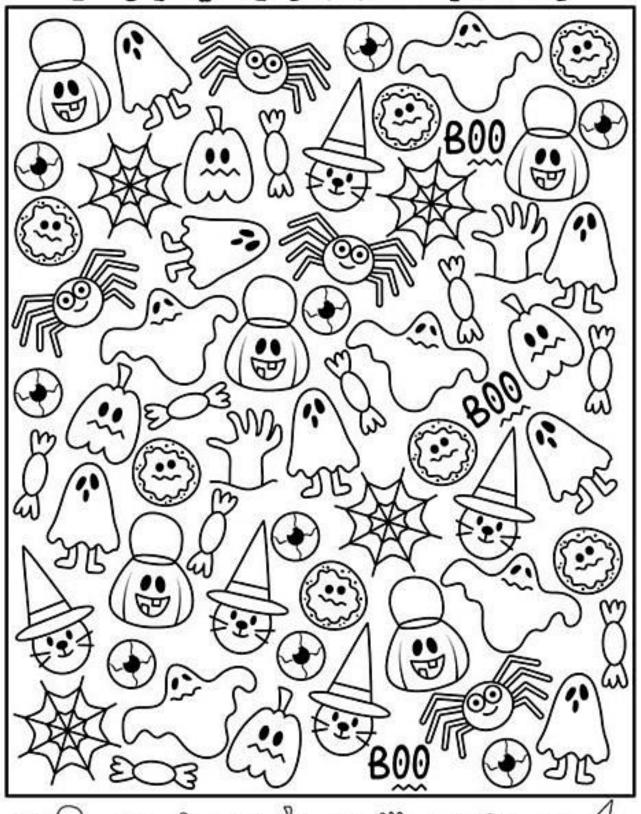
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Sunday-Tuesdays

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Wednesdays at 4pm - \$12 Thursday - Saturday Regular Menu

Appetizers

Steak & Seafood Night

4 - 9:30 pm

Drummies	Corkscrew Shrimp
Gizzards	Pepper Jack Mac N Cheese Bites
Calamari	French Fries
Homemade Jalapeno Poppers	Cheeseballs
Onion Rings	Tater Tots
Chicken Strips	Wisconsin Cheese Curds
Sidewinder Fries	Chicken Cordon Bleu Balls

Entrees

French Dip	Fleischkuekla
Reuben	Patti Melt
Grilled Cheese	Prime Rib Sandwich with Coleslaw & French Fries
Slaw and FF Walleye Basket w/ slaw Each Wednesday	Homemade Special
	Each Wednesday &
	Reuben Grilled Cheese Chicken Strip Basket w/



Burgers

 Walleye Basket w/ slaw and FF
Corkscrew Shrimp w/ slaw and FF

ls Ihursday

Check out NEW items coming to our menu!

Classic Burgers-seasoned ½ Ib. beef patty	Double Bacon Cheeseburger
Hamburger	German Burger
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Bacon Cheeseburger	BBQ Swiss Burger

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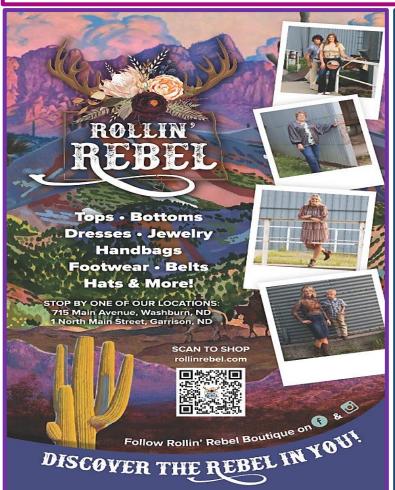
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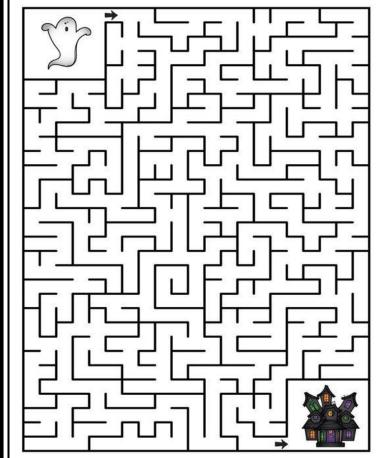
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WORSHIP SCHEDULE

Riverdale Community Church 8:30 am (Riverdale, ND)

St. Bonaventure Catholic Church Underwood Saturday 5:00 pm

St. Catherine's Catholic Church

Turtle Lake

Sunday 10:30 am

St. Edwin Catholic Church
Washburn
Sunday 8:30 am

St. John's Lutheran Church (LCMS) 9:00 am (Underwood)

St. Paul's Lutheran Church (ELCA)
11:00 am (Riverdale, ND)

Trinity Lutheran Church (LCMS)
11:00 am (2 mi W & 2 mi S of Pick City)

St. Paul Lutheran Church (ELCA) 10:30 am (from Pick City: 2 mi W, 6 mi S & ¼ mi E off of Hwy 200)

The Construction of the Garrison Dam

A Big Job - Allis Chalmer film

A Big Job - Allis Chalmers film - YouTube

The history & construction of not only the Garrison Dam but the communities which evolved because of it, is a special part of this area's history.

This 19-minute Allis Chalmer film is a treasure. Click the active link above to watch the live broadcast.

(online version of The Dam News).

USACE GARRISON DAM

Current Elevation (10.25.23)

1840.05 ft. v.01

U.S. Army Corps of Engineers: Missouri River Basin, Water Management Division

Riverdale-Pick City Ambulance &

Riverdale Fire Department



Meetings



Riverdale-Pick City Ambulance Business Board Meeting-(Quarterly)

Second Wednesday of the Month @ 6pm

Riverdale-Pick City Ambulance Training Meeting-

Third Wednesday of the Month

Riverdale Fire Department Business Meeting-Third Tuesday of the Month

Riverdale Fire Department Training Meeting-Third Tuesday of the Month

"ALL MEETINGS ARE AT THE AMBULANCE BAY"

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Weekend Specials

* Ribeye * 5-piece Shrimp * Walleye



Sunday Dinner Special





DAM BAR AND STEAKHOUSE

CELEBRATING 25 YEARS

35 Main Rd E. Pick City, ND (701) 487-3331

THIS IS THE BEST DAM BAR BY A DAM SITE



The Dam Bar & Steakhouse

Established in 1947

The Dam Bar - Top 10 BEST Dive Bars in the state of North Dakota & the first structure built in Pick City!

More of our Local Best. Congratulations to Little's & The Iron Oar as North Dakota's Top 10 Best SmallTown Bar & Grills with Little's coming in at #1! Great and fun things happening
around Lake Sakakawea! Come join us!



THE DAM BAR IS OPEN

Wednesday – Saturday 3 pm – Close



STARTERS

Combination Platter
Deep Fried Pickles
Hot Wings
Crispy Battered Mushrooms
Calamari
Chicken Nuggets

Jalapeno Poppers Cheddar Cheese Curds Mozzarella Sticks Chicken Drummies Onion Rings Chicken Gizzards

GENEROUS SALADS

Chuckie Saladgrilled or breaded chicken with the works
House Saladbacon, olives, tomatoes, onion, cheese

HAND CUT STEAKS

Filet Mignon 8 oz. New York Strip 10 oz. Bacon Wrapped Sirloin 8 oz. Ribeye 10 oz. Beef Tenderloin 8 oz. Sirloin 8 oz. 14" DAM BAR PIZZA Made From Scratch

Toppings include Canadian Bacon, Sausage, Pepperoni, Chicken, Green Peppers, Mushrooms, Olives, Onions, Sauerkraut

DINNERS

Pork Chops 8 oz. Hamburger Steak 10 oz. Chicken Strips Breaded Shrimp Walleye 10 oz.

Jumbo Steamed Shrimp (4)

Shrimp Skewers (3)

BURGERS & SANDWICHES

Signature Burgers
Dam Burger
Dam Cheeseburger

Cheeseburger Hamburger Bacon Cheeseburger

BLT Fish Burger BBQ Pork
Patty Melt
Fleishkueckle
Chicken Breast
(grilled or breaded)

THE DAM SMOKE SHAK

<u>No Smoke Shak</u> This Weekend



Be safe.

Equipment is the primary source of horsepower on the farm. It's also tied to the greatest number of severe farm injuries. Respecting and using the equipment properly is vital. Put safety first and everything else

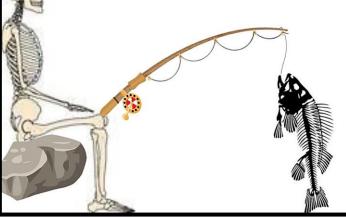


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Scott's **Bait & Tackle**

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HAPPY HOUR



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Indian or Softshell Tacos

Wednesdays:

Buy 1 Burger, Get One ½ Price!

Thursdays:

Broasted Chicken

Fridays:

Shrimp

Saturdays:

Steaks/Prime Rib

Sundays:

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Totten Trail Bar



TUESDAYS at 7:00 pm

1st Blackout 56#'s \$1,160 2nd Blackout 56#'s \$1,140

Hours

Closed Mondays Kitchen

Tues-Thurs & Sun 11am - 8 pm Fri & Sat: 11am-9pm

Bar

Tuesday – Sunday: 11am – 11 pm

The Dam News

Published every Wednesday

Ava's Light, LLC Brenda Beran, Founder Publisher & Managing Editor 605.660.0104

Deadline for submitting advertisements & updates must be received by Noon on Mondays unless otherwise indicated.

Email to:

thedamnewseditor@gmail.com
All personal ads must be prepaid.

For billing & payments, please mail to:
Ava's Light, LLC
PO Box 736
Riverdale, ND 58565

Ad Rates

Business Ads
Business Card Size (2"x3") \$5/week

1/4 page \$7/week

1/2 page \$10/week

Full page (8 1/2 x 11) \$15/week

Personal Ads
Business Card Size (2"x3") \$4/week

1/4 page \$5/week

1/2 page \$7/week

Full page (8 1/2 x 11) \$12/week

In honor of a beautiful girl, my daughter
Ava's Light is born. Through this
mission of supporting local businesses
& organizations in all our communities
by helping to promote them with
creativity & inspiration, her legacy lives
on, one assignment at a time.

The Dam News

My story

When I moved to this area a few years ago from out of state, I realized that all things revolve around beautiful Lake Sakakawea. The communities wouldn't be here if it wasn't for the Dam and because of the incredible history in this area, The Dam News will celebrate all communities and those within that make this so special. ~Brenda

All the ways to find The Dam News

Group Facebook Page
The Dam News | Facebook

Scan the QR Code below to also find us on Facebook



Pick City city website https://www.pickcitynd.com

A printed copy available at the following locations:

Riverdale

Iron Oar, Changing Styles Salon, Knights Bar & Grill, & Spillway Coffee House

Pick City

Scott's Bait & Tackle, Teresa's Grocery, Little's Bar & Grill & The Dam Bar & Steakhouse

<u>Underwood</u>

Soda's & Things, Bravera Bank, Cottingham Insurance & Grimsley's

Garrison

Garrison CVB, Flowers-N-Things, Garrison Insurance, S & J Hardware, Chase Pharmacy & Ye Olde Malt Shoppe

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Serina Eisenbraun



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Stephanie Pfeifer

Certified Consultant 701-891-9358 * Call/Text

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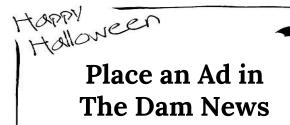
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Cindy Fennewald, Owner



Ad Deadline & Updates to existing ads Mondays by Noon

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