



The Dam News

March 1, 2023, Vol. 9

SPRING 2023

SATURDAY

MARCH 18TH

12 NOON - 7 PM

VENDOR SHOW

RIVERDALE HIGH LODGE COLISEUM
RIVERDALE, ND

Check out next weeks issue for the full list of vendors.

Application deadline March 8th

Contact avaslightevents@gmail.com

for application information

ENTERTAINMENT & DJ PROVIDED BY FUNTYME DJ & KARAOKE



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McLean-Mercer Regional Library

216 Second Street Riverdale, ND

Phone: 701-654-7652

www.riverdalendlibrary.com

Public Access Computers, Children's Computer,
Wireless Internet Access, Printer, Copier, Fax, McLean
& Mercer County Newspapers, eBooks & Digital
Magazines, Board Games



Library Hours:

Monday - Friday

8- 12 &

1-5 pm



Like and Follow us at

McLean-Mercer Regional Library

McLean-Mercer Regional Library

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.



Harbor Bar & Grill

701.442.3129

Hwy 83 & Frontage Rd
Coleharbor, ND

Follow us at Harbor Bar & Grill for updates and Daily Specials

 [Harbor Bar & Grill](#)

HOURS

Tuesday-Saturdays:

11:30 am – 11:00 pm

Friday & Saturday:

4:00 pm starts
Steak Night

Thursday – Saturday:

Bar Open 'till 1am

Sunday:

Noon – 10:00 pm

Prime Rib Night

Wednesdays at 4pm – \$12
Regular Menu

Steak & Seafood Night

Thursday – Saturday
4 – 9:30 pm



*8
Gaming
Machines
* TV's
*Dart
Machines

Voted
McLean County's
Best Steak
2019, 2020, 2021

Well aged & specially
seasoned Prime Rib, Ribeye,
New York Steak (hand cut
daily) & Seafood served
Thursdays-Saturdays.

From a very small
tavern to a well
traveled
steakhouse, many
come from all
directions. Our nice
private dining room
is perfect for family,
anniversaries,
birthdays, meetings
& private getaways.
Kid friendly until
10pm



HARBOR ANGELS
**DART
TOURNAMENT**

**SUNDAY 5
MARCH 5**

\$20 PER PLAYER | BLIND DRAW
(LUNCH WILL BE SERVED)

**REGISTRATION 11AM
DARTS FLY 12PM SHARP**

Budweiser®
KING OF BEERS®

**JOIN THE FUN & HELP
THE ANGELS RAISE MONEY
TO HELP OTHERS IN NEED**





The Happy Glamper



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28 Valley Road SW in Pick City
(southwest of The Dam Bar)

 Follow me at
[Happy Glamper ND](https://www.facebook.com/HappyGlamperND)

Regular Hours

Saturday
1:00 to 6:00 pm

*New merchandise
arriving weekly!*

KX News Business Beat Event

Friday, March 10th

10:00 – 2:00

At the Spillway Coffee House in Riverdale

Stop in to win prizes and see all the new baby items, puzzles,
kitchenware, and camper / cabin décor!

Browse online at www.happyglampernd.com

NICKYPOO'S LODGE

Rent by the day, week, or month. We welcome hunters with dogs.

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for Rent in Hazen, North Dakota, United States - Airbnb](#)

VRBO

[Hunting & Fishing Lodge < 3 Mi from Lake Sakakawea -
Mercer County \(vrbo.com\)](#)

Evolve.com

[Pick City Vacation Rentals \(evolve.com\)](#)



THE DAM BAR

PICK CITY, ND



MARCH 1 - 4

KITCHEN 3-9

BAR TILL 2

SPECIALS TO KNOCK YER BOOTS OFF

JERSEY STYLE CHEESESTEAK

\$15

PRESSED RIBEYE, PEPPERS & ONIONS, AMERICAN SWISS, CHOICE OF POTATO

CAMPFIRE STEAKBURGER

\$14

50/50 GROUND BEEF & CENTER LOIN, BACON, LETTUCE TOMATO ONION, SMOTHERED IN TRAV'S SMOKEY AOILI, CHOICE OF POTATO

LENT TILAPIA TACOS

\$19

3 CORN TORTILLAS FILLED WITH GRILLED WHITE FISH, COLESLAW, PICO DE GALLO, MEXICAN WHITE SAUCE, CHOICE OF POTATO



ONE NIGHT ONLY!
Fun For The Whole Family!!

KNIFE RIVER PHEASANTS FOREVER

Annual Banquet **2023**

**MULTIPLE DRAWINGS
PER HOUR!**

RAFFLES INCLUDE:

- Food/Drinks/Fun
- Live Auction
- Raffles/Games/Prizes
- Hunting/Shooting Gear
- Fishing/Outdoor Gear
- Unique Outdoor Art/Décor
- Ladies Table/Youth Table

DINNER SERVED 7PM

**Smoked Brisket and Chicken Dinner
with all the fixings, sides, & dessert!**

Individual Ticket : \$50
Couple's Ticket: \$70
Family Ticket: \$100
VIP Table: \$1000

Register Early!

*Seating is **limited***

**See the more information
section of this poster for details

SATURDAY **MARCH 11TH**

4PM^{est} SOCIAL

7PM^{est} MEAL

8PM^{est} LIVE AUCTION

For More Information:

Randy Huntimer 701-891-8888
Jesse Hermanson 406-640-0571

Internet (purchase tickets online)

[Knife River 2023 Banquet](#)

Visit [facebook](#)

[Knife River Pheasants](#)

[Forever Chapter](#)

Scan The QR Code



SCAN ME

BEULAH CIVIC CENTER

112 7th Street NE
Beulah, ND



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The Dam News Walleye Sliders

From Kimi's Kitchen

Bread & fry walleye as you prefer. These are baker boy sliders served with Habanero Mango Salsa. Delish!



Kimi's

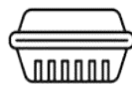
2023 Runner-Up
Hazen Chamber of Commerce
Family Feud Late Night
Edition Champions



Let Kimi's Homemade Goodness cook for you!
Menus for your choices on the website.

www.kimisfoodservices.weebly.com

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Follow us! [Kimi's](http://www.kimisfoodservices.weebly.com) "Kimisfoodservices" for Daily Specials and Events

Courtney Hoikkala

Family and Community Wellness Agent

NORTH DAKOTA STATE UNIVERSITY

701.667.3340

NDSU NORTH DAKOTA
STATE UNIVERSITY

NDSU Extension – Morton County

211 Collins Ave ; Mandan, ND 58554

www.ndsu.edu

NDSU Extension FCW Professionals Help Area Residents to “Live Well”

By Courtney Hoikkala, Family and Community Wellness Agent, NDSU Extension

Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That’s the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Community Wellness Extension Agents to improve the lives of people, families, and communities.

The North Dakota Extension Association of Family and Consumer Sciences works through NDSU Extension to offer information that will help families achieve a positive, healthy lifestyle. Whether you are trying to manage your diabetes through meal planning and exercise, make decisions about health care and insurance, or get tips on effective parenting techniques, Extension has a research-based answer.

To make every month a “Living Well Month,” consider these tips:

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. Take a walk or a bike ride in your neighborhood. All movement counts.
2. Start planning a garden now to work in the spring and summer. Gardening is great physical activity. This activity could also nurture your mental and environmental wellness.
3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell’s process and chemical reactions. It transports nutrients and oxygen. Water also helps to maintain normal bowel habits and prevent constipation. Reduce the amount of soda and fruit drinks consumed daily.
4. Eat a variety of healthful foods. Eat colorful fruits and vegetables every day. Most people need to increase their fruit and vegetable intake. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try new fruits and vegetables. If there’s a kind you don’t like, try preparing it in a different way. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.
5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age. This will stimulate your intellectual health.
6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it’s important.
7. Check out parenting, finance, nutrition and/or food preparation classes offered by your Extension office.
8. Maintain a healthy home. Check that your smoke detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
9. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons as a planning tool. Creating and sticking to a budget, along with paying of debt are great first steps to financial wellness.

All eight of the dimensions or areas of wellness are connected and support each other. Evaluate your overall wellness and take small steps to improve your health during Living Well Month and all year long.

Upcoming Event

Saturday, March 25th

Rural Resilience Retreat

Washburn, ND

Registration Link: (Deadline March 15th): [Rural Resilience Retreat Registration Form](#)

Rural Resilience Retreat

*Wellness Resources For Working In and Around Agriculture *Dress is Casual**



Yoga Class (Optional, limited to 30)
 Kendra Metcalf
 Certified Yoga Instructor
 Owner, Vibe Yoga With Kendra, LLC
 (FREE yoga mat for the first 10 to register!)



“Weathering Times of Tight Margins”
 Dr. Sean Brotherson,
 NDSU Professor and Extension
 Family Science Specialist



“Rural Realities”
 Sarah Bedgar,
 NDSU Extension Agent,
 Agriculture & Natural Resources



“Bend, Don’t Break: Managing Stress and Improving Mental Wellness”
 Monica McConkey, LPC
 Rural Mental Health Specialist



“Emotional Intelligence for the Home and Workplace”
 Jodi Bruns,
 NDSU Leadership &
 Civic Engagement Specialist



“Know Thy Self: Self-Care for the Real You”
 Pastor Annie Carlson
 Food, Faith & Farming Expert



“Question, Persuade, Refer: Suicide Prevention Training”
 Courtney Hoikkala,
 NDSU Extension Agent,
 Family & Community Wellness



Special Guests!
Goat Kid Meet & Greet
 Provided by Coal Lake Livestock
 (Immediately following Yoga)

Saturday
MARCH 25, 2023

Early Bird Breakfast, 8:30 a.m.
 Yoga (Optional), 9:00 a.m.
 Reg. & Breakfast, 9:30 a.m.
 Program Wrap Up, 3:30 p.m.

Fabulous Local Fare by Morning Joy Farm & Kitchen:
 European Breakfast Bar, Tartines on Artisan Breads & More!

Event Sponsors:

Washburn Life
 Farm Credit Services of Mandan
 CommonGround North Dakota

North Dakota 4-H Camp
Johnsrud Building
2702 8th St. SW
Washburn, ND

*FREE Swag Bags
 & Door Prizes!*

Register by 3/15: [Rural Resilience Retreat Registration Form](#)

Please also send check for \$40 registration fee to:

NDSU Extension - McLean County, PO Box 1108, Washburn, ND 58577

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact (person or department sponsoring the event) at (phone or e-mail) by (specific date) to make arrangements.

PUTTING YOUR WELLNESS FIRST



BROOKE T. DNP, FNP-C

- Primary Care visits (Adult/Children)
- Preventative/Wellness Exams
- Health Education (Tobacco, Weight)
- Diabetes Education
- Chronic Disease Management
- Immunizations
- Sports Physicals
- DOT Physicals
- Referrals
- Employee Drug Screening



Monday 7-5, Tuesday 8-5, and Thursday 8-5

Telehealth Appointments Available
Friday from 8-3

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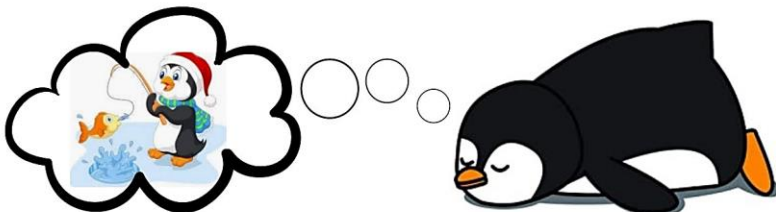
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Riverdale-Pick City Ambulance & Riverdale Fire Department



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

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Hours:

Mon – Thurs: 9 am – 5 pm

Friday: 9 am – 1 pm

Hours May Vary

Online Booking available

1412 2nd Ave SW, Suite C

Minot, ND 58701

Dr. Shelby Sortino, DC, L.Ac.

DID YOU KNOW ...

that acupuncture can help with Injuries?

Most people think chiropractic is best for neck or back pain but chiropractic can be helpful for tendons and ligaments around the joint too! Chiropractic can help with structural mobility of the joint as well as helping with muscle/tendon and ligament imbalance. But did you know acupuncture can also help?!? Acupuncture, if viewed in a scientific way, is when the needles create small “cuts” in the body making the body think it is injured. The body then sends extra blood flow to the area and other healing hormones and proteins to help heal the area where the needle was. The extra blood can help with decreasing inflammation in that area. Acupuncture is also good for circulation which can also help with inflammation and making sure everything is flowing and getting the right nutrients it needs. Locally, acupuncture can use certain points near the site of the injuries to help. But did you know, you can also use acupuncture points in the head, ears, arms, legs, and feet to help with injuries too!

Interested in what else acupuncture can help with? Give the clinic a call at 701.852.6474 or email us at newdawn.minot@gmail.com and ask!

Follow us

  [New Dawn Chiropractic & Acupuncture](#) & Instagram

NATIONAL BRAIN INJURY AWARENESS MONTH

[National Day Calendar](#)

National Brain Injury Awareness Month in March alerts us to the causes and aims to eliminate the stigma surrounding brain injuries. When it comes to brain injuries, not a single injury or person is the same. The month is dedicated to improving awareness of brain injuries. Providing quality support for people with brain injuries and understanding their needs will improve their outcomes for the future. Changing the world’s perspective to understand how brain injuries work is a difficult task.

While anyone can suffer from a brain injury, it’s important to remember that everyone is a person first. They are not their injury. Each person has hopes and dreams, and they are not their injury. Each injury affects a person differently. How we support the person and treat the injury will require understanding and patience.

Prevention

Learning the signs of a concussion and when to seek medical attention can mean the difference between mild and severe injuries. Repeat injuries require additional attention.

Two types of brain injuries are traumatic and non-traumatic. **Traumatic brain** injuries occur due to motor vehicle accidents, sports or recreational injuries, domestic violence, falls, and other external forces. Causes of **Non-traumatic** brain injuries begin internally due to disease, poisoning, a hereditary condition, lack of oxygen, stroke, or other internal medical condition.

According to the Department of Defense, one of the keys to recognizing a concussion and getting immediate treatment is identifying these symptoms:

- H – headaches or vomiting
- E – ears ringing
- A – amnesia, altered consciousness, or loss of consciousness
- D – double vision and/or dizziness
- S – something is wrong, or not quite right

HOW TO OBSERVE #BrainInjuryAwarenessMonth #ChangeYourMind

Learn more about supporting those with brain injuries, prevention, and more. Visit www.biausa.org to learn more. Use #BrainInjuryAwarenessMonth and #ChangeYourMind to share on social media.

NATIONAL BRAIN INJURY AWARENESS MONTH HISTORY

National Brain Injury Awareness Month has been observed since 1993.

BRAIN TEASER

D V Q G R F Z L T Y A L P H V E U P C A V G L S
U T U S M C O L O R S E J J X L X V T T N E H V
S E E O D G L U E U B S Y D T E Z O S S O B E B
S R W O B N I A R P R S Y D H I G Z K Y H M D K
T M K Q Q C M Y A D M X S U X D O J U H Y V N B
L O N G F P K I J N I M U H S C H O O L K F S V
L Q E E F W J A P L N N E K C I H C Y X L B F Q
Y L E R P D G W K B T H F J Z Q M A Y H C Z K H
E E U O Q V A R T V U Z W E I N V T H U N D E R
L M Q M Y E K N O M X P W K V M I G R P U Y A A
G Z R H J P J X C K W U Z K A U S T I N E U P C
O A I E O Z P P K B A Q E W S U Z C M B F U V Z
O S K G D O Y Z X R J C L E L D O O N S P I N A
G P B Y B O X E S Q C C F B L I G H T N I N G X
H E R P O D A H G Y J E A X I W V J O P O M Z K
E N A K W E K S M S R J O D O J Z O L F P K Z Z
M V I H N X N U B E K C Q Z F Y J W V F P J W S
A T N R C L I P G E E A W O N S D J I L I B T L
K S Z T E C A E N R R S O M H V C U M K H B D V
A H J X N Q R R W T E P X C C I S U M B U U T U
Y P O I H P E M W C X E F G K L T X B O D C I H
L O U R L F V A U Y P R A E T U J H N B M A K X
A U S O L Q H N E A F X H T E S T U Z A D R L S
M Z I C V R R Y W I F V O R E P U S B B T L V Q

QUEEN

LESS

BOXES

GOOGLE

MONKEY

SNOW

MUSIC

MORE

BRAIN

HIPPO

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ASPEN

CASPER

LIGHTNING

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TEST

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HOURS

Monday – Thursday:

6:30 am – 5:00 pm

Fri: 6:30 am – 6:00 pm

Sat: 6:30 am – 5:00 pm

Sun: 8:00 am – 2:00 pm

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Paula Evanson, Owner

701.333.8848

mommasmagickitchen@gmail.com

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Breads

- Banana Bread Mini \$1.00
- Banana Bread Mini with Walnuts \$1.55
- Banana Bread mini with chips \$1.55
- Banana Bread Mini Deluxe \$1.75

- Banana Bread Loaf \$5.25
- Banana Bread Loaf with Walnuts \$5.75
- Banana Bread with Chips \$5.75
- Banana Bread Loaf Deluxe \$6.50

- Banana Bread Loaf 2 lbs. \$10.00
- Banana Bread Loaf with Walnuts 2 lbs. \$10.50
- Banana Bread with Chips 2 lbs. \$10.50
- Banana Bread Loaf Deluxe 2 lbs. \$11.00



Banana Bread



Apple Turnovers

Bars

- Pecan Pie Bars single \$4.00 Pan \$21.00 (6 bars)
- Peanut Butter Oatmeal Bars with Choc Chips \$3.00 Pan \$12.00 (4 bars)
- Brownies single \$4.00 8x8 Pan \$12.00
- Brownies with Nuts single \$3.50 Pan \$14.00
- Scotcheroo's single \$3.00 8x8 Pan \$12.00
- Coffee Cake 8x8 Pan \$12.00
- Puppy Chow 8x8 Pan \$8.00



Cookies

- Sugar Cookies 4 ct. \$3.75 ; 6 ct. \$5.25
- Peanut Butter 4 ct. \$3.75 ; 6 ct. \$5.25
- Peanut Butter Blossoms \$5.00
- Chocolate Chip Cookies 4 ct. \$3.75 ; 6 ct. \$5.25
- Molasses Cookie 4 ct. \$3.75 ; 6 ct. \$5.25
- Peanut Butter with Choc Chips 4 ct. \$4.25 ; 6 ct. \$5.25
- Oatmeal Cookies 6 ct. \$6.00
- Buckeye Cookies 9 ct. \$5.50 ; 16 ct. \$10.50



Specialty *

- Sugar Free Chocolate Chip \$5.00
- Sugar Free Pecan Pie \$18.25
- Gluten Free & Sugar Free Chocolate Chip \$7.25
- Gluten Free Pumpkin Bars \$13.00
- Gluten Free Pumpkin Pie \$18.00
- Keto Cinnamon Coffee Cake \$13.50
- Keto Oatmeal Cookie \$7.35
- Keto Buns 6 ct. \$6.75
- Keto Pizza Crust \$5.50

Seasonal Items

- Pumpkin Spice Cookies \$5.50
- Pumpkin Spice Loaf Bread \$6.00
- Pumpkin Spice Cake \$13.00
- Cookie Tray (price option with ordering)
- Small Platter (price option with ordering)
- Large Platter (price option with ordering) (Puppy Chow, Banana Bites, Chocolate Covered Pretzel, Peanut Butter Chocolate Ritz Cookie and Clusters)
- Popcorn Box \$1.00

Pies and Pastries

- Apple Pies \$11.00
- Pumpkin Pie \$11.00
- Strawberry Pie \$11.00
- Pecan Pie \$11.00
- Deep Dish Pie \$8.00



Peanut Butter Chocolate Caramel Cream Cheese Pie

Cream Pies *

- Banana Cream Pie \$14.00 Small
- Sour Cream Raisin Pie \$14.00
- Peanut Butter Chocolate Cream Cheese Pie \$15.00
- Lemon Meringue Pie \$14.00



Strudels*

- Apple Pecan Strudel Pan \$10.00 half \$20.00 full
- Cherry Strudel \$10.00 half \$20.00 full
- Blueberry Strudel \$10.00 half \$20.00 full
- Strawberry Cream Cheese Strudel \$10.00 half and \$20.00 full
- Blueberry Cream Cheese Strudel \$10.00 half and \$20.00 full
- Cream Cheese Coffee Cake \$13.00



Strawberry Cream Cheese Strudel

Options: Plain, Drizzle Icing, Sprinkled Powdered Sugar

- Caramel Rolls 6 ct. \$10.50
- Cinnamon Rolls 6 ct. \$10.00
- Carrot Cake 2 lb. Loaf \$10.00
- Apple Turnovers single \$2.50 2 ct. \$4.00
- Blueberry Turnovers single \$2.50 2 ct. \$4.00

Cakes

- Round Cake each is layer \$15.00
- Cake 9x13 \$25.00
- German Chocolate Cup Cakes 6 ct. \$7.50
- Chocolate Cupcakes \$5.00
- Cupcakes with Butter Cream Frosting 5 ct. \$5.50 (chocolate or vanilla)
- Cake Pops \$1.00 each
- Cake Pops with Sprinkles \$1.25 each



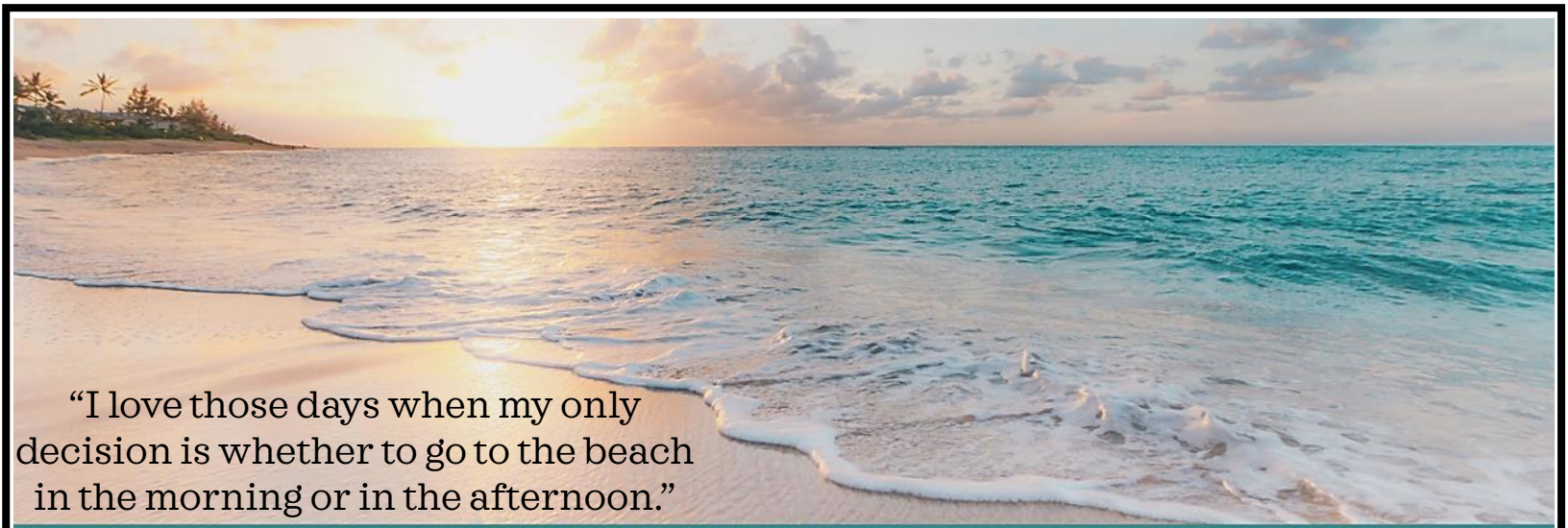
Pecan Pie Bars



German Chocolate Cupcakes



Banana Bread & Cookie Platter



“I love those days when my only decision is whether to go to the beach in the morning or in the afternoon.”



Breathe Easy Vacations

701.721.6787

<https://dawnkavlie.inteletravel.com>

palapasandpalmtrees@gmail.com

 [Breathe Easy Vacations](#)

“I am a respiratory therapist by day and a travel enthusiast by night....That is a lie, I am a travel enthusiast 24/7. I would love to help you put together your dream trip. Just give me the basics and I will make sure it is perfect.”



Bobbie Barnhardt, Owner
Handi Quilter Retailer
Certified Zentangle Teacher
China Painting Artist


Quilting For You



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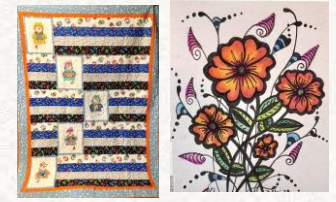
2690 Hwy 25

Mandan, ND 58554

 bobbie@quiltingforyou.net

 www.quiltingforyou.net

 [Quilting For You](#)



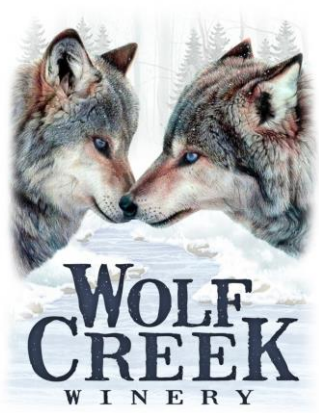
“I share many tips & tricks that I have learned through my quilting journey that will save you time & take away the frustration that sometimes follows the beginner quilter. All classes include lecture and/or hands on for the most extensive learning experience. Gain the confidence to never be “afraid” to try new ideas & techniques. Classes are geared toward the very beginner to the very experienced. You CAN DO IT! I will show you how!”

Many different long arm & piecing classes are held on a rotating schedule with the next ones in April. Registration links below.

Longarm AND Domestic Quilting Education Schedule

[Beginning Quilting \(piecing\) April 21 & 22 Registration](#)

[Intro To Longarm April 23 Registration](#)



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
- Grimley'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

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

Visit our website: www.wolfcreekwinerynd.com,
 Email: randy@wolfcreekwinerynd.com or call us at
701.220.7237. Also make sure to Follow us on
 Facebook [Wolf Creek Winery](#) & Twitter.

Taste of Hazen

March 27th
5:00 PM-7:00 PM
Hazen City Hall
\$8.00 adults
\$5.00- ages five and up
Under five, free
\$30.00 Family Max



Live Dessert Auction
Lucky Number Raffle
5:30 PM

Boggle

How many words can you make using the letters below?

E	B	S	L
T	H	A	W
G	Y	N	I
P	K	R	F



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E. OFF MAIN ST
701-463-2123

Formerly | North Main



4031 Hwy 37 Bypass
Garrison, ND

701.463.6700
800.263.4922

<http://www.mcleanelectric.com/>

AN IMPORTANT SAFETY MESSAGE ABOUT THE BIG GREEN BOX

With winter in full swing, we encourage you to keep the "BIG GREEN BOX" or pad-mounted transformer and services from being buried in the snow. The transformers will burn out if the heat can't escape. Also, if you notice damaged equipment, please call McLean Electric Cooperative at 1-800-263-4922.

#snowremoval #winter #poweron



WORSHIP SCHEDULE



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

St. Bonaventure Catholic Church
Underwood
Saturday 5:00 pm / *Sunday 8:30 am

St. Catherine's Catholic Church
Turtle Lake
Sunday 10:30 am / *Saturday 5:00 pm

St. Edwin Catholic Church
Washburn
Sunday 8:30am / *Sunday 10:30 am
* New Schedule 3/1 – 5/31/23

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).



NORTH DAKOTA GAME & FISH

Game and Fish Announces Mobile App

The North Dakota Game and Fish Department developed a [new mobile app](#) that allows outdoor enthusiasts instant access in the field to their licenses, hunting and fishing regulations and other important information.

To download the app, go to Google Play Store or Apple App Store and search NDGF or North Dakota Game and Fish Department.

Brian Hosek, Department business operations manager, said for those who download the app to their phone or other mobile device, the first thing they should do is add a profile.

“It’s basically the same account information that you’ve added when using the online services, bringing in your first name, last name, date of birth, and adding that profile to the device,” he said.

And if users have multiple hunters and anglers in their household, they can add those profiles to the phone or other mobile device as well.

“The benefit of pulling the license information over to the device from other hunters and anglers in their household is that they’ll have that information available perhaps if they’re ever offline or need to access the license information,” Hosek said.

There are other valuable features on the mobile app that will certainly benefit outdoor users.

“We begin the homepage with sunrise, sunset times and some weather forecast information,” Hosek said. “This information is widely searched on our website, so it was important to bring this information over to the device.”

While users can view or download guides, regulations, proclamations and maps through the mobile app, there is also a buy and apply section, offering quick access to apply in Game and Fish lotteries, purchase licenses, register watercraft, the list goes on.

And like many mobile apps, it uses your location services to bring information back to the user.

“It could be hunting units, for example, that you’re based in depending on your location,” Hosek said. “Or it could be contact information for the warden in the area that you’re in or the location of the closest Game and Fish district office.”

2023 CRP signup

The U.S. Department of Agriculture is accepting applications for its voluntary [Conservation Reserve Program](#). Private landowners can apply at their local USDA Farm Service Agency office through April 7.

Cropland not currently enrolled in CRP may be offered during this general enrollment period. In addition, producers with CRP contracts expiring Sept. 30, 2023, may also be eligible.

CRP acres in the state peaked 15 years ago at nearly 3.4 million acres. With just 1.1 million CRP acres across North Dakota’s rural landscape today, the availability of critical nesting and fawning habitat required by many wildlife species has fallen significantly by comparison.

USDA has implemented changes in recent years to make CRP offers more appealing to landowners. Improved rental rates and new incentives have been added to encourage more land enrollment. CRP can provide haying or grazing opportunities when certain drought conditions are met, and many practices now allow grazing to occur every other year.

“The habitat created by CRP makes it a great fit for the Game and Fish Department’s Private Land Open To Sportsmen program,” said Kevin Kading, private lands section leader.

Producers interested in enrolling their CRP into the PLOTS program for additional financial incentives should [contact a Department private land biologist](#) in their area.



KNIGHTS

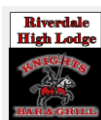


BAR & GRILL

401 3rd St. | Riverdale, ND

701-654-9559

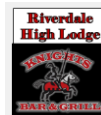
www.riverdalehighlodge.com



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[Riverdale High Lodge Knights Bar and Grill](https://www.facebook.com/Riverdale-High-Lodge-Knights-Bar-and-Grill)



Pinochle Tourney

Saturday, APRIL 8TH

Start Time 11:00 am in the Gym

\$20 per person / \$40 per team

Bring your own partner

100% payback

Wednesday's

7:00 pm



1st Blackout 52#'s :

\$593

2nd Blackout 50#'s:

\$2,500

Saturday's

Karaoke



Every

Friday & Saturday



Hours

Open every day:

2 pm - Close



Happy Hour

Monday - Thursday

4 pm - 6 pm



Grill Hours

Monday - Thursday: 2 pm - 9 pm

Friday & Saturday: 2 pm - 10 pm

Sunday: 2 pm - 9 pm

RIVERDALE CITY NEWS

Building Permits & Easements The City of Riverdale requires building permits for various construction projects to ensure that building codes are met and plumbing and electrical problems will be minimized. Applications for permits are available at City Hall. Property owners are responsible for locating property pins and easements which will dictate the project location and limitations. Prior to excavation of any kind, a call to 811 to locate underground utility lines is a federally mandated requirement. Any questions regarding building permits can be directed to Alex Taylor (701-460-6603).

Circle Sanitation Reminders

Only 96-gallon totes issued by Circle Sanitation will be dumped.

Only trash in the tote will be taken each week. Additional totes are available for a small fee. Larger items can be picked up by contacting Circle Sanitation at 701-838-1182 or 1-866-839-1868. You will be charged for this special request.

Riverdale City Council meeting will be held Monday, March 13th at 6:00 pm

The U.S. Army Corps of Engineers continues to update and maintain an interactive web application pertaining to ice access locations: <https://arcg.is/1DnGy00>.

The web application displays all approved ice access locations and status that users can access easily from any computer or smart phone. Users can also download the ESRI application to an iPhone or Android –the ArcGIS Explorer application is free. Open the ESRI application and search, 'Lake Sakakawea ice access'.



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\$1.00 OFF ALL DRINKS

Tuesdays:

Indian or Softshell Tacos

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Thursdays:

Broasted Chicken

Fridays:

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Saturdays:

Steaks/Prime Rib

Sundays:

Pizza &

\$2 off all Appetizers

Totten Trail Services

24 Hour Bait

Restrooms

Banquet-Meeting Room for Events



TUESDAYS

7:00 pm

1st Blackout 56#'s

\$1,080

2nd Blackout 60#'s

\$1,199

Hours

Closed Mondays

Kitchen:

Tuesday – Sunday

Noon to 9 pm

Bar:

Tuesday - Sunday

Noon to 10 pm

Ye Olde Malt Shoppe & Eatery



72 N Main St.
Garrison, ND

701.463.2322

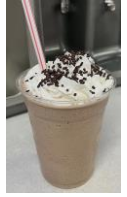
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Breakfast, Lunch & Dinner

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 [Ye Olde Malt Shoppe](#)



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FRIDAY 10-6
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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](#)

[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

Changing Styles Salon, Knights Bar & Grill,
Spillway Coffee House & Library

Pick City

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

Underwood

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

Garrison

Garrison Insurance, S & J Hardware,
Chase Pharmacy & Ye Olde Malt Shoppe

Harbor Bar, Totten Trail, Hwy 83 Lawn & Leisure,
Turtle Lake Grocery Store, Dakota Farms Family
Restaurant in Washburn and more locations
in the near future.

BUSINESS DIRECTORY

THIRTY *One*

INDEPENDENT CONSULTANT

Serina Eisenbraun



Website – <https://www.mythirtyone.com/1907710>

Facebook – Serina's Tote-ally Awesome Bags
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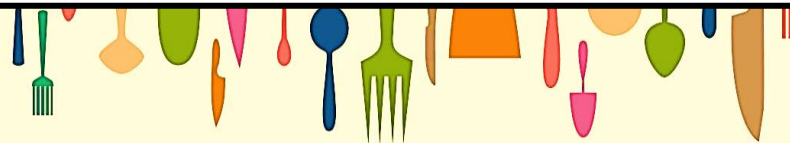
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Lemon Cake*

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