

The Dam News

May 17, 2023, Vol. 20



SkyFest

Over Fort Stevenson

May 27-29

Submitted by Rena Rustad

<https://www.skyfestnd.com/>



SkyFest over Fort Stevenson - a celebration of colors in the wind that ushers in the summer camping season at the state park, 3 miles south of Garrison. This marks the 31st year of kite flying above Lake Sakakawea's north eastern shore. Started in 1993 by Deb Lenzen and continued on today by Rena Rustad, two kite enthusiasts who enjoy sharing their passion for kite flying. SkyFest has always been a kite flying event that has grown from a 2 hour get together into a 3-day festival. Memorial Day weekend has always been the holiday and all but 2022 it's been held at Fort Stevenson State Park from 10am to 4pm with music, food and fun. Why 3 days? As Rena says, "Well, we'll get at least one day of good flying if we plan on three!"

Guest kite flyers from Canada, Oregon, and Minnesota will join North Dakota's Wings on Strings Kite Club for the event. With good winds and no rain or bad weather the area east of the parking lot will host whales, manta rays, trilobites, teddy bears, alligators, spin socks, and a number of other very colorful kites, while reserving the lawn in front of Fort Stevenson museum for the general public to fly their kites. "The two don't mix well. We need to keep the big show kites by themselves because the line that the small kites are flown with can literally cut through the lines the show kites are flown on. But the kite pilots with the big stuff really enjoy visiting and invite people to ask lots of questions to understand the immense strength of the big kites," Rena stated. The largest kite ever flown at SkyFest was 1575 sq feet in 2016.

SkyFest offers fun activities each day including free kids kite making on Saturday, pictures with Wally the Walleye on Sunday and bol racing on Monday. Tshirts, hoodies, raffle and concession help to support the festival. Prairie Wind Kites will also be onsite with a trailer full of kites and lawn spinners.

A newer activity is the night fly which often occurs at dusk on Saturday evening. "This is really something to see. Even if we have no wind on the ground, (but mosquitos!) sometimes there is wind aloft and if we can get a pilot kite up to it, we can fly LED kites at night. With luck we should be able to have 5 or 6 up this year." The event has a website, www.SkyFestND.com and if you would like to volunteer or have any questions, give Rena a call at 701-898-4500.





2023 15TH ANNUAL TAILRACE SATURDAY, JUNE 3

*Registration Deadline: May 27
**MANDATORY RULES MEETING JUNE 2
AT PICK CITY HALL at 6:00PM CDT**

*Must be attended by one (1) team member.
Limited to 60 (2 or 3 Person) Teams

ENTRY FEE

\$50

PER PERSON

**100%
PAY BACK**

Total payout
depends on the
number of entr

UNDERGROUND

DOG FENCE REPAIR AND SALES



30+ Years of Experience
CALL: 701-226-3215

Teresa's Grocery

10 Main Road East, Pick City ND

Open Daily- 9 a.m.-6 p.m.

Phone- 487-3000

We carry Groceries, Gift Items, ND Souvenir's,
Clothing, Cell Phone Ac.

Blankets, Toys,
Everyday Essentials,
Greeting Cards
& More!



COFFEE LOVERS WEDNESDAYS

**BUY 1 COFFEE
GET 1 COFFEE 1/2
OFF**



DAKOTA FARMS
1317 BORDER LN
WASHBURN
701-462-8175



COFFEE!

VALID WEDNESDAYS ONLY
NO OTHER DISCOUNTS APPLY
OPEN 7AM TO 4PM DAILY

W a c k y
W e d n e s d a y

Craft Market

Krauses Washburn

Every Wednesday

5 pm til 7 pm

For more information call or text

Kathy @ 471-6422 or

Becky @ 415-5710

Starting
May 17th, 2023

**Grilling
by Kris**



MOMMA'S MAGIC

K I T C H E N

Riverdale

May 22

June 5

June 19

12 Noon - 5 pm

Coffee House on
2nd Street
(next to the Post Office)



Cookies, Breads, Pies & More! Call ahead for your special-order items.

701.333.8848

We are a cottage-baked goodies bakery offering a wide selection of sugar-free, keto, and gluten-free options.
Veterans, Military, First Responders 10% off any purchase!

 Follow us at [Momma's Magic Kitchen](#)  [Momma's Magic Kitchen | \(mommasmagickitchen.net\)](#)



The Happy Glamper

Traveling Camp and Cabin Boutique

701.426.2311



 [Happy Glampers ND](#)

Happy Glamper Open House

Saturday, May 20th

1:00 - 6:00

28 Valley Road SW (west of The Dam Bar)

Prizes - \$5, \$10, and \$20 Deals

S'mores

**New Clothing Arrivals for Infants,
Toddlers, and Kids!**

Browse online at www.happyglampernd.com



NICKYPOO'S LODGE

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

4 Bedrooms, 3.5 Baths, Double Garage

625 44th Avenue NW ; Pick City, ND

For more information, contact Scott Winistorfer

701.425.5237

160 Acres and only 5 minutes
from Beautiful Lake Sakakawea

Book on Airbnb

[Hunting & Fishing Lodge < 3 Mi from Lake Sakakawea - Houses
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 \(evolve.com\)](#)



NATIONAL MAY RAY DAY | MAY 19

[National Day Calendar](#)

May 19 is the time of year National May Ray Day celebrates the bright sunshine, warmer weather with just a slight breeze to cool your skin.

#NationalMayRayDay

If your name is Ray or May, this is your chance to use your name as a way to get outdoors and soak up some sun. After all, this spring holiday is all about getting out into the sunshine and soak up some rays.

There are so many benefits of being in the sun, especially after a long winter. Our bodies need vitamins and minerals to maintain a healthy balance. Vitamin D is one of those vitamins we need for to maintain a healthy mind and body. Not only does it support bone health, it also lowers blood pressure, prevents disease and promotes strong mental health. There is also evidence healthy levels of Vitamin D in the body help reduce chances of getting cancer.

The sun is a natural resource you can use to help maintain healthy Vitamin D levels. Sun exposure:

- Promotes strong bones.
- Kills unwanted bacteria in your body.
- Reduces cancer risks.
- Reduces high blood pressure.
- Improves sleeping habits.

Excessive sun exposure can also cause serious health problems, especially skin cancer. However, there are a few preventative measures you can take to make your day in the sun enjoyable:

- Wear clothes that cover your arms and legs.
- Wear a wide-brimmed hat that covers your shoulders, ears, face and head.
- Wear sunglasses that block UVA and UVB rays.
- Always wear sunscreen with at least 15 SPF or higher.
- Use an umbrella to block direct sunlight.

The natural turn of seasons is a beautiful transition. The grass turns green, flowers bloom, baby birds are seen learning to fly and new beginnings are seen everywhere. Springtime is a time to enjoy watching nature come alive.

SOAK UP THE SUN

- Plan a picnic.
- Go for walk.
- Buy a new summer dress.
- Plant some flowers.
- Read in the park.
- Visit a zoo.
- Share you day in the sun using #NationalMayRayDay on social media

A RAY OF HISTORY

We can thank comedian Richard Ankli for National May Ray Day. Born the same day, Ankli decided to honor his brother Ray with his own special day by declaring today National May Ray Day. Eventually, the Broadway residence in St. Joseph, Michigan, also known as the Broadway Fun Spot, began celebrating day, too. As a writer and comedian at Broadway Fun Spot (BFS) & Little Butter Publishing Co., Richard may have had the opportunity to self-promote his declaration.

Richard also gets credit for creating another holiday on National Day Calendar. Once again, Richard set out to honor another birthday on October 25. [National Sourest Day](#) was appropriately named after Richards friend, whose last name happened to be Sauer.

Whether or not this is how either day became official, we recommend going outside and enjoy the sunshine.

May 19th Celebrated History

National Day Calendar

1884

The Ringling Brothers stage their first circus.

1910

A month after Halley's Comet reached perihelion, the Earth passes through the comet's tail. Indecently, author Mark Twain was born during the comet's previous visit in 1835. The author predicted he would die during the comet's 1910 visit. He died on April 21, 1910, one day following the comet's perihelion.

1928

Calaveras County, California hosts their first Frog Jumping Jubilee.

1962

Marilyn Monroe sings "Happy Birthday" to President John F. Kennedy at his New York birthday celebration.

May 19th Celebrated Birthdays

John Hopkins - 1795

Born to Quakers Samuel Hopkins and Hannah Janney, Johns Hopkins became a successful businessman and philanthropist. Hopkins' forward-thinking provided for the development of Johns Hopkins University, Johns Hopkins Hospital and Johns Hopkins School of Medicine among others. As a result, these facilities contribute to the advanced research into disease and healthcare.

Henry G. Ginaca - 1876

Through Henry Gabriel Ginaca, the pineapple is more readily packaged, shipped, and consumed. Ginaca engineered the machine that automatically peeled and cored the Hawaiian fruit for the Dole Packaged Foods Company in 1911.

Frank Luke - 1897

During World War I, Frank Luke became known as the second-ranked American fighting ace after Eddie Rickenbacker. He would be shot down after on September 29, 1918, after a string of victories. Luke was awarded the Congressional Medal of Honor posthumously.

Malcolm X - 1925

The one-time minister of the Nation of Islam, Malcolm X played a pivotal counterpoint to Dr. Martin Luther King Jr.'s peaceful activism the Civil Rights Movement, and racism. In later years, the eloquent orator found a renewed hope after divesting himself from the Nation of Islam. He was assassinated in 1965.

Lorraine Hansberry - 1930

Lorraine Hansberry wrote the award-winning Broadway play *A Raisin in the Sun*.

Mario Chalmers - 1986

Mario Chalmers is a point guard for the Memphis Grizzlies. He was drafted as the 34th pick overall in the 2008 NBA draft by the Minnesota Timberwolves.

Easy Keto Italian Lettuce Wrap

thebestketorecipes

Ingredients

2-3 iceberg lettuce leaves
3 slices large deli Pepperoni
3 slices large deli Salami
1 slice smoke Gouda

Special Sauce

1 tbsp. Mayonnaise
1 tbsp. Pepperoncini Peppers, sliced

Directions

In a small mixing bowl combine the mayonnaise & sliced pepperoncini peppers, set aside. Tear a 12-inch square of wax paper to use as your base. Place 2-3 lettuce leaves in the center of the paper so they slightly overlap crating a solid barrier. Add sliced smoked Gouda in the center. Top with the Pepperoncini mayo, sliced salami and pepperoni. Use the wax paper to help you wrap it tightly like a burrito. Slice down the center when ready to eat.





Kimi Fischer, Owner
(701) 891-1709

Email: kimisfoodservices@gmail.com
Online: www.kimisfoodservices.weebly.com

Events & Catering

Food Truck - Cafeteria

Email: kimisfoodservices@gmail.com

Online: www.kimisfoodservices.weebly.com

701.891.1709

Homemade Goodness to Go!

Custom Per-Person Catering

Pricing Available-Just Ask!

We didn't place in anything at the Mac & Cheese festival...we didn't get the Golden Noodle... what I did get was a team that worked tirelessly and supported their crazy boss...I couldn't ask for a better crew! We will regroup see what next time brings! Thank you team Ashley Stillwell, Terri Klein, Leah Weil, Logan Countryman, Jess Weisz, and Brett Stillwell you all rock!!



Individual Homemade Frozen Meals

We offer frozen meals for \$6 each a little sampling of what's available. Containers are microwavable. Great for lunches or single people wanting home cooked meals.

- * Meatballs, mashed potatoes & gravy
- * Tater Tot Hotdish
- * Chicken Cordon Bleu Meal

* Others to choose from

Stock up to have available anytime for a delicious homemade meal!



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



ESPRESSO | FOOD | GAMES | GIFTS

**Cold Brew, Lattes
Boba and More. Yum!
New spring flavors
now available.**

Hours: Tuesday-Friday 8am-5pm.
Saturday 9am-3pm. www.javaslair.com
718 Main Ave Washburn, ND



**NOW BOOKING
FOR SPRING AND SUMMER:
GLUTEN-FREE FOOD TRAILER**

North Dakota's dedicated gluten-free food trailer. Come enjoy gluten-free comfort foods and delicious drinks.



BURLINGTON COMMUNITY HOUSING

is now accepting applications for an immediate opening in Burlington for our

1 Bedroom Apartments

Must be 62 & older or disabled, regardless of age. Rental assistance and utility allowance is available.

Free laundry facility and community center are on site. Accessible interviewing will be made available. This institution is an equal opportunity provider and employer.

Call Karen at (701) 852-5389
for an Application.

TDD 1-800-366-6888.

"Equal Housing Opportunity"

WORSHIP SCHEDULE

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

St. Bonaventure Catholic Church

Underwood
Sunday 8:30 am

* Sunday 10:30 am

St. Catherine's Catholic Church

Turtle Lake
Saturday 5:00 pm
* Sunday 8:30 am

St. Edwin Catholic Church

Washburn
Sunday 10:30 am
* Saturday 5:00 pm

* Mass Schedule Change
starting 6/1/23 – 8/31/23



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)

SPRING HAS SPRUNG!

STOP BY TO SEE OUR
SELECTION OF MOWERS,
LAWN & GARDEN
SUPPLIES, GRILLS, PATIO
FURNITURE & SO MUCH
MORE!



Follow us at [Highway 83 Lawn & Leisure](#)
[Highway 83 Lawn & Leisure](#)

Small Engine
Repair Shop

Monday-Friday

Full-Time Mechanic on staff.

We work on your mower,
weed eaters, chain saws, etc.



HIGHWAY 83 LAWN & LEISURE

1619 Highway 83 NW , Garrison, ND

Your Lake's Area Mercantile

(701) 337-2500

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

Visit our website at:

hwy83llt.com

View our E-Catalog:

[eCatalog Center - Home \(catalog-display.com\)](http://eCatalog Center - Home (catalog-display.com))





JACEY WANNER
 Parent Family Educator
 Region 7
 NDSU Extension
 Morton County



211 Collins Ave,
 Mandan, ND 58554
 701-667-3342

jacey.p.wanner@ndsu.edu

Grateful chats, not spoiled brats: raising kids who count their blessings

By Jacey Wannier, NDSU Extension Parent Family Educator 7 PRC

We were eating dinner together recently when my 5-year-old announced that she wants to be a teacher when she grows up. Now this announcement was not a surprise to any of us, as she tells us her teacher aspirations multiple times a week. She is constantly trying to convince her younger sisters and her parents to be her students while she teaches us lessons.

But after this particular announcement she said, "or I could be a doctor, I guess."

Now if she wants to be a doctor, that is wonderful, but she didn't say this with the excitement she talks about being a teacher. So I asked why she wants to be a doctor.

"Well, Mom, if I was a doctor than I could have a lot of money and then I could buy my kids the things they want," she responded. "You know that slide we want at Costco- you said we don't have enough money for that. I want to have enough money for my kids to get everything they want, not like us."

My husband joined the conversation to use this as a great time to talk about being "spoiled." He responded to my daughter with: "Now, do you know the name for kids who get everything and anything they want whenever they want it?"

My husband very confidently announced: "Spoiled."

"Hey!" I quipped, "We don't need to be labeling other kids."

Chalk that one up as another parenting fail for us and an after the kids go to bed conversation.

Now, parents there are lots of ways we can talk about "spoiling" kids. The interesting thing is that everyone has a different opinion on what makes a kid spoiled, and frankly, comparing and worrying about other kids being spoiled is a waste of time. It also is not helpful to us as parents to label other kids as spoiled.

Where families decide to allocate their funds depends on the values of the family and when basic needs are being met, some families choose to spend extra funds on restaurants, clothes, experiences, toys, or electronics.

Instead of worrying about kids being spoiled, let's teach them to be grateful without comparing.

How can we do this?

1. We can let our kids hear us be thankful for the food we have. "Wow, what a wonderful meal. Thank you."
2. We can be happy for others when they have something we don't rather than making it about ourselves. "Wow, they got an inflatable pool in their yard. They are going to have a lot of fun this summer." Don't insert, "Man, it would be awesome if we had one, but we don't."
3. We can be excited to use the toys we have and being creative with how we ask our kids to play with them. "Instead of buying new toys, we are going to learn new games to play with our current ones."
4. We can talk about how much we like the items in our home. "Wow, I just love our chairs. They are the best."

So, dear parents, erase the: "Well, they are spoiled." from your vocabulary and add, "I can see why you want that. Wow, I am so happy for them that they have that."

You could also add to your list of gratefulness with "Of all the things we have, I am most grateful I have you."

Upcoming Events

June 8 (Mandan)– My First Business: Babysitting

Jacey Wannier is the parent family educator for the Parent & Family Resource Center - Region 7, a collaborative effort of NDSU Extension, Morton County and the North Dakota Department of Human Services. She holds a bachelor's degree in kinesiology and a master's degree in occupational therapy.

IRON OAR PUB AND GRILL

Thursday - Sundays 4pm

701.654.7100
507 Missouri Drive, Riverdale

Follow us on Facebook and Instagram
for full menu and weekly updates.

Follow us



[Iron Oar Pub and Grill](#)

May 11th
2023

Sharpen
those mower
blades! Here
comes the
grass!

IRON OAR GRILL

AND PUB RIVERDALE USA

APPETIZERS

SALSA AND PICO DE GALLO \$14

TORTILLAS FRIED AND SERVED WITH A FIRE
ROASTED SALSA AND FRESH PICO DE GALLO.

MUSSELS \$23

1 POUND OF MUSSELS STEAMED IN WHITE WINE, GARLIC, AND BUTTER. SERVED WITH
CAJUN GARLIC BREAD.

THE POWER DUO \$24

THE BEST OF BOTH WORLDS! QUESO AND SPIN DIP UNITE IN ONE APPETIZER. SERVED
WITH LAVOSH, GARLIC BREAD, AND HAND CUT TORTILLA CHIPS. CHIPS

FRIED CHEESE BITES \$14

CUBED SMOKED WHITE CHEDDAR WITH A THIN BATTER FRIED AND SERVED WITH A
SWEET CHILI SAUCE.

QUESO DIP \$17

HOT CREAMY WHITE QUESO SERVED WITH HAND CUT CORN TORTILLAS, GARLIC
FRENCH BREAD, AND LAVOSH CRACKERS.

SPINACH DIP \$18

CLASSIC CHUNKY GARLIC, ARTICHOKE, AND SPINACH DIP WITH LAVOSH, GARLIC
BREAD, AND OUR SPECIALTY TORTILLA CHIPS.

BACON-WRAPPED JALAPEÑO POPPERS \$18

THE CROWD FAVORITE WITH JALAPEÑOS WRAPPED IN BACON, STUFFED WITH CREAM
CHEESE AND FINISHED TO A CRISP ON THE CHAR BROILER.

MINNOW MENU \$13 THESE MIGHTY MEALS ARE SERVED WITH OUR FRIES AND A DRINK.
BUTTERED NOODLES- TENDERS- MAC AND CHEESE-
CHEESE BURGER- CHEESE QUESADILLA

PIZZA HAND TOSSED OR THIN CRUST (LAVOSH)

BACON CHICKEN RANCH BACON, CHICKEN, RANCH, AND TOMATOES \$18
RON SWANSON PEPPERONI, ITALIAN SAUSAGE, CANADIAN BACON. \$19
SAUSAGE KING ITALIAN SAUSAGE, ROASTED PEPPERS, ONIONS. \$18
THE PEPPER TON PILES OF PEPPERONI. \$18

JOIN US FOR MOTHER'S DAY BUFFET!

PRIME RIB, TACO BAR (QUESO
DIP!) BAKED POTATO BAR,
SAUSAGE, SHRIMP, MARINATED
CHICKEN BREASTS, CAJUN
BUTTER LINGUINI, PIZZA, AND
ALL YOU CAN EAT ICE CREAM!

HAND CUT STEAKS SOUP (+1.75) OR SALAD CHOICE OF 2 SIDES

12oz NY STRIP \$26 - 20oz RIBEYE \$35

8oz COULOTTE STEAK \$24 - 8oz HANGER STEAK \$25

BOATS! SOUP (+\$1.75) OR SALAD

THE BOURBON TRIO GRILLED CHICKEN,
SHRIMP, AND STEAK TOSSED IN OUR MAKERS MARK
BOURBON BBQ SAUCE ATOP GARLIC SMASHED
POTATOES AND BACON-WRAPPED ASPARAGUS. \$25

RUSTIC CHICKEN GRILLED CHICKEN BREAST,
GARLIC SMASHED POTATOES, BROWN GRAVY,
MUSHROOMS, AND GREEN BEANS. \$19

THE PADDLER GRILLED WALLEYE, OVER A BED
OF GARLIC SMASHED POTATO, SWEET CORN,
MUSHROOMS, ONIONS AND PEPPERS. \$21

FIESTA CHICKEN GRILLED CHICKEN BREAST,
ATOP TEQUILA LIME RICE AND TOPPED WITH OUR
PICO DE GALLO. SERVED WITH A SIDE OF HAND
CUT TORTILLA CHIPS. \$19

ENTREE SOUP (+\$1.75) OR SALAD SERVED WITH GARLIC BREAD

SHRIMP 7 GRILLED/6 BREADED JUMBO SHRIMP \$23

OAR SALAD SPRING MIX, SHREDDED CHEDDAR
JACK, TOMATO, ONION, PEPPERS, CROUTONS. \$16

PARMESAN CRUSTED WALLEYE 12OZ
GRILLED AND PARM CRUSTED WALLEYE FILLET. \$21

PASTA SOUP (+\$1.75) OR SALAD

CHICKEN MAC CAVATAPPI NOODLES, MONTEREY-
JACK, BACON, CHICKEN TENDERS. \$21

STEAK TORTELLINI SIRLOIN STEAK, CAJUN
BUTTER SAUCE, MUSHROOMS, TOMATOES, PEPPERS
AND ONIONS. \$23

LOBSTER MAC CAVATAPPI NOODLES, MONTEREY-
JACK, BACON, REAL CRAB, AND LOBSTER TAIL. \$25

SEAFOOD TORTELLINI REAL CRAB, SHRIMP,
CAJUN BUTTER SAUCE, LOBSTER TAIL, PEPPERS,
ONIONS, AND TOMATO. \$28

BURGERS

SERVED WITH OUR SEASONED FLAT FRIES

IRON OAR (THE CLASSIC)
CHEDDAR, LETTUCE, TOMATO,
ONION, AND THOUSAND
ISLAND. \$14

BOURBON COWBOY
CHEDDAR, BACON, ONION
RING, AND MAKERS MARK
BOURBON BBQ. \$17

MURDER (LOCAL FAV)
CHEDDAR, PEPPER JACK,
BACON, LETTUCE, TOMATO,
ONION, MURDER SAUCE. \$16

MIGHTY MISSOURI
CHEDDAR, PEPPER JACK,
ONION RING, BACON-
WRAPPED JALAPEÑO, FRIED
EGG, CHICKEN WING, FRIED
CHEESE BITE, AND MURDER
SAUCE. \$20

PHILLY CHEESE STEAK
SIRLOIN, PEPPERS, SWISS,
SHROOMS, ONIONS. \$16

SIDES: FRIES, BAKED
POTATO, ROASTED REDS,
CORN, ASPARAGUS, GREEN
BEANS, TORTILLA CHIPS

PREMIUM SIDES+\$3
ONION RINGS, LOADED
BAKER, FRIED CHEESE,
POTATO SKINS, FRIED
PICKLES, SAUTEED
MUSHROOMS AND ONIONS



Dr. Shelby Sortino, DC, L.Ac.



701.852.6474

www.newdawnnd.com

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

DID YOU KNOW ...

**that chiropractic and acupuncture can help with
Rheumatoid Arthritis?**

Rheumatoid Arthritis has 0.5% to 1% prevalence in the world. The total population of RA is about 5 million, among which women are more susceptible to RA than men and the ratio of males to females is about 1:4 (Shang et al., 2020). Gouty arthritis affects more than 3% of those in the United States (Lee et al., 2020).

Most people think chiropractic is best for neck or back pain but chiropractic can be helpful for ANY joint. Chiropractic can help with structural mobility of the joints as well as helping with muscle imbalance. But did you know acupuncture can also help?!? Locally, acupuncture can use certain points near the joint to help with muscle imbalance and tightness. But did you know, you can also use acupuncture points in the head, ears, hands, and feet to help with joint pain too!

Did you know that acupuncture can help with Inflammation? Arthritis means “inflammation of the joints”. 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 needles were. 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.

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](http://www.newdawnnd.com) & Instagram

Scott's



Bait & Tackle

71 Main Road East

Pick City, ND

Phone- 487-3343

Open 7 days a week

Convenience Store, Gas &
Propane, Bait & Tackle, ATM
Machine

Get your boat ready for Fishing Season!



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.*



MA DOGS HOUSE OF GROOM

FIRST CLASS CARE

FOR YOUR

PAMPERED PET!



534 WALNUT STREET
TURTLE LAKE, NORTH DAKOTA

BOOK ONLINE AT

www.madogshouseofgroom.com

701.527.5280

Your Office Products

Partner for Life

- Office Solutions Printing
- Production Printers
- Wide Format Devices
- Software Solutions
- Print Management
- and MORE!

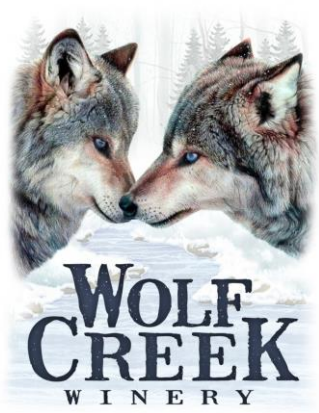
Contact: **Ken Koch**

kkoch@abmnow.com

(p): 701-221-4088

**advanced
business methods**

<https://abmnow.com>



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:

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

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

LOOK UP. LOOK OUT.

POWER LINE SAFETY ON THE FARM



SAFETY TIPS THAT ARE ALWAYS IN SEASON

1. Know what's below. CALL 811 before starting any digging project.
2. Always USE A SPOTTER to warn you of any dangers when moving equipment.
3. If you strike a guy wire, NEVER REPAIR IT YOURSELF. Call your local utility right away.
4. WATER CONDUCTS ELECTRICITY, so be careful when irrigating near power lines.
5. Keep yourself and machinery AT LEAST 10 FEET AWAY from overhead power lines.
6. Be extra careful when operating sprayers, planters and cultivators. KNOW THE HEIGHT AND WIDTH OF YOUR FARM EQUIPMENT to prevent accidental contact.

WHAT TO DO IF YOU CONTACT A POWER LINE:

If a power line falls across or near your machinery while you are in it, stay inside and **CALL 911**. Tell bystanders to stay away. If you must exit, jump as far as possible, so no part of your body is touching the machinery when you land. **KEEP BOTH FEET TOGETHER** and shuffle or hop at least 40 feet away.



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 second.



4031 Hwy 37 Bypass
 Garrison, ND
<http://www.mcleanelectric.com/>
701.463.6700
800.263.4922

DAM BAR AND STEAKHOUSE

CELEBRATING 25 YEARS

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



 [The Dam Bar & Steakhouse](#)

Established in 1947

The Dam Bar - Top 10 BEST Dive Bars in the state of North Dakota!

More of our Local Best. Congratulations to Little's & The Iron Oar as North Dakota's Top 10 Best Small-Town 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



Thursday – 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 Drumsticks
Onion Rings
Chicken Gizzards

14" DAM BAR PIZZA Made From Scratch

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

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.

DINNERS

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

Walleye 10 oz.
Jumbo Steamed Shrimp (4)
Shrimp Skewers (3)

THIS
WEEKEND
Cooks Choice
Specials

BURGERS & SANDWICHES

Signature Burgers

Dam Burger
Dam Cheeseburger

| | |
|--------------------|----------------------|
| Cheeseburger | BBQ Pork |
| Hamburger | Patty Melt |
| Bacon Cheeseburger | Fleishkueckle |
| BLT | Chicken Breast |
| Fish Burger | (grilled or breaded) |

GENEROUS SALADS

Chuckie Salad-grilled or breaded chicken with the works
House Salad- bacon, olives, tomatoes, onion, cheese



**THE DAM
SMOKE SHAK**

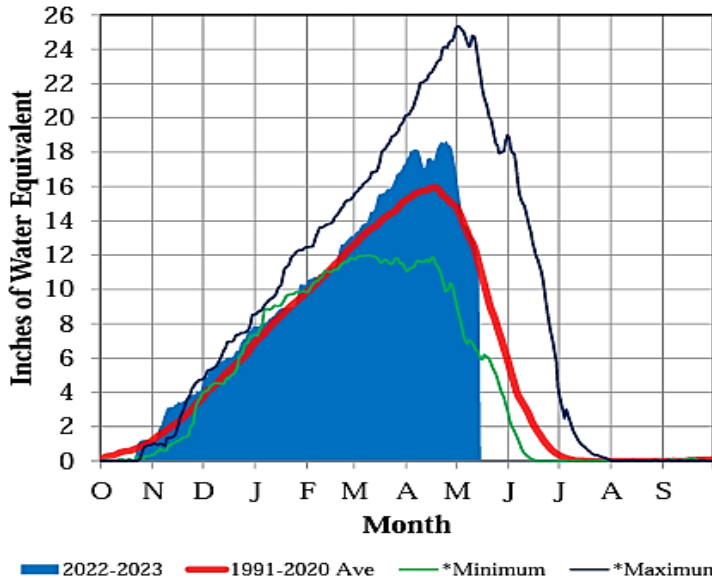
Coming
Soon!



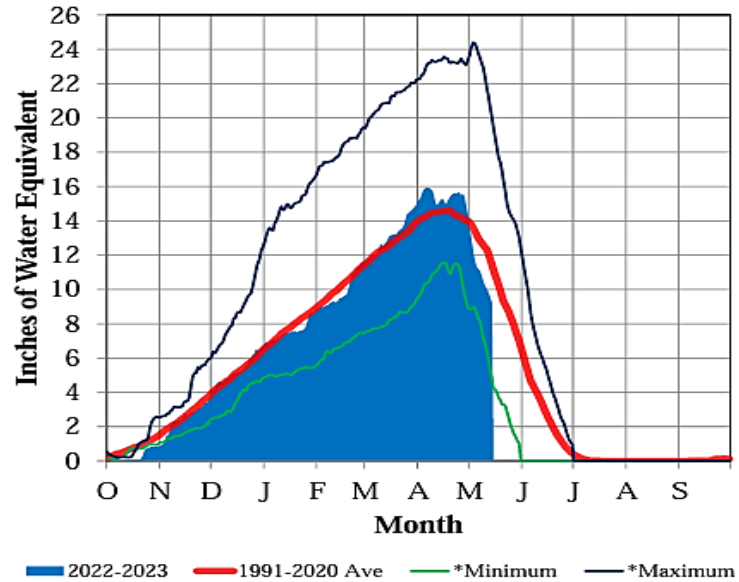
Missouri River Basin – Mountain Snowpack Water Content 2022-2023 with comparison plots from recent high and low years

14-May-2023

Total above Fort Peck



Total Fort Peck to Garrison



On May 14, 2023 the mountain Snow Water Equivalent (SWE) in the "Total above Fort Peck" reach is 11.2" and 60% of the annual peak remains. The mountain SWE in the "Fort Peck to Garrison" reach is 9.2" and 58% of the annual peak remains. The normal peak for both reaches occurs near April 17. The "Total above Fort Peck" reach peaked on April 24 at 18.6" SWE and 117% of the normal peak. The "Fort Peck to Garrison" reach peaked on April 6 at 15.9" SWE and 109% of the normal peak.

*Minimum peak SWE between 1991-2020 occurred in 2015 above Fort Peck, and in 2001 between Fort Peck and Garrison.
Maximum peak SWE between 1991-2020 occurred in 2011 above Fort Peck, and in 1997 between Fort Peck and Garrison.

Provisional data. Subject to revision.

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).

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"

Fruit



ACEROLA

APRICOT

CHERRY

CURRANT

DATE

DURIAN

FEIJOA

FIG

GUAVA

HONEYDEW

JUJUBE

KIWI

LONGAN

LOQUAT

LYCHEE

MANDARIN

MANGO

MELON

MULBERRY

PEACH

PLANTAIN

PLUM

POMELO

QUINCE

SAPOTE

SOURSOP

TAMARIND

TANGELO

UGLI

YUZU

Ye Olde Malt Shoppe & Eatery



72 N Main St.
Garrison, ND

701.463.2322

Open Daily

Breakfast, Lunch & Dinner

8 am – 8 pm



For Full Menu and Online Ordering visit us at: <https://yeoldemaltshoppe.com/>

 Follow us at [Ye Olde Malt Shoppe](#) Daily Specials

ONLINE ORDERING * WE DELIVER IN TOWN * TO GO ORDERS * DAILY SPECIALS * WEEKEND SPECIALS

Weekend Specials

* Ribeye * 5-piece Shrimp * Walleye

Sunday Dinner Special

Meatballs



Changing Styles

701.898.8954

302 2nd ST. RIVERDALE, ND

HOURS

THURSDAY 10-6

FRIDAY 10-6

SATURDAY 9-3

Changing Styles
will be closed

May 31st – June 8th

(I appreciate having this time off
for a special occasion)

Follow us at **Changing Styles Hair Salon**



[Changing Styles Hair Salon](#)



 all-nutrient
ORGANIC HAIR CARE





KNIGHTS



BAR & GRILL

401 3rd St. | Riverdale, ND

701-654-9559

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

Wednesday's

7:00 pm



1st Blackout 54#'s : \$927
2nd Blackout 52#'s: \$3,150

Saturday's

Karaoke



Every

Friday & Saturday



Follow us on our new Facebook page



[Riverdale High Lodge Knights Bar and Grill](#)



Midstate Porcelain

Art Guild

(MPAG)

Meetings held 1st Saturday
of every month at 10 am
Lesson & Location
at hostess discretion

Meetings held 1st Saturday of every month at 10 am
Lesson & Location at hostess discretion

Join The Midstate Porcelain Art
Guild & learn the fine art of
porcelain painting.

For Information on the Guild,
call any of our Officers:

Luann Allsworth, Hazen, ND 701-748-5804
Bobbi Barnhardt, Washburn, ND 701-315-0053
Vicki Benzmilller, Coleharbor, ND 701-400-3028
Vida Klocke, Underwood, ND 701-442-3478
Linda Maize, Beulah, ND 701-873-5717



Community Cupboard of Underwood

*"Our mission is to use all resources to eliminate hunger
throughout McLean County"*

THRIFT STORE MAY DATES:

Tuesday May 23rd : 1pm-5pm

Open to the public


Location: 208 Lincoln Ave Underwood, ND

HIGH NEEDED ITEMS

- ❖ Chunky Soups
- ❖ Chips
- ❖ Pudding packs
- ❖ Crackers
- ❖ Jell-O
- ❖ Cereal

Donations for all items and proceeds, go to the food pantry .
we are accepting kitchen and small household items, spring, and
summer clothing, clean and ready to hang.

Follow us on Facebook

 [Community Cupboard of Underwood](#)

to get the latest information on food distribution, events
and thrift store dates and times.

**Please contact us if you are interested in volunteering at
701.595.0320 or email**

 underwoodfoodpantry@gmail.com.

Quilting For You

701.315.0053

2690 Hwy 25
Mandan, ND 58554



Bobbie Barnhardt,
Owner

Handi Quilter Retailer
Certified Zentangle Teacher
China Painting Artist

 bobbie@quiltingforyou.net

 www.quiltingforyou.net

 [Quilting For You](#)



HQ Way Award Retailer



HQ Way Award Retailer 6 years in a row!

I owe this all to my faithful and loyal
customers. This would not be possible if it
wasn't for you and your support means so
much to me. Thank you!

<WANTED>

We currently have buyers looking for homes in the Riverdale & Pick City areas.

If you are thinking of selling, please give Ruth a call ASAP!



We can help you sell as well as relocate to your new home. Ask about relocation benefits!



Ruth Julson REALTOR®

Mobile: 701.870.2775

  
EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.

CENTURY 21 Morrison Realty
1142 W Turnpike Ave, Bismarck, ND 58501



www.ruthjulson.com



ruth@c21morrison.com



701-654-9927

500 10th Street & Hwy 200

24 hr. Credit Card Gas & Diesel Pumps

Grocery, Convenience Food & Breakfast items

Frozen Pizzas & Sandwiches

Off Sale and Tobacco

Camping & Fishing Gear

Bait & Tackle

Stop by for a cup of coffee



BRAVERA
BANK

Cash back options, so you can **forge on.**

Earn debit or credit rewards towards your next adventure.*

bravera.bank

*Conditions apply. Contact an employee for further information.

Member
FDIC



Lake Audubon * Hwy 83

701.337.2070

Online Ordering

www.tottentrail.com

Follow us at Totten Trail Bar

 [Totten Trail Bar](#)



HAPPY HOUR

Tuesday - Friday 4 - 6 pm

\$1.00 OFF ALL DRINKS

Tuesdays:

Indian or Softshell Tacos

Wednesdays:

Buy 1 Burger, Get One ½ Price!

Thursdays:

Broasted Chicken

Fridays:

Shrimp

Saturdays:

Steaks/Prime Rib

Sundays:

Pizza

Totten Trail Services

24 Hour Bait

Restrooms

Banquet-Meeting Room for Events

TUESDAYS

at 7:00 pm



1st Blackout 56#s

\$1,260

2nd Blackout 57#s

\$1,160

Hours

Closed Mondays

Kitchen

Tuesday – Sunday:

Noon to 9 pm

Bar

Tuesday – Sunday:

Noon to 10 pm



FOR EVERYBODY

Sarah Kolberg

Contact me at

WWW.CULTIVATEYOURBEAUTY.COM

701-248-6247

Customized Skincare

Your skin is your largest organ and it renews itself every 28 days. Finding a great skincare routine is what I do. We'll meet one-on-one to focus on your concerns and will find targeted solutions based on that.



Cultivate Your Color

Intensify your style with color selections for eyes, lips and cheeks that go beyond the expected and let your personal style shine!



Beauty Box

- Quarterly Subscription Box
- Full size products, samples & minis
- Exclusive seasonal items
- Unique Specials & discounts



scan me



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

Northland
HealthCenters



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

Telehealth Appointments Available
Friday from 8-3



Harbor Bar & Grill

701.442.3129

Hwy 83 & Frontage Rd., Coleharbor, ND

Prime Rib Night

Wednesdays at 4pm - \$12
Regular Menu

Steak & Seafood Night

Thursday - Saturday
4 - 9:30 pm

HOURS

Tuesday-Saturdays:
11:30 am - 11:00 pm

Friday & Saturday:
4:00 pm starts
Steak Night

Thursday - Saturday:
Bar Open 'till 1am

Sundays:
Closed

Appetizers

| | |
|---------------------------|--------------------------------|
| 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

| |
|------------------------|
| 12 oz. Prime Rib Steak |
| 12 oz. Ribeye Steak |
| Grilled Shrimp Skewers |
| Walleye |
| Calamari |



Sandwiches

| | |
|---|---------------|
| Prime Rib Sandwich with Coleslaw & French Fries | |
| French Dip | Fleischkuekla |
| Reuben | Patti Melt |
| Grilled Cheese | |

Baskets

| |
|-------------------------------------|
| Chicken Strip Basket w/ slaw and FF |
| Walleye Basket w/ slaw and FF |
| Corkscrew Shrimp w/ slaw and FF |



Burgers

| | |
|---|---------------------------|
| Classic Burgers-seasoned ½ lb. beef patty | Double Bacon Cheeseburger |
| Hamburger | German Burger |
| Cheeseburger | Chipotle Burger |
| Double Cheeseburger | Bleu Cheeseburger |
| Bacon Cheeseburger | BBQ Swiss Burger |

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

Follow us at [Harbor Bar & Grill](#)
for updates and Daily Specials



NORTH DAKOTA GAME & FISH

New Legislation

The North Dakota Game and Fish Department tracked 20 outdoors-related bills during the 2023 legislative session, 12 passed both chambers and signed into law.

The following bills take effect Aug. 1, except Senate Bill 2297 carries an emergency clause, and House Bill 1538 begins the following licensing year, April 1, 2024. A [complete list of bills](#) is on the Game and Fish website, gf.nd.gov.

HB 1014 – Provides an appropriation for defraying the expenses of the industrial commission and agencies under its control. This includes Outdoor Heritage Fund at \$15 million.

HB 1134 – Nonresident current North Dakota national guard members are eligible to receive resident licenses, except lottery permits.

HB 1224 – Allows a dog handler to carry a handgun in the recovery of a big game animal while in the presence of a dog. The dog handler cannot use the handgun to assist in the recovery of the animal and must have permission from the landowner or individual authorized by the landowner before entering private land for the recovery of a big game animal.

HB 1233 – Allows a 11-, 12- and 13-year-old antlerless white-tailed deer youth hunter to also hunt during the regular deer gun season.

HB 1260 – Develops agreements to compensate private landowners for the development of habitat on private property for addressing fish and wildlife populations. In addition, allows the Game and Fish director to issue special antlerless elk depredation management licenses to landowners upon payment of the fee required for a resident big game license. To be eligible for this license, a landowner cannot charge a fee for elk hunting and must allow reasonable public access as determined by the director.

HB 1366 – Allows an individual engaged in barefoot skiing or surfing to wear a wet suit. A life preserver must be on board the towing vessel for an individual barefoot skiing or surfing.

HB 1409 – A nonresident youth who is less than 16 years of age may purchase a resident general game hunting license and may hunt small game and waterfowl, except swans and wild turkeys, during the entire regular small game and waterfowl seasons. The accompanying adult family member or legal guardian does not have to be licensed.

HB 1538 – Relates to fishing. Established a \$50 entry fee for a fishing contest, an application fee of \$75 for all tournaments, a conservation fee of an amount to be determined between the tournament sponsor and a representative of the fishing tournament (except for nonprofits), post contest reporting requirements, Game and Fish establishes a fishery conservation fund, and a surcharge of \$5 on each nonresident fishing license. Effective April 1, 2024.

SB 2017 – Establishes an appropriation of \$107,611,466 to the Game and Fish Department for the biennium beginning July 1, 2023, and ending June 30, 2025.

SB 2097 – Requires a political subdivision to notify the Game and Fish director, among others, before engaging in meetings with federal agencies to have any water body in the state designated a wild, scenic or recreational river under the Wild and Scenic Rivers Act.

SB 2297 – Certified game and fish volunteer instructors who have maintained active status in the state for 30 years are eligible to receive complimentary fishing and certain hunting licenses. Emergency clause carried; effective immediately.

SB 2382 – Provides clarity to the motorboat numbering exemptions section of the North Dakota Century Code.

Paddlefish Snagging Season Closes May 21

North Dakota's [paddlefish snagging season](#) will close Sunday, May 21 at 7 p.m. Central time, at the conclusion of the 21-day season.

Since the season will not close early, there will be no additional seven-day snag-and-release season.

For more information, visit the [fishing link](#) at the Game and Fish Department website at gf.nd.gov.

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

Iron Oar, Changing Styles Salon, Knights Bar & Grill, Reel Convenience, 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 CVB, Flowers-N-Things, 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.

Rena Rustad

your independent Norwex consultant
(701) 898-4500 call or text

All You Need To Clean...

Try-it kits available!



Samples too!

Norwex + Water

www.RenaRustad.norwex.biz Simply Clean VIP Group

THIRTY One™



INDEPENDENT CONSULTANT

Serina Eisenbraun

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

Facebook – Serina's Tote-ally Awesome Bags
[Serina's Tote-ally Awesome Bags | Facebook](#)

Phone – 701-527-3580

Independent Sales Consultant for Thirty-One Gifts, LLC who is solely responsible for its content. Thirty-One Gifts, LLC does not endorse and is not responsible for the content of this marketing material.

Chase Pharmacy, Inc.

(701) 463-2242

(800) 404-2243

21 N. Main Street
Garrison, ND 58540

Stephanie Pfeifer

Certified Consultant

701-891-9358 * Call/Text

I always have a monthly party open!

<https://stephpfeifer4.scentsy.us>



Scentsy

May's warmer is Luxe Leaves & scent of the month

Aloha Orchid a medley coconut crème & pineapple, plumeria & orchid



OPEN 7 DAYS

A WEEK

Dine in or Take out

701.654.9540

spillwaycoffee@gmail.com

504 10th St

Riverdale ND

Join us for Coffee, Breakfast or Lunch

Shauna Lelm

Independent Pampered Chef
Consultant

701-351-1380

slelm@bis.midco.net

www.pamperedchef.com/pws/slelm



To see the NEW SPRING
Products



SCAN ME

Flowers-N-Things

*Flowers Whisper What Words
Can Never Say*

31 N Main St
Garrison, North Dakota 58540

Office: 701-463-2003

Fax: 701-463-2008

flowersnthings@restel.com

www.garrisonfloral.com

Cindy Fennwald
Owner



Chuck's Custom Rods

Quality fishing rods built one at a time by a
professional fisherman for the fisherman

Chuck DeRemer

701-361-8910

1602 7th St. South * Fargo, ND 58103

deremerchuck@gmail.com



COTTINGHAM INSURANCE

Trusted Since 1990

BISMARCK

701.323.9419

UNDERWOOD

701.442.3473

cottinghaminsurance.com

Cottingham Insurance Agency DDC Inc

Momma's Magic Kitchen

701.333.8848

Visit our new Online Ordering for

\$5 off your purchase of \$25

10% off for all Veteran's



[Momma's Magic Kitchen | \(mommasmagickitchen.net\)](http://Momma's Magic Kitchen | (mommasmagickitchen.net))