The Dam News

July 19, 2023, Vol. 29



<u>Grace</u> Gardens

Submitted by Jessica McRandall

Before we begin, we would like to take a moment to thank Brenda Beran, the creative genius fully responsible for this newsprint, for the opportunity to tell our story. We are humbled by her interest in our adventure and honored to be featured.



My name is Jessica McRandall. My husband's name is Sean. And we are the "growers and shakers" of Grace Gardens.

In order to grow this story, we need to take you back nearly 20 years to when Sean and I first met. Sean was an avid gardener with a green thumb. He had beautiful lush plants and flowers. I was not. In fact, historically, I had only tried once to grow a garden and failed miserably. And flowers?! Forget it! I didn't even attempt live house plants. I just simply was not talented in that area. But, knowing what I know now, of course, it wasn't talent that kept me from thriving as a gardener, it was my own lack of dedication, patience and interest. It would take years for those traits to develop. But they did. A little "under the radar" and without any intentional desire of my own, the Lord planted a seed within me that would eventually grow into what it is today.

It all started innocently enough. From a little "can you help me with this?", "can you help me



With that?" type of stuff to "what do you mean you want to till up a perfectly good chunk of grass for a garden?! What?! Why?!" But being the good wife that I was (and am) I supervised (hehe) the tilling of a section of our beautiful yard and then helped with the planting. I most enjoyed watching Sean's joy of having a new place to garden. Since we'd married, he left his beautiful and bountiful garden space in Garrison to start anew with me in Bismarck.

And so, it went. Year after year. Season after season. Ever so slowly my interest developed. I discovered that I could actually grow stuff. And, that it was rewarding.

Fast forward eight years to 2012. That was the exact summer my involvement in our gardening hit warp speed.

Grace Gardens cont

That was the year we launched our mobile glass business. That was the year Sean began spending 4-5 days a week away from home, staying back in Garrison because that's where our company shop was (and still is). This is what all the previous years of watching, lending a hand and learning had led to. Because, just like that, I had become almost solely responsible for the health and well-being of our garden. And I was determined to prove not only that I could do it, but that I could also be good and successful at it. There was no dipping my toes in to test the waters. I had to dive in, headfirst. I was all in.

On the weekends when we weren't camping (which were very few), Sean would come home to find our roles had reversed. I was asking "can you help me with this?", "can you help me with that?"

He was so proud of all my hard work and effort. I was proud of myself! I had come so far and learned so much. And, in the process, discovered there was Peace in that garden. Nurturing and growing seeds into plants that provided food and nourishment for my family was deeply satisfying. That summer, my passion had developed beyond simply growing and harvesting. I became interested in canning and preserving our bounty. The knowledge of where and how our food was grown became important to me. The knowing that our food was canned with no additives or preservatives became important to me. Fresh and organic became common topics when discussing our garden and preserving methods. Simply put, I had become a gardening and canning crazy person! © I was reading, researching and learning. I had no idea how much there was yet to learn! Crop rotation. Some plants don't like each other. Certain plants do better planted next to each other. Consistent moisture. Dry soil. Loamy soil. Gravel. Etc.....Through trial and error I learned you can plant to close together or too far apart, that you can over water and so on. It is an art. Some people, like my husband, are naturals. While other people, such as myself, have to be taught.

And so, it went. Year after year. Season after season. Plant. Grow. Harvest. Preserve. Lots of weeding. Lots of watering. Lots of dedication, patience and interest.

Fast forward another eight years to 2020. That was the year the Lord answered one of our prayers. That was the year we were blessed with the opportunity of a lifetime. That was the year we bought the Hummel homestead along with nearly 18 acres of land. That was the year Sean and I began living under the same roof again seven days a week. After years of house hunting, neither of us had dared to dream of a property like the one we are now blessed to call ours.

We spent the first several months renovating the interior of the home and dreaming of all the possibilities 18 acres could offer. We knew we would have a garden. We knew where that garden would be. We knew there would be some raised beds (we are only getting older after all) and we knew there would be some ground level garden areas as well. What we didn't know was that the Lord had this whole thing planned out already; that this adventure had been spoken over our lives years before. All the previous years WERE intentional. He had been grooming and growing us in preparation for what He knew was to come.

When spring of 2021 arrived, we began the process of clearing and preparing the land. While doing so, we began to ponder and discuss the garden's possibilities (as if the ideas that were flowing were our own ©). And then came our "AH HAH!" moment. Our minds were opened to the idea of sharing our bounty with others (The Lord knows he gave us enough land to do just that). In that "AH HAH!" moment, we understood the blessing that had been bestowed upon us; we recognized and embraced His plan. To give thanks for the incredible opportunity given to us, it felt right to honor the Giver by naming this new adventure Grace Gardens.

And so, it began. The dream that was bigger than we knew became our reality. We planned and built and began our first Farmer's Market right on our homestead during the summer of 2021. Offering fresh, local, organic produce. We became members of the North Dakota Farmers Market and Growers Association. We registered ourselves with the State of ND and ensured that we were operating within the ND State Cottage Laws that govern what and how you can sell locally grown items. We continued to honor our blessings by donating a portion of the financial bounty of that season to the local food pantries in both Garrison and Max. It was also that first season that we decided to endeavor into raising chickens for eggs. In typical "Jess" fashion, we couldn't go into that project simply! It became a huge undertaking. Only the best for my chickens! (If there's one thing about me that is without fail, it is that I am an animal lover!) We built a large cozy coop inside our barn with heat for the winter months, donated half the barn space to their "living room", built an attached, completely secure outdoor space so they could have a place to be outside when we aren't home to monitor there otherwise complete free-range activity. Those of you who have been to our place can attest to the fact that there are chickens literally everywhere around our yard. ©

Grace Gardens cont

The 2021 season came and went in a blur but the success of that first season prompted us to grow bigger the following year. In order to accommodate the increase in produce, we felt a greenhouse was vital, so we set about building just that in the subbasement of our home. Complete with grow lights, misting system, heat, fans and humidity control on all four levels of the house, we started our 2022 season in March of that year. We expanded our growing space in 2022, we also expanded our line up to include farm fresh eggs and experimented with some new and exciting items such as peanuts thanks to the greenhouse. (Although the first attempt with peanuts didn't go so well, mostly due to high winds and grasshoppers, my Norwegian determination prompted me to try again this season, because after all, you're not supposed to be able to grow peanuts in ND, right?) We also began planting fruit trees and bushes to establish an orchard and berry patches for the future. We improved our presence by establishing Facebook and Instagram profiles as a way for people to stay updated on all the things we have going on such as market days, items available, giveaways and more. We improved our signage along Highway 37 making it easier for people to find us and to make ourselves more visible to those just happening by. As a result, we had the pleasure of seeing many new and returning faces. And it became clear to us that the farm to table movement was catching fire as more and more people were becoming interested in where and how their food was being produced. We were offering food that we knew was grown cleanly and responsibly, produce we were proud of because we had long since devoted ourselves to being good stewards of the land. Taking great pride in what and how we produced. We believe that our dedication came through in the quality of the items we offered.

As we began to look towards the 2023 season, we knew there would once again be expansions. So, this season we added to the garden space, added to the berry patches and the orchard, and added to the flock of chickens. But the first couple seasons taught us to keep it simple. As much fun as it was to experiment with the "not so commonly grown" items, it became clear in 2021 and 2022 that the basics such as, but not limited to, potatoes, onions and carrots are most popular with many of our customers. We, once again, have a few new and fun things growing but we doubled down on many of the basics. The garden is growing like crazy this year and we are excited for our Market Days to begin! This season we will once again be offering fresh dried herbs, eggs and some of our favorite recipes to accompany your produce.

We are also excited to share that we have the distinct pleasure of having Mis' Allainy Handcrafted Goods joining us for our market days this season! She has an exceptional array of soy-based candles, bath bombs, lotions and body butters, among other fantastic items you simply must try!

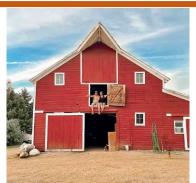
We are so blessed and grateful for all the support we have received from the locals and the surrounding communities. We can't thank you all enough! We couldn't fulfill this dream without you! We look forward to making new friends and to seeing familiar faces again this season!

Follow us on our Facebook page at Grace Gardens | Facebook (gracegardens.nd) and on our Instagram at gracegardens.market to keep up with what's going on with this crazy awesome homestead.

Market Days begin this Friday, July 21st and will run from 2-6 pm every Friday

for the remainder of the season. You can also come check us out during the Vendor Show in Pick City on July 29th from 8am to 2pm and don't forget that Mis' Allainy will be there with us!

Again, thank you and God bless each and every one of you! See you soon!! ~Jessica and Sean McRandall, the "movers and shakers" behind Grace Gardens















GARDENING WORD SEARCH

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ANNUAL BULBS

COMPOST

FERTILIZER

FLOWER

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GREENHOUSE

GLOVES

HEIRLOOM

PERENNIAL

POLLINATOR

PLANTING

RAKE

ROWS

SEEDS

SEEDLINGS

SHOVEL

SOIL

SUNSHINE

TRANSPLANT

WATER

WATERINGCAN

WEEDS

WHEELBARROW

WORMS



Wolf Creek Winery
Momma's Magic Kitchen
Java's Lair
Pampered Chef
Scentsy
Lifewave
NDSU Extension-McLean Co.
Chuck's Custom Fishing Rods
ShalGals Jerky
All American Donut & Snowcone

Cimi's Events & Catering
The Happy Glamper
Color Street
Happily Entwined
Jen's Kraft Korner
Tastefully Simple
FOREVER
Hinna Crafts
Red Aspen
Wild Wood Art

Grace Gardens
Mis'Allainy
Handcrafted Goods
Freezin USA
Color Dot Jewelry
Dave's Engraving
Pink Zebra
Farmasi
Norwex
Boho Bumblebee

ENTERTAINMENT & DJ PROVIDED BY FUNTYME KAROKE & DJ

Join us for a day of summer fun, spending time together with friends & lots of retail therapy. PCFD will also have \$10 tickets for their gun raffle at both locations. Drawing is September 16th at The Dam Bar. Thank you for supporting our vendors and this mission for Ava's Light.

For more information, contact us at avaslightevents@gmail.com or follow us on our group Facebook page The Dam News

Benefit for The Pick City Fire Department



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Open Daily

Breakfast, Lunch & Dinner 8 am - 8 pm



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



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Weekend Specials

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VEHICLE / TRAILER '85 Olds Cutlass Ciera-70,483 mi '01 PJ 18' bumper trailer-slide in ramps, diamond plate tool box, removable wood enclosure SHOP / MISC

AC Delco diagnostic machine, vise Delta HomeCraft drillpress, chop saw Craftsman tool chest, bench grinder Harris acetylene torch/tanks/cart Amoco Sta Warm knipco type heater Universal propane heater-new cherry picker, shop vacs, chain hoist toolboxes, come alongs, log chains jumper cables, gas cans, oil cans open/box end wrenches & other tools Michelin 31/2 T floor jack, sm anvil welding bench, pressure washer skil saws, drills, ext cords, shelving valve ring compressors, head lights, 4)Pontiac rims, 2)GM rims, creepers '58 Olds tail lights, shop lights '65 Mustang odometer, bug shields jacks, jack stands, auto CD player Niehoff & ignition & other cabinets air tank, car parts, oils, filters

YARD / GARDEN Arrow 10'X12' yard storage shed Yardman push, grass trimmer porch/patio swing w/cushions patio set w/umbrella, cement deer gas grill w/side burner, bug zapper Suncast box, wheelbarrow, axes chain saw, shovels, rakes, hoes, pitchforks, posthole digger, coolers turkey fryer, garbage cans hose & reels, alum & wood ladders corn hole, ladder ball

HOUSEHOLD / MISC

Kenmore washer & dryer set Frigidaire dishwasher Frigidaire stove, mini fridges 7.1 Haier chest freezer, couches On bed set-new, hide a bed dining table w/chairs, card tables china hutches, microwaves/carts roll top desk, desk, office chair chest of drawers, dressers, fans air fryer-new, crock pots, kettles 50" Toshiba TV, TV stand end tables, cabinets, orange trunk folding tables & chairs metal kitchen baskets/decor window AC, heaters, area rugs Huge Teddy Bear, mirrors, clocks Christmas/Holiday décor Sonart keyboard/stand/chair set stereo equipment, cross décor villages-houses/stores/gas stations/more

HUNTING / FISHING 22 Mossberg M702 w/scope-new fishing rods/tackle/gear fishing signs, knives, swords COLLECTOR TOYS

10 display boards + totes of Hot Wheels & other toys, muscle cars, model cars, erector set, Tonka, diecast, Minister Delux car-NIB Hot Wheel Treasure Hunts '54 Chevy remote control car Johnny Lightning cars/trucks Huge Barbie house/furniture/dolls WWF & WWE figurines & ring board games, Barbies-NIB

ANTIQUE / COLLECTIBLE

1953 AMI Music juke box, lamps 7-Up cooler, 5) oak table leaves MF pedal tractor & trailer, rocker Standard/Texaco/other cans mancave signs, coffee cans IH 11/2 -21/2 hp water cool engine gas pump figurine collection wildlife figurines/pictures collection Coca Cola & Beer collectibles Garfield & M&M collectibles shot glass collection, cookie jars Baseball/Football/Basketball/Desert

Storm collector cards Comic Books-Archie, Richie Rich, Casper, more

Popular Mechanics magazines vintage car books, hub caps License plates-'42,'44,'48,'52,'57, '65,'69,'70,'74,more

Western milk delivery cooler Lots Glassware-red/blue/gold/green carnvial glass, cape cod, crystal stemware, rose glass, Waterford crystal wine glasses, more Terry Redlin & Avon collector plates beer steins, pitcher/basin sets Malt Shop clocks, gas station signs Beer clocks/signs/lights

The Walking Dead signs & décor Route 66 signs & décor Dan Gladden signed Wheaties candy boxes/tins

Model A PARTS-2)radiators, floor jack, magnetos, seat cover, rims

Lots of Surprises!























Uuctioneers CLERK: Glass Auction Service, LLC Lic # 365

G & G Auctioneers | Hebron ND

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TERMS: Cash/Bankable Check *Lunch Served *More Items too numerous *Not Responsible for accidents *Statements on day of sale take precedence over printed to reject any and all bids "Sold as is, where is with no guarantees or warranties implied whatsoever.



www.midwestauctions.com/gandg Global Auction Guide

> www.ndauctioneers.com www.auctionzip.com

RIVERDALE GOLF CLUB TOURNAMENT

SATURDAY, JULY 29TH

REGISTRATION 9 AM TEE OFF 12 NOON

Per Golfer: \$50

Per Team: \$200

4-Ball Scramble | Limit of 18 Teams

Prizes
Common sate to
Number of Teams

- -Longest Drive
- -Longest Putt
- -Closest to Pin

To Reserve Golf Slot Contact Riverdale High Lodge 701.654.9559

Meal
Cost
Included
In Golfer
Fee



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Lucky Tongue Live 9 PM



Wednesday's 7:00 pm



1st Blackout 56#'s: \$1,199 2nd Blackout 54#'s: \$3,793

Every Friday & Saturday



Hours

Monday - Friday 2pm - Close Saturday & Sunday Noon - Close

> <u>Happy Hour</u> 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

Follow us on our new Facebook page



Riverdale High Lodge Knights Bar and Grill





NORTH DAKOTA GAME & FISH

Report Boat Accidents

Regardless of how safe and cautious boaters are on the water, accidents happen. If a boating accident involves injury, death or disappearance of a person, an accident report must be completed and sent to the North Dakota Game and Fish Department within 48 hours of the occurrence.

If property damage exceeds \$2,000, but no deaths or injuries occur, a boat operator has five days to file a report.

These reporting requirements are mandatory whether there is one or more boats involved.

A boat accident form is available on the Game and Fish Department website, <u>gf.nd.gov</u>, at any Game and Fish office or by contacting a local game warden.

Watchable Wildlife Photo Contest

Photographers interested in sending photos for the North Dakota Game and Fish Department's Watchable Wildlife Photo Contest must follow guidelines for submitting their work.

Photographers should go to the Game and Fish Department's website at https://gf.nd.gov/wildlife/watchable-photo-contest. Then it is a matter of providing some pertinent information about the photo and uploading it. Doing so helps both with ease of submitting photos for the photographer and managing those images for department staff.

The contest is open and the deadline for submitting photos is Oct. 2. For more information or questions, contact Patrick Isakson, department conservation biologist, at pisakson@nd.gov.

The contest has categories for nongame and game species, as well as plants/insects. An overall winning photograph will be chosen, with the number of place winners in each category determined by the number of qualified entries.

Contestants are limited to no more than five entries. Photos must have been taken in North Dakota.

By submitting an entry, photographers grant permission to Game and Fish to publish winning photographs in North Dakota OUTDOORS and on the department's website.

North Dakota Outdoors Weekly Webcast Fish Stocking 2023

Click the link below for information to watch the live broadcast

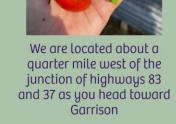
North Dakota Outdoors Webcast | North Dakota Game and Fish



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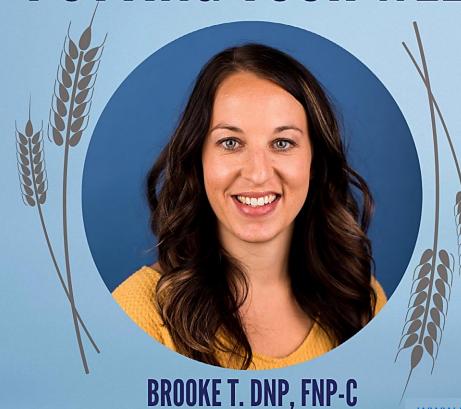


Grace Gardens | Facebook | gracegardens.market | To keep up with additional market days, product available, promotions & giveaways.

We belong to the ND Farmers Market & Growers Association

We are registered with the state of ND and comply with all the Cottage Food Laws

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- DOT Physicals
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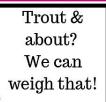
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HOURS

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MOMMA'S MAGIC

Riverdale

July 31

12 Noon - 5 pm Coffee House on 2nd Street (next to the Post Office)

Momma's Schedule for July

July 21 - Garrison (Flowers-n-Things)

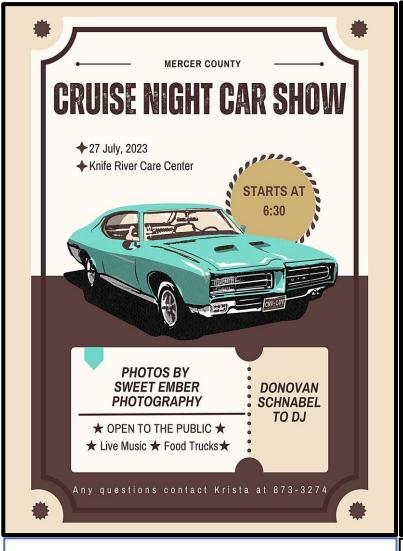
July 29 - Summer Vendor Show (Pick City)

Cookies, Breads, Pies & More Some items are made to order

Check out our website & Order online:

Momma's Magic Kitchen (mommasmagickitchen.net)

Follow us at Momma's Magic Kitchen



Hazen Chamber of Commerce Presents Community Pitchfork Fondue

August 15th, 2023
Hazen Golf Club
5:30-Social
6:00-Dinner
\$25.00 advanced tickets
\$30.00 at the door
\$5.00 hotdog meal



Come join us for a fun evening! Your choice of a pitchfork fondue steak or grill your own, baked potato, coleslaw, garlic toast,and dessert

Cash Bar will be available, including sodas. Tickets available at the Hazen City Hall and Chamber of Commerce Office (701)748-6848 hazenchamber@westriv.com



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 (7.12.23)

1842.30 ft. ^.09

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

MeetingThird Wednesday of the Month

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"



Kimi Fischer, Owner (701) 891-1709

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Online: <u>www.kimisfoodservices.weebly.com</u>

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Thank you to my terrific staff for working tirelessly at the 2023 Mercer County Fair for such a successful weekend! Thank you also to everyone who came out to see us. See you next year!

Saturday, July 22nd

Hebron Mud Run Hebron, ND 4:00 pm

Thursday, July 27th

Cruise Night & Car Show Knife River Care Center Beulah, ND 6:30 pm

Saturday, July 29th

Summer Vendor Show
Pick City, ND
Benefit for The Pick City Fire Dept
8 am – 2 pm











Friday, August 4th

Face of ND Golf Outing Hazen Golf Course

Saturday, August 12th

Class Reunion Hazen Middle School

Tuesday, August 15th

Hazen Chamber Pitchfork Fondue Hazen Golf Course 5:30 pm

Wednesday, August 16th

Chalkfest Hazen Lunch at 11 am



Follow us! Kimi's "Kimisfoodservices" for Daily Specials and Events









Hours: Tuesday-Friday 8am-3pm. Saturday 9am-2pm. www.javaslair.com 718 Main Ave Washburn, ND

f Java's Lair f Java's Lair Food

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Upcoming Schedule

JULY 20 - ARTS IN THE CITY MINOT

JULY 22 - JAVA'S LAIR WASHBURN

(ORDER IN-STORE)

JULY 27 - ARTS IN THE CITY MINOT

29 - SUMMER VENDOR SHOW PICK CITY

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IN-HOUSE PLANTS & GREENS

WEDDINGS GRADUATION MEMORIAL OR CLASSES OFFERED THROUGHOUT THE YEAR Frontier Floral | Facebook frontierfloralandgifts.com



Beef and Cheddar Sliders thetipsyhousewife

INGREDIENTS

1 lb. of shaved roast beef 2 tsp. of garlic powder

1 15 oz. jar of cheddar cheese sauce 2 tsp. onion powder

1 pkg. 12 Hawaiian Dinner Rolls 2 tsp. of dried parsley

¾ c. Western French Dressing or Couple of shakes of black pepper

another tangy dark red French. 2 tsp of grainy mustard

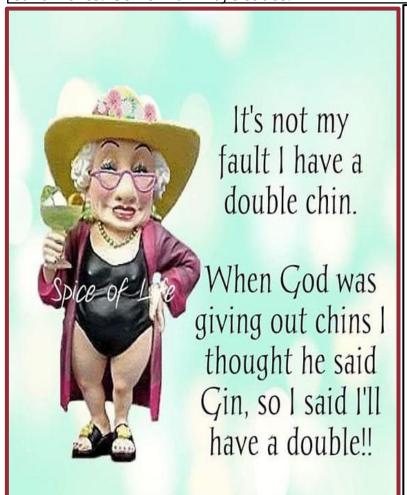
4 tbsp. melted butter Arby's sauce (optional) *found in a bottle at

1 tbsp. dried minced onion Walmart or other retailers

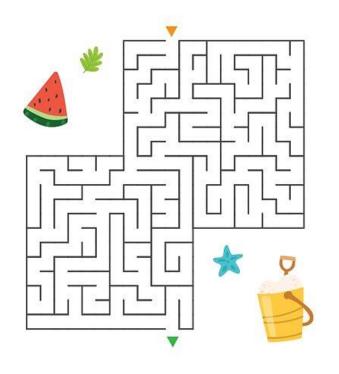
½ tbsp. of poppy seeds (opt.)

DIRECTIONS

Split the rolls down the center but keep the individual rolls intact and not separated. This will allow you a flat bottom to assemble your sliders. Place the base in a baking pan. I used a standard 9 x 13 pan. After cutting the lids of the rolls off, spread half of the western French dressing across the entire base of the rolls. Top the dressing with the beef, spread it evenly to the edges. Drizzle the remainder of the dressing over the top of the beef. You can use more or less of the dressing. Spread the cheese sauce over the beef, I do a dollop of cheese on what will be each individual slider. Place the bun lids back on top of the sandwiches. Add your seasoning and herbs to the melted butter and the mustard and brush this all over the top and sides of the sandwiches. Cover the pan with foil, bake for 25 minutes at 350 degrees with the foil on and then remove the foil and bake ten more minutes. (All ovens are different so check to make sure they aren't getting too dark). Sandwiches should be warm in the center, when done and the top golden brown. Let rest for 5 minutes and then slice the sliders into individual sandwiches. Serve with Arby's sauce.



Find your way through the maze



McLean County Museum

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Nettle Creek School

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Hours:

Saturday: $1 \text{ pm} - 4 \text{ pm} \mid \text{Sunday}$: Closed

Open: May - October

McLean County Historical Society

McLean County Museum (washburnnd.com)



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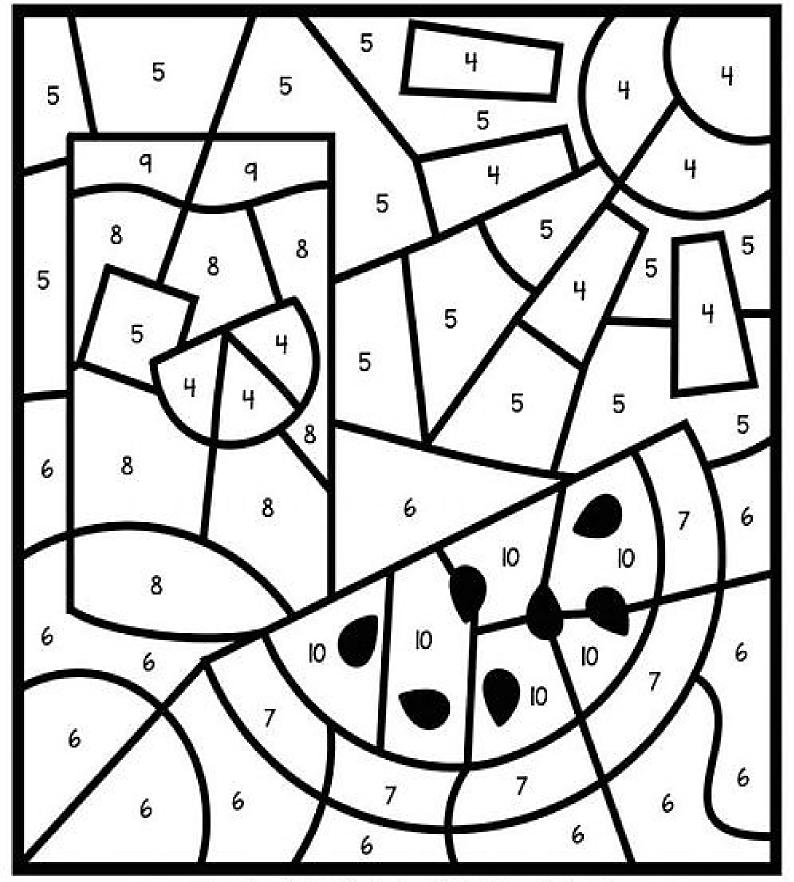
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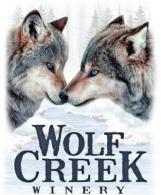


Wacky Wednesd krauses washburn **Every Wednesday** 5 pm til 7 pm For more information call or text Kathy @ 471-6422 or Grilling Becky @ 415-5710 Starting by Kris May 17th, 2023



Use the Color Code to finish the picture!

4 = yellow	5 = light blue	6 = purple	7 = green
8 = orange	9 = white	10 = pink	



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, Email: randy@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
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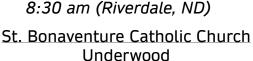
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WORSHIP SCHEDULE

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



St. Catherine's Catholic Church

Turtle Lake

Sunday 8:30 am

Sunday 10:30 am

St. Edwin Catholic Church
Washburn
Saturday 5:00 pm

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

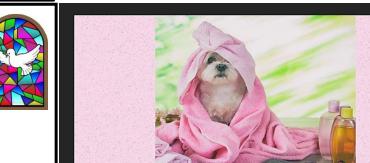
St. Paul's Lutheran Church (ELCA) 11:00 am (Riverdale, ND)

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 &

½ mi E off of Hwy 200)



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McLean-Mercer Regional Library

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Grab Those Tongs, It's Time to Grill!

It came to my attention the other day that July is National Grilling Month. It seems fitting as the propane tank is full and the weather is cooperating. Many of us enjoy cookouts and backyard barbecues during the spring and summer months. Unfortunately, barbeque season brings an increase in foodborne illness.

Follow these guidelines to avoid foodborne illness when grilling:

- Use the refrigerator or thaw sealed packages in cold water. If the meat is going right on the grill, you can use the microwave to defrost. Be sure meat is fully thawed before placing it on the grill.
- Never thaw your food in hot water or leave it out on the counter all day. These ways of thawing are not safe and increase your risk of foodborne illness.
- Make sure you have clean utensils, platters, and plates. To prevent foodborne illness, use different
 utensils and platters for raw meat and poultry than for cooked meat and poultry. Raw meat and
 poultry and their juices may contain harmful bacteria that can contaminate safely cooked food.
- Keep meat and poultry in the refrigerator until they are ready to be grilled. Make sure the grill is ready and has enough fuel to cook your food completely.
- To kill bacteria, thoroughly cook meat and poultry. Grilling can make the outside of meat look done when the inside is not. Use a meat thermometer to test for doneness.

USDA temperature guidelines for properly cooked meat

Food	Safe internal temperatures	
Beef, veal, and lamb steaks and roasts (with 3-minute	145°F (medium rare)	
rest)	160°F (medium)	
Fish, Pork (cuts)	145°F	
Ground Meat (beef, veal, pork, sausages and lamb)	160°F	
Chicken, turkey, duck (whole, pieces, and ground)	165°F	
Reheating:		
When reheating fully cooked meats, such as hotdogs, grill to 165 F.		

Serve hot, grilled foods immediately. Don't reuse plates that were used to hold raw meat or poultry. Perishable foods should be eaten within two hours, or one hour if the outside temperature is above 90°F. Remember to keep cold foods cold (below 40°F) and hot foods hot (over 140°F).

Clean the grill after each use. Refrigerate any leftovers promptly. Divide larger quantities into small, shallow containers for faster cooling. Discard any food left out for more than two hours (one hour if temperatures are above 90 F).

Enjoy your feast! Summer in North Dakota passes quickly so take time to enjoy it while you can.

Have more questions about becoming the best and safest grill master? Visit the NDSU Extension website at https://www.ndsu.edu/agriculture/extension. For questions or additional information please contact Courtney Hoikkala, Morton County Family and Community Wellness Agent, at 701-667-3340 or courtney.hoikkala@ndsu.edu.

<u>Dates to Remember: July 20</u>: Friends & Neighbor's Day, Mandan, <u>July 18- August 22</u>: Positive Discipline, Mandan, <u>July 22:</u> Garden Tours, <u>July 26</u>: Parent Cafe, Zoom, <u>Aug 2-6</u>: Morton County 4-H Achievement Day's and Morton County Fair, New Salem

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Mozzarella Sticks

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Sirloin 8 oz.

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Shrimp Skewers (3)

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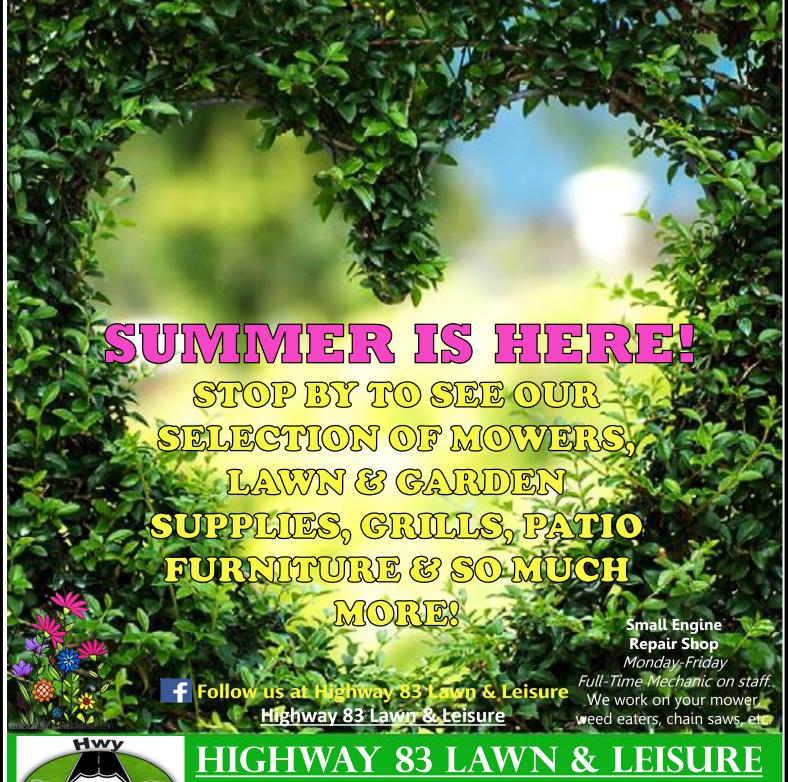
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Thursday - Saturday:

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Sundays:

12 Noon - 10:00 pm

Prime Rib Night

Wednesdays at 4pm - \$12 Regular Menu

Steak & Seafood Night

Thursday – Saturday 4 – 9:30 pm

Appetizers

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

Prime Rib Sandwich with Coleslaw & French Fries

French Dip	Fleischkuekla
Reuben	Patti Melt
Grilled Cheese	

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Walleye Basket w/ slaw and FF

Corkscrew Shrimp w/ slaw and FF



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Published every Wednesday

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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.

* Do X & Cox Cox

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

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

A printed copy available at the following locations:

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

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

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