

The Riverdale Times

Volume 1646

January 18 - January 31, 2024

NEW YEAR'S GOALS CAN PROMPT POSITIVE HEALTH CHANGES

Every year I set some goals for myself. Sometimes I am successful in carrying my goals to completion.

Other times, unexpected life events get in the way.

Recently my husband bought me a guitar at my request. He is always relieved when I pick out my own gifts.

I have had a guitar since I was about 12 years old. I learned some chords but didn't like the sound of the instrument.

Besides, the strings made my fingers hurt. Now I have a guitar with steel strings. I expect my fingers will hurt even more.

As with anything, you build up a tolerance and some calluses as you learn things.

My goal is to spend a little time learning guitar on most days of the week.

I think I will have some fun, and I will probably never play publicly.

Learning a new skill, especially a creative one, is good for the brain and can relieve stress.

If I park the guitar close to my easy chair at home, I will be reminded to pick it up and play during TV commercials.

At this time of the year, many people set some goals for themselves. Some people set their sights on reining in their

spending habits to save money to remodel or buy a house. Others plan to help their children or grandchildren with

educational expenses as they launch their adult lives.

Others aim to get "healthier" through diet changes or increased physical activity. Weight loss is a popular goal

that without other supports in place often is not achieved. Consider visiting with a registered dietitian or

other qualified health professional before starting a weight loss program.

According to the Centers for Disease Control and Prevention, about 17% of adults are on a special diet at any time.

Unfortunately, more than two of three adults are overweight.

A few years ago, a colleague told me about a 1-3-5 method of setting and achieving goals.

You could apply this to almost anything in your life that you want to achieve.

First, decide on one goal for yourself, and list three reasons you want to achieve that goal.

Then come up with five strategies you can use to make progress toward your goal.

If getting healthier and perhaps shedding a few pounds is a goal, your reasons may include having more energy,

having less joint pain, and lowering your chances of developing diabetes and other chronic illnesses.

Losing weight also can lower your blood pressure.

As an "ultimate reason" for making lifestyle changes, people want to live a long, healthy life and

interact with our family and friends.

The National Weight Control Registry was established 30 years ago. Researchers found five strategies

among successful weight loss participants.

About 98% of them changed their food intake. About 78% of the participants ate breakfast every day.

Include three food groups, such as a whole grain, fruit and dairy or other calcium source, to start your day on

the right note.

About 75% weighed themselves at least once per week. About 62% watched less than 10 hours of TV per week,

and 90% exercised an hour a day. Exercise strengthens muscles and reduces stress.

Continued on page 11

NDSU NORTH DAKOTA
STATE UNIVERSITY

EXTENSION AND AG RESEARCH NEWS

Calendar of Events:

Tuesday's, January 23 & 30, 2024

1 pm - 5 pm Community Cupboard Thrift Store

Saturday, January 20, 10 am - 12 pm

Community Cupboard Distribution
208 Lincoln Ave Underwood, ND
McLean County residents are welcome.

Tuesday, January 23 3 pm -5 pm

Game Day
Coffee House - Riverdale City Center

Monday, February 5 7:30 pm

Art from the Heart
Coffee House -Riverdale City Center

WORSHIP SCHEDULE

Riverdale Community Church

8:30 am (Riverdale, ND)

St. Bonaventure Catholic Church

Underwood

Sunday 8:30 am

St. Catherine's Catholic Church

Turtle Lake

Saturday 5:00 pm

St. Edwin Catholic Church

Washburn

Sunday 10:30 am

St. John's Lutheran Church (LCMS)

9:00 am (Underwood)

St. Paul's Lutheran Church (ELCA)

11:00 am (Riverdale, ND)

Trinity Lutheran Church (LCMS)

11:00 am (2 mi W & 2 mi S of Pick City)

St. Paul Lutheran Church (ELCA)

10:30 am (from Pick City: 2 mi W, 6 mi S
& ¼ mi E off of Hwy 200)

Augustana Lutheran Church (ELCA)

Sunday 10:00 am (Underwood, ND)

Faith Evangelical Church

Sunday 9:30 am (Underwood, ND)

MCLEAN-MERCER REGIONAL LIBRARY

216 SECOND ST.

RIVERDALE, ND

701.654.7652

MONDAY-FRIDAY 8AM-12PM & 1PM-5PM

PUBLIC ACCESS COMPUTERS,
CHILDRENS COMPUTERS, WIFI, PRINTER,
COPIER, FAX, EBOOKS, DIGITAL
MAGAZINES, MCLEAN & MERCER
COUNTY PAPERS, AND MORE!

RIVERDALENDLIBRARY.COM



**RIVERDALE-PICK CITY AMBULANCE
& RIVERDALE FIRE DEPARTMENT**
301 DAKOTA AVE RIVERDALE, ND
701.654.7466



AMBULANCE SERVICE:

Business Board Meetings:
2nd Wednesday of March,
June, September & December
@ 6:00 PM
Riverdale Ambulance Training
3rd Wednesday @ 7:00 PM



FIRE DEPARTMENT:

Business Meeting
& Training
3rd Tuesday of
the month @ 6:00 PM



ALL MEETINGS ARE AT 301 DAKOTA AVE RIVERDALE ND

HAPPY HOUR
TUESDAY-FRIDAY
4-6PM
\$1.00 OFF ALL
DRINKS

TUESDAY:
INDIAN TACOS(SOFT OR HARD SHELL)

WEDNESDAY:
BUY 1 BURGER, GET 1 1/2 PRICE

THURSDAY:
BROASTED CHICKEN

FRIDAY:
SHRIMP

SATURDAY:
STEAK/PRIME RIB

SUNDAY:
PIZZA

BAR HOURS:
TUESDAY-SUNDAY
11 AM - 11 PM

KITCHEN HOURS:
TUESDAY-THURSDAY
& SUNDAY
11 AM - 8PM
FRIDAY & SATURDAY
11 AM - 9PM



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NEW HOURS
11:00 AM
TO
11:00 PM
TUES-SUNDAY



Tuesdays @ 7pm

1ST BLACKOUT
56 # FOR \$ 1,360.00
2ND BLACKOUT
59 # FOR \$ 1,199.00



TOTTEN TRAIL BAR



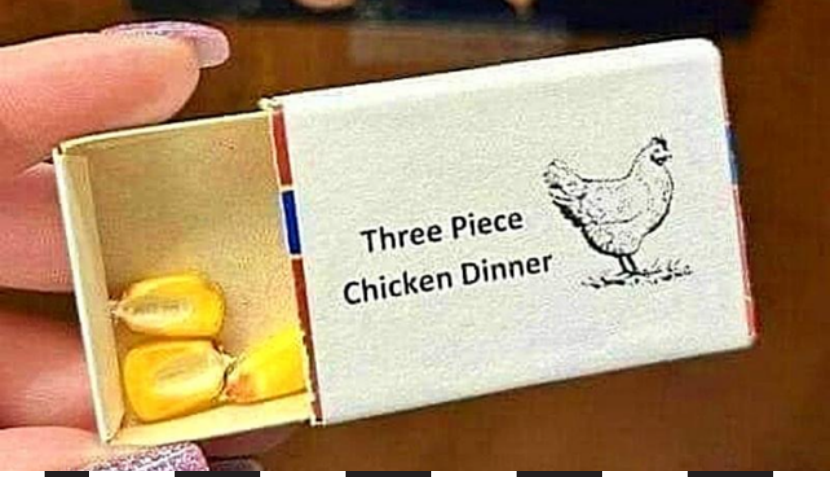
Bee's Cafe
47 Main St W
Hazen ND
701.748.5233
Est. 2019

HOURS 7:00 AM . 7:00 PM

Takeout. Dine-In. Curbside pickup
 Reservations



www.facebook.com/beescafehazen



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

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Monday - Saturday

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7:00AM-4:00PM

SAT 10:00AM-1:00PM

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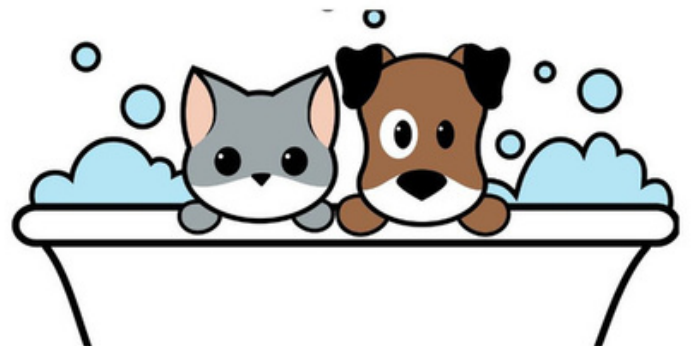
Pawprints Mobile Pet Grooming

Connie @ 701-301-7566

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Hours:
Mon-Fri 8:30 AM-5:30 PM
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Sun: Closed

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 Like and Follow us at **S & J Hardware**

The Pet Vet



Sharon Otto-Tafelmeyer
Veterinarian

The mobile pet vet will be in Washburn
from 1-2:30 & Underwood 3:00-4:00
on the 2nd and 4th Tuesday of the month.
Just come on over and wait your turn.



701-720-8387

Knights Bar & Grill

401 3RD ST RIVERDALE ND

701-654-9559



www.riverdalehighlodge.com

Hours:
Open 2:00 Daily

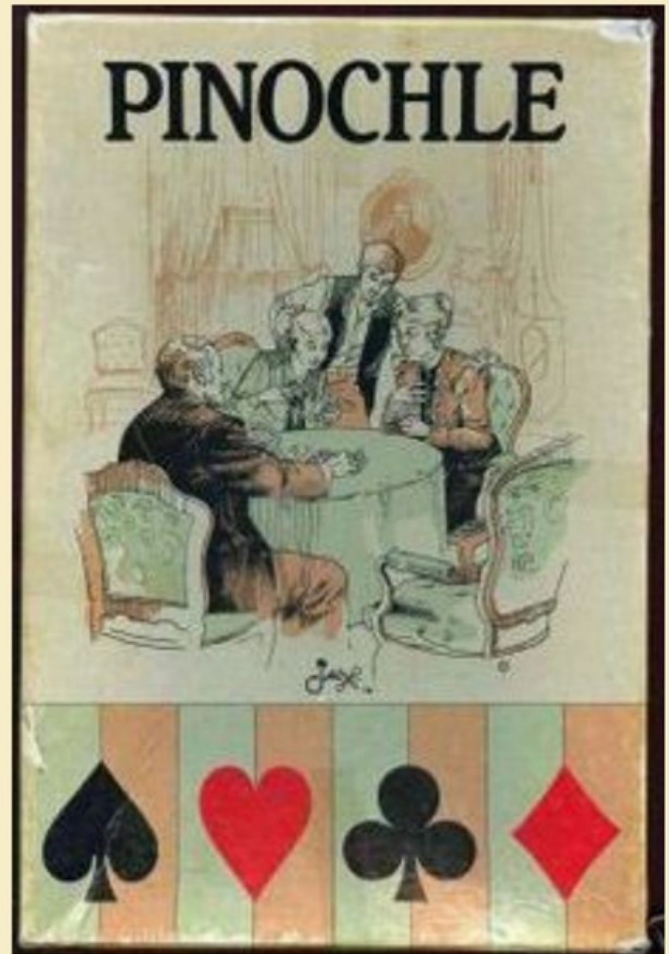
Happy Hour
Mon-Thurs:
4 pm - 6 pm

Grill Hours:
Sun - Thurs:
2 pm - 9 pm
Fri-Sat:
2 pm - 10 pm



Wednesday @ 7:00

Game 3~52# \$669
Game 5~50# \$2,500
1.17.24



Pinochle Tournament

Saturday, February 10th, 2024
11:00 AM

\$20/person/ \$40/team

Pre-registration not required



Black Jack
Friday &
Saturday Nights

 Follow us at Riverdale High Lodge Knights Bar & Grill



Join the Riverdale/Pick City Women's
Club on
Monday, February 5 at 7:30
in the Coffee House in Riverdale for a
painting session with Nina from
ART FROM THE HEART

\$25 per person. Call or text Amanda to RSVP
608.865.0335. 30-person limit, so save your spot
soon!



**CLOSED UNTIL
SPRING**

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Denise Johannes

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ATTENTION NORTH DAKOTA HOMEOWNERS

PRIMARY RESIDENCE

PROPERTY TAX CREDIT

As a North Dakota Homeowner,
You May Qualify for a New Property Tax Credit.

APPLY ONLINE JANUARY 1 - MARCH 31



PRIMARY RESIDENCE PROPERTY TAX CREDIT

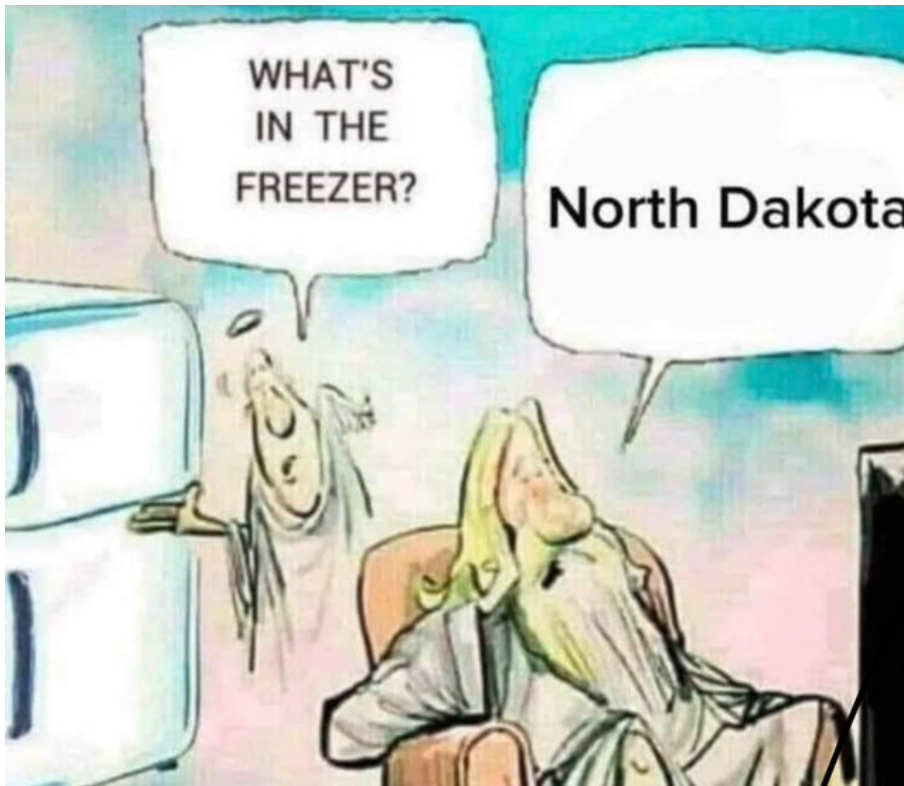
NORTH DAKOTA HOMEOWNERS MAY RECEIVE UP TO A \$500 TAX CREDIT!

- CREDIT REFLECTED ON NEXT YEAR'S PROPERTY TAX STATEMENT
- NO AGE OR INCOME RESTRICTIONS
- PROPERTY MUST BE RESIDENT'S PRIMARY HOME

ONLY ONE CREDIT AVAILABLE PER HOUSEHOLD

APPLY JANUARY 1, 2024 - MARCH 31, 2024 AT
TAX.ND.GOV/PRC

LEARN MORE AT TAX.ND.GOV



Game Day



**TUESDAY,
JANUARY 23,
2024
3:00 PM**

Time: 3:00-5:00pm

Where: The Coffee House in the Riverdale City Center

What: Bring your own game or play someone else's game.

Who: Everyone is welcome!

Bring a friend! We need Pinochle players!



YOUR PARAGRAPH TEXT

continued from front page

For me, learning to play the guitar may also reduce my food consumption while I watch TV. I don't want to get food on my new musical instrument.

We have a free program launching in 2024. It's called Nourish. It is not about weight loss, but eating healthier and getting more physical activity might have that outcome. The Nourish program is about nourishing your body (heart, bones, joints, eyes, etc.) through your food and fitness choices. It is delivered online and in-person in several counties through NDSU Extension.

Beginning the online course is a two-step process that takes just a few minutes. First, you register online, then you will be emailed an enrollment code to start the seven modules (about 30 to 40 minutes each) to be completed over several weeks. We ask that you try to complete at least six of the seven modules.

We have had many successful Nourish participants, so give it a try. Visit www.ag.ndsu.edu/nourish to register and learn more. We have prizes for the people who complete the class.

If you would like to learn how to cook more healthfully on a budget for yourself or your family, we have many free resources. Visit www.ag.ndsu.edu/food and go to "Food Preparation" and then "Cooking Basics" or "Cooking on a Budget."

Sign up for the free online newsletters, including "Family Table," "Nourish" and "Healthy Communities Alive." They are sent one time per month directly to your email inbox.

If you enjoy social media, follow NDSU Extension Nutrition - Nutrition on Facebook for daily tips. Here's wishing you a happy and healthy 2024!

NDSU Agriculture Communication – Dec. 28, 2023

Source: Julie Garden-Robinson, 701-231-7187, julie.garden-robinson@ndsu.edu

Editor: Elizabeth Cronin, 701-231-7881, elizabeth.cronin@ndsu.edu




Midstate Porcelain Art Guild (MPAG)

The Guild is made up of members from the central part of North Dakota. Our regular meetings are the first Saturday of most months.

We welcome new members.

Our meetings involve a painting project and business meeting.

For more information contact Vida Klocke at 701-442-3478



KOTA THEATRE
153 N. MAIN
STREET
GARRISON ND
58540

Coming Soon

ADULTS - \$7
13 AND UNDER - \$5

January 19 & 20 – 7:30 pm
Migration – Rated PG, 1h 31m
Comedy/Adventure 2023

A family of ducks decides to leave the safety of a New England Pond for an adventurous trip to Jamaica. However, their well-laid plans quickly go away when they get lost and wind up in New York City. The experience soon inspires them to expand their horizons, open themselves up to new friends, and accomplish more than they ever thought possible.



SAKAKAWEA AREA COUNCIL FOR THE ARTS

DINE-IN
OR
TAKEOUT
OPEN 7 DAYS A
WEEK
6AM-2PM



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50¢ off our drink of the month:
Java Frost Latte
white chocolate, vanilla
with a hint of peppermint

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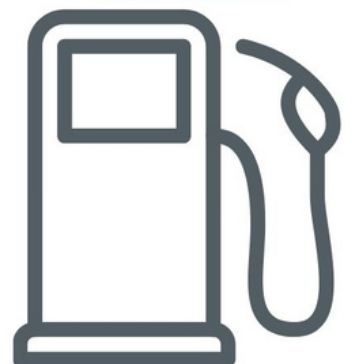


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STARK COUNTY LAND AUCTION

Tuesday, January 23rd at 3 PM MT

Offering 160.63 Acres

Land Location: From Belfield, ND: 7.5 mi. S. on Hwy 85, 3 mi. E. on 44th St SW., 1 mi. S. on 127th Ave, 1 mi. E. on 45th St SW and 0.5 mi. S

Auction Conducted At: Pheasant Country Golf Course -

100 Pheasant Dr. South Heart, ND 58655

Sellers: Weigum Family Land

MARCH GUN AUCTION

Saturday, March 16th at 12 PM CT

(Viewing Begins at 10 AM)

Offering: 200 Firearms & Ammo

Auction Location: Bismarck Amvets Club

Live Auction and Online bidding

Powered by Proxibid.com

(Online buyer's subject to 10% buyer's premium)

BRUCE VOEGLE ESTATE & MELISSA VOEGLE AUCTION

Saturday, June 8th, 2024 at 10 AM CT

Offering: Farm & Ranch Related Equipment

Located: 6251 Highway 200 Beulah, ND

Sellers: Melissa Voegele & Bruce Voegele Estate

Shane Wolff

701.983.4573 (O) 701.870.9090 (C)

wolffauctions@yahoo.com

Paula Jo Wanner

701.870.1406

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**MOVIE
NIGHT**
DATE NIGHT SPECIAL
ON THURSDAYS:
2 TICKETS + 2 MEDIUM DRINKS
+ MEDIUM POPCORN
\$25



Mean Girls

2024 PG-13 1hr 52mins
17th Wednesday 7pm
18th Thursday 7pm
19th Friday 7pm
20th Saturday 4pm & 7pm
21st Sunday 4pm

Cady Heron is a hit with the Plastics, an A-list girl clique at her new school. But everything changes when she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George.

Wish

2023 PG 1hr 35mins

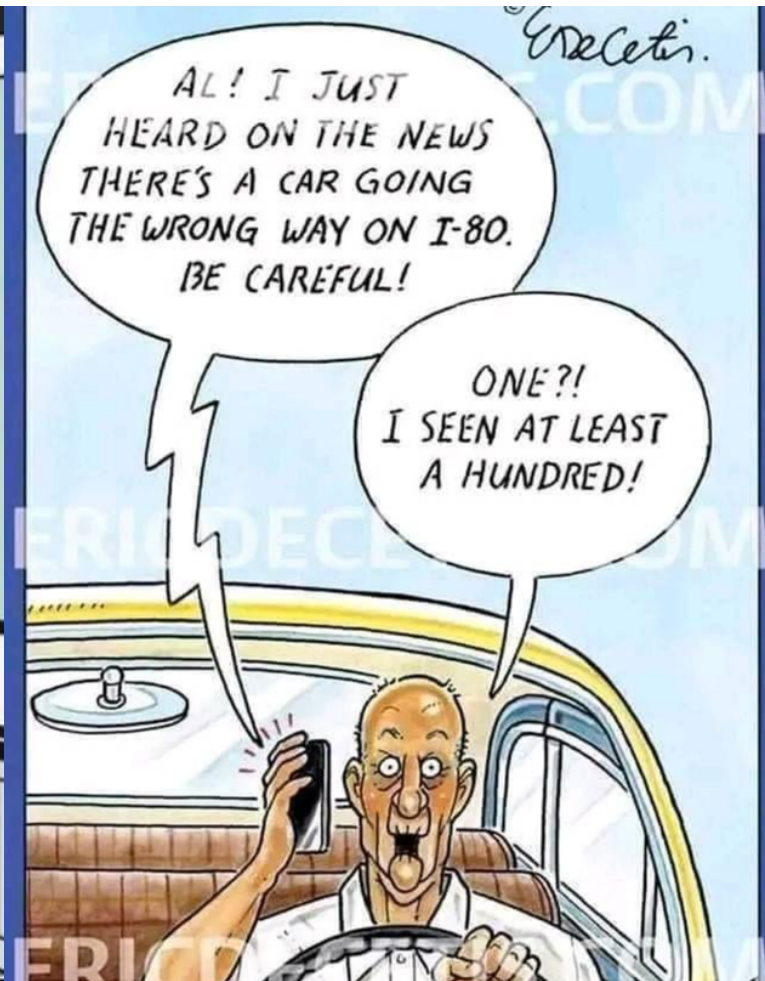
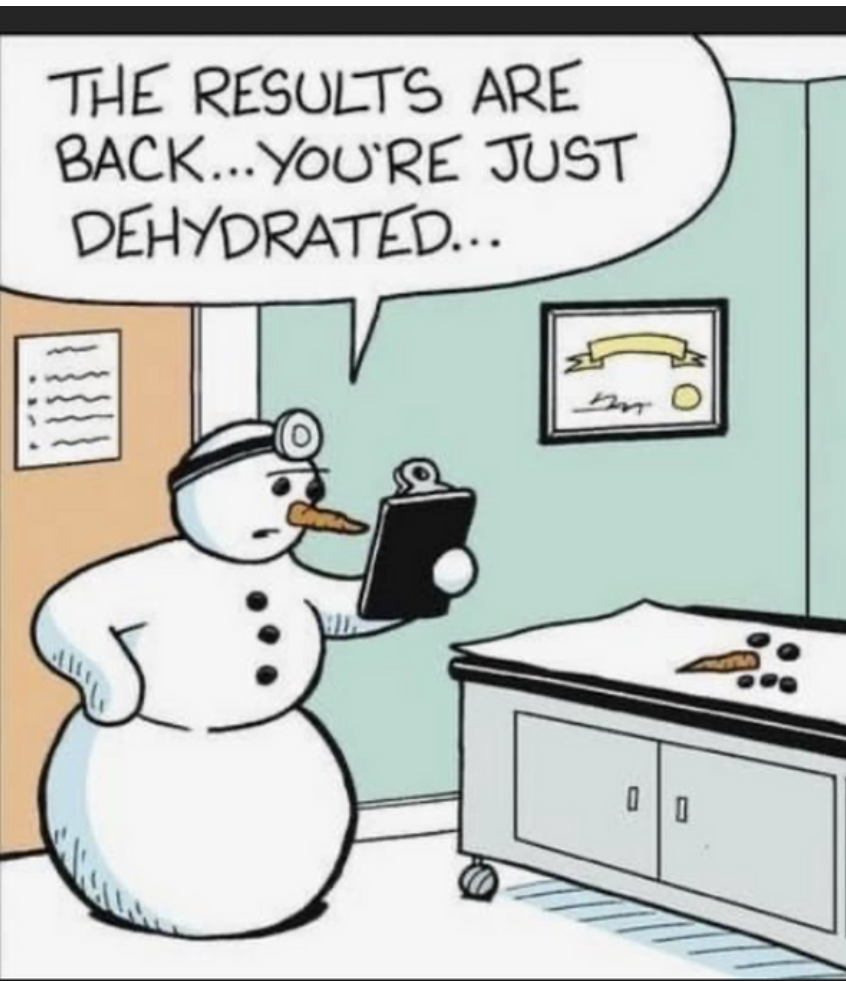
A young girl named Asha wishes on a star and gets a more direct answer than she bargained for when a trouble-making star comes down from the sky to join her.

17th Wednesday 7pm
18th Thursday 7pm
19th Friday 7pm
20th Saturday 4pm & 7pm
21st Sunday 4pm



We also have a Family Night on Sundays, it includes 4 tickets, a #1 combo with the extra drink, and 2 kids pack. All for \$50! For \$10 you can add another ticket & kids pack! (No substitutions)

**Make sure to check out the Concession - you will see something new.
Show Times: 7:00 pm Monday-Saturday Matinees: 4:00 pm Sat & Sun**





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Friday 8:00 am-12:00 pm

- Low Back & Leg Pain
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- Auto-Accident Cases

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\$50 per person entry fee / 2 person teams

100% Pay Out - Don't Miss Out!

Call Lee @ 701-870-1429 for rules & info

NIGHTLY SPECIALS

MON: Specialty Burger & Fries

TUE: Steak Sandwich, Au Jus & Fries

WED: Wings & Fries Basket

THU: 10oz Ribeye Dinner

FRI: Little's Famous Prime Rib &/or Salmon Dinner

SAT: Little's Famous Prime Rib &/or Surf & Turf

SUN: Hot Hamburger Special

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Thu-Sat 4-10pm

Sunday 12-8pm

BAR:

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Fri-Sat 4pm - 1am

Sunday 12-10pm

**WATCH FOOTBALL
WITH US! OVER
20 BEERS ON TAP!**



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CALL AHEAD & TAKE IT TO GO!

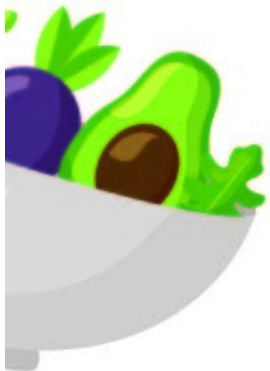
HEALTHY FOOD

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

Milk
Yogurt
Apple
Banana
Broccoli
Cherry
Cheese
Bread
Apricots

Avocado
Cantaloupe
Raspberry
Tomato
Cranberry
lemon
Lime
Fig
Onion

Artichokes
Ginger
Spinach
Squash
Garlic
Peanuts
Shellfish
Salmon
Crab



**WRT PRESS RELEASE – for immediate distribution
Submitted December 18, 2023
Contact: Janell Lynne, WRT Marketing Asst – 748.2211 / janell@wrtc.com**

WRT Scholarship Opportunities

WRT 2024 scholarship applications are now available online at www.westriv.com. WRT provides internet, voice, and security services to 25 local communities in North Dakota and South Dakota. Area students are encouraged to apply for the \$1,000 WRT Scholarships, as well as the \$2,500 WRT-sponsored industry scholarships.

The 2024 WRT Scholarships include one \$1,000 scholarship per each of the seven WRT districts and one \$1,000 WRT Technology Scholarship to a student entering a technology-related field, such as telecommunications, electronics and computer technology, network systems administration, network and communications management, information technology and web development. In addition, students that are the dependent of a WRT employee or director are also eligible for a separate \$1,000 scholarship.

WRT scholarships are available to high school seniors who will be graduating this spring, as well as students in college/postsecondary institutions. WRT Scholarships are only available to current WRT members and/or their dependents. (A member is defined as someone who receives phone &/or internet service from WRT.) Students can reapply each year but may only receive the scholarship once. Application deadline is March 1, 2024.

Area students are also encouraged to apply for the WRT sponsored NTCA/ Foundation for Rural Service (FRS) College Scholarship Program. This telecommunications industry program offers graduating high-school seniors a chance at \$2,500 scholarships. Applicants must receive local service from and be sponsored by WRT. Preference will be given to individuals expressing an interest in returning to a rural community following graduation. Application deadline is February 16, 2024.

WRT has established a sponsorship with Bismarck State College “BSC” in Bismarck, ND to assist students who plan to continue their education in the field of study within Information Technology, Cybersecurity, Electronics/Telecommunications Technology, Computer Science or Advanced Digital Technologies. The selected student intends to complete the Sponsorship Program as outlined, including program completion at BSC, and agreeing to 12 months of work at WRT for each year of schooling paid for by WRT. The program’s mission is to provide incentives for high school and/or college students to pursue a career in skilled labor jobs as the nation continues to have a shortage. Application deadline is January 1, 2024.

WRT Scholarship applications are available on WRT’s website at <https://westriv.com/about/careers/>. The NTCA/FRS scholarship application is available online at <https://www.frs.org/programs/youth-programs/scholarships>.

For additional information or questions, contact WRT Executive Assistant, Andrea Scharbach at WRT’s Hazen office by calling 701-748-2211 or emailing andreas@wrtc.com. Information is also available at www.westriv.com or www.facebook.com/myWRT.

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January 30, 2024

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February 1, 2024

February 15, 2024

February 29, 2024

March 14, 2024

March 28, 2024

Published by: Riverdale Pick City Women's Club

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All ads submitted for publications must indicate the name of business or person(s) sponsoring ad or it will not be published. Ads including any changes and/or news must be received by Tuesday noon to be published in that week's publication.

To submit ads or add additional information please email:

RTEditor01@gmail.com Contact Toni @ 701-226-1993 for questions.

Additional Information:

The Riverdale Times is printed in black and white.

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Riverdale: Knights, Spillway, Box by Post Office & Library

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Electronic copies at: Facebook Page~The Riverdale Times

& Pick City's websites. <http://pickcitynd.com>