

# 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](http://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



LAKE AUDUBON  
HWY 83  
701.337.2070  
WWW.TOTTENTRAILS.COM

**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](http://www.facebook.com/beescafehazen)



**701.463.6700**  
**800.263.4922**

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

**4031 Hwy 37 Bypass**  
**Garrison, ND**

McLean Electric serves the rural areas of  
 McLean County along with the city of  
 White Shield in west central  
 North Dakota.



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Social Event Catering  
Corporate Catering  
Concession Catering

Give Lenore a call (you won't regret it)

19 4th Ave SW  
Garrison , ND 58540

701.463.7445

Hours: 9-4

Monday - Saturday

Twinsfans@restel.net

Lenore's Outdoors & Catering offers a unique shopping experience from fresh caramel rolls to spring gardening!

Call Lenore today:  
701.463.7445

.....  
ALL MONTH IN JANUARY  
**MEN'S  
WELLNESS  
SPECIAL**  
**\$25**  
.....  
Vitals, Lipid Panel, Glucose  
CALL TO MAKE AN APPOINTMENT  
**877-609-3577**

GIVE US A CALL 877-609-3577

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DETECTION  
IS A GAME  
CHANGER**

Early Detection Skin Wellness  
Special Only \$40.00

Northland  
HealthCenters



# Cornerstone of Washburn



## Health Foods Store

701-737-9627

621 Main Street  
Washburn, ND

Hours: MON, TUES, THURS & FRI

7:00AM-4:00PM

SAT 10:00AM-1:00PM

Closed Wednesday & Sunday



# Nodak Insurance Company

**YOUR AGENT WITH ANSWERS!**



- Home
- Auto
- Business
- Farm & Ranch
- Life
- Annuities
- Crop

**MATHEW SCHEETZ**

**701-223-4605**

**1686 CAPITOL WAY, BISMARCK**



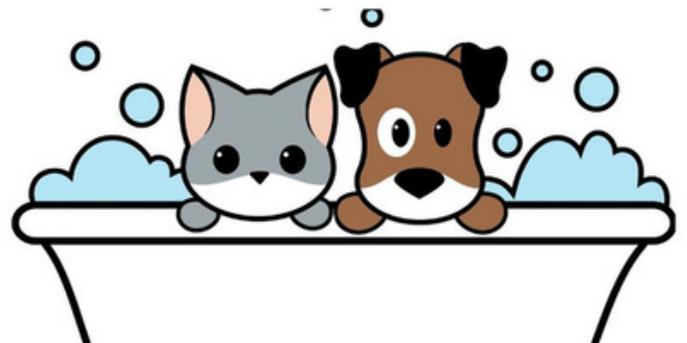
# Pawprints Mobile Pet Grooming

**Connie @ 701-301-7566**

 pawprintsmobilepetgrooming

*Connie will groom your pet at the convenience of your home or office. Services include bathing, haircut, blow-drying, nail-trimming and more.*

***Give her a call @ 701-301-7566 to schedule your appointment.***



**Servicing areas in: Beulah, Center, Coleharbor, Garrison, Hazen, Riverdale, Stanton, Underwood & Washburn**

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**Service – Remodel – New Installation – HVAC**

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## S & J Hardware

*The Family Service Store*

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<https://sjhardware.doitbest.com>

8 N MAIN  
GARRISON, ND 58540  
701-463-2712

Hours:  
Mon-Fri 8:30 AM-5:30 PM  
Sat: 8:30 AM-4:30 PM  
Sun: Closed

- Repair Windows & Screens Key Cutting
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- Computerized Paint Color Matching System

 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](http://www.riverdalehighlodge.com)

**Hours:**  
**Open 2:00 Daily**

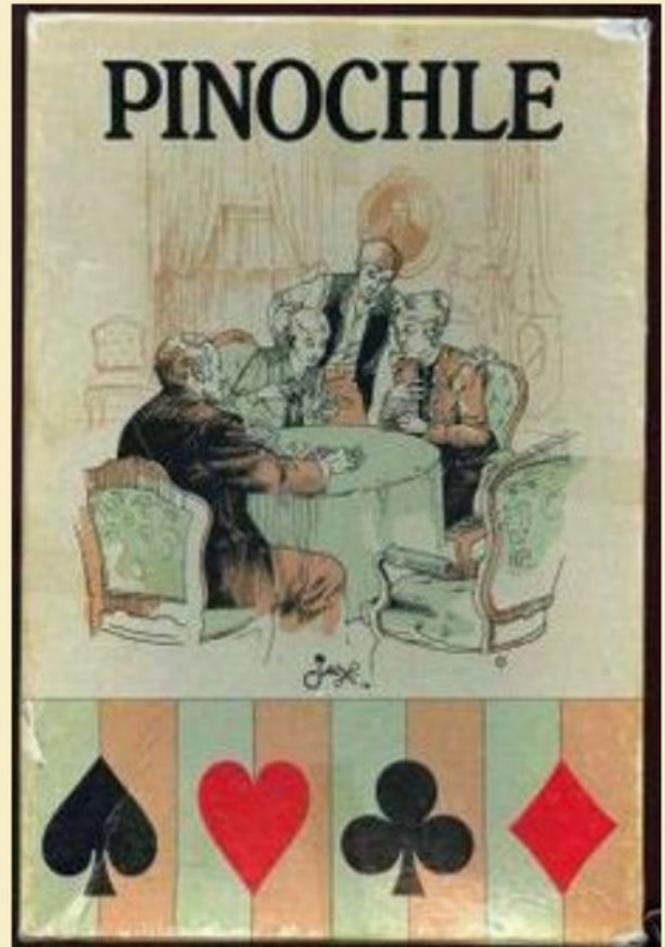
**Happy Hour**  
**Mon-Thurs:**  
**4 pm - 6 pm**

**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**

Lake Sakakawea  
NORTH DAKOTA

**LAKESIDE ELECTRIC INC**

**ND Masters License # 2268**

**Denise Johannes**

**(701) 870.0283**



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

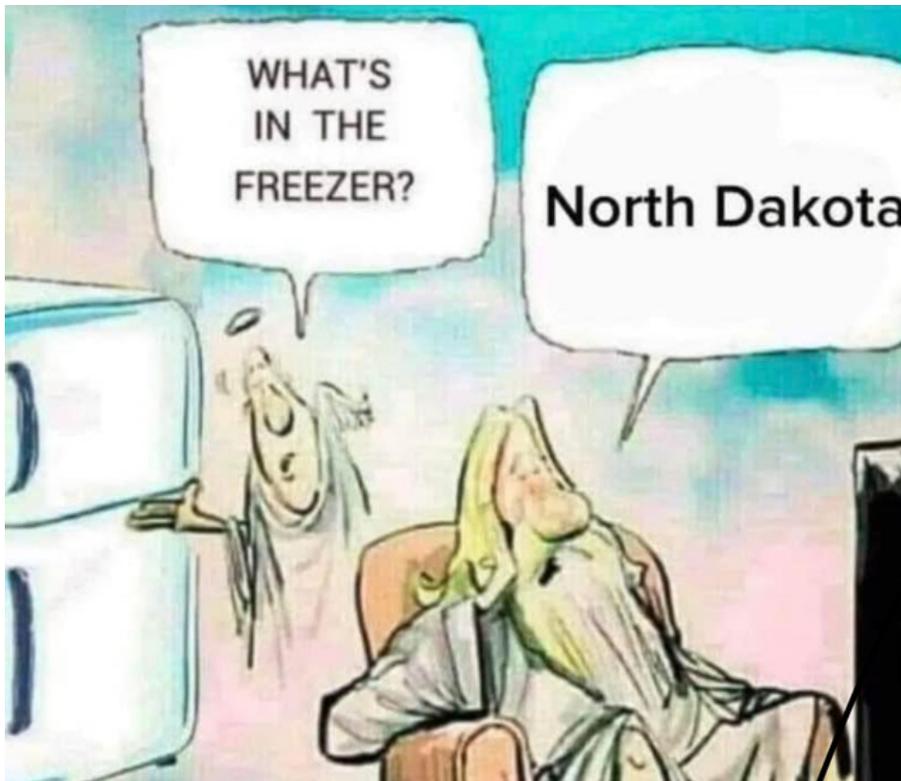
NORTH DAKOTA HOMEOWNERS MAY RECEIVE UP TO A \$500 TAX CREDIT!

- 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](http://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](http://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](mailto:julie.garden-robinson@ndsu.edu)

Editor: Elizabeth Cronin, 701-231-7881, [elizabeth.cronin@ndsu.edu](mailto: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



504 10TH ST.  
RIVERDALE, ND  
701.654.9540

- LARGE COFFEE MENU -

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

- BREAKFAST MENU -

OMELETS, MEAT & EGG COMBOS,  
WRAPS, PANCAKES, FRENCH TOAST,  
BISCUITS & GRAVY, HOMEMADE  
CARAMEL ROLLS

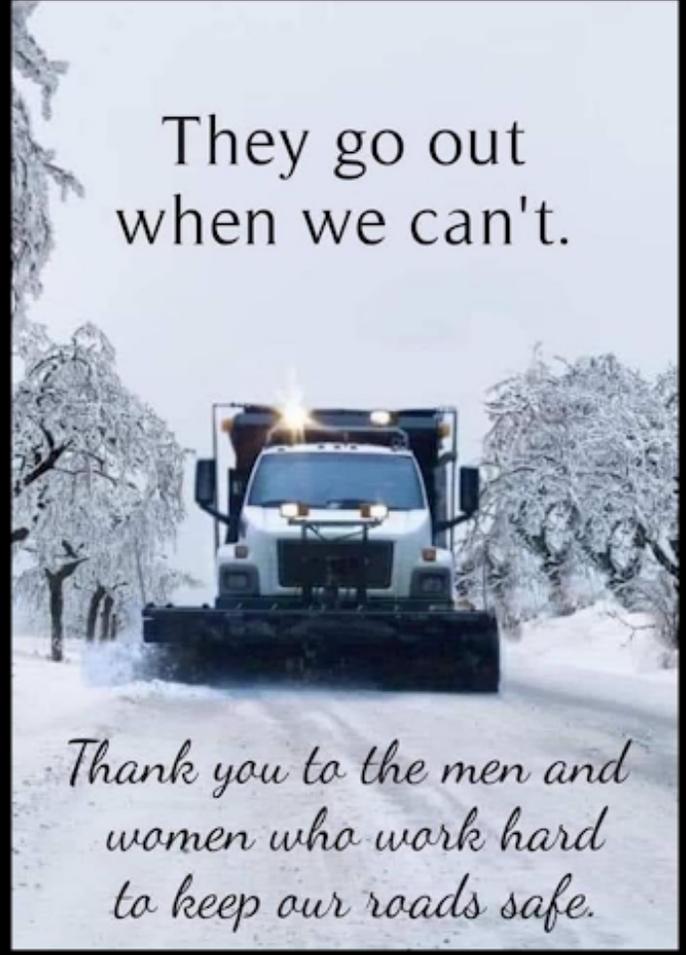
- LUNCH & DAILY SPECIALS -

SIGNATURE BURGERS, SANDWICHES,  
SALADS, DELICIOUS HOMEMADE  
SOUPS, & MORE!

- WEEKEND SPECIAL -

SPILLWAY EGGS BENEDICT

They go out  
when we can't.



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women who work hard  
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  - Sewer Camera Inspection
  - Line Location
  - Septic Services
- pumping, cleaning, maintenance & installation



**Loyal & Cathy Karges**

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**701-748-5935**



500 10th Street & Hwy 200  
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701.654.9927

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Gas Pumps**

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24/7**

The store may be closed until spring but the gas pumps will be on duty all winter. Swipe your card, fill your tank and you will be on your way.





# WOLFF AUCTIONEERS LLC.



1460 County Rd. 5,  
Golden Valley, ND 58541-9616

### 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

wolffclerking@gmail.com



## **KRAUSE'S Market**

Shop online: [Krausesmarket.com](http://Krausesmarket.com)

Deliveries 5 days/week | Fresh produce!

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701.748.2444

Garrison, ND

701.463.2215

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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

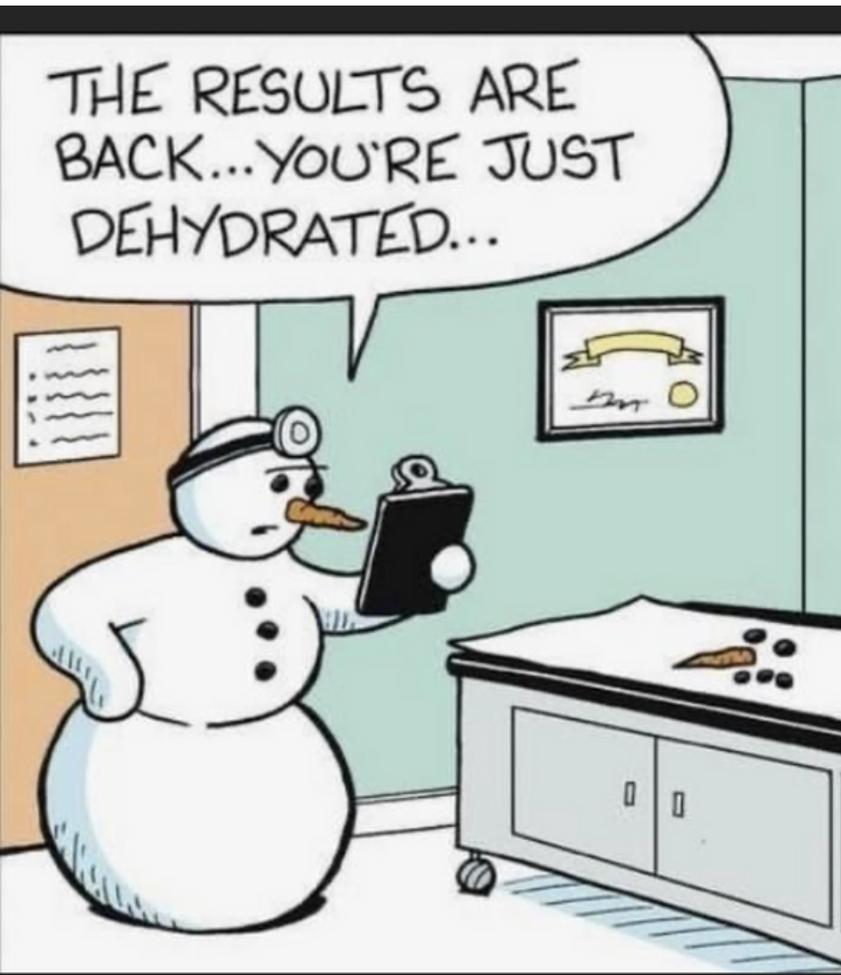
A young girl named Asha wishes on a star and gets a more direct answer than she bargained for when a trouble-making star comes down from the sky to join her.

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**





**KR AUTO RESTORATION**  
**405 DAKOTA AVE, RIVERDALE, ND**  
**(701) 500-5828**  
**KRFASTCAR@GMAIL.COM**  
**WWW.RIVERDALEAUTOBODYSHOP.COM**

**AUTO  
SERVICE  
& SALES**



**AUTO DETAILING**

**BOAT DETAILING**

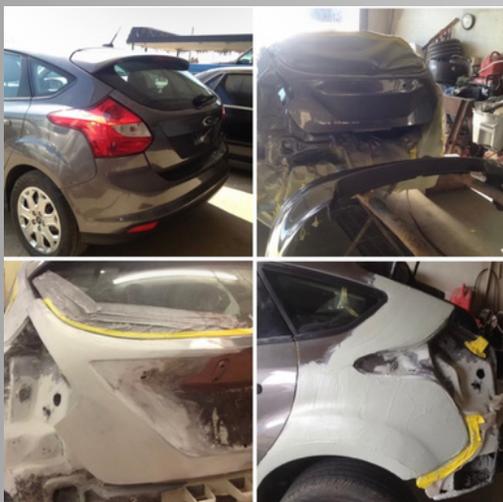
**AUTO RESTORATION**



**AUTO COLLISION REPAIR**

**AUTO SALES**

**PARTS FOR SALE**



**2014 GMC SIERRA CREW CAB**  
**MILEAGE 143,882**  
**CALL KURTIS FOR DETAILS**

**PARTS FOR SALE**  
**2014 DODGE DURANGO RT**  
**CALL KURTIS FOR DETAILS**



# Erickson Chiropractic

212 W Main St

Beulah, ND

873-7677

**Hours: Monday-Thursday**

**8:00-12:00 & 1:30-5 pm**

**Friday 8:00 am-12:00 pm**

- Low Back & Leg Pain
- Neck, Shoulder, & Arm Pain
- Headaches
- Sports injuries
- Work-related injuries
- Auto-Accident Cases

# Dr. DJ Erickson Dr. Travis Voegele



## New Patients Welcome

BC/BS Participating Provider



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"We are proud to stake out this property!"  
- Rocco the Realty Dog

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Coverage options for your "buried bones."

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THE SEARCH FOR YOUR  
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OF YOUR HOME!**

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& SAUCES • & MUCH MORE!**

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*Formerly 1 North Main*

# SAT, FEB 24

## 11<sup>TH</sup> ANNUAL LITTLE'S Spearfishing Tournament

\$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

**Fresh Baked Buns  
& Homemade Soup  
MADE DAILY!**

### **HOURS**

#### **KITCHEN:**

Mon-Wed 4-9pm

Thu-Sat 4-10pm

Sunday 12-8pm

#### **BAR:**

Mon-Thu 4-11pm

Fri-Sat 4pm - 1am

Sunday 12-10pm



**701.487.3636**  
CALL AHEAD & TAKE IT TO GO!

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

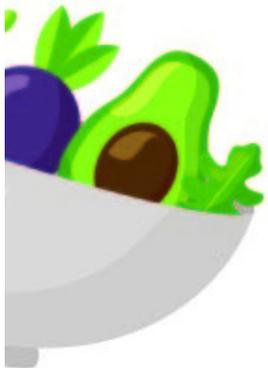
# HEALTHY FOOD

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](http://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](mailto:andreas@wrtc.com). Information is also available at [www.westriv.com](http://www.westriv.com) or [www.facebook.com/myWRT](http://www.facebook.com/myWRT).**

# SCHOLARSHIPS AVAILABLE!



**DEADLINE:  
MARCH 1  
2024**

**&**



**BISMARCK  
STATE COLLEGE**

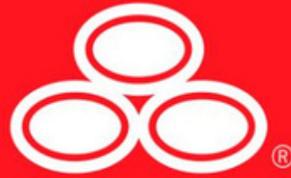
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# DEADLINE



## AD DEADLINE:

January 30, 2024

February 13, 2024

February 27, 2024

March 12, 2024

March 26, 2024

## PUBLICATIONS

February 1, 2024

February 15, 2024

February 29, 2024

March 14, 2024

March 28, 2024

## Published by: Riverdale Pick City Women's Club

### Pricing:

#### Business Ads:

1/4 page \$5/ issue

1/2 page \$7/ issue

1 page \$12/ issue

#### Personal Ads:

1/4 page \$4/ issue

1/2 page \$5/ issue

1 page \$8/ issue

Personal ads need to be prepaid.

### Officers:

President: Jackie Walls

Vice President: Toni Ganje

Treasurer: Deb Olson

Secretary: Amanda Von Eschen

Editor/Advertising: Toni Ganje

**Publication Policies:** Thank You for placing an ad in The Riverdale Times!

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.

The printed copies are available at the following locations:

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

Pick City: Teresa's, Scott's & Little's

Electronic copies at: Facebook Page~The Riverdale Times

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