

# The Riverdale Times

January 6, 2022 Vol. 1593

January 6-19, 2022



## The Times Are Changing

Beginning in 2022, The Riverdale Times will be published every 2 weeks.

### 2022 Riverdale Times

Issue Date and Ad Deadlines (by noon)

<b><u>January 6</u></b>	<b><u>May 12</u></b> Ad deadline-May 10	<b><u>September 15</u></b> Ad deadline-Sept 13
<b><u>January 20</u></b> Ad deadline-Jan 18	<b><u>May 26</u></b> Ad deadline-May 24	<b><u>September 29</u></b> Ad deadline-Sept 27
<b><u>February 3</u></b> Ad deadline-Feb 1	<b><u>June 9</u></b> Ad deadline-Jun 7	<b><u>October 13</u></b> Ad deadline-Oct 11
<b><u>February 17</u></b> Ad deadline-Feb 15	<b><u>June 23</u></b> Ad deadline-Jun 21	<b><u>October 27</u></b> Ad deadline-Oct 25
<b><u>March 3</u></b> Ad deadline-Mar 1	<b><u>July 7</u></b> Ad deadline-Jul 5	<b><u>November 10</u></b> Ad deadline-Nov 8
<b><u>March 17</u></b> Ad deadline-Mar 15	<b><u>July 21</u></b> Ad deadline-Jul 19	<b><u>November 24</u></b> Ad deadline-Nov 22
<b><u>March 31</u></b> Ad deadline-Mar 29	<b><u>August 4</u></b> Ad deadline-Aug 2	<b><u>December 8</u></b> Ad deadline-Dec 6
<b><u>April 14</u></b> Ad deadline-Apr 12	<b><u>August 18</u></b> Ad deadline-Aug 16	<b><u>December 22</u></b> Ad deadline-Dec 20
<b><u>April 28</u></b> Ad deadline-Apr 26	<b><u>September 1</u></b> Ad deadline-Aug 30	

*"And suddenly, you know...It's time to start something new and trust the magic of beginnings."*

# DAM BAR AND STEAKHOUSE

35 Main Rd E  
Pick City, ND  
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THIS IS THE BEST  
DAM BAR  
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Established in 1947

## THE DAM BAR IS OPEN

*Winter Hours*

**TUESDAY – SATURDAY: 3 PM – Close**

**Full Menu Offered for Takeout Orders**

### STARTERS

Combination Platter	Jalapeno Poppers
Deep Fried Pickles	Cheddar Cheese Curds
Hot Wings	Mozzarella Sticks
Crispy Battered Mushrooms	Chicken Drumsticks
Calamari	Onion Rings
Chicken Nuggets	Chicken Gizzards

### HAND CUT STEAKS

Filet Mignon 8 oz.	Ribeye 10 oz.
New York Strip 10 oz.	Beef Tenderloin 8 oz.
Bacon Wrapped Sirloin 8 oz.	Sirloin 8 oz.

### DINNERS

Pork Chops 8 oz.	Walleye 10 oz.
Hamburger Steak 10 oz.	Jumbo Steamed Shrimp (4)
Chicken Strips	Shrimp Skewers (3)
Breaded Shrimp	

### 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

### WEEKEND SPECIAL

Ribeye with  
Baked Potato & Salad

**Saturday January 8<sup>th</sup>**

FCS Championship

NDSU vs Montana State Bobcats

~Complementary Sliders &  
Screwdrivers after every score~



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# NOW SHOWING



## Encanto

Rated PG 1 hr. 52 mins.  
1 Week

Fri. 7<sup>th</sup> : 7:00, 9:00  
Sat. 8<sup>th</sup> : 4:00, 7:00, 9:00  
Sun 9<sup>th</sup> : 4:00  
Mon. 10<sup>th</sup> to  
Thurs. 13<sup>th</sup> : 7:00



## Sing 2

Rated PG 2hrs. 2 mins.  
Last Week

Fri. 7<sup>th</sup> : 7:00, 9:15  
Sat. 8<sup>th</sup> : 4:00, 7:00, 9:15  
Sun 9<sup>th</sup> : 4:00  
Mon. 10<sup>th</sup> to  
Thurs. 13<sup>th</sup> : 7:00

Watch movie trailers at  
[www.hazentheater.com](http://www.hazentheater.com)

### Coming Soon

\* American Underdog  
\* Scream \* Morbius

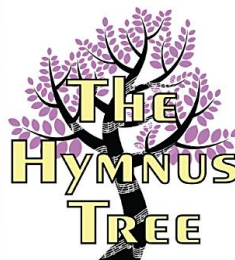
All showings subject to change  
Please check Facebook for updates  
All showtimes are in the central time zone!

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72 N Main St.  
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701.463.2322



Open Daily  
8 am – 8 pm  
Breakfast, Lunch & Dinner

For Full Menu and Online Ordering visit us at:

<https://yeoldemaltshoppe.com>

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

## Weekend Specials

\* Ribeye \* 5-piece Shrimp \* Walleye

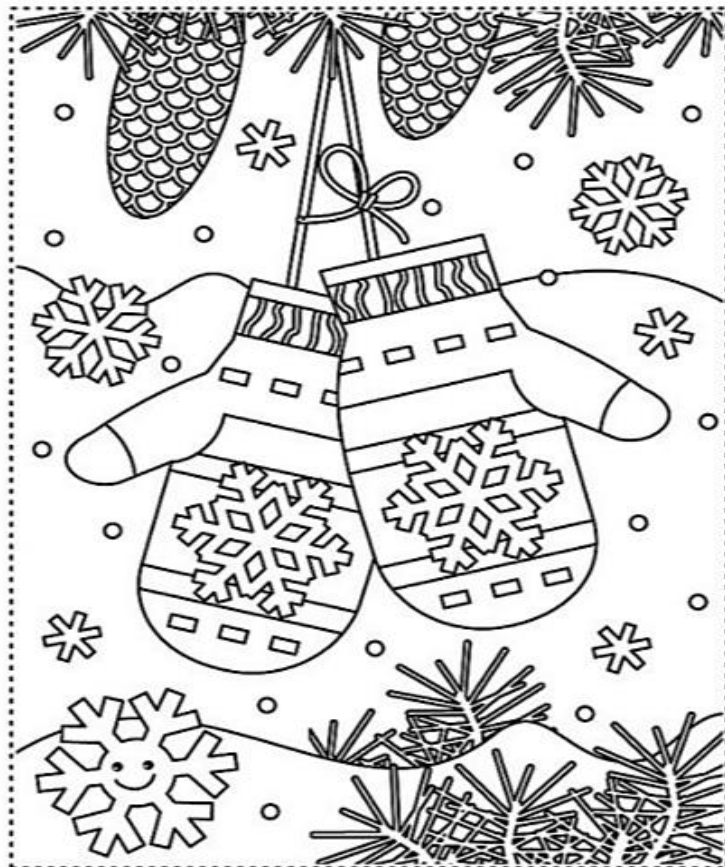
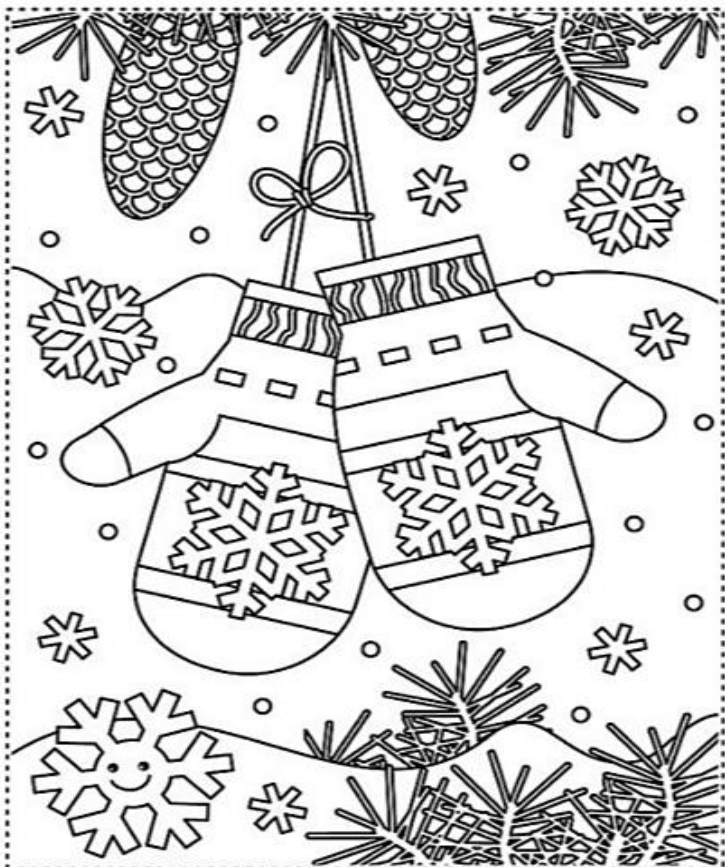
## Sunday Dinner Special

Baked Ham



Like and Follow us at **Ye Olde Malt Shoppe** for Daily Specials

Find the ten differences between the two pictures.





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\*\*\*\*\*

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**All the ways you can find the Riverdale Times**

The Riverdale Times can be viewed by going to Pick City & Riverdale, ND's City Websites

<https://www.pickcitynd.com/> and <https://www.riverdalenorthdakota.com>

Join our Group Facebook page



to view our weekly paper in digital & color formats

**A printed copy of the Riverdale Times is also available at:**

**Riverdale**

Box outside of Post Office, Changing Styles Salon, Knights Bar & Grill, Spillway & Library

**Pick City**

Scott's Bait & Tackle, Teresa's Grocery & Dam Bar





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New Year's Day

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Homemade Caramel Rolls

Lunch & Daily Specials

Signature Burgers, Sandwiches, Salads & More.

Delicious Homemade Soups

This Week's Special

Sliced Turkey with garlic mashed potatoes  
smothered in brown gravy with biscuit on the side.

Weekend Special

Spillway Eggs Benedict

**Riverdale City Council  
meeting will be held**

**Monday,  
January 10<sup>th</sup>  
at 6:00 pm**



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Events & Catering

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Up to 32 hours / week  
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Monday-Thursday

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# Events & Catering

Food Truck - Cafeteria

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Email: [kimisfoodservices@gmail.com](mailto:kimisfoodservices@gmail.com)



Follow us! "Kimisfoodservices"  
for Daily Specials and Events

Kimi's specializes in hearty, crowd-pleasing cooking & catering for all kinds of events. Now at the DGC Cafeteria Monday-Thursday!

## Upcoming Events

### Beulah Big Buck Contest

Saturday, February 5<sup>th</sup>

4:00 pm

Beulah Civic Center



## Kimi's Big Buck Menu

Each Basket includes Sandwich,  
Coleslaw or Potato Salad and Chips

Prime Rib Sandwich Basket.....	\$13.00
Pulled Pork Sandwich Basket.....	\$11.00
Brat Sandwich Basket.....	\$11.00
With or without Sauerkraut	
Hot Dog and Chips.....	\$5.00
Cole Slaw.....	\$3.00
Potato Salad.....	\$3.00
Water or Pop.....	\$1.00

**Custom Per-Person Catering Pricing Available-Just Ask!**

## Event Menu

Hamburger.....	\$8.00
Cheeseburger.....	\$9.00
Bacon Cheeseburger.....	\$10.00
Mac & Cheese Burger.....	\$11.00
Mac & Cheese.....	\$6.00
Fleischkuchla.....	\$8.00
Brisket Sandwich.....	\$10.00
Steak Bites.....	\$9.00
Memphis Style Pulled Pork.....	\$9.00
Make it Gluten Free! Served without a bun....	\$9.00
Fried Pickles.....	\$6.00
Pretzel Bites w/Beer Cheese Dip...\$6.00	
Cheese Curds.....	\$6.00
Fries.....	\$3.00
Tots.....	\$3.00
Curly Fries.....	\$4.00
Mini Donuts.....	\$6.00
Pop or Water.....	\$1.00

## Catering Menus

### Entrée's

<b>Chicken Carbonara</b> One Side & Garlic Toast/\$11 per person
<b>Meatballs &amp; Mashed Potatoes with Gravy</b> One Side & Dinner Rolls/\$11 per person
<b>Lasagna Roll Ups</b> One Side & Garlic Toast/\$12
<b>Pizza Pasta</b> One Side & Garlic Toast/\$11
<b>Chicken Noodle Pasta</b> One Side & Garlic Toast/\$11
<b>Meatloaf</b> Two Sides & Dinner Rolls/\$13
<b>Shredded Beef Sandwiches</b> Two Sides/\$11
<b>Shredded Beef with Mashed Potatoes &amp; Gravy</b> One Side & Dinner Rolls/\$13

<b>Pulled Pork on Bun</b> Coleslaw Macaroni Salad, Potato Salad, Spinach Strawberry Salad, OR Homemade Mac & Cheese Pickles \$10/person
<b>Lasagna Roll Ups</b> Garden Salad Garlic Toast \$11/person
<b>Tuscan Chicken Pasta</b> Garlic Toast Garden Salad OR Strawberry Spinach Salad \$10/person
<b>Sauasage, Kraut &amp; Mashed Potatoes</b> Buttered Corn Dinner Roll \$11/person

<b>BBQ Meatballs</b> Homemade Mac & Cheese Strawberry Spinach Salad Dinner Roll \$11/person
<b>Shredded Beef on Bun</b> Macaroni Salad, Potato Salad, Spinach Strawberry Salad, OR Homemade Mac & Cheese Pickles \$11/person (or 2 salads \$12/person)
<b>Creamed Knoepfla</b> Garden Salad Dinner Roll \$13/person
<b>Taco Bar</b> \$10/person
<b>Baked Potato Bar</b> \$10/person



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**Riverdale Ambulance & Fire Department Meetings**



**Riverdale Ambulance Business Board Meeting-**  
Second Wednesday of the Month @ 6pm

**Riverdale Ambulance Training Meeting-**  
Third Wednesday of the Month

**Vital Friends of the Riverdale Ambulance Service (VFRAS)-**  
VITAL FRIENDS OF THE AMBULANCE SERVICE (VFRAS) meet quarterly, the last Thursday of January, April, July, October  
WE INVITE YOU TO BECOME A PART OF THE GROUP

**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”**



# Kota Theater

153 N. Main Street  
Garrison, ND 58540

Sakakawea Area Council for  
the Arts is on Facebook



## Upcoming movies:

(all showtimes 7:30 pm  
unless noted)

January 14 & 15, 2022

**Spiderman – No Way Home** Rated PG-13 1 hours 28 minutes

With Spiderman's identity now revealed, Peter asks Doctor Strange for help. When a spell goes wrong, dangerous foes from other worlds start to appear, forcing Peter to discover what it truly means to be Spiderman.

January 21 & 22, 2022

**Sing 2** Rated PG 1 hour, 52 minutes

Buster Moon and his friends must persuade reclusive rock star Clay Calloway to join them for the opening of a new show.

February 4 & 5, 2022

**The King's Man** Rated R 2 hours 11 minutes

In the early years of the 20<sup>th</sup> Century, the Kingsman Agency is formed to stand against a cabal plotting a war to wipe out millions.



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

 Follow us at Riverdale High Lodge Knights Bar & Grill



## HOURS

Monday – Saturday 4 pm - 1 am

Sundays open until 11 pm

## HAPPY HOUR

Monday - Thursday

4 pm – 6 pm

## GRILL HOURS

Sunday – Thursday 4 pm - 9 pm

Friday – Saturday 4 pm - 10 pm



**Wednesdays**

**7:00 pm**

1<sup>st</sup> Blackout 53#'s  
\$595

2<sup>nd</sup> Blackout 53#'s  
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## Upcoming Auctions

[Upcoming Auction Archives - Wolff Auctioneers LLC.](#)

1/13/22 @ 1 pm CST (Thurs), Mercer County Courthouse:  
Mercer County Sheriffs Department  
Mercer County Land Auction  
(Agricultural Acres North of Zap on County Rd 13)

4/2/22 @ 10 am CST (Sat.), Hazen, ND  
Pride Contracting Inc. Retirement Auction  
(Skid Steer, Loader, Excavator, Trucks, Pickups,  
Trailers, Concrete Equipment & Much More)  
Online Bidding for large equipment available  
through Proxibid

3/10/22 @ 2 pm MST (Thurs.), Pheasant Country Golf Club  
Richard Koppinger Land Trust Auction  
(985+/- Acres in Stark County near South Heart, ND)

6/10/22 @ 10 am CST (Fri.), NW of Hebron, ND  
K. Duane Schwartz Estate Auction  
(TV 140 Bidirectional Tractor, Misc. small tractors,  
Shop Related Items)

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Email: [hwy83lawn@gmail.com](mailto:hwy83lawn@gmail.com)

 Like and Follow us at Highway 83 Lawn & Leisure

### \*New Hours\*

Monday – Saturday:  
6:30 am – 5:00 pm  
Sunday: Closed

### Small Engine Repair Shop

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snow blowers.**





# Changing Styles

**HOURS**  
THURSDAY 10-6  
FRIDAY 10-6  
SATURDAY 9-3

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healthy haircare products that provide your  
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Children's  
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Lowlights, Perms,  
Professional Spa  
Quality Pedicure &  
Manicure, Shampoo  
Style, Waxing  
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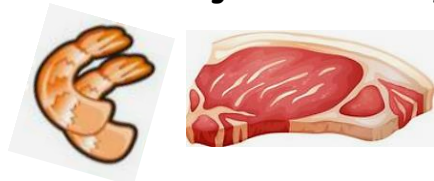
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 (hand cut daily) & Seafood served  
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## Steak Night Thursday - Saturday



### Appetizers

### Entrees

12 oz. Prime Rib Steak
12 oz. Ribeye Steak
12 oz. New York Strip
Jumbo Stuffed Shrimp
Garlic Lime Shrimp Skewers *New*
Walleye
Calamari

### SUMMER HOURS

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

**Friday & Saturday:**

4:00 pm starts

Steak Night

**Sunday:**

Noon – 10:00 pm



8 Gaming  
 Machines \* TV's  
 \*Dart Machines

Drummies	Cork Screw 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

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

Kid friendly during the day.



### Burgers

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

Sandwiches



Hamburger	Jr. Blowout Burger
Cheeseburger	German Burger
Double Cheeseburger	Chipotle Burger
Bacon Cheeseburger	Bleu Cheese Burger
Double Bacon Cheeseburger	BBQ Swiss Burger

### Baskets

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



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



# WORSHIP SCHEDULE

## Riverdale Community Church

8:30 am (Riverdale, ND)

## St. Bonaventure Catholic Church

Underwood

Sunday 10:30 am

## St. Catherine's Catholic Church

Turtle Lake

Sunday 8:30 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 & ¼ mi E off of Hwy 200)

## Augustana Lutheran Church (ELCA)

Sunday 10:00 am (Underwood, ND)

# Place an Ad in the Riverdale Times

E-mail Your Ad or Questions  
to:

[riverdaletimes@hotmail.com](mailto:riverdaletimes@hotmail.com)



Ads are due Tuesdays  
by Noon of the next  
issue date.

## McLean-Mercer Regional Library

216 Second Street Riverdale, ND

**Phone: 701-654-7652**

### Library Hours:

Monday - Friday 8- 12 & 1-5 pm

Web: [www.riverdalendlibrary.com](http://www.riverdalendlibrary.com)

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**McLean-Mercer Regional Library**



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Newspapers, eBooks & Digital Magazines,  
Board Games



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.

## Teresa's Grocery.

10 Main Road East, Pick City ND

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Phone- 487-3000

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**Grab a pizza for a quick dinner!**



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Gift Items, ND Souvenir's, Clothing,  
Blankets, Toys, Everyday Essentials,  
Greeting Cards & More!



# NATIONAL PIZZA WEEK

## National Day Calendar

Those who love pizza will love National Pizza Week, which kicks off the second Sunday in January. The week celebrates one of America's favorite foods.

It's no secret that Americans love pizza. In a recent poll, out of 1,000 people, 98% of them said they like pizza. Forty-three percent said that pizza was their favorite fast food. This makes pizza the second most popular fast food, with hamburgers being the most popular.

One of the best things about pizza is its versatility. With a wide variety of crusts and toppings to choose from, it's easy to customize a pizza to suit individual taste buds. The most popular pizza toppings include cheese, pepperoni, sausage, mushrooms, and bacon. Onions, black olives, green peppers, Canadian bacon, anchovies, goat cheese, chicken, and spinach are also tasty toppings. Some people even prefer pineapple on their pizza.

Pizza isn't just eaten for lunch or supper. Breakfast pizza topped with eggs, cheese, and bacon is yummy, too. Pizza can even be eaten for dessert. Fruit pizza is made with a sugar cookie crust topped with cream cheese and a variety of fruit. Some favorite fruit toppings include strawberries, blueberries, kiwi, pineapple, and oranges.

### Pizza Trivia

Now that you know all the delicious ways to enjoy this versatile food, here are some fun facts about pizza:

- Each day Americans eat 100 acres of pizza or 350 slices per second
- Around the world, over 5 billion pizzas are sold each year
- Super Bowl Sunday is the biggest day for pizza sales.
- We love our thin-crust pizzas. They're the most popular type of pizza crust.
- When do we eat pizza? Well, Saturday night is the most popular day of the week for eating pizza.



- ANCHOVY
- BACON
- BASIL
- BELL PEPPER
- CHEESE
- CRUST
- DEEP DISH
- DELIVER
- FLOUR
- GARLIC
- HAM
- JALAPENO
- MEATBALLS
- MUSHROOMS
- OLIVES
- ONION
- ORDER
- PEPPERONI
- PEPPERS
- PINEAPPLE
- SALAMI
- SAUCE
- SAUSAGE
- SLICE
- SPICY
- THE WORKS
- TOMATO

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Best Gift Shop & Boutique for 2019**

Sodas & Things has provided HWY 83 and Lake Sakakawea visitors a memorable soda and sweet stop since 1994.

Gift Shop



Sweets



Pharmacy



### HOURS

**Mon - Fri**

**9:00 am - 6:00 pm**

**Saturday Closed**



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## HELP WANTED

Hi All-

I will be needing help to clear snow off the sidewalk this Winter at the **Riverdale Inn Hotel** and my house.

Please call Patty at

**701.654.9538**

for more information.

*Your consideration means a lot.*

*Thank you!*

# NORTH DAKOTA GAME & FISH



## Winter Anglers Reminded to Clean Up Ice

Winter anglers must clean up the ice after fishing. This not only applies to trash, but fish as well.

It is not only unsightly, but it is illegal to leave fish, including minnows used for bait, behind on the ice. According to state fishing regulations, when a fish is caught, anglers must either immediately release the fish unharmed, or reduce them to their daily possession.

It is common practice for some anglers to fillet fish on the ice, which is allowed, as long as fish entrails and other parts are removed from the ice and properly disposed of at home.

In addition, all trash, including aluminum cans, cigarette butts and Styrofoam containers, must be packed out and taken home.

## Keep Fish Caught in Deep Water

North Dakota Game and Fish Department fisheries biologists are encouraging ice anglers to keep fish caught from deep waters.

Catch-and-release fishing, no matter the time of year, is discouraged for fish caught in 30 feet or more, because fish reeled in from those depths have a greater chance of dying if released.

Fish caught in deep water won't likely survive because of the extreme change in water pressure, which causes the swim bladder to expand. Fish can no longer control their balance in the water column when this happens. Other internal injuries, such as rupturing of organs and bleeding, are also likely for fish caught from deep waters.

Devils Lake ice anglers commonly catch yellow perch in 30-45 feet of water during the winter months. This also occurs to fish in other deep water bodies around the state.

Game and Fish recommends that anglers targeting fish in deeper water make the commitment to keep what they catch. And once they reach their limit, anglers should stop fishing at that depth to avoid killing more than their limit.

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## North Dakota Outdoors Weekly Webcast

[Ice Fishing Previews-Lake Sakakawea/  
Devils Lake Complex-NDGNF](#)

Click the link below to watch the live broadcast

[Webcast Ice Fishing Previews - Lake Sakakawea/Devils Lake Complex - NDGNF - 12-23-2021 - YouTube](#)

## Video Highlights of 2021 The North Dakota Outdoors

Click the link below to watch the live broadcast

[Outdoors Webcast | North Dakota Game and Fish](#)



# Northland HealthCenters

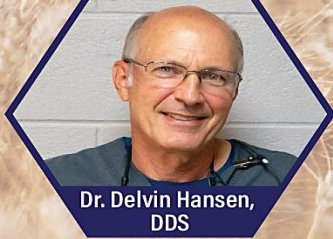
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and dental needs!*



Dr. Jakob Zerr,  
DDS



Caitlin Wacker,  
RDH



Dr. Delvin Hansen,  
DDS

## McClusky Medical

701-363-2296

### Hours:

Monday 8-6:30  
Tuesday 8-5  
Wednesday 8-5  
Thursday 8-5  
Friday 8-3:30



Christine Sauter,  
PA-C



BreAnn Raymond,  
FNP-C



Kayla Abrahamson,  
FNP-C

## Turtle Lake Dental and Medical

701-448-9225

### Hours:

Monday 8-5  
Tuesday 8-6:30  
Wednesday 8-5  
Thursday 8-5  
Friday 8-3:30

[www.northlandchc.org](http://www.northlandchc.org) - Find us on

# COVID-19 VACCINE AVAILABLE!

COVID-19 Vaccine is  
available for anyone  
5 years old or older.



Northland  
HealthCenters

**TURTLE LAKE**  
**701-448-9225**

Please call to  
schedule an  
appointment to get  
vaccinated. Anyone  
that is interested in  
receiving the vaccine  
should call a head.

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Kitchen Closes at 9pm nightly

**CLOSED: Mondays**

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# Scott's



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Pick City, ND

Phone- 487-3343

Open 7 days a week

Convenience Store, Gas

& Propane, Bait &

Tackle, ATM Machine



## Beef Macaroni Soup

12 Tomatoes

### INGREDIENTS

1 tbsp. olive oil	2 tbsp. brown sugar
1 small onion, diced	1 tbsp. Worcestershire sauce
3 cloves garlic, minced	1 tsp. dried basil
1 lb. ground beef	1 tsp. dried oregano
3 c. beef broth	1 tsp. dried thyme
1 (14.5 oz.) can diced tomatoes	2 bay leaves
1 (29 oz.) can tomato sauce	2 c. elbow macaroni

### DIRECTIONS

In a large pot, heat oil over medium heat. Add onion & cook until soft & translucent, about 5 minutes. Add garlic & cook 1 minute more. Add ground beef & season with salt & pepper. Cook until no longer pink. Drain off excess fat, if needed. Stir in beef broth, diced tomatoes, tomato sauce, brown sugar, Worcestershire sauce, basil, oregano, thyme & bay leaves. Bring to a boil, reduce to a simmer & let cook 10 minutes. Stir in macaroni & continue simmering until pasta is tender, about 10 minutes more. Adjust seasoning as needed. Serves 6.



## Published by the Riverdale-Pick City Women's Club

President: Ann Loeb, Vice President: Jackie Walls,  
 Secretary: Serina Eisenbraun, Treasurer/Billing: Debby Olson  
 Editor & Advertising: Brenda Beran

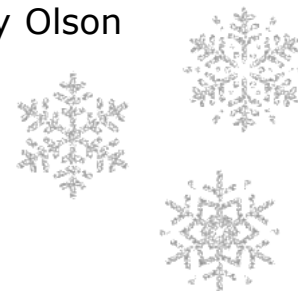
**Ads may be emailed to:**

[riverdaletimes@hotmail.com](mailto:riverdaletimes@hotmail.com)

**For questions, please call / text Brenda  
 @ 605.660.0104**

### Times Publication Policy:

All Ads submitted for publication must indicate name of business or person(s) sponsoring ad or it will not be published. **Ads including any changes and news must be received by Tuesday before noon.**



**Personal Ads must be prepaid.** Ads may be submitted in any format & may be in color.

The Riverdale Times will be printed in Black & White & uploaded in color to the group Facebook Page and Website.

The Times is Online. Join our Group Facebook page [Riverdale Times](#) to view our paper in digital format.

The Riverdale Times can now also be viewed by going to Pick City & Riverdale, ND City Websites

<https://www.pickcitynd.com/> and <https://www.riverdalenorthdakota.com>

### Business ads:

¼ page \$5.00/issue  
 ½ page \$7.00/issue  
 Full page (8.5x11)  
 \$12.00/issue

### Personal ads:

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 ½ page \$5.00/issue  
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 \$8.00/issue

A printed copy of the Riverdale Times is also available at:

### Riverdale

Box outside of Post Office, Changing Styles Salon,  
 Knights Bar & Grill, Spillway & Library

### Pick City

Scott's Bait & Tackle, Teresa's Grocery & Dam Bar



# Wellness Bingo - January 2022

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**B**

**I**

**N**

**G**

**O**

30 minutes of physical activity	Practice one mindfulness exercise	Write down <u>3</u> things you are grateful for today	Get at least 7 hours of sleep	Read nutrition labels while grocery shopping
Play a game with family or friends	Draw, paint, color or make another form of art	Practice deep breathing	Call a loved one	Take a walk on your break at work or during your day
Participate in yoga	Drink at least 6-8 glasses of water	<b>FREE</b>	Complement a stranger	Try a new, healthy recipe
Try a new hobby or activity	Participate in Tai-Chi	Read a book	Stretch 2-3 times in a day	Write a thank you note to someone you know
Eat breakfast every day for a week	Complete a task you have been putting off	Take a break from social media	Decluttered a space	Try one new fruit or vegetable

**NDSU**

NORTH DAKOTA STATE UNIVERSITY

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# Wellness Bingo

**Objective:** Engage in self-chosen wellness-related activities. Strive for at least 5 boxes in a row (vertical, horizontal, diagonal), or challenge yourself to fill the whole card for a blackout BINGO!

**Instructions:** Print the Wellness BINGO card you see here OR pick one up from the NDSU Extension Office in McLean County (611 Main Ave, Washburn), OR call the Extension Office (462-9903) to request that one be mailed or emailed to you. Complete wellness activities throughout the month and mark them off as they are completed. Once you BINGO, return your marked BINGO card (or a photo of it) to the Extension office via email, mail, or delivery and you will be entered to win the GRAND PRIZE for the month!

For extra fun, take pictures completing the activities and email them to Courtney Hoikkala at [courtney.hoikkala@ndsu.edu](mailto:courtney.hoikkala@ndsu.edu) to be uploaded to the NDSU Extension – McLean County Facebook page!

**Grand Prize drawing will be held February 1.**

**\*No Limit on the number of BINGO cards any one person can complete and submit.**

NDSU

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