

THE RIVERDALE TIMES

Volume 1648

February 15-28, 2024



GET TO KNOW HANNA HONEY FARMS!

Hanna Honey Farms is a locally owned and operated business out of Pick City. Thomas (TJ) Hanna is a third-generation beekeeper. His grandpa, his dad as well as three of uncles are all in the bee business.

The main focus of the business is rooted in honey production, however over the last year, TJ and his wife, Ioana alongside their two little “helpers” Madison and Audrey, started growing the candle and honey bottling side. While most of the honey gets sold to large packing companies, selling local is always the goal. The bees are distributed alongside western side of Lake Sakakawea where clover and other wildflowers are abundant. After harvesting the honey, the remaining wax is cleaned up and melted into liquid. The liquid beeswax is then poured into molds for candles. Beeswax is also mixed with essential oils and other natural ingredients to make body butter and lip balm. Beeswax had a longstanding use in skin care as it prevents water loss and keeps the skin hydrated.

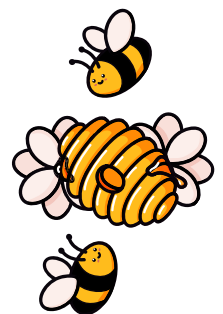
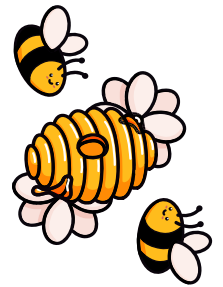
“The goods” are sold at a few local stores, such as Sodas and Things (Underwood) Little’s and Scott’s Bait & Tackle (Pick City). Joining Pride of Dakota helped increase the exposure of honey and candles at the larger vendor show events in Bismarck and Minot. This year they also joined the Big One Arts and Craft Show.

North Dakota is the number one honey producer in the country, however over the last couple of years bee population numbers have been steadily declining.

Challenges of the bee business continue to be the varroa mite, a parasite that attaches to the bee and compromises their immune system. Other challenges of the bee business includes pesticides and a decrease in forage sources.

More people are looking for real food directly from the source. Local raw honey is well known for its antibacterial properties, is full of antioxidants and minerals that in turn can help strengthen the immune system. Beeswax as well, is a natural product that is known to burn clean, has a natural honey scent and is great for allergy sufferers. The goal for the summer is to add pollen and raw honeycomb in our product list.

Written by: Ioana Hanna



Calendar of Events:

Saturday, February 17, 2024

10 am - 12 pm

Community Cupboard Distribution
208 Lincoln Ave Underwood, ND
Senior Commodities will be available for pickup. McLean County residents are welcome.

Tuesday's, February 20 & 27, 2024

Community Cupboard Thrift Store
1-5 pm

Tuesday, February 27, 2024

Game Day - Coffee House 3-5 pm
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)

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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

2024

Meet My Business Event

DATE: TUESDAY, FEBRUARY 20TH

TIME: 6:00-8:00 PM

The community is cordially invited to attend.

PLACE: HAZEN CITY HALL
146 WEST MAIN STREET, HAZEN

Light refreshments and snacks will be provided.

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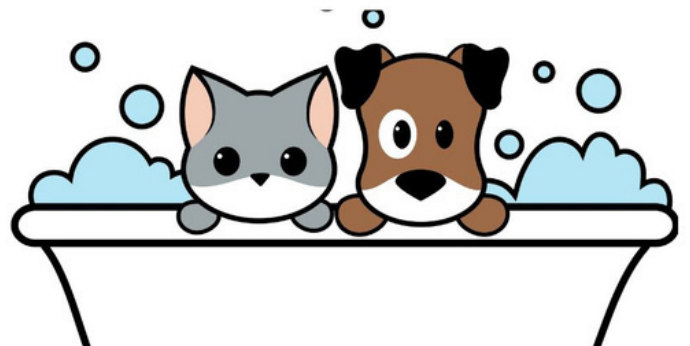
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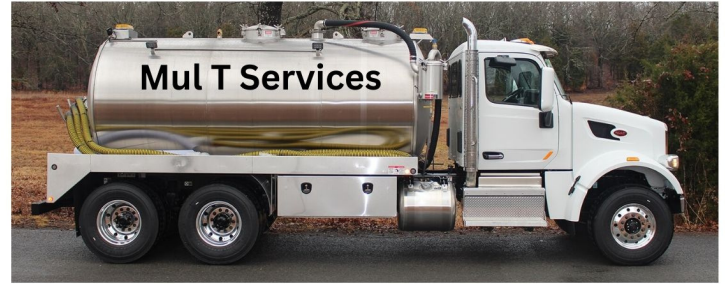
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UNDERWOOD HIGH SCHOOL

Name: Joseph Zimbelman

Family members: Lana and Garth Zimbelman

Favorite TV show: The Boys

Favorite food: Cheeseburger Soup

Least favorite school lunch: Pork Fritters

Favorite Musician: Eminem

Current events: Read news articles

Favorite holiday: Christmas, because it brings my family together and we see each other.

Plans after high school: Go to UND

Spare time: Play video games and read

Role model: My Dad, because he has helped make me the person I am today.

Choose superpower: Be able to pause time because I could do so much more in a day.

Meet person from history: Napoleon Bonaparte

What if you won lottery: Move and buy a nice house somewhere.

SENIOR SPOTLIGHT



Joseph Zimbelman

.....
Here's a no-bake cookie with fiber-rich oatmeal and peanut butter, along with antioxidant-rich cocoa. Savor a cookie and put the rest away for another day.

Quick Chocolate Oatmeal Cookies

1/2 cup milk

2 cups sugar

1/2 cup butter or margarine

3 tablespoons cocoa

1/3 cup peanut butter

3 cups oatmeal

1 teaspoon vanilla

In a saucepan, cream together milk, sugar, butter and cocoa. Heat until mixture comes to a boil. Continue to boil for 3 minutes while stirring. Remove from heat and quickly stir in the peanut butter, oatmeal and vanilla.

Drop onto wax paper and allow to cool.

Makes 24 cookies. Each cookie has about 95 calories, 6 grams (g) of fat, and 8 g carbohydrate.



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& Things**



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EXTENSION AND AG RESEARCH NEWS

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

Is chocolate healthy or not?



“You’re really snarfing down that chocolate,” the young woman said.

“I read an article that said chocolate is good for your health,” her friend noted. “I’m eating as much as I can.” I was sitting at a nearby table. I wasn’t trying to eavesdrop, but my ears perked at the comment about chocolate and health. I had never seen anyone unwrap and eat candy so quickly. “Snarfing” was the perfect word because the word means to eat quickly or greedily. I wonder if the friend wasn’t angling for a piece of chocolate. I had just written an article about chocolate, and the article had run in the local paper. I think I authored the article that led to this chocolate feast. What on earth had I said in that article? I reread my article. I commented about potential health benefits of chocolate, and I advised enjoying chocolate in moderation.

I did not mention eating a bag of chocolates as fast as you could.

A few years have passed since I observed this interaction. What do we know now?

Is chocolate a healthful option in any stretch of the imagination? People tend to love chocolate. In a study of nearly 5,000 people ages 18 to 64, about a third said they could not imagine their lives without chocolate. On the other hand, one in 10 really didn’t care about chocolate. Those of us who live in the U.S. are not the highest consumers of chocolate. That award goes to Switzerland. The Swiss eat about 22 pounds of chocolate yearly. Austrians eat about 20 pounds of chocolate yearly. On average, people in the U.S. eat about 10 pounds of chocolate annually. That’s still a lot of chocolate.

Valentine’s Day lands in the middle of February, American Heart Month.

An estimated 58 million pounds of chocolate are given away on Valentine’s Day. Chocolate often comes in a heart-shaped package. Is chocolate good for your heart? It depends. If we look at the components of chocolate candy, we see some potential for health benefits. Cocoa powder is particularly high in natural antioxidant compounds. Natural antioxidants in foods act like “boxing gloves” as they fight foreign invaders (free radicals) in our bodies. Cigarette smoke and pollution are two examples of oxidative stressors.

Oxidative stress can increase our risk for heart disease, cancer, arthritis and other diseases.

Could chocolate help us stay healthy? Dark chocolate is particularly high in antioxidants from the cacao bean.

Dark chocolate has a slightly bitter flavor, so some people prefer the milder flavor of milk chocolate.

Milk chocolate tends to be higher in fat and sugar and has about one-fourth the natural antioxidants of dark chocolate.

White chocolate is creamy and sweet. Technically, white chocolate contains only the cocoa butter, so it isn’t really chocolate.

White chocolate is less healthful than dark chocolate or milk chocolate. Therefore, if you are going for health benefits, choose dark chocolate. Remember that many components in dark or milk chocolate do not necessarily promote heart health.

Candy tends to be higher in saturated fat and added sweeteners.

Unfortunately for chocolate lovers, chocolate candy is not a health food. Colorful fruits, vegetables and beans (such as black beans and kidney beans) are excellent sources of antioxidants. Try strawberries with a chocolate dessert hummus made with cocoa powder and garbanzo beans. **See www.ag.ndsu.edu/food** and search our recipe collection. What does “moderation” in chocolate consumption mean? Enjoy a decadent piece of candy now and then. Instead of “snarfing” a large candy bar, have a high-quality piece of chocolate candy.

Slow down and really taste the chocolate as it melts in your mouth. Pay attention to the flavor and texture.

To satisfy a craving for chocolate, try having a cup of homemade cocoa made with milk. That way you are getting all the benefits of milk, along with natural antioxidants in cocoa. Sip it slowly and enjoy the cozy feeling.



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Coming Soon

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

February 16 & 17 - 7:30 pm
Mean Girls - Rated PG, 1h 52m,
Comedy/Musical 2024

New student Cady Heron gets welcomed into the top of the social food chain by an elite group of popular girls called the Plastics, ruled by the conniving queen bee Regina George. However, when Cady makes the major misstep of falling for Regina #39's ex-boyfriend, she soon finds herself caught in their crosshairs.



[SAKAKAWEA AREA COUNCIL FOR THE ARTS](#)

**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

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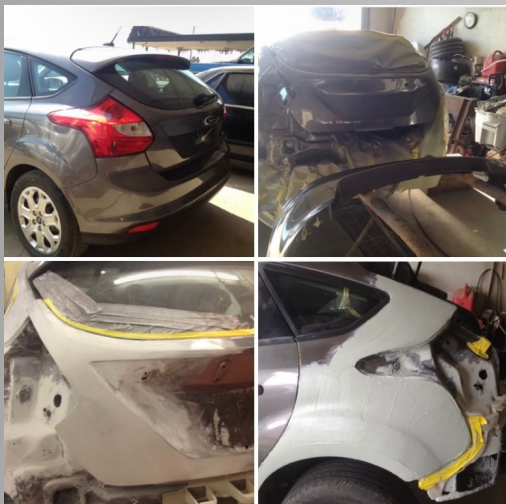
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| Envelope | Crown | Seahorse | Heart | Baseball Bat | Brush | Candle | Fish |

UNDERWOOD HIGH SCHOOL

Name: Max Corcoran

Family members: Parents: Greg & Joann

Siblings: Zak, Jordan, Gunner, Annie, Austin, Olivia, Quentin, Cameran, Summer & Ian

Favorite TV show: Band of Brothers

Favorite food: Steak - medium rare

Least favorite school lunch: Meatloaf

Favorite Musician: Zach Bryan

Current events: Tik-Tok

Favorite holiday & Why: July 4, Family & Fun

Plans after high school: Football in Kansas or Marines

Spare time: play guitar & work out

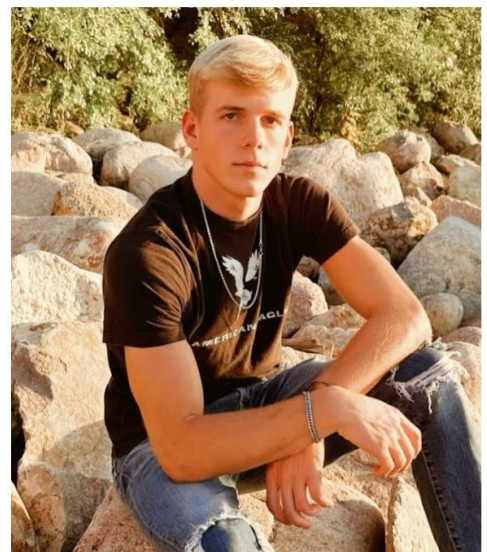
Role model: My Dad, he is kind & knowledgeable.

Choose superpower: Teleporting, because I do not like traveling

Meet person from history: Jesus or Napoleon

What if you won lottery: Travel and start a business

SENIOR SPOTLIGHT



Max Corcoran



Congratulations to the Cougars GBB team on their 1st place finish tonight in District 6.

Amazing team effort by the girls in bringing home the 'ship!!!

CMC had the loudest and best fans tonight hands down!!

Congratulations to Adlyn Eng, Morgan Snyder, and Reagan Kjelstrup on making the all tournament team.

Congratulations to Adlyn Eng, Morgan Snyder, Reagan Kjelstrup, and Anna Skachenko on making the All District Team.

Next up Regionals next week in Killdeer. The girls will play the third game on Monday against TBD. The bracket will be completed when District 5 finishes tomorrow night. Game times will be listed in MOUNTAIN TIME!

Time to road trip Cougar Nation and fill up the Killdeer gym.

Giddy up! Let's show Killdeer Country how Cougar Nation rolls!!





Survey Says!
Top 3 answers
are on the board!

Who will be the
champions?

Late Night Edition

When: February 24th, 2024

Where: Hazen City Hall

146 Main Street

Hazen, North Dakota

Social: 7:00 PM

Games: 8:00 PM

4 Regular Rounds of Family Feud

2 Semi Final Rounds

1 Championship Round

Intermission-Price is Right and Minute to Win it Games-after each round

Come on down! You're the next contestant on the Price is Right!

Audience will have a chance to be the next contestant!

General Admission: \$20.00

Door: \$25.00

\$150 per team of 5

(only 7 teams will be selected)

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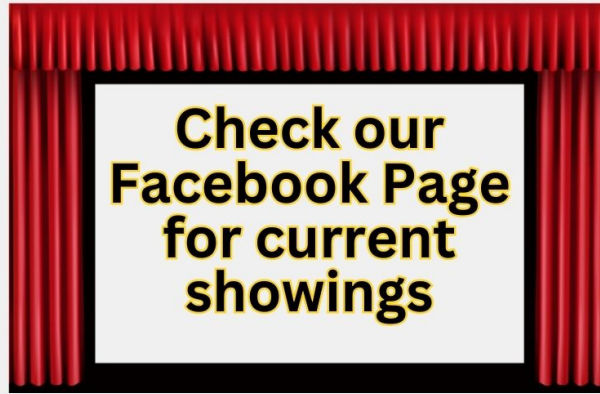


FOLLOW ALONG ON FACEBOOK FOR
UPDATED INFORMATION!



MOVIE NIGHT

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



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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2 pm - 9 pm
Fri-Sat:
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BINGO!

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Game 3~53# \$ 809

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Nights



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Auction Location: Bismarck Amvets Club
Live Auction and Online bidding
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The Pet Vet
A cartoon illustration of a female veterinarian with brown hair, wearing a white lab coat, standing next to a small dog and a small cat.
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.



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NIGHT OF PAINTING WITH NINA FROM "ART FROM THE HEART"



Talent was inspired by Nina, paint instructor from Art from the Heart, on February 5, 2024. This event was sponsored by the Riverdale~Pick City Women's Club. It was great to have an event right in town that we could share our inspiration with each other. As you can see, we all ended the night with a beautiful painting. Some are hanging in our homes and others may be hanging in the garage. ;)



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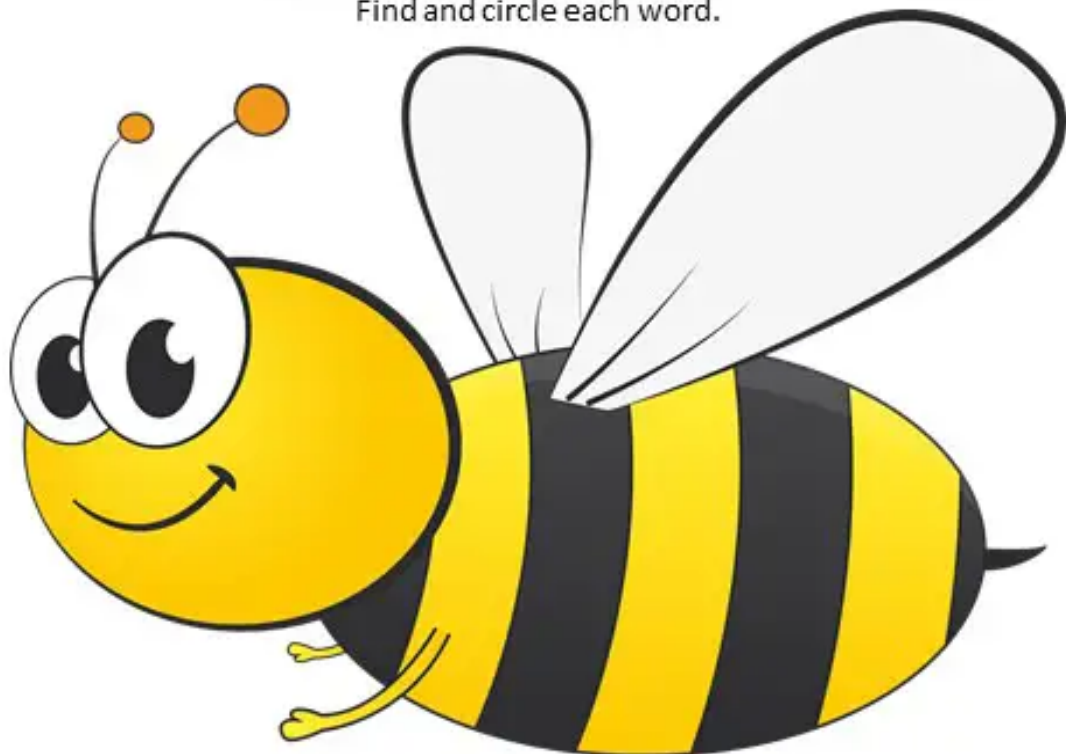
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WAX
WORKER

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



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Beulah, ND

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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
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- Auto-Accident Cases

Dr. DJ Erickson

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Youth Conservation and Leadership Summer Camp Opportunity

The North Dakota Waterfowl Brigade summer camp is June 3-7 at the 4-H Center in Washburn.

The five-day camp is a hands-on immersive learning experience for youth ages 13-17 designed to educate participants about the importance of wetland ecosystems, waterfowl biology, flock dynamics, shooting skills and safety, stewardship, public speaking, leadership development and more.

The deadline to apply is March 15.

NDWTFL is a program of Texas Brigades, a Texas-based 501(c)(3) focused on educating and empowering adolescents to become conservation ambassadors.

Additional information and applications can be found at www.texasbrigades.org/applications.

Guide and Outfitter Exam Scheduled

The next guide and outfitter written examination is March 30 at 1 p.m. at the North Dakota Game and Fish Department office in Bismarck. Preregistration is required no later than March 22 by calling the Department's enforcement office at 701-328-6604.

In addition to passing a written exam, qualifications for becoming a guide include a background check for criminal and game and fish violations, certification in cardiopulmonary resuscitation and standard first aid, and employment by or contract with a licensed hunting outfitter.

Hunting outfitter eligibility requirements include the guide qualifications, as well as an individual must have held a hunting guide license for two years and must have proof of liability insurance.

The test is given periodically to anyone interested in becoming a guide or outfitter in the state.

News | Webcast | Podcast | Video News | Magazine | The Drift | Behind the Badge
North Dakota Game and Fish Department Emblem North Dakota Game and Fish Department
100 N. Bismarck Expressway, Bismarck, ND 58501-5095

Phone: 701-328-6300

Email: ndgf@nd.gov    

SAT, FEB 24

11TH 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

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CALL AHEAD & TAKE IT TO GO!

My 2024 LEAP YEAR Time Capsule



Name: _____

School: _____

Grade: _____ Age: _____

Favorites

movie _____

food _____

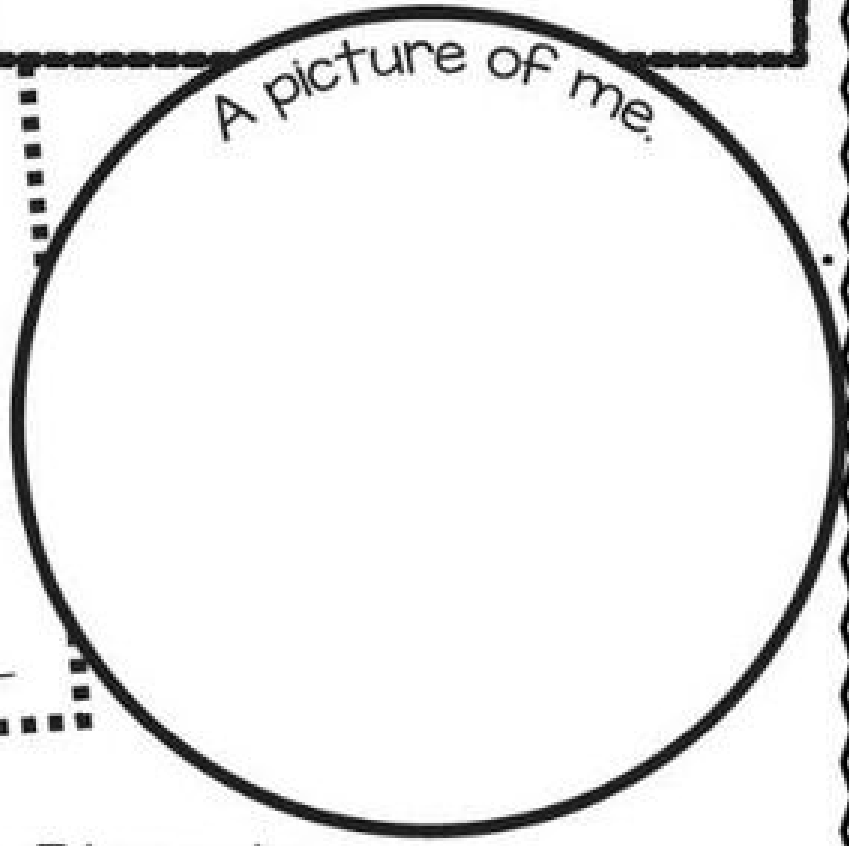
book _____

holiday _____

game _____

color _____

When I grow up I want to be a:



In four years, I hope to:



Life's biggest
tragedy is that we get
old too soon and wise
too late.

-Benjamin Franklin



DEADLINE



AD DEADLINE:

February 27, 2024
March 9, 2024 **
March 26, 2024
April 9, 2024
April 23, 2024
May 7, 2024
May 21, 2024
June 4, 2024
June 18, 2024

PUBLICATIONS

February 29, 2024
March 14, 2024
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April 11, 2024
April 25, 2024
May 9, 2024
May 23, 2024
June 6, 2024
June 20, 2024

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