



FUN & GAMES

THIS DAY IN... JUL 16 HISTORY

1790
The Residence Act establishes the District of Columbia as the seat of the United States government.

1945
The first atomic bomb is tested in New Mexico.

1951
J.D. Salinger's novel "The Catcher in the Rye" is published for the first time.

GET THE PICTURE?



Can you guess what the bigger picture is?

Answer: Swimming goggles



How they SAY that in...

ENGLISH: Swim

SPANISH: Nadar

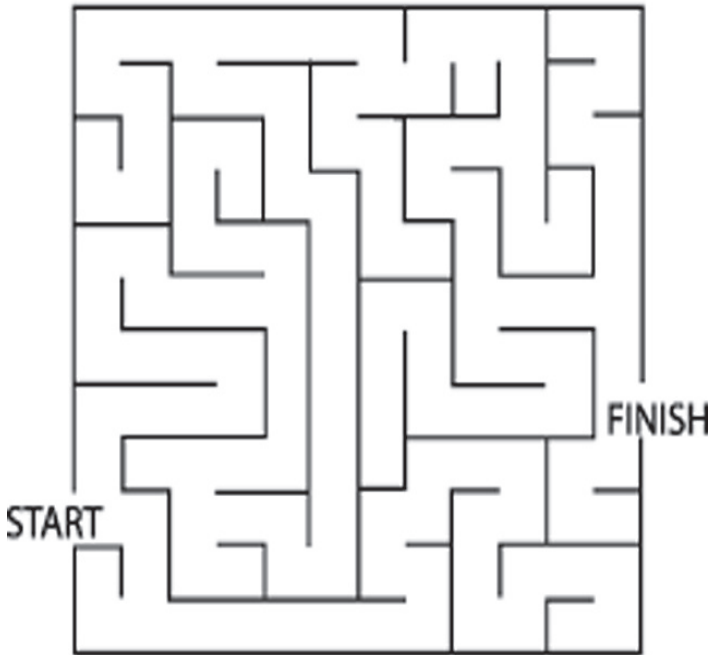
ITALIAN: Nuotare

FRENCH: Nager

GERMAN: Schwimmen

MAZE CRAZE

Can you find your way through the maze?



Solution on back page



The oldest documented swimming stroke is the breaststroke. Pictures show ancient Egyptians swimming in this style.

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Birds in sky 2. Polka dots on girl's swimsuit 3. Missing items in background 4. Woman has straps on swimsuit

An easy-to-make summer treat

When it's beyond hot outside and the kids are begging for a delicious afternoon snack, sometimes it's difficult to know where to turn. The pantry is full and the refrigerator is stocked, yet nothing sounds appetizing when it's scorching outside.

Combining three simple ingredients you probably already have in your kitchen can save the day and provide a refreshing and scrumptious snack.

Try this three-ingredient strawberry ice cream on warm days ahead. It's chilled to perfection with fresh strawberries and fluffy whipping cream to create a creamy texture perfect for the kiddos. It's delicious, rich and has sweet strawberry flavor that can help satisfy nearly any sweet tooth. It's a wonderful treat after long summer days spent playing outside, splashing in the pool or just relaxing, soaking up the sun.

Find more summer dessert recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Three-Ingredient Strawberry Ice Cream

Servings: 4-6
1 pound fresh strawberries, stems removed
1 pint heavy whipping cream
1 can (14 ounces) sweetened condensed milk

In blender, puree strawberries. In bowl of stand mixer, beat whipping cream and sweetened condensed milk until stiff peaks form. Fold in strawberry puree. Pour into loaf pan. Freeze 5 hours. Before serving, let ice cream soften 5-10 minutes.

-Family Features

Did You Know?



Ice cream is a wildly popular dessert, with an estimated 15.4 billion liters of ice cream consumed each year around the world, according to the World Atlas. New Zealand consumes more ice cream than any other country, followed by the United States. When it comes to ice cream flavors, the International Dairy Foods Association says vanilla is still America's favorite flavor, followed by the others of the "Big Three": chocolate and strawberry. Butter pecan and cookie dough round out the top five flavors in the United States. Vanilla reigns supreme worldwide as well. Forty-six countries choose vanilla over other options according to research conducted by Premier Inn, a United Kingdom-based hotel chain. Worldwide, neapolitan and chocolate also are popular ice cream flavors

-metrocreativeconnection

Plan ahead for a fun day at the water park

The search is on to find entertaining ways to fill the steamy dog days of summer.

After days spent swimming in the pool or at the beach, adults and children alike may be looking for something new, and water parks are an ideal way to spend a summer afternoon. Such parks are not only adventurous, but they also make great ways to cool off when the mercury soars.

As with any trip, preparation is necessary to make the most of your day at the water park.

-- **Study the weather report.** Summer weather can change in an instant. One moment it may be hot and sunny, while the next moment ominous thunderstorm clouds may soak anyone still outdoors. Many water parks shut down rides when there is thunder and lightning, and the park may close early if the weather is particularly bad. Double-check the weather report before making the trip so that your time and money is well spent.

-- **Visit when the park is unlikely to be busy.** Many parks are very busy during the summer, especially on the weekends when parents are not at work. So families who visit during the week might enjoy a less crowded park, which means shorter lines to get on the rides. Call ahead to inquire if any camps or large groups are scheduled to visit the park on a day you want to visit.

-- **Research coupons and discount codes.** Search the Internet to find out if the water park is offering any discounted tickets. Admission for a family of four can be expensive, but coupons or other discounts can cut those costs considerably. Find out if the park sells season passes, which will end up saving you money if you plan to visit the park on a regular basis. Certain amusement parks pair up with retailers and sponsors to offer discounts, so you may be eligible for discount tickets by dining out at a particular restaurant or collecting a coupon code from the back of a cereal box.

-- **Measure the kids before you embark.** Rides may have height restrictions. It is beneficial to understand these height limits so that you will know if your kids will be able to enjoy most of the attractions. In many parks, 42 to 48 inches is the magic number. Some parks may allow shorter, younger children to ride when accompanied by an adult. If your kids are too small, it may be better to wait until next season when they can enjoy more of the fun.

-- **Get there early or very late.** The parking lot at the water park may be as large as the park itself. Get to the park early to avoid parking miles away from the entrance. Know when the water park opens and be the first one in line, which affords you the luxury of the best parking spot and first choice for rides. If you're not an



early bird, visit the park just before closing. Crowds may have thinned out by then and the weather may be considerably cooler.

-- **Wear brightly colored bathing suits.** Many water parks have strict guidelines as to which type of clothing can be worn. Bathing suits are usually a must, as they won't get caught or tangled like shirts and shorts might. Choose brightly colored or patterned swimsuits so kids will stand out in the crowds. This will make it easier to keep them in your sights. Similarly, wear something that makes it easy for your children to find you should they get lost.

-- **Invest in a waterproof money holder necklace.** Chances are you will store many of your belongings in a locker so that you will not have to carry around too many items. But it is helpful to have a few dollars on hand for those times when lemonade or ice cream sundaes beckon, so purchase a waterproof necklace to secure and hold your money.

-- **Bring along a change of clothing.** Sitting around in a damp bathing suit, especially on the long car ride home, can be uncomfortable. Pack a change of

clothes and different shoes. This way everyone will be dry, warm and comfortable.

-- **Continue to apply waterproof sunscreen.** Water reflects the sun's UV rays, making water park revelers highly prone to sunburn. Be sure to wear waterproof sunscreen and apply it continuously throughout the day to protect against painful skin damage.

-- **Study and explain the safety rules.** Water parks are frequently crowded, and children who wander off can easily become lost. As a family, go over safety precautions, including what to do in the event someone gets lost. Children can go to a park employee or a security guard and ask for help. Or suggest to your children that they go into any of the shops and tell the counter staff that they're lost. Establish a meeting spot to enable everyone to gather together in the event of an emergency.

-- **Plan break times.** The water park may be overwhelming, especially for tired, hungry children. So take breaks for snacks, lunch and even a few moments to just settle down and catch your breath.

-metrocreativeconnection

Help Wanted

The City of Lakota has an immediate opening for **Full Time GENERAL LABORER**. Advancement opportunities available. This position will perform city maintenance work, including streets, buildings, grounds equipment, snow removal, utility services, and all other public works.

This position has residency requirements and is subject to random drug and alcohol testing. Applicant must have a valid ND drivers license, CDL Class B with Air Brake endorsements, or ability to obtain one.

Applications are available at the City Hall located at: 108 East B Ave, Lakota, ND. Additional information can be obtained by calling (701)247-2454, email: lakotact@polarcomm.com, or by mailing a request to: City of Lakota, PO Box 505, Lakota, ND 58344.



ASK DR UNIVERSE

A science column for kids from Washington State University

Dear Dr. Universe: May I ask how fish breathe? -- Nghi, 11, Vietnam

Dear Nghi,
When you and I take a deep breath, we pull air into our lungs. That's because humans and cats are mammals. But fish aren't mammals. They usually don't breathe air. They usually don't have lungs.

That's what I found out from my friend Michael Berger. He's a biologist at Washington State University.

He told me that you can actually see a fish breathe water. Its face gets bigger when it takes in a big gulp of water. Just like when you take a big bite of food.

When you look at a fish, you can usually see the gill openings -- called gill slits. Most fish have five gills on each side of the body, right behind their heads.

If you peek inside the gill slits, you'll see the gill filaments. They're small, thread-like bits that make up the gill. Each filament is full of tiny blood vessels called capillaries.

To breathe, a fish takes in a gulp of oxygen-rich water and pushes the water down to the gills. As it flows over the gill filaments, oxygen in the water moves into the blood-filled capillaries. Then the fish's blood transports that oxygen all around its body.

Animals use oxygen to change nutrients we eat into the energy that powers our bodies. That process makes some waste -- called carbon dioxide. Carbon dioxide waste leaves a fish's body through the gills. It flows out



along with water that's depleted of oxygen. Trading oxygen and carbon dioxide like that is called gas exchange.

Berger told me that gills work because a fish's blood flows through its gills in the opposite direction the water flows. That's a counter-current exchange system. It makes the gills work better. So, those fish can take in more oxygen and get rid of more carbon dioxide.

All kinds of water-living animals breathe with gills. That includes many fish, amphibians, worms, mollusks and aquatic insects.

But some fish don't have gills, or only use them part-time. They might breathe air using lungs like us. That's how African lungfish breathe. They rise to the surface and grab a gulp of air. Or they could breathe air through their skin or mouth tissue. Mudskippers get about half their oxygen that way. That's handy when they're hanging out outside the water. So long as they stay moist, they skin-breathe just fine.

You could say it's a very useful a-gill-ity.

Sincerely,
Dr. Universe

PUBLIC HEARING NOTICE

Proposed Mill Levy Increase

Notice is hereby given that a public hearing will be held by the Dahlen Rural Fire District on **July 22, at 7 p.m.**, at Dahlen Rural Fire Hall, 120 Main St., Dahlen, ND 58224, to consider a proposed increase in the mill levy for the Dahlen Rural Fire Protection District.

The purpose of this hearing is to provide the public with an opportunity to comment on the proposed increase, which would raise the total number of mills levied for expanding the Dahlen Rural Fire Department Hall for the upcoming fiscal year. The current mills are set at 5. The proposed mill increase is to 10 mills. This proposed increase may result in higher property tax obligations for residents and property owners within the Dahlen Rural Fire Protection District.

All community members are encouraged to attend the hearing and provide input.

Written comments may also be submitted in advance **to: Mary Ralston, Secretary, no later than July 19, 2025, to 120 Main St. N. Dahlen, ND 58224.**

Dated this 17th of July 2025.
Dahlen Rural Fire Department