

The Scoop

For submissions or to be added to
the mailing list, please email:
scoop@formannd.com

Forman Community Club Presents:

MARVEL HEROES

Date: Friday, April 5th
Location: Forman City Hall
Time: 7-9pm
Cost: \$5/kid

Kids Disney Dance

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SARGENT COUNTY

FOOD PANTRY

LOCATIONS

Forman
347 Main St.
Forman Library

Mondays 4:00 - 6:00 pm
Use Back Entrance

Gwinner
104 Main St.
Community Center

Tuesdays 1:00 - 4:00 pm

Food assistance is available for any Sargent County resident who requests it. If your expenses are greater than your income due to a job loss, a medical crisis, etc., we are here to help you.



Contact:

Phone: 701-680-7049

[facebook.com/scfpnd](https://www.facebook.com/scfpnd)

sargentcofoodpantry@gmail.com

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Sargent County AA Meetings

Tuesdays at 7pm
Methodist Church
720 Main Street, Milnor ND

Thursdays at 8pm
Gustaf Adolf Lutheran Church
207 1st St SE, Gwinner ND



Sargent County District Health Announces Partnership with CredibleMind, Expanding Access to Convenient and Confidential Mental Wellbeing Resources for Local Residents

Using the CredibleMind platform, residents of Sargent County will receive 24/7 access to more than 10,000 science-backed mental health resources, personalized to their needs

Forman, ND. (March 27, 2024) – [Sargent County District Health](#) today announces its commercial partnership with [CredibleMind](#), an intuitive platform offering local, wellness-oriented digital content that enables employees, healthcare providers, and community organizations to support consumer-centric engagement and provide personalized mental health resources. The partnership will make CredibleMind an accessible digital resource to the approximately 3,900 residents of Sargent County.

Founded in 2018 by Deryk Van Brunt and Marcos Athanasoulis, CredibleMind provides a complete population-based mental health ecosystem, including analytics reporting on service needs, use, and outcomes. Focusing on early intervention and prevention around mental health issues, CredibleMind contains over 10,000 evidence-based and science-backed resources in an effort to provide users with credible self-care options to improve their overall wellbeing without medical intervention.

"We are facing a mental health crisis in our country and the demand for mental health services is higher than ever," said Deryk Van Brunt, CEO of CredibleMind. "We are thrilled to partner with Sargent County District Health and provide on-demand, reliable self-care and mental health resources to help its local community members improve their overall wellbeing and flourish."

For more information about Sargent County District Health visit http://sargentnd.com/dept_district_health_unit.php and for more information about CredibleMind, visit <https://www.crediblemind.com>.

About CredibleMind

CredibleMind enables payers, public health departments, employers, insurers, healthcare providers, and community organizations to provide their constituents with a comprehensive and holistic ecosystem for the prevention and early intervention of mental illness. Complete with assessments, education, and interventions that empower users to engage in mental wellbeing, each customized platform offers connections to local community resources and population-level analytics. For more information visit www.crediblemind.com.



Public Health
Prevent. Promote. Protect.
Sargent County District Health

CredibleMind: The One-Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

CredibleMind covers over 200 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on CredibleMind are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.

Visit sargentnd.crediblemind.com to get started



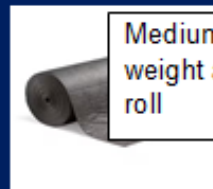
Sargent County Museum Wish List for New Building

Here is your chance to purchase items that the museum will need for the new building going up in May 2024. If you would like to purchase an item please email at (sargentcountymuseum@yahoo.com) or call Pat at 701-678-6847 (this is a landline) so we can mark it off our wish list.

3/8 in x 600 ft. black twisted Polyrop rope (need 2 rolls) This will go with our barriers to keep visitors out of areas. Maybe at other places, but Home Depot has it for \$70.09 a roll.



Polyrop rope



Medium or heavy weight absorbent mat roll

30 in w by 150ft roll of medium or heavy weight absorbent mat roll (want to use under vehicles to keep floor clean). Again can be found at Home Depot for \$149 a roll.

We are also looking for some black metal music stands that are not being used. They will become our easels and flipbook stands. We will fix them if they do not move or if they always slide down.

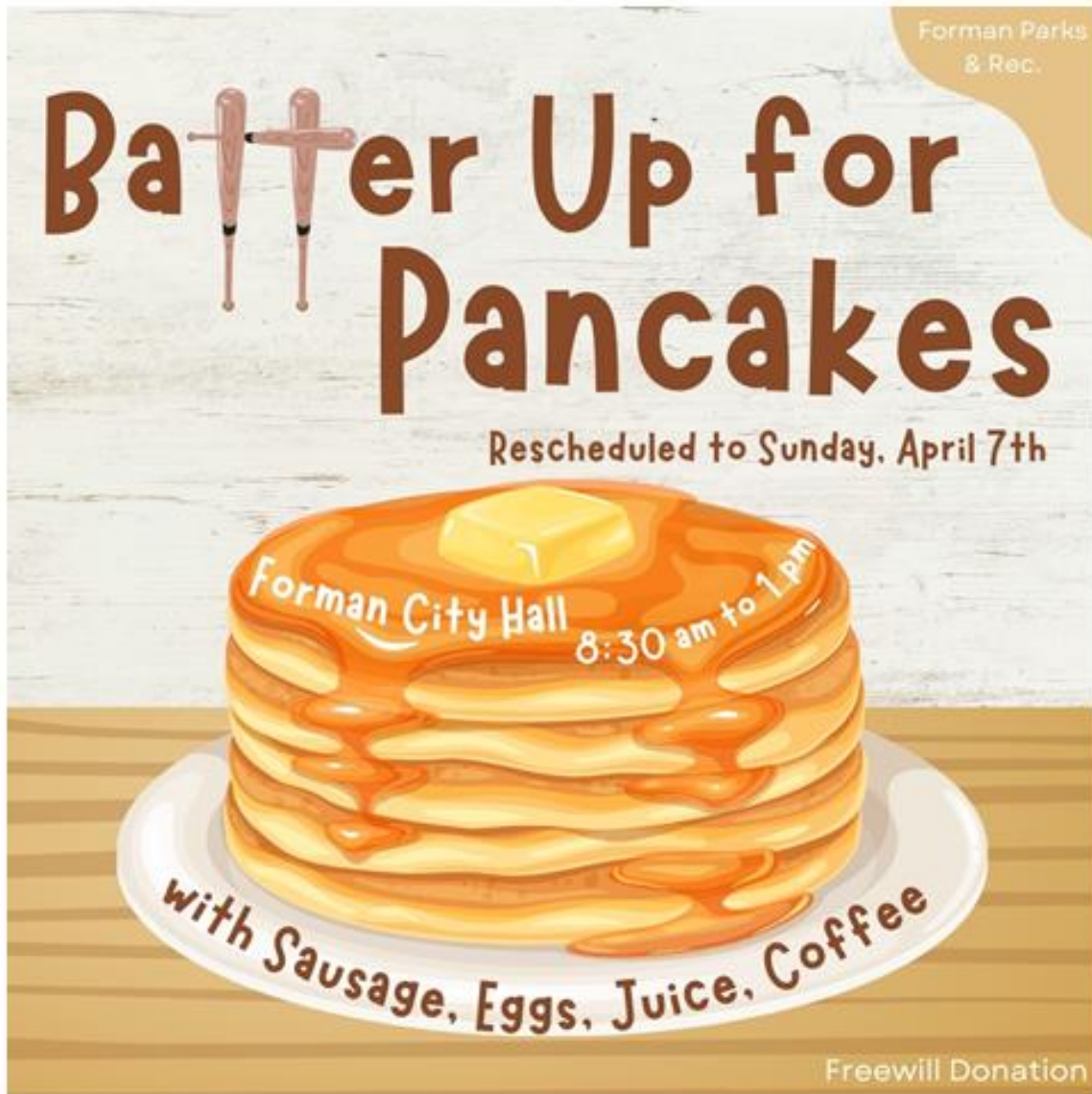


Wire Rope, 1/16 Wire Rope, Stainless Steel 304 Wire Cable, 328FT Length Aircraft Cable with 100pcs Sleeves Stops, 7x7 Strand Core, 368 lbs Breaking Strength This pkg is on Amazon for \$20.99

The wire rope needed is to hang the Bobcat fabric from the ceiling to highlight the Bobcats. Also, will be needing 3/4 inch conduit for this project not sure on amount yet. We may have other items in the future coming up. Arrangements will be made for drop off when you contact us.

We are still \$102,000 away from our goal for the building as we would like to build it. You can send checks to 8034 Hwy 32, Gwinner, ND 58040 c/o Pat Olofson. We are a 501 c3 non-profit organization so we can give you a sheet to show you gave to us for your taxes.

Thank You, Sargent County Historical Society



2024 Nazareth Lutheran Church Garden Party Saturday, April 6th

Schedule of Events

- | | |
|------------------|--|
| 8:30 – 10:00 AM | Registration |
| 10:00 AM | Welcome |
| 10:10 AM | Blessing of the Day's Events – Rachel Hoistad |
| 10:15 – 10:45 AM | Session #1
"Grow Big" Gardening – Judy – Sheyenne Greenhouse |
| 10:45 – 11:00 AM | "Plant Hardiness Zones" and "Fertilizer Frenzy"
Melissa Seykora |
| 11:00 – 11:30 AM | Session #2
"Exploring the Pro's and Con's of High Tunnel Gardening"
Panel Discussion – led by Sara and Neil Planteen |
| 11:30 AM | Lunch |
| 12:30 - 1:00 PM | Session #3
"Tips & Tricks of Vegetable Gardening"
Jesse Frolek – Jesse's Produce |
| 1:00 – 2:00 PM | Session #4 – Keynote Speaker – Don Kinzler
NDSU Extension & Master Gardener
"Tried and True Vegetable Varieties Plus New Favorites"
"My Favorite Proven Winner and All-American Selections
Annuals and Perennials" |

Following Garden Party: Vendor Show at Firehall – Cogswell, ND
2:00 – 6:00 PM

Notes:

Cost: \$20 per person

Silent Auction runs from 10 AM – 2 PM

(text or call Jess Rasmussen, 701-330-9855, if you want item picked up)

Gardening related booths will be available all day

Register by March 15th – nlccogswell@drtel.net

St. Vincent's Catholic Church ~ German Dinner ~

Sunday, April 7th | 11:00am – 1:00pm



- KNOEPHLA SOUP
- CABBAGE CASSEROLE
- KNOEPHLA, SAUERKRAUT
& SAUSAGE
- CHEESE BUTTONS
- BORSCHT SOUP
- KUCHEN

ALL MADE FROM SCRATCH & FOR YOU TO ENJOY!

ADULTS \$15 | AGES 6-11 \$8 | 5 & UNDER - FREE

St. Vincent's Catholic Church | Gwinner, ND

PLEASE JOIN US FOR OUR GERMAN FEAST!



GA Men's Group

BURGER & BRATS

Sunday, Apr. 14th

GA Church, Gwinner, ND

11:00 – 12:30

Free will offering

Proceeds to go towards new
exterior door in fellowship room



HAVANA TURKEY DINNER

Havana, ND Civic Center

Sunday APRIL 14, 2024

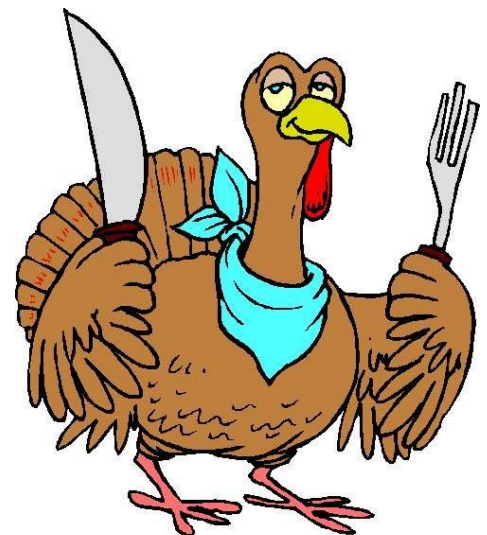
SERVING 11 AM-1 PM

Turkey, dressing, real mashed potatoes, gravy, corn, coleslaw, Dessert, coffee, lemonade

Adults \$20

age 6-14 \$10

under 6 free



EXTENDING KNOWLEDGE >> CHANGING LIVES



Stop the Bleed – Sargent County

Are you ready to respond to an active bleed injury on your farm or in your community? Learn how you can make a difference by attending Stop the Bleed!

Stop the Bleed is a nationally recognized, 90-minute certification program that teaches participants to recognize life-threatening bleeding from injuries and how to intervene effectively by properly using a tourniquet in the event of blood loss caused by an injury.

Wednesday,

April 17, 2024

5:30 p.m. CST

**Gwinner Fire Hall
4 1st St. SE, Gwinner, ND**

**FREE – Must Register by April 10
Sessions limited to 20
participants**

Register at: ndsu.ag/stb-sargent

Or scan
QR code:



Who can participate:

- Rural residents/communities
- Farm and ranch families
- Farm employees and seasonal laborers
- Emergency response personnel (*NCCR credits available*)
- Youth, ages 13 and older

Participants will receive:

- Farm and ranch related injury statistics
- Hands-on training from NDSU School of Nursing faculty
- Personal Stop the Bleed kits (*while supplies last*)
- Confidence and skills in tourniquet use



[SeneGence](#)

Holistic Healing

Paparazzi

[PaperPie](#)

Dorreen's Designs

The Craft Cove

Scentsy

Norwex

Rustic 3

Jabo

Alivia's [Barkery](#)

[Leepas Treats](#)

Tupperware

Beauty Counter

Dash Apiary

[Stampin Up](#)

Homesteader Hemp

[Doterra](#)

Pampered Chef

MQ's Rock Shop

MT Crafting

Beautiful & Brazen Boutique



The Strand Theatre, Britton SD

703 Main Street

www.strand-theatre-brittonsd.com

Ticket cost: \$6 adult

\$4 youth (12 years and under)

UNDER 4 years old is FREE.

Arthur the King

April 5 - 7, 2024

7:30 p.m. Friday - Sunday



Star Sponsor: **Feldaus Family**

THE SCENIC THEATER

Established 1911

OUR 113th YEAR OF CONTINUOUS OPERATION

419 MAIN ST LISBON, ND 58054

PLEASE NOTE SHOW TIMES – DOORS OPEN 30 MINUTES PRIOR
WINTER SCHEDULE – WEEKENDS EXCEPT WHERE NOTED

WE ARE CLOSED APRIL 1ST THROUGH APRIL 18TH

GHOSTBUSTERS: FROZEN EMPIRE

APRIL 19, 20 & 21
7:30 PM FRIDAY & SATURDAY
4:00 PM SUNDAY
115 MINUTES LONG RATED PG-13



GODZILLA x KONG: THE NEW EMPIRE

APRIL 26, 27 & 28
7:30 PM FRIDAY & SATURDAY
4:00 PM SUNDAY
115 MINUTES LONG RATED PG-13



CAN'T MAKE THE MOVIE BUT STILL NEED YOUR SCENIC THEATER
POPCORN FIX, COME ON IN MOVIE NIGHTS FOR HOT POPCORN



See www.scenictheater.com for movie & theater information

Schedules subject to change

One of the oldest continually operating movie theatres in America*

FOLLOW US ON FACEBOOK FOR SPECIAL ANNOUNCEMENTS AND
CALL 701 683-3435 FOR WEEKLY SCHEDULE UPDATES

April 3, 2024

THE SCOOP

Gustaf Adolf Lutheran Church

701-678-2552
galutheranchurch@outlook.com
207 1st St. SE
Gwinner, ND
www.galutheranchurch.org
Pastor Jaime Decker

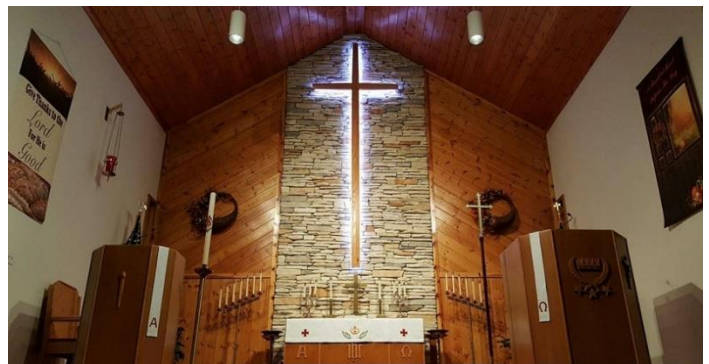


Next week's calendar 04/07/2024 thru 04/14/2024

Sunday	9:30 AM	Worship Service w Communion, Holy Humor Sunday – Pastor Jaime Decker
Wednesday		Confirmation Church Council Meeting
Thursday	9:00 AM	Bits N’ Stitches Quilting
	2:30 PM	Ruth Circle
Sunday	9:30 AM	Worship Service w Communion, Make-A-Change Sunday – Pastor Jaime Decker
	11:00 AM	Burger & Brat Feed

Zion Lutheran Church

701-678-2401
ziongwinner@gmail.com
420 1st St. SE
Gwinner, ND
www.ziongwinner.org
Pastor Mike Grieve



Sunday	9am Catechesis
	10am Divine Service with Holy Communion
Wednesday	9am Catechesis

St. Vincent's Catholic Church

302 ND Hwy 13
Gwinner, ND
Ph: 701-678-2239
riley.durkin@fargodiocese.org
Rev. Riley Durkin



Mass times: 10 am Sunday

Starting August 26, there will be Saturday mass at 7pm and Sunday mass at 10am.
The last Saturday of the month will have a Saturday evening mass at 7pm.

St. Arnold's Catholic Church

107 3rd Street
Milnor, ND
Ph: 701-427-9288
Email: starnolds@drtel.net

Pastor Fr. Troy Simonsen



Sunday Mass:

8:30 a.m. (Feb-Apr-Jun-Aug-Oct-Dec)
10:30 a.m. (Jan-Mar-May-Jul-Sep-Nov)

Thursday Mass:

9:00 a.m.

United Methodist Church

720 Main St
Milnor, ND
Ph: 701-427-9401

Rev. Tiana Bohn



September through May

Worship services every Sunday at 9 am with fellowship at 10 am

April 3, 2024

TNT Parish Churches

Trinity Lutheran Church 410 Cedar Ave, Forman
Trinity Lutheran Church 411 2nd St, Havana
Nordland Lutheran Church 311 Cooper St, Rutland
www.tntparish.org

Pastor Julie Johnson

MONDAY-FRIDAY, APRIL 1-5 Quilting at Nordland - everyone welcome!

WEDNESDAY, APRIL 3 3:30 pm - TNT Confirmation at Trinity/Forman

SATURDAY, APRIL 6 5:00 pm - Havana Trinity Worship

SUNDAY, APRIL 7
9:00 am - Nordland Worship
10:00 am - Nordland Sunday School
10:30 am - Trinity/Forman Worship

WEDNESDAY, APRIL 10 3:30 pm - TNT Confirmation at Trinity/Forman
5:30 pm - Nordland Council meets at the church

SATURDAY, APRIL 13 5:00 pm - Nordland Worship

SUNDAY, APRIL 14 8:00 am - Havana Trinity Worship
10:30 am - Trinity/Forman Worship



THE SCOOP



St. Mary's Catholic Church

484 4th St SW

Forman, ND

Ph: 701-724-3319

www.stmarysforman.org

Email: 4steeple@drtel.net

Rev. Timothy Schroeder



Fall/Winter Schedule
~ Sundays - Mass at 11am ~

Nazareth Lutheran Church

524 5th Street

Cogswell, ND

nlccogswell@drtel.net

Find and follow Nazareth on Facebook

--- search for Nazareth Lutheran Church, Cogswell ND



Church Service-Sundays 8:30am followed by Sunday School & Fellowship

Join us for coffee and fellowship Wednesday Mornings at 9:00 am

Oakes Methodist Church

210 S 6th St

Oakes, ND

Ph: 701-742-2925

www.oakesunitedmethodistchurch.com

Pastor Mark Britton



Sundays - Worship 9am followed by coffee & fellowship

Rise Up & Pray

Women's Retreat
Saturday, May 18 - Sunday 19, 2024
Coteau des Prairies Lodge, Havana

Leaders

Pastor Julie Johnson and Rachael Hoistad

Bobby Maly, Jess Rasmussen

Shelby Johnson, & Peder Gulleeson

If you wish to stay at the Lodge, contact: Olivia 701-680-1175

Cost: Private Room \$150 or share a room & cost with others Breakfast included

Saturday Check-in 9:00 - 9:45 am

9:45 am Welcome followed by
Opening Worship & Music

12:30 pm Lunch

2:00-4:00 pm Prayer Stations

4:30-5:15 pm Worship & Music

6:00 pm Dinner ~ ~ Free Time

Sunday 9:30-10:00 am Coffee

9:30-10:15 am Prayer Stations

10:15-11:30 am Worship & Music



Hosted by
TNT Parish

Registration

\$25 just lunch & \$45 lunch & dinner

Registration includes 1 or 2 meals
and retreat materials

Text / Call

Rachael Hoistad 701-680-2404 by May 3rd

Supplemental Funds from Thrivent

Farmers Inn, Havana ND

Build your own Breakfast

Pancakes— \$2.00 each

Hash Browns—\$2.00

**Eggs— 2 for \$1.00

Toast—2 for \$1.00

Sausage Patties—2 for \$3.00

Sausage Links —3 for \$2.00

Bacon— 3 -\$2.50

French Toast 2 -\$3.00

Beverage List \$2.00 each

Coffee— Regular & Decaf

Milk Orange Juice

Soda Pop

** Cooked to order— Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.



Lunch Menu

*Hamburger—\$5.50

*With Cheese \$5.75

*Bacon Cheeseburger \$6.00

*Jalapeno Bacon Cheeseburger \$6.75

Crispy Chicken Sandwich \$5.50

French Fries \$3.00

Chicken Strip Basket (with Fries & Toast) \$8.00

Children's Menu

Cheese Quesadilla \$5.00

*Kids Burger & Fries \$5.00

Dinner Menu

*Patty Melt—\$7.00

Plus all items from Lunch Menu

* Cooked to order— Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

Weekly Specials

can be found on Facebook

Search for Havana Farmers Inn