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Airmen Receive Red Cross Lifesaving Awards

MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND. – Two Airmen were presented with the American Red Cross Lifesaving Award for Professional Responders at Minot Air Force Base, June 12, 2023.

Airman 1st Class Damian Cordoba from the 5th Medical Group saved a life while off-duty and working a shift at local restaurant, The Starving Rooster,

November 8, 2022. It was while he was working that he realized one of the restaurant's patrons was choking, and without hesitation began performing abdominal thrusts on the man. After several attempts the object was still in place so he proceeded to perform a throat sweep, dislodging the obstruction.

Staff Sgt. Nicholas Thompson

from the 5th Security Forces Squadron saved the life of a fellow Defender while posted at Minot AFB's South Gate, December 20, 2022. In an attempt to open a bucket of ice melt with the knife part of a multi-tool, an Airman cut his forearm. Thompson was manning the gate when he heard a loud crash and returned to see the Airman on the ground with what

appeared to be a minor cut. Upon further inspection, Thompson realized the Airman had sustained a severe arterial cut on his forearm. He instructed the Airman to apply pressure on the wound while he applied a tourniquet to stop the bleeding until Emergency Medical Services arrived on scene.

These Airmen's contribution to the safety of their fellow citizens

reflects the spirit of the Red Cross by using action to alleviate human suffering in the face of emergency. Thanks to their Red Cross and emergency training, as well as their quick response and professionalism, Cordoba and Thompson were able to save two lives in their community and earn one of the highest awards given by the American Red Cross.



Zoe Wergeland Manstrom, Executive Director of the Western North Dakota Chapter of the Minnesota and Dakotas Red Cross, and Lorie Herbel, Service to the Armed Forces Regional Program Manager, present Airman 1st Class Damian Cordoba, 5th Medical Group, with the Red Cross Lifesaving Award at Minot Air Force Base, N.D., June 12, 2023. Cordoba performed lifesaving procedures during a shift at a local Minot restaurant, saving a patron who was choking.



Zoe Wergeland Manstrom, Executive Director of the Western North Dakota Chapter of the Minnesota and Dakotas Red Cross, presents Staff Sgt. Nicholas Thompson, 5th Security Forces Squadron, with the Red Cross Lifesaving Award at Minot Air Force Base, N.D., June 12, 2023. Thompson received the award for his lifesaving efforts in December 2022 when a fellow Defender severed an artery during an on-duty accident.

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Midsummer FESTIVAL

June 16-18, 2023

FREE ADMISSION

Music, vendors, demonstrations, workshops, food/refreshments, fun kids' activities, and the most anticipated event - the lighting of the bonfire on BOTH Friday and Saturday night (weather permitting)!

Bring a chair or blanket and enjoy this once-a-year event. Please park at Jim Hill School or Town & Country Center. Handicapped parking reserved on south side of Scandinavian Heritage Park parking lot.

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HOURS
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 Sunday: 11am to 12pm (Worship Service)

 For More Information, Visit:
[Facebook.com/ScandHeritPark](https://www.facebook.com/ScandHeritPark)

Friday, June 16

- 2:00-7:00pm Todd Hanson Scandinavian Antique Exhibit, Gol Stave Church Museum
- 5:00pm Food Trucks
- 5:00-10:00pm Saul's Beer Garden and DJ Lois Zahn
- Root Beer Floats
- 7:00pm Midsummer Parade and Flag Ceremony
- Magic City Band and Minot Air Force Base Honor Guard
- 7:00-10:00pm Finnish Sauna, ages 16 and older unless supervised by an adult
- 8:00pm Abba Music Hour
- 8:30pm Bonfire, weather permitting

Saturday, June 17

- 9:00-11:00am Fika-Swedish Coffee with Traditional Seven Bites, \$5 to Dala Horse Restoration
- 9:00am-4:00pm Scandinavian Baked Goods, Daughters of Norway
- 9:00am-5:00pm Vendors Viking Market, Minot Prairie Quilt Guild Display
- 10:00am-12:00pm Jerry Schlag, Live Accordion Music
- 10:00am-3:00pm Children's Travel Passport Scavenger Hunt, stamps at each park feature
- 10:00am-7:00pm Todd Hanson Scandinavian Antique Exhibit, Gol Stave Church Museum
- 11:00am, 1:00 & 3:00pm Bring your antiques for evaluation by Todd Hanson, Gol Stave Church Museum
- 12:00pm Food Trucks
- 12:00-4:00pm DJ Lois Zahn
- 12:15, 1:15 & 2:15pm The Emperor's New Clothes, Theatrical Production, Mouse River Players at the Waterfall
- 12:45, 1:45 & 2:45pm Midsummer May Pole Dance, Swedish Frog Dance
- 1:00-4:00pm Scandinavian Photo Booth, Minot Visitors Center Gift Shop
- 3:00-5:00pm Viking Games, Kubb, Cornhole, Relay
- 3:00-7:00pm Finnish Sauna, ages 16 and older unless supervised by an adult
- 5:00-7:00pm Live Music, The Replacements
- 5:00-10:00pm Saul's Beer Garden
- 6:00-10:00pm DJ Lois Zahn
- 8:30pm Bonfire, weather permitting

Lectures in the Sons of Norway Room:

- 9:00am Attracting Birds, Bees, and Butterflies to Your Yard, Tom Kalb
- 10:00am Norse Mythology, Mellissa Gjellstad
- 11:00am Rolling with Sonja Mikelson, Lefse Demonstration
- 1:00-3:00pm Mouse River Genealogy Society, Heritage Experts at your service

Sunday, June 18

- 11:30am Sunday Service, Gol Stave Church, 1st Lutheran Church

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Additional information about the pool in next weeks edition!

The Minot AFB pool is now open for the 2023 Season.

The Base's Summer Hot Spot

ERIN BEENE, NORTHERN SENTRY

The base pool is now ready and waiting for swimmers of all ages to come and soak up the sun for the summer! The pool opened a little later in the season than usual because of some construction work that needed to be done on the building structure. But now, it is open and plans to be so through the summer until August. The exact date of closure will depend on weather and the availability of lifeguards, when some of the summer hires go back to college.

In the meantime though, Minot AFB's pool, complete with slides, snack bar (which is not yet open but is rumored to be opened sometime

next week) and kiddie pool will be available M-F 11am-6pm, Saturday 11am-3pm and closed all day on Sunday.

The experience at the pool is relaxing with a limited number of lounge chairs and umbrellas available for use. There is also a small and fenced in shallow pool available for kids 6 & under. To add to the kick-backed atmosphere, the pool plays a local country music station and takes an "adult swim" break every quarter hour for 15 minutes. During this time, only residents ages 16+ are allowed to be in the pools, which forces kids to take a much needed rest break.

Something that makes Minot AFB's pool unique is that it is also completely FREE for base residents. Unlike most bases, which require a small yearly membership pass or daily fee, this pool allows guests to utilize it for absolutely no cost. This is very unique amongst Air Force bases and is allowed because of special funding due to the remote nature of this base.

The refreshing pool is one of the base's most popular summer activities which is evident by the numerous visitors throughout June, July and August every year.

Team Minot Member named in Minot Fatality

The 5th Bomb Wing confirms the death of a member of Team Minot. SrA Ivan Campos, 5th Aircraft Maintenance Squadron (5 AMXS) passed away as a result of an off duty, single car accident at approximately 6:00 a.m. on 9 June, according to Maj Jhanelle Haag, the Chief of 5th Bomb Wing Public Affairs.

"Team Minot is devastated by the loss of one of our own," said Col Daniel Hoadley, 5th Bomb Wing commander. "I ask all members to please seek the help they need as they mourn their teammate and friend."

According to ND Patrol Report, the crash remains under investigation.

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...in my rear view mirror

Some of you are old enough to remember singer Mac Davis who hit the billboard charts with the song "Happiness Is Texas in my Rearview Mirror". The song goes on to describe why he had to leave Texas. But in the end, his love of Lubbock, Texas, finally causes him to yearn to return and be buried in Lubbock, "in my jeans."

Let's face it, there are many who head south down Highway 83, and are perfectly fine seeing Minot in their rear view mirror. There is a myriad of reasons; the most common is the winter weather that North Dakota tends to throw at you. Sub-freezing, double digit wind chills are nobody's favorite. I guess if I were to be one of those who was looking back at Minot for the last time, Minot's winter weather would certainly be something I wouldn't miss. But I would miss the other three seasons: spring, summer and fall.

Many of our friends have

either purchased or rent homes down south and leave before those frigid temperatures test even those who have been born and raised in North Dakota. We get Facebook posts of them near the pool enjoying the bright sunshine and warm temps. They always seem to be smiling and are often quick to point out the difference in temperature of where they are at, versus the temperature where we are at. I get it! The weather is much colder here than where you are at. It's OK, a choice you made.

So, let's flip the script a bit. Everywhere, and I mean everywhere, you live there are going to be challenges. I love the weather in California where my son lives, but I absolutely hate the traffic. He loves the ocean, probably because he grew up sailing on Lake Sakakawea. Yeah, I wish we had more than four months of summer for sailing but make the most of those days while you can. My son and



UPSIDE DOWN UNDER
 MARVIN BAKER

On May 22, Gov. Doug Burgum announced the Pembina Gorge State Recreation Area will be developed and become North Dakota's 14th state park.

A total of \$6 million in funding for this venture has been secured by the North Dakota Parks & Recreation Department during the 2023 legislative session. A matching \$2 million will come from a federal grant.

The park, just west of Walhalla in both Pembina and Cavalier counties, is a sight to behold. It starts at the Canadian border and runs in a bit of a southeasterly direction toward Minnesota.

There's hiking, four-wheeling, birding, photography and big game watching opportunities. There are trails all over the place, including

in the deep woods that doesn't at all seem like it's in North Dakota, but it is.

And one thing a lot of people forget is the winter beauty of the future Pembina Gorge State Park. The only other winter place like it in North Dakota is Lake Metigoshe. It has plenty of winter recreation opportunities, however, it doesn't have a lake.

Instead, the Pembina River is the lure in water. It starts on the Canadian side, runs southeast of Walhalla cutting into the gorge then, much like the Souris River at Minot, makes a turn to the northeast and heads up toward Neche and Pembina.

There are a number of people who didn't want +-+y that is provided in the current recreation area.

But the North Dakota Parks & Recreation Department has assured everyone, including those in the Walhalla area who dissented, that development will be done with as little disturbance as possible, so as not to diminish what the gorge already is and has been for decades.

The plan for the park will include underground utilities, roads, a 35-

northern sentry

A VIEW FROM OUR SIDE
 ROD WILSON



his wife are frequent visitors to Disneyland. I am not too keen on crowds, in fact, standing in lines is something I detest. But when you have a grandchild full of energy ready to buckle in and take on Space Mountain, you make it work.

Those who arrive at Minot Air Force Base, for the most part, have been painted a picture of frozen tundra. Wide open spaces of nothingness, and residents who do nothing for at least six months each year. Once they arrive, they soon experience the warmth and friendship of the people. They learn to experience North Dakota for what it is, not for what it isn't. Take for example, it isn't crowded, it isn't as busy as living in a big city, and it isn't uncommon to just jump in a car and go for a ride; just because.

I do understand that some folks will be happier where they

are headed, and they may breathe a sigh of relief when they do see Minot in their rear view mirror. But I bet if you ask them, they will come up with several reasons they liked living in Minot. And who knows, we may see them again as they are headed back to Minot to make this their permanent home. Happiness could be in their windshield.

BEST KEPT SECRETS

Lando Live Music Festival on July 7th & 8th at Lake Metigoshe. This is year two of this live music festival event. Best news! There is a 40% Military Discount on tickets. Grab a couple of friends and head north to Lake Metigoshe for lando LIVE!

TODAY'S CHUCKLE

Some people live life in the fast lane and some people can't even make it to the on ramp.

Pembina Gorge State Park...

site campground, six all-season, full-service cabins, a comfort station, shop and season staff accommodations. In the future, the park may include a visitor center with indoor and outdoor learning areas and retail and office space.

A few additional things to remember that are indirectly related to this new state park. Frost Fire Ski Area and Summer Theater is located west of Walhalla, Langdon is about 35 miles southwest, the Pembina State Museum is 28 miles, almost straight east, Icelandic State Park is located near Cavalier, 25 miles southeast and the Gingras Trading Post of territorial days is located just to the north and east of Walhalla. In addition, Winkler, Manitoba is approximately 30 miles northeast of the park.

Back in the 1990s, the North Dakota State Geological Survey began digging for dinosaur fossils in the Pembina Gorge. Today, the digs are more structured with fees attached, but if your interested in digging for Mosasaur bones, this might be your gig.

There's plenty of evidence pointing to the Mosasaur living in the gorge area a long time ago. To

find more information about that, the Canadian Fossil Discovery Centre is located in nearby Morden, Manitoba, just 40 miles northwest of Walhalla. It's a great site to learn about marine reptiles.

So there is a lot going on in the northeast corner of North Dakota that will be taken up a notch when the gorge gets its state park status.

To some, this is a long time coming. There are numerous people living in Pembina and Cavalier counties who believe the gorge should have been a state park 30 or 40 years ago. But, it's never too late and many of those same people strongly believe the state park status will bring an uptick of tourism, not only to Walhalla, but to Pembina, Cavalier and Langdon; those four communities are known as the Rendezvous Region.

Whatever the case is, it would behoove you to visit, if you haven't already been there. You just have to see it and experience it. Describing it doesn't do justice.

Just do yourself a favor, gas up the car and go visit. You'll be glad you did and you'll wonder why you didn't do it sooner.

Events from Minot & Minot AFB in ONE PLACE!

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.

Okay, boys, I'm off to the discovery center. Hopefully, you'll discover that you don't hate this city as much as you thought you did.

TIMMOTHY TIMM

Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.



SHE'S NOT FROM AROUND HERE
AMY ALLENDER

"You're so flexible." Unbelievably, the words were directed at me—spoken while standing in a shady driveway I know well. The voice, too, was familiar. A soft, comforting tone that conjured up memories of high school antics, college summer vacations long past, and cold cookies that always seemed to materialize from the freezer at just the right moment.

The words came from Connie. In high school and college her daughter was my dearest friend. In the years since, we've drifted apart and are no longer integral parts of each other's lives. But there is something irreplaceably dear about people who knew you when you were young. Something intangibly sweet about those extra parents who made it clear that there was always room for you at their table, and in their home.

On the last day of a recent trip to my hometown in Indiana, I had a quick chance to swap life news with Connie, and her husband Bob.

Our week outside of Hot Dish Land had been wonderful. Maybe it has to do with the fact that this was our first trip without a stroller or diapers in tow. Maybe it was that we're at a stage where night wakings are rare, and naps can be skipped without triggering a meltdown akin to a fire in a wax museum.

"You're so flexible." As soon as the words were uttered my eyes rolled so far back into my head they threatened to stick.



I grew up on a river in northern Indiana. When visiting, I still love getting out in a boat or spending time on shore watching waterfowl and boats go by.

AMY ALLENDER PHOTO

You're So Flexible

"Ugh," I replied with disgust. "I hate being flexible."

This is true. I often joke that I like adventure—but only if I can meticulously plan it first.

Among other bull-headed traits, it's this aversion to out-of-my-control-adventure and disdain for flexibility that have made my life as a military spouse particularly challenging. In the military lifestyle the only thing you can ever truly count on is ever-changing plans. The only certainty is that there will be precious little certainty.

The plans change. The details are foggy. Someone else always seems to be in control.

I am not flexible by nature. Rather, I am flexible out of necessity.

It doesn't matter if you are affiliated with the military or not, I think most of us would relish a little more control and fewer unforeseen circumstances. Desiring complete control is foolish. Bemoaning a lack of control will only spin the proverbial wheels until they've created a deep rut. But wanting a bit more control is simply human.

The most profound thing I've learned in my years as a military spouse is the quiet strength in maintaining control over my thoughts. No matter what is happening on the outside—whether a surprise deployment, unexpected PCS, unwanted assignment, or anything else—we always have the right to shape our inward perception. There is no need to grapple for power over things that are truly out of our control. Instead, our energy is better spent making intentional decisions with the information we have available, and living out our days with an "on purpose" mentality.

You are allowed to weave a narrative with the circumstances and facts at hand. While you cannot create a story from scratch, in which you have everything you want, you can choose your

perspective. You are the boss of your own story—and I pray that you'll write your role as that of the capable hero.

The truth is, I'm not really all that flexible. The truth is, I regularly struggle with jealousy, comparison, discontentment, and maintaining a positive perspective in the face of change.

While on vacation I found myself jealous of the homes we were welcomed into. I saw myself as less-than when compared with the work of others. When considering the multitude of attractions in such a tight radius, I felt a twinge of discontentment at our somewhat isolated NoDak lifestyle.

The truth is jealousy, comparison, discontentment and negativity

don't hold the key to changing circumstances. They only lead to a melancholy attitude and a yucky internal feeling.

The thoughts I experienced may have been true, but they were unhelpful. I replaced them with different truths that shaped a better story. Truths like:

- We love visiting Indiana and all the different things we enjoy while we're there.
- We are deeply satisfied with our quality of life.
- Minot is unbelievably convenient.
- The military lifestyle gives us experiences we wouldn't have otherwise.
- Minot is a great place to come home to.

• Our house meets our needs, and lots of our wants.

• There are a myriad of things to be grateful for on any given day. "You are so flexible."

It may seem that way, but don't be fooled. I'm only flexible because I know there are things I can always maintain control over: the perception I choose, the actions I take, the narrative I shape, and the endless goodness I choose to see in everyday living.

To connect with me further, discover small tips for positive living, and to keep up with how I spend my days in Hot Dish Land, find me on Instagram (@amy_allender) and Facebook (@amyallenderblog).

Welcome Shawnette Holmes, DNP, NP-C Primary Care



Shawnette Holmes, DNP, NP-C

Trinity Health is pleased to welcome Shawnette Holmes, DNP, NP-C, to our care team at Trinity Health East Ridge. A board-certified nurse practitioner, Shawnette provides primary care to adults of all ages for conditions ranging from respiratory infections and hypertension to routine health maintenance.

New Patients Welcome!

A former Arizona resident, Shawnette earned her bachelor's degree in nursing from Grand Canyon University and worked as an RN and charge nurse at Tucson Medical Center. She moved to North Dakota with her family and joined the nursing staff of Heart of America Medical Center in Rugby, providing care to patients and serving as a charge nurse in hospital and emergency room settings. Recently, she completed her doctorate in Advanced Nursing Practice from the University of Mary. A member of the American Nurses Association (ANA) and American Association of Nurse Practitioners (AANP), Shawnette enjoys going for walks and going fishing with her family.

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Dog Gone International Incident



SLICE OF LIFE
KIM FUNDINGSLAND

An international incident along the North Dakota/Saskatchewan border was resolved, at least temporarily, in a Minot courtroom earlier this month.

The intriguing case involved a wandering dog, Rocco, who normally resides in Enniskillen, Saskatchewan, a small community located just north of the United States/Canadian border. Rocco decided to make a visit to the U.S. by crossing the border into Burke County. Rocco was apprehended in Flaxton by an area resident who took the dog to his farmstead near that community.

Enter the Burke County Sheriff's Department, who had a deputy make a visit to Rocco and, sometime thereafter, received a call from the dog's owner saying that his Anatolian Shepherd cross is known to wander. All of this happened in February of this year.

As this now international event unfolded, and the dog's owner sought to have Rocco returned to his custody, the matter became a legal fight. Amber J. Fiesel, Burke County State's Attorney, submitted a Petition for Disposition of a

neglected, abused, or abandoned animal to allow for Rocco to be placed for adoption.

What followed was a series of legal maneuvers, including attorneys, and a demand for a change of judge. The case was finally plunked down in front of North-Central District Judge Stacey Louser. Louser heard the civil case, which included witnesses, on June 1.

There was noticeable tension in the courtroom. At stake was on which side of the border would Rocco get his next bowl of food, and whether or not the matter would spark a full-blown international incident between two friendly countries.

After hearing both sides of the case, which didn't include an

appearance by Rocco, it was up to Louser to say whether Rocco might become a U.S. resident or be returned to Canada. The judge ruled in favor of the latter, ordering that Rocco be immediately returned to Enniskillen owner Chad Carlson.

End of story? Possibly. Then again, maybe not.

Louser also ruled that Carlson was liable for all costs of caring for Rocco from the time the dog was seized until released back to its owner, a period of nearly four months. However, Carlson may request a hearing to determine whether or not those costs are reasonable.

Rocco was unavailable for comment.



Anatolian Shepherds are large dogs and often confused with Great Pyrenees.

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Team Minot celebrates Police Week 2023

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MINOT AIR FORCE BASE, N.D.

Team Minot defenders joined together June 5-9, 2023 at Minot Air Force Base, N.D. to compete in competitions and honor past and present law enforcement officers in honor of National Police Week.

National Police Week is a nationally recognized event that allows law enforcement members and citizens to gather and pay homage to those who gave their lives in the line of duty.

"It's a time to acknowledge the strength and courage required to wear the badge and the important role law enforcement plays in ensuring public safety," said U.S. Air Force Tech. Sgt. Gerard Garbutt, 5th Security Forces Squadron integrated defense section chief.

The week was filled with various events between Minot defenders and local law enforcement. The events included a softball tournament, a volleyball tournament, and a Battle of the Badges competition, pitting law enforcement against Minot Airmen and City of Minot Firemen.

"Police Week reminds me to reflect on the sacrifices others have made in order to make communities and the world safer," said Roman-Rivera. "We represent the few that run towards evil wherever, and whoever they may be."

Police Week concluded June 9, 2023 with a closing ceremony

wrapping up the week's events. While the week was filled with competitions and festivities, Master Sergeant Yamil Roman-Rivera, 5th SFS flight chief and guest speaker for National Police Week, reminded the crowd and participants what this week really stands for.



Team Minot's 2023 National Police Week Celebration was full of demonstrations, including from our own 5 SFS K-9 unit.



Team Minot's 2023 National Police Week came to a close with a retreat ceremony to honor those who have fallen in the line of duty.



Defenders from the 5th & 91st Security Forces Squadrons competed in a Battle of the Badges competition during Team Minot's 2023 National Police Week.



Above: During the 2023 National Police Week the Security Forces & Minot Police Department competed in a Softball Tournament, June 6, 2023.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

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RETIREE DAY Q&A

Minot Air Force Base hosted a Retiree Day on June 9, 2023, at the Jimmy Doolittle Center. The day consisted of a base tour, an information fair with valuable resources for retirees, and a Q & A session with Col. Daniel Hoadley, 5th Bomb Wing Commander, and Col. Kenneth McGhee, 91st Missile Wing Commander.

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THE MISSOURI RIVER QUIZ

Patricia Stockdill

The Missouri River played a significant role in American history, serving as passage to the Pacific Northwest in the infancy of the 1800s, fur trading in the late 1700s, and was an integral part of the lives of American Indians who called the region home.

The river changed forever with the initial construction of Fort Peck Dam in northeast Montana, completed in 1937. Then Congress passed the 1944 Flood Control Act - including the Pick-Sloan Plan to tame the Missouri River with five additional dams in North Dakota and South Dakota. Massive Missouri River flooding in 1943 prompted Congress to attempt to tame the river.

Flooding was nothing new to the river, the “Big Muddy”. But 1943 was different, even potentially impacting the nation’s World War II efforts.

Today’s Missouri River looks much different, yet continues to play a vital national role in everything from recreation to electric hydropower generation to threatened and endangered wildlife species protection, and even navigation.

And flood control.

Nowadays in North Dakota the Missouri River is mostly about recreating on Lake Sakakawea and below Garrison Dam. It’s also about water supply for close to one-half of the state. It’s irrigation and navigation.

And, yes, it’s about flood protection. That was witnessed back in 2011 when almost 60 years after Garrison Dam was closed portions downstream of the earthen wall flooded due to heavy precipitation throughout the entire basin.

But how much do North Dakotans know about today’s Missouri River System – or Lake Sakakawea, in particular?

Can anyone answer these test questions?

•No. 1: Name the six Missouri River reservoirs. . .not the dams - the reservoirs.

•Answer: Fort Peck Lake, Lake Sakakawea, Lake Oahe, Lake Francis Case, Lake Sharpe, and Lewis & Clark Lake.

•No. 2: What river mile is Garrison Dam on (admittedly it’s a really tough question)?

•Answer: River Mile 1,389.9.

•No. 3: Where does Lake Sakakawea rank in the top 10 of largest United States reservoirs?

•Answer: The National Performance of Dams

Program, Stanford University, lists Lake Sakakawea as the third largest behind Nevada’s Lake Mead and Arizona’s Lake Powell.

•No. 4: What about Lake Oahe, where does that rank?

•Answer: Lake Oahe comes in as the fourth largest manmade reservoir. Using capacity in cubic meters as the measuring stick, the Stanford report lists Lake Sakakawea’s capacity at 27.92 million cubic meters with Lake Oahe close at 27.43 million.

•No. 5: If one could still travel the river valley, albeit underwater, how many miles would Lake Sakakawea cover?

•Answer: Yup, another tough question but the answer is the lake covers 178 river valley miles. That’s using Trenton, N.D. as the end point from Garrison Dam.

•No. 6: What year did the N.D. Game and Fish Department first stock salmon in Lake Sakakawea?

Answer: 1976.

•No. 7: What year did the Game and Fish Department begin netting surveys of fish populations in Lake Sakakawea?

•Answer: 1956, just three years after Garrison Dam’s closure and the same year the first turbine unit began hydropower generation.

•No. 8: How many different fish species were identified in the lake during that first netting survey?

•Answer: 58.

•And finally, Question No. 9 testing folks’ Missouri River System knowledge: As the premier upper Missouri River tributary, what is the longest free-flowing river in the Lower United States, its headwaters just outside the country’s first national park?

•Answer: Please, don’t get this wrong – it’s the Yellowstone River.

A quote from the U.S. Army Corps of Engineers Lake Sakakawea/Garrison Dam Boating and Recreation Guide might help put the role of the Missouri River into context within the Lower 48 United States: “Watershed for the Missouri River provides drainage for approximately one-sixth of the United States. From the headwaters in Montana to the mouth in Missouri, the “Big Muddy” flows through seven states. Its importance to the American economy and its history is unparalleled.”

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U.S. Air Force kicks off Radar Modernization for B-52 Stratofortress fleet

BRIAN BRACKENS, AIR FORCE LIFE CYCLE MANAGEMENT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO, Texas – A B-52 from the 307th Bomb Wing arrived at a Boeing Co., facility in San Antonio, on May 25, to begin receiving the Active Electronically Scanned Array system (AESA), as part of the Air Force’s B-52 Radar Modernization Program.

“The arrival of this aircraft is a big deal, and signals the beginning of a key part of our effort to modernize the B-52 fleet,” said Col. Louis Ruscetta, Senior Materiel Leader for the Air Force Life Cycle Management Center’s B-52 Program Office, which is leading the Radar Modernization Program, and overall effort to modernize the bomber. “AESA will replace 1960s radar technology, and greatly increase the navigation and targeting capabilities of the B-52 in higher threat areas.”

In addition to increased situational awareness and navigation and targeting ability, AESA is designed to be adaptable, so that new capabilities to address future threats, can be added via software modifications.

Boeing and Raytheon are both heavily involved in the installation process.

“Boeing is the OEM [original equipment manufacturer] for the B-52, so their long-standing history

and knowledge of the platform is really critical to making sure we can get this [AESA] out as quickly as possible,” he said. “We are also working with Raytheon on the radar side. Overall, the partnership helps ensure we have a government off-the-shelf solution that minimizes development and helps reduce both the development and test timelines.”

Installation of AESA is one of the largest upgrades to the B-52 in the history of the fleet. The effort will cost approximately \$2.8 billion,

with initial operational capability expected in 2027.

“Sustainability is an important part of this effort, because the old radar is unsustainable,” said Ruscetta. “The advancement in combat capability that AESA will bring is really critical in keeping this aircraft effective with our near-peer adversaries. The new radar is an enabler for our long-range standoff capability and will prepare the aircraft for optimized lethality.”



A B-52 arrives at Joint Base San Antonio. The aircraft will undergo installation of a new radar system at a nearby Boeing facility.

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Minot Fire Department Provides Opportunity

ROD WILSON, NORTHERN SENTRY

For Fire Chief Kelli Kronschnabel, it was 2016 when she arrived from Grand Forks after 20 years with that department. Kelli is the first to admit there was an adjustment to move a family and learn a new community, but she said, "it's been good for us."

Kelli was born and raised in Fertile, Minnesota, and would attend college in Grand Forks.

The challenge of a growing city, and a growing Fire Department, is staffing. "We're always looking for staff," said Kronschnabel. "We like to have an active list, and we like to hire once a year, but sometimes we are required to (hire) more than once a year."

The active list was recently closed, and two firefighters were hired. And now the process begins with another round of recruitment. She said, "We'd like to hire three more off of this list." According to Kronschnabel, "that's to open the next fire station, Station 5. We need 12 people to fully staff that station. There are three battalions and four people per battalion."

When talking about opportunities for employment, Kronschnabel points out that when it comes to public safety in general "the Minot Fire Department hires on average three to four firefighters per year. If they have a background in law enforcement, the Minot Police Department is always looking to

hire law enforcement personnel. We also hire dispatchers. If they have an EMT or have a desire to get their EMT, it's a great springboard into getting a job as a firefighter. As an Emergency Medical Technician (EMT) they can get on with Trinity Ambulance and if they desire to move on to being a firefighter, it's a requirement of the job to get it. It's just one of those things that you already have checked off that makes you a little more marketable, not only here but if you are moving around the country, you have that in your tool belt if you are going in for an interview."

Looking at what it takes to be a firefighter, she explained "it's normally a younger person's job; you have to be in really good physical shape. And then we look at what [the applicants] bring to the table. I love farm kids because they bring that knowledge of how to run a machine, being able to work hard... that work ethic is huge." And normally firefighters have multiple talents. "I say that if you are looking for a side contractor, come to the fire department. We have a tiler, we have a roofer, we have an electrician, the normal handyman types, landscape guys, and you take them and put them together as teams."

The Minot Fire Department currently has 60 firefighters on shift. There are three prevention

people (inspections, investigations), three upper level staff, and two civilians, one who is an admin in the office and then a fleet mechanic. "An example is that the Minot Fire Department will be looking for a fleet mechanic in the next few years, when our current mechanic decides to retire," according to Kronschnabel.

"Something that might appeal to a person who has been in the military is our 48/96 schedule. They are on duty for 48 hours and off duty for 96 hours. "[The schedule] can be really appealing for single people, and it becomes really appealing for families once they get adjusted to it because you are home a lot more and

the employees have more quality time with their families on the weekends."

Looking ahead, Chief Kronschnabel says that the new Fire Station 5 will open in mid-August with a ribbon cutting and promotional ceremony. "We're excited because of how the building turned out. I promised the people that our building would look like the neighborhood, and we think we met that goal. I want to be a neighbor, and a good neighbor."

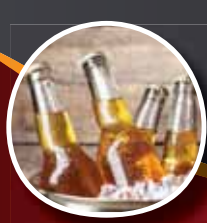
For those interested in researching public safety positions in the City of Minot, they can go to minotnd.gov/employment opportunities.



Kelli Kronschnabel
Fire Chief
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At least one partner must be serving or must be an active member of the U.S. Air Force.

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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Serving with Pride

STAFF SGT. KAYLI MORRIS, 84TH RADAR EVALUATION SQUADRON

HILL AIR FORCE BASE – The word ‘pride’ has many definitions; one being “respect and appreciation for oneself and others as members of a group...especially a marginalized group/solidarity with a group based on a shared identity, history, and experience.”

Celebrating Pride is about gaining visibility for LGBTQ+ individuals and provides a platform to erase social stigmas which surround the community. Celebrating Pride, at its core, is about human rights. It is a time to champion progress, while still acknowledging the challenges that remain in our quest toward equal rights for all humans, regardless of sexual orientation or gender identity.

While pride is something to be celebrated all year, the month of June was designated ‘Pride Month’ in remembrance of the Stonewall uprising which occurred in June 1969 and was a pivotal moment in LGBTQ+ history.

The first Pride March took place in June 1970, one year after the events of Stonewall. Now, 53 years later, Pride Month has remained a time dedicated to the uplifting of LGBTQ+ voices, celebration of LGBTQ+ culture and the support of LGBTQ+ rights.

Throughout military history, the LGBTQ+ community has faced unique challenges, from policies which explicitly banned gay men and women from their ranks, policies where same-sex relationships were criminalized and considered cause for discharge, and policies which classified being gay as a mental illness, therefore disqualifying them from service.

In 1993, “Don’t Ask, Don’t Tell”

was enacted, allowing closeted LGBTQ+ people to serve. Under this policy members would not be asked about their sexual orientation but could be discharged for disclosing it. This remained in effect for 18 years, until Congress repealed the policy in 2011, allowing LGBTQ+ members to serve openly.

Further barrier removal came in 2013, when spousal and family benefits were extended to same sex married couples in the military and again in 2021 when the ban on transgender individuals’ ability to serve was rescinded. Despite this progress, acceptance of LGBTQ+ members in the military is fairly new. It is important to acknowledge that cultural change takes time, stigmas may linger, and barriers do still exist for these members.

I joined the Air Force in July 2017, a still closeted 23-year-old woman. Fast forward six months, I arrived at my first duty station; Minot AFB, ND. It was here my journey of accepting myself and discovering

my ‘pride’ truly began. I met my best friend while at Minot AFB and right away he made me feel comfortable, loved, and accepted before I even came out to him. In a word, he knew.

It was during that first year in the military I decided to come out to some of my close friends and family; however, I still wasn’t publicly open outside of small circles.

To my surprise, the more fellow service members I got to know, the more I felt the love and acceptance everyone deserves, and suddenly found myself surrounded by a military family that had no hesitation to see me for me, allowing me to be my authentic self. That’s not to say I still didn’t have reservations about serving openly. It took me over a year from that point to even say the words out loud “I am gay.”

Even when you do “come out,” it’s never just once. In the military, we are constantly on the move. New places, new people, some more accepting than others. However, I

can attest a lot of the confidence I have gained in my identity to individuals I have met while serving.

It is my hope that every LGBTQ+ service member finds such people in their own lives and within our military family.

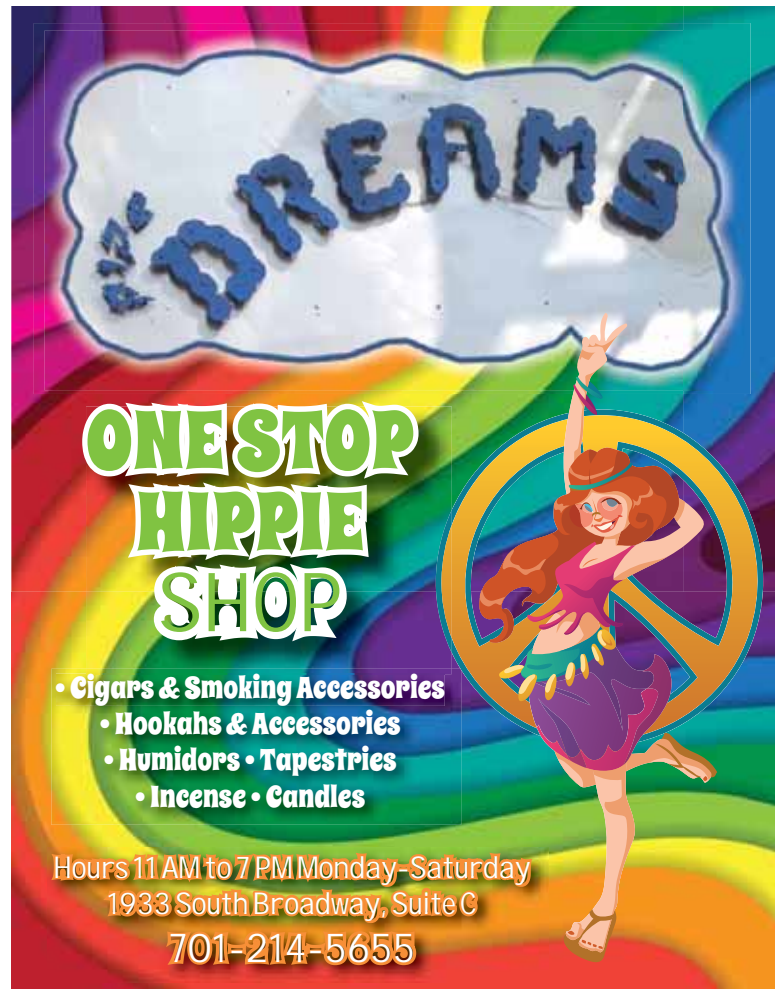
The DoD has openly recognized

the value of diversity within our forces, taking intentional steps to promote inclusion and respect for all individuals who choose to serve.

Everyone’s experiences are different, but regardless of our differences, we are all brothers and sisters in arms. Together we are always stronger.



U.S. AIR FORCE GRAPHIC BY DAVID PERRY





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Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

Primary Angles

The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

Front: Caster (right & left)

- Front: Camber (right & left)
- Front: Toe (left, right & total)
- Rear: Camber (left & right)
- Rear: Toe (left, right & total)
- Rear: Thrust angle

Secondary Angles

The secondary angles include numerous other adjustments, such as:

SAI (left & right)

- Included angle (left & right)
- Toe out on turns (left & right)
- Maximum Turns (left & right)
- Toe curve change (left & right)
- Track width difference
- Wheelbase difference
- Front ride height (left & right)
- Rear ride height (left & right)
- Frame angle

Setback (front & rear) is often referred as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

Measurement

A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.



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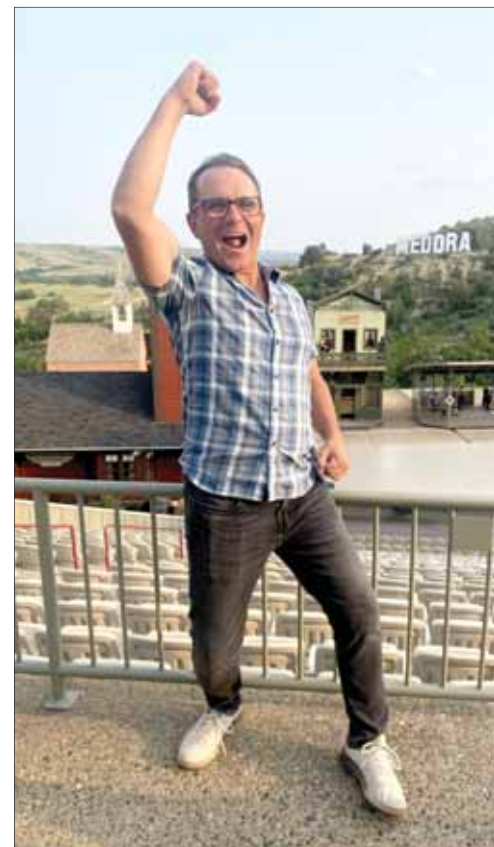
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The Medora Musical performing this year's rendition of the Battle of San Jaun Heights



Burning Hills Singers Cast Member, Ken Quiricone, who also portrays Teddy Roosevelt in the Medora Musical, shows off his best "Bully" Roosevelt pose.

MEDORA & TEDDY

ERIN BEENE, NORTHERN SENTRY

In the past two years of living in North Dakota nothing has touched my heart quite like the small town of Medora. It just popped out of nowhere in the vast prairie land of North Dakota as it creeps into the Badlands and thus creates a magical landscape that I will never forget. It's my favorite place in North Dakota. The peaceful small town makes me feel at home for a reason I cannot explain.

Last year, I wrote all about Medora and the Musical and how much it will make anyone proud to live in North Dakota, even you skeptics out there. Follow this link to read all about those wonders of Medora (northernentry.com/2022/06/24/medora-is-a-must/). I still wholeheartedly believe that Medora will make anyone see

a new appreciation for one of the least populated states in the Nation. However, this year I'd like to stray to another one of Medora's and North Dakota's main claim to fame, Theodore Roosevelt.

Col. Roosevelt was the USA's 26th President and became the nation's youngest President to date at only 42 years old. He served as President from 1901-1909. Before I moved to North Dakota, this was about my extent of knowledge of Roosevelt. However, since moving here and participating in all the Theodore Roosevelt-themed activities, I have learned much more about the man, his goals and what he did for this nation. It made me proud to have lived here.

North Dakota doesn't waste any time explaining their proud heritage

and relationship to the esteemed Teddy Roosevelt. Unlike some other states, North Dakota doesn't have a long list of celebrities that hail from it, so they cling to the ones they do have. Fortunately, Teddy Roosevelt is a timeless icon that really shared his vision and made North Dakota what it is today.

Medora would not exist without the contributions of Teddy, and they know it. Because of this, the town is filled with ways to pay homage to the beloved former President, including the namesake of the town's adjacent conserved landscape, The Theodore Roosevelt National Park. Additionally, the town's newest commercial park, Point to Point Park, was named after a game Roosevelt played with friends and later political visitors where they would take long hikes going from far destinations to another, never going around obstacles, only "over or through." Medora offers many opportunities to get to know all the information one could possibly imagine about Mr Roosevelt through their very own Teddy Roosevelt impersonator and look-alike. Mr Joe Weigand performs several times a week in his one man stage performance, "The Teddy Roosevelt Show," in Medora's Old Town Hall. Joe's show was informative, personal and surprisingly really funny as he found a way to bring Teddy Roosevelt to life in relatable ways to modern audiences. Weigand was a delight to see perform and even more of a delight to speak to in person after the show. Families

and adults were both entertained. At times during the show I found myself so engulfed in the narrative that I had to remind myself that this was indeed NOT the real Teddy himself. Wiegand is that good.

There are countless things I could brag about Medora, but since we've got Teddy Roosevelt in scope, let's veer to the Medora main attraction, The Musical. As always, the show this year spun with beautiful songs, lovely backdrop and entertaining side acts. But what about Teddy Roosevelt? He is also actively portrayed singing and dancing with the rest of the cast for a fun youthful version of the President played by Ken Quiricone. Ken has been portraying the former President for a few years now and has been a part of the Musical cast for 12

years. He said, "I fell in love with this place. It's one of my favorite places to work." Ken was filled with excitement when describing his character and it was evident that he really got into the role. He told me that he likes to represent the smaller and scrawnier version of the president which is what he envisions Roosevelt looking like when he actually explored North Dakota before his presidency.

There is so much more to say about Medora and Teddy, but it's too much for this article. Also, I just really want you to visit Medora and experience it all for yourself. Engulf yourself in the place Teddy Roosevelt once lived and laughed. You'll find that history comes to life here. The legacy and beauty of Medora is not to be missed.



The Medora Musical 2023



Theodore Roosevelt impersonator, Joe Weigand, performing at his show in Medora, "The Teddy Roosevelt Show".



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NOTES ON BEING SAFE

The Second impact is often the deadliest



SSGT JOE VERGARA
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Americans love football, hotdogs, apple pie and wearing seat belts. Well, maybe Americans aren't too thrilled about wearing seat belts.

In fact, according to statistics compiled by the Department of Transportation, in 2017 (the most current data year) there were 17,452 fatalities in which restraints were not used, or an average of 349 deaths annually per state.

What many people fail to realize is that during most vehicle accidents, occupants experience two separate impacts. First, there is the initial impact. This occurs when the vehicle hits another object, but this impact alone may not be enough to cause serious harm. The second impact is the culprit behind most car injuries.

Sir Issac Newton's first law of motion comes into play here. Simply put, the law states that every object will remain in motion until acted upon by an outside force, and the results can be deadly.

The second impact occurs inside the vehicle after the force from the initial impact turns the occupants into flying projectiles, slamming them into the dashboard, windshield, or other hardened parts of the interior. Imagine this: A car traveling at 50 miles per hour (MPH) hits a stationary object and comes to a complete and sudden stop. An unbelted occupant and everything inside the car not secured will continue to travel at 50 MPH. Go a step further and compute the force with which the occupant will hit a stationary object inside the car - the vehicle's dash for instance. An occupant weighing 160 lbs traveling at a speed of 50 MPH, the force generated at the point of impact will be 8,000 pounds! Not too many bones in the body can withstand that kind of punishment; you can only imagine the damage to internal organs and soft tissue from a blow of 4 tons. Unlike a vehicle that can be repaired or replaced, the human body isn't easily repaired and is impossible to replace.

Nothing can prevent the second collision; it's a law of physics. The only thing that can be done is to reduce severity. Fortunately, there is a device inside your car that is designed for just that purpose: your seat belt.

The seatbelt wraps across the torso and waist of the driver and passenger to give the body something softer to absorb the impact. It also helps protect your body from being injured by the unyielding hard surfaces of metal and plastic on the inside of your car. Seatbelts keep you behind the

wheel where you can continue to drive and possibly take further evasive action, and also prevent you from being ejected from the vehicle - one of the biggest causes of motor vehicle fatalities.

Many new cars come with airbags and this feature gives some motorists a false sense of security. Airbags are passive devices, not active systems like seatbelts that require your action to latch. Passive can be good, because it's easy, but may not necessarily be as effective. Statistically, fewer injuries and fatalities occur in crashes of vehicles equipped with airbags, (overall, airbags reduce driver deaths by 14 percent and passenger deaths by 11 percent) but the deployment of an airbag alone during a high-speed collision may not be enough to save the life of an unbelted occupant.

Although some new cars offer side airbags, many do not. Dash mounted airbags offer no protection at all from side or rear collisions, only from the front. Supplemental don't offer during roll-overs, either. Wearing a lap belt keeps you anchored to the car seat and your shoulder belt keeps your upper body

from pitching forward and hitting the airbag as it deploys. Remember, airbags are designed to compliment seatbelts, not replace them.

According to the National Highway Traffic Safety Administration, seat belt usage across the United States is on the rise and recently topped 80%. Seat belt compliance rates on most bases is over 99%, but the fact that Airmen continue to lose their lives off base by failing to buckle up suggests that off-base use still has massive room! for improvement. Supervisors are often faced with a tough job changing the ingrained habit patterns of Airmen who may have spent 18 or more years of their lives not wearing seatbelts. Persistence, sincerity, example, and constant awareness are the keys to success.

What choices do we have? Without the belt, people can look forward to skull fractures, facial lacerations, broken teeth, ribs and other nasty internal injuries and in the worst case, even death. The final decision is up to you. I know the choice I'll make. Remember, if the first impact doesn't get you the second one just might.

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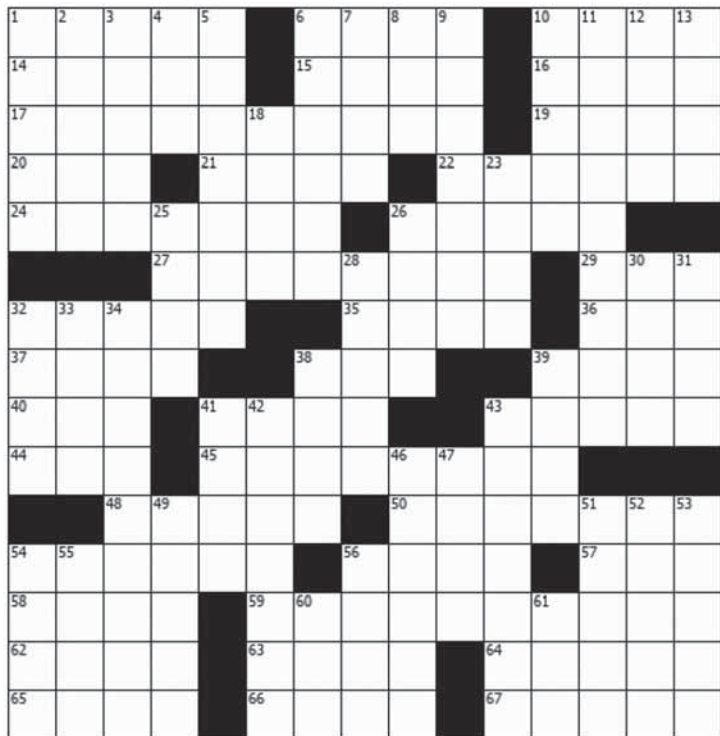
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CROSSWORD PUZZLE

Across

- 1. Old ankle covers
- 6. Sounds of mirth
- 10. Department of Labor grp.
- 14. Playground retort
- 15. Brief notice in passing
- 16. Part of Orion's belt
- 17. Displaced
- 19. "Heads" or "tails," e.g.
- 20. Consumption
- 21. Bunch of feathers
- 22. Simple shelter
- 24. It's sometimes served with beef
- 26. Smith Brother feature
- 27. Airline offerings
- 29. Miss identification?
- 32. Some lounge combos
- 35. Arboretum specimen
- 36. "Batman" sound effect
- 37. Leonardo's subject
- 38. Found groovy
- 39. Recording medium
- 40. Word on a dipstick
- 41. Corrosive stuff
- 43. Snuffy Smith's kid
- 44. Prefix with natal
- 45. "Gesundheit!"
- 48. World revolution?
- 50. Meditative chants
- 54. Edvard Munch painting (with "The")
- 56. Indefinite amount
- 57. Windsor's province (Abbr.)
- 58. Bear or Hemingway
- 59. Swimming method
- 62. State unequivocally
- 63. Slender reed
- 64. Every song has one
- 65. Crosse pieces
- 66. Wire material
- 67. Big name in lemons

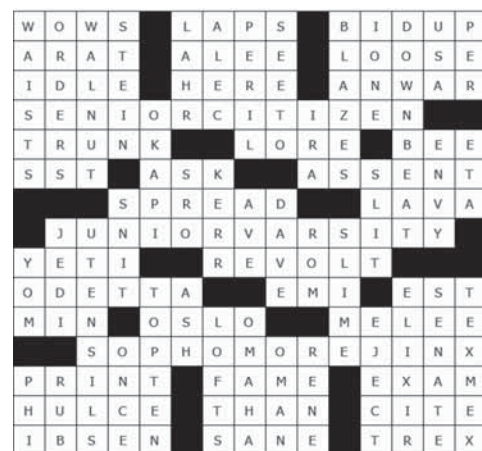


Down

- 1. Use steel wool
- 2. Momentary cessation
- 3. Ponied up for a hand
- 4. Menu general
- 5. Sentimentalists
- 6. Ungulated
- 7. Adjoin
- 8. Sot's involuntary sound
- 9. Wheaties box feature
- 10. It's given for the best score
- 11. Holds to one's decision
- 12. Roadblock demand
- 13. First name among Woodstock performers
- 18. Type of sandwich
- 23. Soothe
- 25. It may stop a runaway
- 26. Glacier breakaway
- 28. Wall timbers
- 30. It springs eternal
- 31. Wide-spouted pitcher
- 32. Counterfeiter's foil
- 33. Used cars?
- 34. Family member not allowed outside
- 38. South Beach, for one
- 39. Stretched tight
- 41. Group with Benny and Bjorn
- 42. Mount, as a horse
- 43. Small, flute-like instrument
- 46. Ignores a health warning
- 47. Thanksgiving staples
- 49. Brings up, as a child
- 51. Underground growths
- 52. Bracelet site, perhaps
- 53. Word with wool or works
- 54. Extend across
- 55. Neanderthal's home
- 56. Flat-bottomed freighter
- 60. "Honest" president
- 61. Purge

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

	1	2						3
	2		4		5			6
		7					8	
9			3	2				
1		8				2		7
				8	6			1
	5					4		
6		3		9				7
2					5			3

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**A LOOK BACK
THIS WEEK IN USAF HISTORY**

**SECAF SHEILA E. WIDNALL FLIES ON MINOT B-52 BOMBER
JUNE 24, 1996**



SECAF Dr. Sheila Widnall poses after a trip on her first day in office. (National Archives)

During a global power mission on June 24, 1996, Secretary of the Air Force Dr. Sheila E. Widnall had the opportunity to fly on a B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, N.D. Three of Minot's bombers were involved in the exercise which began at Andrews AFB, Md., and was a joint operation with Canada and the US Navy. The mission took eight hours and included Long Range Anti-Surface Cruise Missile operations in the north Atlantic, live Mark 82 bomb drops at Gagetown Range in Canada, an aerial refueling over western New England, and fighter intercepts. The mission was a successful demonstration of the Air Force B-52 bomber fleet's capabilities. Widnall, who was previously a Professor of Aeronautics and Astronautics at Massachusetts Institute of Technology, became the first female Secretary of the Air Force in 1993. Also accompanying Widnall on the mission was another female figure to make history, Lt. Kelly Flinn. Flinn, a copilot of the 23rd Bomb Squadron at Minot AFB, was the first B-52 combat-qualified woman in the nation's history. Widnall's focus as SECAF was on emphasizing Air Force values, supporting its mission in space, F-22 Fighter funding, and the development of women in the Air Force and other professional fields.

Information courtesy of: media.defense.gov

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, June 12: 1,834.98 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,450.64 feet above mean sea level (MSL).
Stump Lake elevation: 1,450.53 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports.

•Devis Lake, Ed's Bait Shop, Devis Lake: Continued fair to good walleye success throughout much of Devis Lake.

•Devis Lake, Woodland Resort, Devis Lake: Continued fair to good for walleye. Try shallow slip bobbers in shallow water, 10 feet or less. Pike also mixed in with walleye. Lake in general has a lot of activity along the bridges yet and south end of Minnewaukan Flats.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling and Grano area fair to good for walleye with nice success around New Town on Lake Sakakawea.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: A good number of anglers finding nice walleye success by Grano and north of Landing 3. Look for smallmouth bass activity just north of Lake Darling Dam along rocky areas. Outlet Fishing Area generally slow with occasional pike.

•Lake Metigoshe, Four Seasons, Bottineau: Fair to good for a mix of walleye and pike with some bluegill success from shore and around the docks.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair to good for walleye from the east end of Lake Sakakawea working west to Berthold Bay. Work shallow in 6 to 8 feet using a variety of presentations. Also try casting towards the shoreline. No reports from Lake Audubon.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea generally fair to good for walleye, especially working the mouth of Steinke and Centennial bays. Try 8 to 12 feet using slow death hooks and bottom bouncers with nightcrawlers. Also try west around Douglas Bay in the mouth in similar

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, (www.woodlandresort.com), Facebook at (facebook.com/woodlandresortDL), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301

- Upper Souris Nat'l. Wildlife Refuge auto tour route, hiking trails, and canoe trail downstream of Lake Darling Dam open for the summer season.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- June 16 & 17: Missouri River Bluegrass Festival, Cross Ranch State Park, Hensler.
- June 17: Festival of Flight, Dakota Territory Air Museum, Minot.
- June 22: Blue Goose Day, Audubon Nat'l. Wildlife Refuge, south side of Lake Audubon a mile east of U.S. Highway 83.
- June 24 & 25: N.D. Geocache Association, Caching & Camping, Lake Sakakawea State Park, Pick City.
- June 24 & 25: Frontier Military Days, Fort Stevenson State Park, Garrison, noon to 4 p.m. daily.
- June 25: Visitor Appreciation Day, Fort Stevenson State Park, free daily admission.

TOURNAMENTS:

- June 17: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Beulah Bay; Devis Lake, 6-Mile Bay.
- June 18: Lake Sakakawea, Parshall Bay.
- June 23: Devis Lake, Grahams Island State Park.
- June 24: Lake Sakakawea, McKenzie Bay; Missouri River, Washburn.

depths and presentations. Work deeper in 15 to 25 feet on Lake Audubon for walleye.

•Lake Sakakawea, Indian Hills Resort, Garrison: Work the north side of Lake Sakakawea in 8 to 10 feet around the flats using a mix of minnows or nightcrawlers with steady limits of walleye.

•Lake Sakakawea, New Town: Van Hook Arm producing good numbers of walleye working shallow.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Van Hook Arm remains fair to good for walleye throughout the Arm using a variety of presentations in 8 to 24 feet. Look for fish to move deeper as water warms but for now still work shallow as an option. Continued shore-fishing activity for pike and walleye, as well.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River remains slow from both boat and shore. East end of Lake Sakakawea fair to good for walleye with most anglers working the north shore, including Steinke and Douglas bays. Try nightcrawlers or minnows as well as plastics in 10 feet and shallower.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better success on the upper end of Lake Sakakawea is east of White Earth Bay in clearer water from New Town working east using a variety of bait.

•Lonetree WMA area lakes, Harvey:

Try 8 to 9 feet for walleye using a variety of presentations with anglers finding slow to fair success throughout area lakes and good numbers of fish at times. Hinsz Lake boat ramp unusable while a new concrete ramp is installed.

•North-central/central N.D. lakes, Townner Hdwe. Hank, Townner: Not many reports from area lakes or the Souris River with most anglers heading east to Devis Lake or over to Lake Sakakawea.

N.D. river data:

• Des Lacs River, Foxholm: River stage, 7.54 feet; streamflow, 142 CFS.

•Little Missouri River, Long X Bridge: River stage, 8.72 feet; streamflow, 461 CFS.

•Missouri River, Williston: River stage, 28.74 feet.

•Missouri River, Washburn: River stage, 9.71 feet.

•Pembina River, Walhalla: River stage, 3.74 feet; streamflow, 664 CFS.

•Souris River, Foxholm: River stage, 6.48 feet; streamflow, 84.5 CFS.

•Souris River, Minot Broadway Bridge: River stage, 41.99 feet.

•Yellowstone River, Sidney, Mont.: River stage, 12.83 feet; streamflow, 49,900 CFS.

Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).

•Report All Poachers: (701) 328-

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JR. JOURNALISM PROGRAM

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I Like the Roosevelt Zoo

SIENNA BEENE, AGE 7

My favorite Roosevelt Zoo animal are the red pandas. But I also like the farm area with the wolves and lambs and goats and bees. The animal that looked like a half donkey, half zebra and half giraffe, okapi, was really interesting.

The Red Pandas at the Roosevelt

Zoo are named Fred and George. They eat bamboo. They like the temperature to be cooler. When me and my mom went to the zoo and we saw the red pandas, they weren't there. A couple hours later, we went to see them again and one was eating his lunch.

The gibbons don't have tails, but

they have really long arms. When we were there, they were singing, that sounded like screaming, and doing a swinging show. They like to eat fruit but can also eat leaves and flowers.

The Zoo is right next to the Hot Tots games stadium. I like the Roosevelt Zoo.



Sienna measuring her wingspan.



Sienna and her brother Max at the Roosevelt Zoo.



The red panda, either Fred or George.



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Military One Source: An Invaluable Resource

In the middle of May, I was privileged to be invited to present to the Office of the Under Secretary of Defense (OUSD), Military Community and Family Policy (MC&FP) Team. The MC&FP Team hosted a professional development summit at the Pentagon in

Alexandria, Virginia with a focus of "Taking care of those who take care." It was an opportunity for the team to collectively engage in professional learning and reflect on their work and impact in our DoD Community. With scale and impact at the forefront, behind every program

there are people and relationships key in achieving objectives. As a guest speaker for the MC&FP Professional Development Symposium, my presentation focused on building and strengthening partner relationships. It was an honor to share professional insights with senior executives with extensive oversight of over programs such as Military One Source.

When was the last time you visited Military One Source. Military One Source is a resource critical to the support of our military connected families across the Department of Defense. Military One Source is not just a website but an engaging platform from the Department of Defense that is a 24/7 "gateway to trusted information, resources, and confidential help." The goal of this platform is to provide resources right at one's "fingertip" for various facets of military life. This includes but is not limited to the following:

1. Confidential Counseling: Military OneSource offers free, confidential counseling services to help individuals and families navigate personal and relationship issues, stress management, grief, deployment-related challenges, and more.

2. Financial Guidance: Military OneSource provides financial education and resources to assist with budgeting, debt management, tax preparation, retirement planning,

and other financial matters.

3. Relocation Assistance: Military OneSource offers information and resources to support service members and their families during relocations, including assistance with housing, schools, childcare, and settling into a new community.

4. Spouse Employment Support: Military OneSource provides resources and tools to help military spouses overcome career challenges, find employment opportunities, and enhance their professional skills.

5. Education and Career Support: Military OneSource offers education guidance, tuition assistance information, and career exploration resources to help service members and their families pursue their educational and professional goals.

6. Health and Wellness Resources: Military OneSource provides information and resources related to physical and mental health, including assistance with finding healthcare providers, managing chronic conditions, and accessing

counseling services.

7. Specialty Consultations: Military OneSource offers specialized consultations on topics such as special needs support, elder care, adoption, and legal matters.

Spending time with the Military Community and Family Policy Team at the Pentagon was invaluable. It provided perspective on the people behind the programs, facilities, and services crucial in upholding our total force. It was also an opportunity share professional insights gleaned in my time at Minot Air Force Base, North Dakota and beyond. Take a moment to visit Military One Source and know there are people who "take care" in ensuring our total force is supported.

For more information about Military One Source, please visit <https://www.militaryonesource.mil/>. In addition, if there are questions pertaining to the School Liaison Office, please email mafbschool.liaison@us.af.mil or call 701-723-1447.



JOY-NICOLE SMITH
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Minot Hot Tots Weekly Recap

MINOT HOT TOTS



The Tots were looking to get hot during their six-game homestand featuring games against the Minnesota Mud Puppies and the Eau Claire Express. The early games of the homestand drew the largest crowds but did not draw the results the fans wanted to see on the field as the Tots lost the first three games of the homestand.

Napoleon Dynamite night drew the largest crowd of the entire homestand as the fans were treated to an atmosphere of fun and what looked like would be the Hot Tots first home win in franchise history as they led the Mud Puppies 9-3 through seven innings. But an eighth inning nine run explosion by the Mud Puppies proved to be too much for the Tots as they fell by a final score of 12-9.

The very next night Mad Chad entertained another larger crowd with his unbelievable chainsaw juggling skills. As fun as Mad Chad was, the result of the game was not what the fans wanted to see as the Hot Tots fell to the Mud Puppies again, this time by a score of 10-4

and it was time to look ahead to the upcoming series against the Eau Claire Express.

The first game of that series provided the same result as the last as the Express cruised to an 11-6 win. But the Tots had finally had enough and picked up their first home win in franchise history the next night with a 5-0 win and dominant efforts on the mound by Gage Yost and Gavin Schmitt. Travis Stapleton also led the way at the play with a two-home run night.

With two games left in the homestand the Tots were looking to finish it off on a high note and that is exactly what they did. The Tots followed up the win with a resounding 11-1 victory over the Express. These two wins were exactly what the Tots and head coach Mitch Gallagher needed to feel like their season was getting back on track.

With the longest homestand of the season behind them the Hot Tots look to keep the momentum going as they go on the road to

take on the Mankato Moon Dogs and the Rochester Honkers. After the road trip the Tots will come back home and play a four-game series against the Willmar Stingers starting on June 19th. This series will feature a double header on June 20th in which any kids ticket for the morning game will be sold at a discounted price of \$10.

After the series with the Stingers the Tots will host military appreciation night sponsored by Westlie Motor Company on June 23rd against the Bismarck Larks. This night looks to draw one of the biggest crowds of the season as the Tots will be debuting special military appreciation uniforms as well as hosting their archrival for the first time in franchise history.

There will be ticket packages for any active duty or military veteran that wants to attend. The package is \$25 and includes one ticket, a Hot Tots hat and a 90-minute buffet. There will be an auction for the specialty military appreciation jersey and all proceeds will be going to On the Water Inc.

With some of the most important nights of the season coming up you won't want to miss out on the fun and the excitement of the Minot Hot Tots. Go to <https://minot-hot-tots.nwltickets.com> to secure your seat before they sell out!

2nd Annual 'Wild About Safety' June 22

TRINITY HEALTH

Safe Kids Minot will host its second annual "Wild About Safety" event Thursday, June 22, from 2 to 7 p.m. at Roosevelt Park Zoo. Families will enjoy free admission to the zoo, courtesy of Enbridge.

The community event will share safety tips with families and include bounce houses, food trucks, safety exhibits, games and giveaways spread throughout the zoo and the south side of Roosevelt Park. The inaugural Wild About Safety event in June 2022 drew more than 1,900 community members.

"Wild About Safety brings professionals from around the community together to share safety information that aligns with our mission to decrease the number of injuries and deaths to children

0-19 years of age, whether at home, at play or on the way," said Amber Emerson, Safe Kids Minot Coordinator.

This year's exhibits will provide information on fire safety, sports safety, safe sleep for infants and more. EMS vehicles such as Trinity Health First Response air and Minot Air Force Base Fire safety trailer will also be present for tours and information.

Safe Kids Minot, an affiliate of Safe Kids Worldwide, is part of a coalition of local groups committed to helping families and communities keep kids safe from injury. Trinity Health is the lead agency for Safe Kids Minot. For more information about Safe Kids Minot, visit their Facebook page, @safekidsminot.

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VOLUNTEER OPPORTUNITIES

ND State Fair Volunteers

AADD has some awesome opportunities coming up! We have partnered with the state fair this year as Ticket Scanners and Hand Stampers. Volunteers will ONLY be required to do such roles, or the roles they are assigned, which means we do not expect you to work as a normal AADD volunteer (picking passengers up, etc). If you sign up for the state fair, then you are only required to work the state fair. GUARANTEED volunteers will get access to the state fair, the grandstand arena (where you may have the opportunity to enjoy the concerts/events), an LoA, and a chance to win gift cards. I am still working on getting free meals (which we will be able to get once details are finalized) and free tickets for other concerts/events for those who volunteer. So, we have A LOT of free benefits simply from being a ticket scanner or hand stamper!

POC: Jan Mariel DeCosse or email minotafb2233@gmail.com



AADD Volunteers

AADD is seeking volunteers to support various event request. Below are a few upcoming volunteer opportunities we're hoping to support along with our regular schedule for weekends, please disseminate to your members.

REGULAR 2023 WEEKLY SCHEDULE - <https://volunteersignup.org/FHLLR>

POC: SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>

POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Juneteenth Volunteers

The African American Heritage Council is seeking volunteers for the Juneteenth Event at Oak Park on June 18-19. We have a lot of exciting events to include games, card tournaments, car show, raffle and much more! If you would like a chance to win a new PS5 (\$5/ticket) or new Grill (\$3/ticket), reach out to any of the council members CC'd in this email. You do not have to be local to win!! NOTE: Every volunteer that signs up will receive ONE complimentary raffle ticket for a chance to win big prizes! If you or someone you know are car fanatics or have a nice car that you would like to showcase, we're looking for participants! Car Show POCs are SSgt Khenedye Fletcher-Wiley and SSgt James Robinson to assist you with entry and any questions. Both may be contacted at khenedye.fletcher@us.af.mil and james.robinson.77@us.af.mil. Car Show entry is \$25. Proceeds will go to the Dakota Hope Clinic.

POC: Mariah N. Fonville, Treasurer, African American Heritage Council
DSN: 453-3331 Comm: 701-723-3331

North Dakota State Fair Volunteers

(July 21-29)

The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.

POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator
(888) 223-4287
shelby.stuckey@caringedge.com

Heritage Day Festival Volunteers

(August 19)

The Team Minot Diversity, Equity, Inclusion, and Accessibility Team are looking for volunteers for this year's Heritage Day Festival (AKA 'The Culture Festival').

• This year we've partnered with the Minot Area Council of the Arts, Minot Chamber of Commerce, and Minot State University to make this bigger and better! The event is currently scheduled to begin at 1000, Saturday, 19 August at Oak Park.

We're looking for individuals to participate in one or more of the following roles:

- Planning & Coordination Team
 - o Resource Manager
 - o Booth Manager
 - o Volunteer Manager
 - o Entertainment Coordinator
 - o Food Truck Coordinator
 - o Marketing
 - o Health & Safety
- Set Up/Tear Down
- Security
- Vendors (sell art, jewelry, food, ect.)
- Heritage Booths (games, displays, educational materials, ect.)
- Performers (music, dance, poetry, skits, ect.)

We hope to build connections while celebrating the many unique cultures and heritages within our community.

POC: CHRISTINE A. CHERRY, TSgt, christine.cherry@us.af.mil and jan_mariel.decosse@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYulr>

POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA
Comm: 701-723-6768, DSN: 453-6768

Flag Football & Volleyball Volunteer Coaches

The new Youth Sports Coordinator at Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season. The season will run from 28 August-27 October 2023. Age Group for Flag football is 3-12 years old. We're currently looking for the following: 3-4-year-old coaches: 6. Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8. Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town). For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches. They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town). As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season.

POC: Ms. April Lawrence, the Youth Sports Coordinator, 701-723-1477/2838 or email april.lawrence.2@us.af.mil

To have your volunteer opportunity posted, please contact **Military & Family Readiness Center (M&FRC)**
5fss.family.support@us.af.mil

WE ARE

HIRING

JOIN OUR TEAM

BASE REPORTER

We are looking for someone who has Minot AFB access and a firm grasp on the base community (or is willing to learn) and LOVES to write!

- No Journalism experience required, willing to train.
- Must be comfortable speaking with people from all walks of life and all ranks.
- Must be able to meet deadlines.
- Less than part time (4-6 flexible hours a week)

If interested, please send a resume to erin.beene@willowtreemarketing.com

**northern
sentry**

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM



891 MSFS CHANGE OF COMMAND
 Major Chase Shields, relinquished command of the 891 Missile Security Forces Squadron, to Major Moses Lee during a change of command ceremony, at Minot Air Force Base, North Dakota.
 U.S. AIR FORCE PHOTOS | MINOT AFB PA

BADLANDS RESTAURANT BAR

Upcoming Events

JUNE JULY AUG **ARTS IN THE CITY: THURSDAYS DOWNTOWN!**
6:00 PM
 Downtown Minot
 Join us on Main Street every Thursday night June 8th through August 3rd for our weekly Music and Arts Festival featuring local and regional musicians and artists, artisan vendors, food trucks, bounce houses, axe throwing, face painting, and more! Thursdays Downtown are FREE for the public to attend. The event starts at 6:00 pm, with music from 6:30 to 8:30. Each week, local artists and artisans line Main Street showcasing their work and providing live art demonstrations, local and regional musicians provide the evening's entertainment on the Hook and Ladder stage, showcasing the area's incredible musical talent! Join us for the fun and check out all of the incredible galleries, shops, and restaurants that make Downtown Minot THE place to be on summer Thursday nights!



For more information:
 Facebook/ Minot Area Council of the Arts/ Events

17 JUNE **2ND ANNUAL MEN'S WINTER REFUGE RIDE**
11:00 AM - 6:00 PM
 Magic City Harley Davidson
 6701 US-83, Minot
 The 2nd annual Refuge Ride will be held on Saturday, June 17. The fundraiser event for the Men's Winter Refuge will once again be hosted by the Green Knights Military Motorcycle Club and Magic City Harley-Davidson, which will once again serve as the start/finish site for the ride. Food trucks, drinks for all ages, music, inflatables and other activities for kids, and local vendors will be on site at Harley-Davidson throughout the afternoon, as well as a raffle for prizes and prize baskets. The route for this year's ride will include SIX great stops the Idle Hour in Burlington, Z Bar in Carpio, Drinks in Mohall, Pink's in Ruthville, the Big Dog Saloon in Surrey and the Lariat in Velva. Come out and join the fun and help raise funds for Minot's men's homeless shelter!



For more information:
 Facebook/ Men's Winter Refuge/ Events

17-18 JUNE **PIONEER VILLAGE MUSEUM OLD SETTLERS DAYS**
10:00 AM - 5:00 PM
 Ward County Historical Society
 8181 Highway 2, US-52, Burlington, ND
 Join us for Old Settlers Days at the Ward County Historical Society Pioneer Village Museum! A weekend of FREE Family Fun!
 Saturday Activities: Flea Market in the Village Square, Parade in Downtown Burlington, Frozen Fingers Concert in the Village Church
 - Children's games - Antique car and tractor displays - DJ Jacobson
 - Backdraft Barbecue- All buildings open for tours - Old Settlers costume contest
 Sunday Activities: Flea Market in the Village Square - Church Services at the Village Church -DJ Jacobson- Childrens Activities and Village Tours
 -Backdraft Barbecue



For more information:
 Facebook/ Pioneer Village Museum/ Events

18-19 JUNE **JUNETEENTH CELEBRATION**
11:30 AM
 Oak Park
 1300 4th Avenue, Minot
 Celebrate Juneteenth with music, games, and a carshow!
JUNETEENTH CELEBRATION OF FREEDOM
 BBQ & PARTY
 11:30AM-11PM
 Sunday & Monday
 Oak Park
 Minot, ND
 1300 4th Ave NW

18 JUNE **FATHER'S DAY AT THE ZOO**
9:00 AM - 8:00 PM
 Roosevelt Park Zoo
 1219 Burdick Express Way, Minot
 Dad's admission is free with the purchase of a child's admission...even if that child is 2 & under and their admission is free... even if Dad is a long way away and you adopt a sweet neighbor for the day. Make someone's day at the Zoo.
 For more information:
 Facebook/Roosevelt Park Zoo / Events

NEW Community at the Northern Sentry

It's more than Minot and more than Minot AFB, it's a Shared Community.

For more events visit our online Community Calendar at www.northernsentry.com/calendar/

BAKED GRANOLA

Home of ECONOMY

INGREDIENTS
 1/2 CUP HONEY
 1/2 CUP BROWN SUGAR
 1/2 CUP BUTTER
 1 PINCH SALT
 2 TEASPOON VANILLA EXTRACT
 2 TEASPOON GROUND CINNAMON
 1/2 TEASPOON ALMOND EXTRACT
 5 CUP OATS, STEEL-CUT
 1 CUP SUNFLOWER SEEDS
 1/2 CUP WHEAT GERM
 1 CUP MIXED NUTS, TOASTED
 2 CUP FRUIT, DRIED

Combine the honey, brown sugar, butter, and salt in a small saucepan. Bring mixture to a simmer over medium-low heat. Cook for 5 to 8 minutes, stirring occasionally.

Remove from the heat and stir in the vanilla, cinnamon, and almond extract. Let cool slightly.

Lightly butter the bottom and sides of a rimmed baking sheet.

Combine the oats, sunflower seeds, wheat germ and nuts (coarsely chopped) in a large mixing bowl.

Pour the warm syrup over the oat mixture. Butter your hands and mix well. Press the mixture into the prepared baking sheet.

When ready to cook, set the grill temperature to 300° and preheat, lid closed for 15 minutes.

Bake the granola until lightly browned, about 1 hour. Let cool, then break into chunks in a large mixing bowl.

Stir in the coconut and dried fruit. Store in an airtight container. Enjoy!

Ryan Davy - GM
 Minot

www.HofE.com/BBQHQ

NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

BLGRILL.COM | 1400 31ST AVE | MINOT, ND | 701-852-7335

WHAT'S GOING ON MAFB

FRIDAY 16

- AFGSC Family Day
- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com
- EFMP Zoo Series Home Sweet Habitat, 1500-1600, Roosevelt Park Zoo, hosted by M&FRC

TUESDAY 20

- Cycle, 0600, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 23

- HIIT Strength & Conditioning, 0500, Fitness Center

SATURDAY 17

- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com
- Little Mermaid Escape Room Game Starts, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

WEDNESDAY 21

- Healthy Rewards Double Points Starts, Dakota Inn Dining Facility
- HIIT Strength & Conditioning, 0500, Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Summer Luau Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- Zumba, 1730, Fitness Center
- Yoga, 1830, Fitness Center

SATURDAY 24

- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

SUNDAY 18

- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com
- Father's Day Golf Special, 0900-1500, Rough Rider Golf Course
- Zumba, 1400, Fitness Center

THURSDAY 22

- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Paint & Sip, 1730-1930, Arts & Crafts Center
- Zumba, 1800, Fitness Center

MONDAY 19

- Juneteenth
- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com

JUNE SPECIALS

Bomber Bistro **BBQ Pulled Pork Sandwich**
BBQ pulled pork topped with bacon and coleslaw on a Kaiser roll with your choice of chips and a drink.

The B-Fifty Brew **Nitro Cold Brew**
Small-batch cold brew infused with nitrogen to create a sweet flavor without sugar, topped with velvety crema. Can be served with or without sweet cream cold foam.

Rockers Bar & Grill **Fish & Chips Basket**
A basket of crispy cod served with our famous fries, tartar sauce, and a drink.

Little Mermaid Escape Room Game
17 June 2023 - 1 July 2023
Minot AFB Library • Ages 7+

The Little Mermaid has lost her voice. Can you figure out where Ursula has hidden it?

Schedule your team in advance for a chance to beat this Escape Room Game.

For details, call 723-3144 or visit our website at 5thforcesupport.com/base-library

FORCE 5THFORCESUPPORT.COM LIBRARIES

Magic The Gathering EDh/Commander Game Night

Every Tuesday
ESC • 6:00PM

Free to play!
Beginners welcome!

Bring your own deck or use one of ours!

For details, call (703) 723-7238 or email esgamingmanagement@gmail.com

FORCE 5THFORCESUPPORT.COM ESC DISCORD

FREEDOM FEST 2023
JUNE 30TH • 5PM - 11PM
ROCKERS PARKING LOT
FOOD • FESTIVITIES • FIREWORKS
FEATURING THE BMX SHOW TEAM
HOSTED IN THE TURF PARKING LOT • 5PM - 6PM

SCAN HERE FOR MORE INFO & FULL DAY ACTIVITY ITINERARY!

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*On purchase of featured Essilor/Luxottica frames from Armani Exchange, Arnette or Vogue brands with single-vision CR-39 plastic lenses. Cannot be combined with insurance or other offers. Other restrictions may apply. Valid at participating locations. Inventory will vary. See store for details. Offer expires 06/30/23.

2023 ND STATE FAIR
NORTH DAKOTA STATE FAIR

JULY 21-29 2023

MILITARY DAY IS JULY 25!
Members of the military can enjoy a free picnic, free carnival rides and more!
Visit ndstatefair.com for more information.

Now it's really summer!

Minot, ND
NDStateFair.com

pepsi ULTRA