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**POLLINATOR COMMUNITY DAY**

**A5**

**WHATS INSIDE THIS WEEK:**



**5TH BOMB WING EXECUTES BASE-WIDE READINESS EXERCISE**

**A7**



**DOWNTOWN MERCHANTS HOST MINOT AFB FIRST GRADERS**

**B2**



## MINOT AFB ATOMIC SPARK AWARDED FOR INNOVATION

Members of Minot Air Force Base Atomic Spark; recipients of the 2023 Gen. Larry O. Spencer Innovation Award are recognized during a ceremony at the Pentagon, Arlington, Va., May 8, 2024. Established in 2015 and presented annually, the Gen. Larry O. Spencer Innovation award pays tribute to former Vice Chief of Staff of the Air Force Gen. Larry O. Spencer and recognizes individuals and teams driving excellence in innovation within the Air Force. See page A3 for more on the award.

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# Team Minot named DAF 2023 General Larry O. Spencer Award winners

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Department of the Air Force announced the recipients of the 2023 Gen. Larry O. Spencer Innovation Award during a ceremony at the Pentagon, May 8.

Master Sgt. Keith T. Dison, flight chief of advanced geospatial intelligence analysis troop of the Joint Special Operations Command Intelligence Brigade, received the individual award, while the team award went to the Atomic Spark team, which is comprised of the 5th Bomb Wing and 91st Missile Wing, assigned to Minot Air Force Base, North Dakota.

Presented by Air Force Vice Chief of Staff Gen. James C. Slife, the individual award recognized Dison's exceptional contributions to the Special Tactics community. Specifically, he developed groundbreaking airfield survey capabilities for challenging environments, aligning with U.S. Special Operations Command priorities.

"Every generation faces its own challenges, and those challenges usually demand new ways of approaching the problem," Slife said. "Grassroots efforts like those of Master Sgt. Dison and the Minot team led by Lt. Col. Stephen Kroft, enabled by Spark Tanks and Innovation Cells across the Air Force, are so crucial to mission success as we prepare to fight tomorrow's wars. The solutions are out there among our amazing Airmen, and they are just as ready to adapt and overcome as the generations of Airmen before them."

The Atomic Spark team led efforts that significantly increased agile combat employment capabilities for the B-52 Stratofortress. Additionally,

they improved security measures for nuclear deterrence capabilities, leading to substantial operational enhancements within Air Force Global Strike Command.

Members of the team included Lt. Col. Stephen A. Kroft, Capt. Matthew P. Matuszak, 1st Lt. Lucas M. Schweinsberg, 1st Lt. William T. Young, 1st Lt. Kimberly C. Liu, 1st Lt. Krystalyn J. Delph, Master Sgt. Mishell M. Sonntog, Master Sgt. Adam L. Vasas, Tech. Sgt. Dominic P. Garcia, Tech. Sgt. Israel E. Garza and Staff Sgt. Nicholas E. Hartnett.

"The spirit of Air Force innovation has grown exponentially in the last decade, netting thousands of new ideas submitted each year to various campaigns," Slife said.

"Focusing on individuals and teams dedicated to driving that innovative spirit, this award signifies the Air Force's commitment to improved efficiency, operational readiness, and replication of innovative ideas across the entire Air Force enterprise."

Established in 2015 and presented annually, the Gen. Larry O. Spencer Innovation award pays tribute to former Air Force Vice Chief of Staff Gen. Larry O. Spencer. The award recognizes individuals and teams driving excellence in innovation within the Air Force and is known for fostering an innovative culture for Airmen through championing initiatives like the "Every Dollar Counts" campaign and the "Airmen Powered by Innovation" website.



The recipients of the 2023 Gen. Larry O. Spencer Innovation Award are recognized during a ceremony at the Pentagon, Arlington, Va., May 8, 2024. Established in 2015 and presented annually, the Gen. Larry O. Spencer Innovation award pays tribute to former Vice Chief of Staff of the Air Force Gen. Larry O. Spencer and recognizes individuals and teams driving excellence in innovation within the Air Force.

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# There's a North in Northern Lights

Friday and Saturday nights gave a lot of folks the chance to see a nice display of Northern Lights. Aurora Borealis happens every couple of months. Sometimes they are brilliant, lighting up the entire sky, and at times on Friday night the horizon was certainly ablaze from west to east.

My first experience with Northern Lights was when our Scout troop was winter camping in the Badlands. It was a clear, crisp, fall night. It had gotten a bit chilly in the night. I had my head covered with the top of my sleeping bag. I rolled over and my eyes would emerge from the sleeping bag long enough to catch the Northern Lights...so brilliant that it almost seemed like someone had turned on a green light in my tent. They put on quite a show that night. I got up from sleeping bag and went tent to tent awakening others. Some were excited, and some were not.

One Scoutmaster grumbled "ain't you never seen Northern

Lights before?" The answer was emphatically "no, I haven't, what are they?" There were many cars parked on the side of the gravel roads on Friday night when we headed out, just north of the Minot AFB. Soon, we were watching a display that they say will not be repeated for a while. I hope there were a lot of young people taking in this grandeur evening display. I had to laugh as we passed a car with their hatch open, and kids laying in the back, dressed in their pajamas, and wrapped in blankets. They aren't called Northern Lights, and we are more than happy to share them with anyone who takes the time to venture out beyond the city lights to see them.

**BEST KEPT SECRETS**

Tomorrow at Fort Stevenson State Park they will try to put their names in the record book for having the most S'mores being made simultaneously. Where

would an idea like that come from? It was probably a warm summer evening. As a Park Ranger did his rounds making sure all was going well in the campsite area, he noticed a lot of campfires, folks sitting around the camp first and those folks were making S'mores. How about it? He probably asked himself if there was some way to put Fort Stevenson on the map. And thus, a great idea was born. Good luck to Ranger Chad and all those who are taking part in this historic event.

**SYTTENDE MAI**

Norwegian Constitution Day, or the 17th of May is a holiday we used to celebrate back home in Maddock, ND, where most of the town was of Norwegian descent. Well, except for the Wilsons, we were of German and Scottish descent, but we tried to keep it a secret. So, on Friday wish those who look Norwegian; Happy Syttende Mai.



**northern  
sentry**

**A VIEW FROM  
OUR SIDE**

ROD WILSON

**SAILING SEASON IS ABOUT TO BEGIN**

Sailing season you say. Where does one sail in North Dakota? In a state known for little topography, there is a large lake, Lake Sakakwea, where our sailing conditions are absolutely perfect, on most days, for a great sail. In the mornings we wake to the early songs of robins. In the evening, we watch sunsets that some evenings are so beautiful that you wish they would go on forever. The stars will come out, and because there are no lights of the city, they seem to just poke through the summer sky. Get out your app and track the path of the Space Station as it passes over head. Yeah folks, there is a sailing season in North Dakota that albeit short, it gives us another reason to love this great state.

**TODAY'S CHUCKLE**

Into every life some rain must fall, but some people need an umbrella, and some people need an ark.



**UPSIDE DOWN  
UNDER**

MARVIN BAKER

A year after an announcement was made to paint murals on the side of a downtown Minot grain elevator, it appears the project is going forward.

Australian artist Guido Van Helten was in Minot recently to survey the premises and get a better idea of what exactly he will be doing.

A specific timeline hasn't been announced, but originally, Van Helten was going to work through last summer to paint the elevator.

One thing is certain. The Minot Council on the Arts got the right guy to take on this job. Large murals are difficult in and of themselves, yet here Van Helten will be, scaling a 200-foot elevator. But this is the kind of work that made him famous.

Called silos in Australia, Van Helten has painted numerous grain elevators in the states of Victoria and New South Wales. Some of the images painted on those silos are stunning. So much so that the tiny village of Brim is now a tourist destination because of the murals Van Helten has done there.

You actually have to see Van Helten's work before you can believe it. If you Google Guido Van Helten, you'll see a lot of what he has done, and it's far more than the sides of grain elevators. He's painted giant murals on the sides of buildings, on dams and even hospital buildings.

I've known about Van Helten for several years through some friends in Australia. They've sent me numerous postcards, newspaper clippings and brochures about this

# Australian muralist coming to Minot...

unique artist. That's why I was so quick to point out that Minot got the right guy to do this work.

Demand for Van Helten's work is increasing and has been trending in the Australian media for several years now. He's also worked in Europe as well as the United States. Some of his most recent work in the U.S. includes murals in Fort Dodge, Iowa and Mankato, Minn.

The Minot project is said to be the only work he will do in North Dakota. Van Helten is on a multi-state arts project that this year includes Minot. The elevator is the former Minot Farmer's Co-op Grain Elevator which is downtown, next to the former Souris River Brewery and about a block north of Ebenezer's Restaurant.

If everything goes as planned, Van Helten will transform a dull, concrete structure towering over downtown Minot into a work of art. Will downtown Minot

become a tourist destination like it did in Brim, Victoria, a town of 171 people located 233 miles northwest of Melbourne?

It's likely people will want to watch Van Helten while he works. When he painted an elevator in Fort Dodge, he used a giant boom lift to get to the top. It took him an entire summer, and in fact, he worked well into the fall before that job was completed.

So, we can't expect this to happen overnight. Rain delays, equipment maintenance, not having supplies on hand and wind, can all be factors in slowing the artist's mural from being completed in a timely manner.

There's no doubt Van Helten is good at what he does. But, he doesn't come cheap. A report in a Minot newspaper suggested the cost will be roughly \$350,000. It's unclear if that includes the paint. Think of how much paint it takes to cover your house. Now, imagine the entire side of a grain

elevator.

It's unclear at this point what the mural is going to look like. Some of Van Helten's other silo art includes farmers, first responders, nurses, teachers and of course, farm animals.

I'm sure the Minot Council on the Arts has an idea of what should be painted, but it isn't yet being released to the public. Right now it's a surprise.

Van Helten grew up in the Australian city of Brisbane, Queensland as a graffiti artist. And after attending Southern Cross University in Lismore, New South Wales, became interested in silo art to change some of the blase structures into something exciting to look at.

There aren't a lot of people who do this kind of work and according to Australian media accounts, there's nobody else like Guido Van Helten. Just look him up and you'll understand what I'm describing.

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# Minot AFB Grassland to be Restored: Pollinator Community Day

ERIN BEENE, NORTHERN SENTRY

“There are no words that can tell the hidden spirit of the wilderness, that can reveal its mystery, its melancholy, and its charm.” - Teddy Roosevelt

Minot AFB is no longer taking a back seat in restoring its natural prairie grasslands. Human development has overtaken the growing and lush natural landscape over the decades. This overuse of land started with the free land grants and farming in the early 1900s. Land destruction was at an all-time high nearly 100 years ago following the Great Depression. Thousands of acres across North Dakota were torn up and plowed, never to see growth due to the severe droughts. The plains were left desolate, dry and useless which had a severe effect on wildlife survival. Since then, Americans have worked to recreate the natural landscape that once flowed for miles.

Today, Dr. Lynda LaFond, Biological Scientist, Natural and Cultural Resources Program Manager, 5 CES, has worked tirelessly with the Minot Pollinator Project, MAFB, North Plains Elementary, the U.S Fish and Wildlife Service and other gracious donors to secure a spot of 5.34 acres right here on Minot AFB where grassland will once again flourish as nature intended. This project to restore natural grassland on the base started some time ago. LaFond has been able to secure the land designation, which is near the North Plains Elementary campus, and seed donations from Hess Corporation and countless volunteers to make this dream reality. After clearing and seeding took place last fall, the soon-to-be grasslands are ready to be planted. This Saturday, May 18th, MAFB invites anyone with base access to come out and help plant at the Pollinator Community Day event!

While there will be some shovels and gloves on hand, LaFond asks that people bring their own tools if they have them. There will be over 400 plants that need planting, including the Blazing Star Flower and the Prairie Coneflower, which are native to this area. LaFond wants everyone with base access to feel included and a part of this special day. They will need all the help they can get.

Besides the natural grassland restoration, the goal of this project was to help encourage insects and wildlife, including the endangered Dakota Skipper Butterfly and even the well-known Monarch Butterfly, to thrive again. LaFond mentioned that a beauty of this project is that once the plants are in the ground they require very little maintenance, as all the plants are drought-resistant and should thrive on their own without much human interaction besides the scheduled burns every 4-5 years. She mentioned that a



The first prescribed fire took place on 20 April 2024. Fire is a great management tool because it removes dead plant material allowing the sun to reach the soil and seeds stored in the soil, promoting new growth.

similar grassland pollinator habitat was created successfully at Grand Forks AFB, which is even more encouraging for the one here.

LaFond hopes this project will offer education benefits to the schoolchildren at North Plains and one day, once the grasslands

have grown, turn into an area with natural walking paths and possibly tent camping for base residents to enjoy.

Please come out to support this local & history-in-the-making endeavor on Saturday, May 18th.



The milkweed pictured is Showy Milkweed (*Asclepias speciosa*). Monarch butterflies only lay eggs on milkweed plants, but all flowers can provide nectar for adults.



An intern setting up the bat acoustic tower. We have four confirmed species of bat on base, bats hunt for insects over grasslands.



## Shawn & Paisley Lowe



picked up a \$45 Golden Ticket in a Northern Sentry he got at his work site on base.

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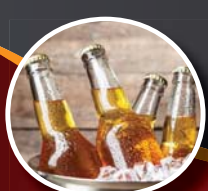
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This year's Intramural Basketball Season had Fourteen participating teams. There was a total of eighty-one games between the pre-season games and the playoffs. The schedule of the games ran from January 22, 2024, to March 18, 2024. The crowned Champions of this year's Intramural Basketball Season are 91st Missile Security Forces Squadron. The winning team was composed of SrA Taylor, Raiquan; SrA Francis, La'Pere; SrA Howells, Matthew; SrA Roby, Benjamin; SrA Robertson, Quashawn; SrA King, Mosaid (Not Pictured); SrA Dorn, Michael; A1C Paris, Daqwon; A1C Paris, Davon, and Coach MSgt Duran, Ryan. Congratulations to these men. We hope to continue seeing Airmen participating in intramurals and enjoying sports at the Minot Air Force Base.

SUBMITTED PHOTO



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# 5th Bomb Wing executes base-wide readiness exercise

AIRMAN 1ST CLASS KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Bomb Wing conducted a base-wide readiness exercise, or Warbird Week, from May 1-8.

Warbird Week is a routine base-wide readiness exercise designed to test 5th BW Airmen's abilities to operate in a variety of scenarios. As part of the exercise, various circumstances and conditions were simulated across the base to measure overall performance and response.

"The intent of exercises like Warbird Week is to reinforce training that Airmen already have,"

said Nick Hoff, 5th Bomb Wing exercise program specialist. "The scenarios played out this week validate what Minot Airmen are capable of and what areas could be improved upon for future exercises or potential real-life situations, while maintaining readiness."

Warbird Week provided multiple realistic training opportunities for 5th BW Airmen and gave them first-hand experience in overcoming challenging situations. These situations included an active-shooter, medical response, and other potential real-world scenarios testing unit response.

"Enhancing overall preparedness of 5th Bomb Wing Airmen is the ultimate goal here. The most important asset we have is our people and preparing Airmen on the 'how' in responding to certain situations helps proactively protect our most important asset," said Hoff.

These exercises play a crucial role in the 5th BW's ability to maintain the readiness and proficiency required to overcome any challenge. Preparation is key when navigating any challenging situation, and that's exactly what Warbird Week provides.



Defenders assigned to the 5th Security Forces Squadron (5th SFS) patrol a building as part of an active shooter drill during Warbird Week at Minot Air Force Base, North Dakota, May 7, 2024. Warbird Week is an exercise that tests the overall capabilities of the 5th Bomb Wing units and how effectively they perform their missions.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS LUIS GOMEZ



Airmen from the 5th Medical Group (5th MDG) assist patients during training at Minot Air Force Base, North Dakota, May 8, 2024. The scenario simulated an inclement weather scenario where the Minot city hospital was destroyed by a tornado and patients were redirected to the 5th MDG Building.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS TRUST TATE



An Airman assigned to the 5th Medical Group (5th MDG) cuts off a patient's shirt during a simulated exercise at Minot Air Force Base, North Dakota, May 8, 2024. The exercise tested the 5th MDG's readiness to respond to a real-life scenario.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS TRUST TATE

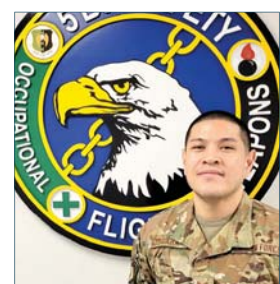
## NOTES ON BEING SAFE

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As summer approaches, Americans are looking forward to enjoying our Nation's rivers, lakes, and oceans. National statistics show that recreational boating is safer today than ever before, with the number of boating fatalities declining even as the number of boats increases. However, lives continue to be lost needlessly, and we must remain committed to boating safety. During National Safe Boating Week which is 21 - 27 May, we are reminded that practicing simple steps can make recreational boating safer and more enjoyable.

Drowning remains the number one cause of recreational boating fatalities. According to the American Boating Association, there were 613 boating fatalities in 2020. In many of these cases, life jackets were available on board, but were useless to the passengers in the boats because the speed and suddenness of the accident prevented them from having time to put on their life jackets. The chances of surviving a serious boating accident increase dramatically by wearing a life jacket. Modern life jackets are smaller, lighter, and more flexible, making them easier and more comfortable to wear.

The National Safe Boating Council, the National Association of State Boating Law Administrators, and the U.S. Coast Guard are working with other campaign partners to encourage safe boating practices through the 2021 North American Safe Boating Campaign. In addition to wearing life jackets, the campaign encourages boaters to enroll in a boating safety class, to ensure that boats are properly maintained and checked for

safety, to follow regulations and guidelines relating to homeland security issues, and not to consume alcohol when operating a boat. By improving our skills and increasing our knowledge of recreational boating safety, we can reduce the loss of life, the injuries, and the property damage that occur on our waterways.

Safe boating also contributes to homeland security and frees the time of public safety officers to focus on enforcement issues. The same Coast Guard members, local police, and fire

departments who respond to recreational boating accidents are also responsible for protecting the security of our nation's ports and waterways. By avoiding boating accidents, Americans can help these officials devote more time and effort to safeguarding our homeland.

More information about staying safe on the water is available by visiting the U.S. Coast Guard's Office of Boating Safety website at [www.uscgbloating.org](http://www.uscgbloating.org).

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## Oil Change Tips

It is recommended that you get an oil change on your vehicle every 3,500 miles for regular oil and every 5,000 miles for synthetic oil. Checking and changing the oil is essential to keep today's engines working properly and efficiently. Check the oil level with the engine and the car parked on a flat surface. Open the hood, remove the dipstick, wipe off with a cloth towel or paper, then back into the oil tank. Pull it again and see if the level is within the acceptable range marked on the dipstick. If you add the oil yourself, do not overfill. Overfilling can damage the engine.

Most automobile manufacturers recommend oil changes every year or 7,500 miles of car and light truck gasoline engines. The usual recommendation is diesel engines and turbocharged gasoline engines every 3,000 miles or six months.

You'll find that a once-a-year (7,500-mile) oil change is for vehicles driven in ideal circumstances. Most of us think "normal" driving is "severe service" driving. This includes frequent short trips (less than 10 miles, especially in cold weather), stop-and-go city traffic driving, driving in dusty conditions (gravel roads, etc.), and sustained highway driving speed during the warm season. For this type of driving behavior, the recommendation is to change the oil every 3,000 miles or six months.

For maximum protection, most oil companies say to change the oil every 3,000 miles or three to six months regardless of what type of driving you do. Regular oil changes for preventative maintenance are cheap insurance against engine wear and will always save you money in the long run if you keep a car for more than three or four years. It's very uncommon to see an engine well-maintained with regular oil changes develop significant bearing, ring, cam, or valve problems under 100,000 miles.

### What About The Oil Filter?

To reduce the costs of vehicle ownership and maintenance, many car makers say the oil filter only needs to be replaced at every other oil change. Most mechanics will tell you this is a false economy.

The oil filters on most engines today have been downsized to save weight, cost, and space. The "standard" quart-sized

filter that was once common on most engines has been replaced by a pint-sized (or smaller) filter. You don't have to be a rocket scientist to figure out that a smaller filter has less total filtering capacity. Even so, the little filters should be adequate for 3,000-mile oil change intervals — but may run out of capacity long before a second oil change at 6,000 or 15,000 miles.

Therefore, replacing the oil filter every time the oil is changed is highly recommended.

### Filter Replacement

If you do your oil changes, make sure you get the correct filter for your engine. Follow the filter manufacturer's listings in its catalog. Many filters that look the same on the outside have different internal valving. Many overhead cam engines, for example, require an "anti-drain-back" valve in the filter to prevent oil from draining out of the filter when the engine is shut off. This allows oil pressure to reach critical engine parts more quickly when restarted. Filters that are mounted sideways on the engine typically require an anti-drain-back valve.

Used motor oil should be disposed of properly. The Environmental Protection Agency does not consider used motor oil to be a hazardous chemical, but it can foul groundwater and contain traces of lead. The best way to dispose of used motor oil is to take it to a service station, quick lube shop, parts store, or another recycling facility. Your old oil will either be re-refined into other lubricants or petroleum products or burned as fuel.

Do not dump used motor oil on the ground, down a drain, into a storm sewer, or place it in the trash. Many landfills will not accept used motor oil even if it is in a sealed container because it will eventually leak out into the ground. If you can't find an environmentally-acceptable way to dispose of the stuff, maybe you shouldn't change your oil. Service facilities that do oil changes have storage tanks and recycling programs to dispose of used oil.

It is recommended that you get an Oil Change on your vehicle every 3,500 miles for regular oil and every 5,000 miles for synthetic oil. Checking and changing the oil is essential to keep today's engines working properly and efficiently.

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- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.

**Fact File**

Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Omnivore Carnivore (Herbivore) Grasses, Sedges, Shrubs

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## It's a treasure trove of unique items

**HOPE ANDERSON**



Downtown Minot has a lot of fun, small shops filled with one of a kind finds that you never even knew you needed to have, but when you see it, you just know. One of these shops is Robyn's Place. Located in the Fair Building at 122 Main St S, Robyn's Place is a cozy, little shop filled with a variety of treasures.

Robyn Gust, owner of Robyn's Place, is a Kramer native who has called Minot home since 2000. Gust did not start out on the path of being a collector and seller of unique items. She actually worked as a Certified Athletic Trainer previous to this venture. What made her choose to shift her focus and start her business in downtown Minot? Gust spent 28 years working in the College/University and Clinic Outreach setting before starting Solutions in Sports Medicine, which helps organizations become better prepared for emergency situations in sports settings. Solutions in Sports Medicine is one of the businesses that she runs out of her location in the Fair Building, but what you will likely see when you walk in are all the unique finds.

Robyn really got started in the world of antiques and collectibles because of her mom. When asked about how she got into this realm, she said, "Our family has a long history of admiration of vintage items that started with my mom, Ruth. She and my sister, Renee, had a vintage shop on our family farm in Kramer for many years. My brother, Ron, is also an "antique connoisseur". I have always had an appreciation for vintage items but didn't have the opportunity to get too involved in it until opening Robyn's Place-Unique & Crafty. Mom's love of all things Frankoma, Wedgewood, McCoy and other potteries, vintage glass and collectible figurines inspired that side of the Unique & Crafty Shop in Robyn's Place."

It is a treasure trove of antiques, collectibles, gifts, handmade items made of wood, a few food and snack items, and so much more. Her dad, whom she calls her Master Carpenter Daddio, makes wood outdoor planters, seasonal decor, and other goods out of wood. Robyn's Place also sells T's Tangles food items, which include seasoned pretzels, caramel, and other sweet treats and is owned by a relative, Tanya Gust. Her store also housed her NuSkin business. A lot of great things are happening in a little shop!

One of my favorite spots in the store is the Tiny Treasures Cabinet. It is literally just that...tiny items that are adorable and just so fun. You can also find "happy plants" in cute containers that make great gifts. You truly just never know what you will find. That is the fun of it all. Make sure to follow Robyn's Place on Facebook: Robyn's Place Downtown Minot. She posts many treasures each day so that you can see the newest finds. Truly, stopping into the shop is the best way to see exactly what she has to offer and likely, you will leave with a smile and a new found conversation piece to bring home and display.

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# A Shout Out Downtown Merchants Host Minot AFB First Graders

ROD WILSON, NORTHERN SENTRY

We loaded 36 first graders, two teachers, one para and some eager parents, all from North Plains Elementary, on a big yellow bus and headed south to the Main Street of downtown Minot. Final destination, Cookies for You and Margie's Art Glass studio for a morning of fun and education decorating cookies and designing a personal pottery project.

I must admit that when I proposed to Mrs. White and Mrs. Little that this would be a great field trip they were on board immediately. Now, I just needed to get Casey from Cookies for You and Margie from Margie's Art Glass studio to buy in. Thirty-six kids would be like a normal birthday party on steroids, but I promised both of them that there would be additional supervision to help keep all 72 little hands going the right direction.

The bus left North Plains

elementary around 8:45 AM, arrived in downtown Minot at 9:15 AM unloading at Cookies for You. "It was a bit snug with everyone pretty much elbow to elbow" said Casey Klein, owner of Cookies for You, "but we had lots of help, and we were able to finish the cookies and each of them took their cookies with them."

Then it was off to Margie's, where downstairs the kids were able to craft their own art project. Here again, things progressed rather smoothly. Paint, kids and adrenalin can normally add up to a bit of chaos, but not today. Once again, the end justified the means. The only disappointment was that the students had to leave their project to go the kiln drying process. "You know, both of them (Cookies & Margie's) were so organized. We actually got done a lot sooner than we anticipated" according to teach Mrs. White.

When I asked the kids how the day went, they all cheered. The final piece of our field trip puzzle was a \$5.00 gift certificate from High Air Ground. Owner, Denise Lindbo, had the certificates delivered to Margie's for the kids to take home. Why not High Air Ground, too? Well in an earlier class I asked the kids what they had done in Minot. Some of them said they had been to High Air Ground, but its little Sofia who suggested that if she went back she would like to take some guests with her. The heart of a little first grader. Thinking about others.

A big "Shout Out" to Casey, Margie, and Denise for their help in hosting this event. Another shout out to the parent/chaperones who went along and helped. Finally, a Shout Out to Mrs. White's and Mrs. Little's first grade classes for being such great kids and making the day enjoyable for everyone.



At Margies Art Glass Studio...Note: Everything around them is breakable, but nothing broke!



Decorating cookies at Cookies For You - 36 creative little people having a great time.

## A LOOK BACK THIS WEEK IN USAF HISTORY

### B-52 BOMBER DROPS FIRST AIRBORNE HYDROGEN BOMB OVER BIKINI ATOLL

MAY 21, 1956



On May 21, 1956, a United States Air Force B-52 Stratofortress from the 4925th Test Group at Kirtland AFB, New Mexico, dropped the first airborne Hydrogen bomb over the Bikini Atoll, Marshall Islands. Before this test, the idea of dropping an H bomb over an enemy was theoretical, but the test proved the USAF's capabilities. The bomb was dropped about 8 miles above the ground and released a blast estimated

The fireball created by Redwing Cherokee over the Bikini Atoll, Marshall Islands. (thisdayinaviation.com)

at 10 to 15 million tons of TNT. The test, called Cherokee, was part of Operation Redwing, in which the United States conducted 17 nuclear test detonations from May to July of 1956. Redwing Cherokee upped the ante in the nuclear arms race with the Soviets and proved that United States had the ability to adapt to new situations of war. In 1963, the Limited Test Ban Treaty prohibited open-air and underwater nuclear testing as a result of concerns from environmentalists and scientists.

Information courtesy of: history.com / Fitchburg Sentinel, Mass. May 21, 1956 / thisdayinaviation.com

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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.

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

**SUDOKU**

Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

- 1. Speaks hoarsely
- 6. George Takei role
- 10. First born
- 14. More than required
- 15. Opposed to, in Dogpatch
- 16. Start with European or China
- 17. Lose one's cool
- 20. What an F may indicate
- 21. Skull and Bones member, e.g.
- 22. Formidable opponents
- 23. Renders senseless
- 25. Intention
- 26. Plundered treasure
- 29. Line from an operator?
- 31. Liberal follower
- 35. Like a green banana
- 37. They may be against you
- 39. Shade
- 40. Jump all over a person
- 43. King that brought fame to Howard Carter
- 44. Obviously carefully written
- 45. Automobile part
- 46. Fencer's selection
- 48. Kicked oneself
- 50. Prepares a cannon
- 51. Drag one's feet
- 53. Holders of many frames
- 55. Turpentine, e.g.
- 59. Contessa portrayer
- 60. Word with poison or solid
- 63. Bodyguard or decoy's task, sometimes
- 66. "Magnet and Steel" singer Walter
- 67. More than a star
- 68. Winery process
- 69. Bingo kin
- 70. Buffalo Bill, formally
- 71. Shoppers' bags

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15						16			
17						18					19				
20						21				22					
						23			24		25				
26	27	28				29	30				31	32	33	34	
35						36		37			38		39		
40								41					42		
43						44				45					
46						47		48		49		50			
						51	52			53	54				
55	56	57						58		59			60	61	62
63								64				65			
66								67				68			
69												70		71	

**Down**

- 1. Some whistle-blowers, briefly
- 2. Toll unit
- 3. It ran around Hades
- 4. More than a dabbler
- 5. Certain fastener
- 6. Companion of silks
- 7. Exclamation of disgust
- 8. What a title search may uncover
- 9. Unprecedented
- 10. Mall feature, often
- 11. "No ifs, \_\_\_ or buts . . ."
- 12. At leisure
- 13. Uh-uh and nay
- 18. Why you need a shot in the arm?
- 19. "What \_\_\_, chopped liver?"
- 23. Cookbook direction
- 24. Kid's vehicle, perhaps
- 26. Steep-sided hill
- 27. Put down, in a way
- 28. Make an allocution
- 30. Word with want or personal
- 32. Mary's sidekick
- 33. Made a grand grander
- 34. Soothsayers
- 36. Full of pep
- 38. Suspect something's amiss
- 41. Sigma follower
- 42. Adam's grandson
- 47. Meteorological menace
- 49. Without listening
- 52. Abby's twin
- 54. Name in a Bette Davis film title
- 55. Arduous voyage
- 56. Bigger than the both of us
- 57. \_\_\_ instant (suddenly)
- 58. Make over
- 60. "Put a lid \_\_\_!"
- 61. Dermatologist's concern
- 62. They're tapped
- 64. 16.5 feet
- 65. Attitude of self-importance

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Sunday Worship Service .... 10:00 a.m.  
Fellowship..... 11:00 a.m.

**Pastor Mark Ehrmantraut**  
[www.vincentumc.com](http://www.vincentumc.com)



## Break Forth Bible Church

Wednesdays 7:00pm  
and Sundays 10:30am

**1821 W Burdick Expressway**  
For More Information:  
701.838.2665 | [www.bfbc.tv](http://www.bfbc.tv)



## Faith United Methodist Church

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)

**Pastor Ken Mund**  
701-838-1540

Sunday School (All Ages): 9:45 a.m.  
Sunday Coffee Fellowship: 10:30 a.m.  
Worship Services: Sunday 11 a.m.



## Trinity Church

An Evangelical Free Church  
3500 4th St. SW • 839-5127  
(Just North of Super Wal-Mart)

Sunday School  
& Fellowship ..... 9:00 a.m.  
Worship ..... 10:30 a.m.

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

## Cornerstone Presbyterian Church

**1000 NE 3rd Street 852-0315**

**Sunday Schedule**  
Contemporary Worship ..... 9:00am  
Sunday School (All Ages) ..... 10:00am  
Traditional Worship ..... 11:00am

**Wednesday Evening Schedule**  
Community Dinner ..... 5:30-6:30pm  
Contemporary Worship ..... 6:30pm  
Youth Group & Small Groups.. 7:15pm

**All are Welcome!**  
[www.cornerstoneminot.com](http://www.cornerstoneminot.com)



## Bible Fellowship Church

**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am



## GriefShare

Grief Support Group  
meets Mondays at 7:00pm

Contact Duane Deckert:  
701-838-0916 or  
[biblefellowship@srt.com](mailto:biblefellowship@srt.com)  
[www.griefshare.org](http://www.griefshare.org)

**1720 4th Ave NW, Minot**  
838-0916  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)



## Immanuel Baptist Church

**1615 2nd St. SE**  
[www.ibcminot.org](http://www.ibcminot.org)  
701-839-3694

**WEDNESDAYS:**  
11:30 AM SOUP KITCHEN

**SUNDAYS:**  
9:30 AM FELLOWSHIP  
10:00 AM WORSHIP

**Pastor Brian Keithline**



## Christ Reformed Church

Worship 11:00 a.m. Sunday  
234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

## St. John the Apostle Catholic Church

2600 West Central Ave • Minot, ND 58701  
**839-7076**

Daily Mass Schedule:  
Tuesday ..... 5:15 p.m.  
Wednesday - Friday ..... 7:00 a.m.  
Saturday ..... 5:00 p.m.  
Sunday ..... 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor  
Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)



## First Lutheran Church - ELCA

120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
(Live Stream & Recorded)  
Radio Broadcast KRRZ 1390AM  
Sunday 9:30 am  
[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman



## SGI-USA

**Buddhist Group In Minot**  
Meets monthly

Email: [bispsych@yahoo.com](mailto:bispsych@yahoo.com)  
Phone: (701) 838-9348



## Journey Church

**1805 2nd St. SE**  
**838-1111**

**Sunday Services**  
9:00 AM & 11:00 AM

**Wednesday**  
6:30 PM

## Minot Baptist Church

Sending the Glorious Light of Jesus  
Christ to a Dark and Needy World

Sunday School ..... 9:45 a.m.  
Morning Worship .... 11:00 a.m.  
Evening Worship ..... 6:00 p.m.  
Wednesday Evening..... 7:00 p.m.

Independent/Fundamental/KJV  
**500 46th Ave NE • 839-1351**  
Pastor David Miller



## Cross Roads Baptist

**Southern Baptist Convention**

Sunday School (all ages) ..... 9:45 a.m.  
Sunday Worship ..... 11 a.m. & 5:30 p.m.  
Wednesdays (Prayer & Missions) ... 6:30 p.m.

[www.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick- Pastor**

**415 28th Ave SE (Behind Menards)**  
**838-1873**

**RADIO BROADCAST**  
KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



## West Minot Church of God

Family Worship Center  
**1105 16th St. NW • 839-1407**

Sunday School ..... 9:30 a.m.  
Sunday Worship ..... 10:30 a.m.  
Children's Church & Nursery  
Wednesday Family Training Hour  
Meal..... 5:30p.m.  
Classes for All Ages ..... 6:30 p.m.  
Youth Center, Friday..... 7:00 - 11:00 p.m.  
ABC Child Care Center..... 852-6352

[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)



## St. Mark's Lutheran Church

Missouri Synod

Sunday Divine Service.....9:30 AM  
Adult Bible Study and  
Sunday School ..... 11:00 AM  
Wednesdays  
Kid Connection.....5:15 PM

Reverend Philip Beyersdorf  
2209 4th Avenue NW, Minot, ND  
**839-4663**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
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## First Baptist Church

200 3rd St. SW • 852-4533  
[www.fbcminot.org](http://www.fbcminot.org)

Classic Worship Service ..... 8:30 a.m.  
Sunday School (All Ages)..... 9:45 a.m.  
Contemporary Worship Service..... 9:50 a.m.  
Adult Sunday School ..... 11:00 a.m.  
Contemporary Worship Service..... 11:05 a.m.  
Children's Church ..... 11:05 a.m.  
Wed. AWANA (Sept. to May) ..... 6:30 p.m.  
Fridays, Celebrate Recovery..... 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor  
Elaine Carlson, Children's Ministry Director

## Apostolic Faith Church, UPCI

**2929 19th Ave NW • Minot**  
Located off Hwy 83 Bypass West  
**(701) 838-0609**

Saturday School ..... 2:00 p.m.  
Sunday Worship ..... 3:30 p.m.  
Wednesday Bible Study ..... 7:30 p.m.

**Jesse Starr, Pastor**



## Grace Baptist Church of Minot

A Reformed Baptist Church

**Sunday Service: 4:00 p.m.**  
at Living Word Lutheran bldg  
710 46th Ave NE, Minot

Web: [gbcminot.com](http://gbcminot.com)  
E-mail: [gbcminot@gmail.com](mailto:gbcminot@gmail.com)

**RADIO BROADCAST**  
KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun



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[www.oslcminot.com](http://www.oslcminot.com)  
Rev. Heath Trampe

Sunday Worship  
8:15am Traditional Service  
9:30am Contemporary Service  
9:30am Sunday School &  
Adult Bible Study  
11:00am Contemporary  
(w/ livestream)

Wednesdays from 6-7pm  
Adult Choir  
OSKids (age 4-5th grade)  
Confirmation (grades 6-8)  
High School Youth Group (6-8pm)

**To Advertise your Church in this space.**

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## OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

**Sundays:**  
Worship..... 9:00 a.m. & 11:00 a.m.

**700 16th Ave SE • 701-838-0750**

For more information visit us on the web at:  
[www.ourredeemers.org](http://www.ourredeemers.org)



## ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 37th year the fall of 2024 and we would love to have your child be a part of it!

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.  
**701.839.0772**  
Email: [jschultz@orcsknights.org](mailto:jschultz@orcsknights.org)  
Website: [www.orcsknights.org](http://www.orcsknights.org)



## Gospel Tabernacle Community Church

9999 27th St NE  
4 miles south of MAFB  
James W. Henderson  
Anna B. Henderson

Church: 701-838-4492  
Home: 701-838-5759  
KHRT 1320: 9 a.m. Sunday

Sunday School ..... 9:45 a.m.  
Adult/Children Worship.. 11 a.m.  
Family Hour ..... 6:30 p.m.  
Evening Worship ..... 7:30 p.m.  
Bible Study/Child-Adult  
Children Worship (Wed).... 7 p.m.  
Prayer (Friday) ..... 7 P.m.

# ADVERTISE YOUR Church

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Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

**CONTACT US**

call 701-839-0946

email [NSADS@SRT.COM](mailto:NSADS@SRT.COM)

VIEW OUR PAPER ONLINE AT [NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)



## OUR REDEEMER'S KNIGHTS

Our Redeemer's Christian School  
700 16th Avenue SE  
Minot, ND 58701  
[info@orcsknights.org](mailto:info@orcsknights.org) • 701-839-0772  
[www.orcsknights.org](http://www.orcsknights.org)

YOUTH IN ACTION

# Dakota Soaring Eagle Awards

## May-Resisting Peer Pressure

- |  |  |
|--|--|
| <b>JONES</b><br>Ellie Lochman<br>Carlowe Hoffman   | <b>MURRAY</b><br>Marilyn Maline<br>Benjamin Foerster |
| <b>BURUD</b><br>Cameron Warsaw<br>Penelope Gerard  | <b>ESPESETH</b><br>Charleigh Jackson<br>David Kimmel |
| <b>RAMIREZ</b><br>Reagan Turner<br>Jack Paczeny    | <b>DELZER</b><br>Mason Gagnon<br>Katherine Turner    |
| <b>FOERSTER</b><br>Eriayo Ajulo<br>Nia Driver      | <b>KUNTZ</b><br>Deacon Bailey<br>Joshua Lewis        |
| <b>KNECHT</b><br>Harper Harschfeld<br>Cameron Lane | <b>WHITE</b><br>Alyssia Henry<br>Autumn Crawford     |
| <b>AXELSON</b><br>Alana Puentes                    | <b>KELLER</b><br>Greyson Shaffer<br>Emma Coon        |



# Upcoming Events

**17 MAY** **SCANDINAVIAN PARK OPENING DAY**  
8:00 AM - 4:00 PM  
Scandinavian Heritage Park  
1020 South Broadway, Minot, ND

Join us for a fun-filled Syttende Mai celebration hosted by the Sons of Norway, Thor Lodge of Minot, at the Scandinavian Heritage Park starting at noon! We'll kick off with a festive parade, singing our favorite Norwegian songs and waving flags. Afterward, enjoy a delicious lunch featuring hotdogs, potato salad, chips, pickles, and ice cream sundaes in the lower level of the heritage building.

At 1 o'clock, Verla Geinert will demonstrate how to dye items from our backyard, like leaves and trees, to create our own dyes for yarns and fabric. Don't miss this exciting event—see you there!



**For more information:**  
Facebook / Scandinavian Heritage Park / Events

**17 MAY** **DINING IN THE DARK**  
12:30 PM  
MSU Student Center  
500 University Ave W, Minot, ND

With Sodexo catering a delicious four-course meal, guests will be wearing a blindfold to get a brief experience of what it's like to eat without your vision. A table host from NDAB will guide your dining experience. \$60 tickets, with proceeds benefitting the North Dakota Association of the Blind and the Minot Lions Club vision assistance program. Sponsored tables for 6 guests are also available. Reach out if interested. To purchase tickets or tables, visit <https://www.minotlions.com/events> Event will be held in the Third Floor Conference Center at the MSU Student Center. Elevator access is at the West entrance near the quad. Parking is available in the Old Main Loop



**For more information:**  
<https://www.minotlions.com/>

**18 MAY** **FIRST RESPONDERS AND FRIENDS DAY**  
9:00 AM - 11:00 AM  
Ryan Honda of Minot  
3701 S Broadway, Minot

We're serving free donuts, coffee, and orange juice while you get up close to local fire trucks, ambulances, bomb & SWAT trucks. See live police K9 demonstrations and watch Minot Rural Fire Department race Honda employees to put their gear on! This year we will also be adding Operation Mugs & Hugs! Operation Mugs & Hugs is a process done by professionals to help promote the safety of children in the Minot community. Watch Ryan Honda take on First Responders in a spicy food eating contest! Operation Mugs & Hugs from 9:00 AM-11:00 AM K9 demonstrations at 10:00 AM Fire Drill Gear Race at 9:30 AM and 10:30 AM Spicy food eating contest at 10:45 AM. This event is free & open to the public. Free will donations benefit the Minot Rural Fire Department.



**For more information:**  
Facebook / Ryan Honda of Minot / Events

**20 MAY** **CRAFT NIGHT**  
7:00 PM - 10:00 PM  
Blue Rider  
118 1st Avenue SE, Minot

We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down! Connect with other crafty people and turn that WIP into a fully fledged work of art!!

From total beginners that may need some help getting started to expert craftsmen - we hope to host you with plenty of refreshments (alcoholic and N/A options available!), popcorn, and good company!! See you there!!



**For more information:**  
Facebook / Blue Rider / Events

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For more events visit our online Community Calendar at [www.northernsentry.com/calendar/](http://www.northernsentry.com/calendar/)

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# Always Tough To Say "Goodbye" Junior Achievement Sessions End

ROD WILSON, NORTHERN SENTRY

When I first talked to Mrs. White about my return to her classroom to teach Junior Achievement in 2024, she gave me a bit of a heads up that this class "gives me a run for my money every day." My Junior Achievement time at North Plains Elementary was put on a bit of a hold while I had complete knee replacement surgery at the end of January. Normally the classes are pretty much completed by the end of March, ours were just starting.

I must say that when you walk into a room of 18 first graders, you have a bit of apprehension. OK, let's get the elephant out of the middle of the room. Why? Well, I am beyond the age of their parents. Heck, I am almost on the edge of being an older grandparent. What they learn, and how they learn are a whole lot different today than when I went to school, or even when my kids went to school. No individual desks in long rows. Nope, desks pushed together to form a square. In the middle is a table with an adult sized chair. On one side of the room is a bunk bed. Not for sleeping of course, but it gives the room a bit of a different character, getting away from the sterile classrooms of old.

Junior Achievement is a course that teaches the kids about their community. The Minot AFB community is quite different than downtown Minot. First, for many of these kids this is their first year

at Minot AFB. On the flip side, this could be their last year on Minot AFB, but we'll get to that later. We talk about neighborhoods, and the people who help their neighborhoods work. Firefighters, police officers, maintenance people... kind of a normal neighborhood, I guess.

Without boring you with all five lessons, I will jump to my last lesson which empowered the kids to think about a business that they may want to start on Minot Air Force Base. Pet vets (veterinarians), Excursions with a Shark, Police of the City, A Teacher who is also The Pet Watcher. Once they have decided on their new business, we talk about advertising. They need to design a newspaper ad (I work for the Northern Sentry) to talk about their business. I gave them 12 minutes, which was more time than most needed, and not enough time for others. The results of their labors? Well, they were well thought out, and the kids took little time in showing their ads to Mrs. White. Some asked for help in spelling. That is where I learned a new process called word stretching. Shark? Start with Mrs. White's favorite "s-h" sound? No need to add a "c" says Mrs. White. Sh... and now the ARRR of a pirate says Mrs. White. Shar... Finally we end it with a "k" sound. Yeah, you got it Shark. So simple, but yet so effective. Rather than give the answer, make

them work a bit and learn. Perfect, Mrs. White, perfect!

The final task would be to develop a sign, although we didn't have time for this exercise in class. I gave them ideas like a dollar sign for a bank...

Boy, 30 minutes goes by so fast. My time was over. And now the moment I was dreading all day. Saying goodbye to my adopted first grade class. I shared the story about Mrs. White giving me a heads up about this class. Not sure where she hid that class, because these kids stole my heart, over and over again. When I was handing out their graduation certificates, I asked them where they would be next year? Washington, DC, Virginia, South Dakota, Washington without a DC, Texas, just to name a few. A lot will return to North Prairie next year, but of course they will be second graders, and unlike growing up in Maddock, they may know some of their classmates, but not all of them.

Mrs. White and I have been



Photo of Rod, Mrs. White and the 1st Grade class from North Plains Elementary.

together in Junior Achievement for two years, and we kind of gave each other a bit of a promise to work together again next year. Not only is Mrs. White a great teacher of first graders, but she is also a great teacher of those who are lucky enough to share some time in her classroom, mainly me.

Those kids who gave her a run for her money, well they share hugs "the hugginist class I have every had" says Mrs. White. And as I left the class with a tear in my eye, I heard a young lady behind me yell

"Rod...can I give you a hug?" Hey, I am a grandparent. I love giving and getting hugs. Sure, I said. Then she looked up at me and said, "Rod, I love you. You're the best." The small tear on my cheek was quickly replaced with a waterfall of tears from both eyes. My Dad had a saying that went something like this. The best things in life come to you when you least expect them.

Have a great summer Mrs. White and the kids from my JA class at North Plains Elementary. I will miss you.



## Neighborhood HERO

Jacqueline White

Ms. White, as the students call her, has been a 1st Grade Teacher for 27 years. Before that, she was a Para for 5 years. Jacqueline graduated from Minot State with a Bachelor of Arts in Business Administration, and a Bachelor of Science in Elementary Education. "I love spending my day with 1st graders!" according to Ms. White "They are funny, caring, and so excited to learn everything. Even though I am teaching the same content, every year is brand new, all over again because of my awesome students. I love to see them grow and mature throughout the year. I honestly couldn't think of a better job for me!"



**NOMINATE A NEIGHBORHOOD HERO**

EMAIL [SENTRYSALES@SRT.COM](mailto:SENTRYSALES@SRT.COM)  
INCLUDE NOMINEES NAME, PHOTO AND THE REASON THEY ARE A NEIGHBORHOOD HERO

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# LET'S PARTY!

# DAF Special Education Learning Series: PCS Season



JOY-NICOLE SMITH  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL  
LIAISON PROGRAM

The Exceptional Family Member Program (EFMP) in the United States Air Force is a comprehensive support initiative program designed to support active-duty service members with dependents who have special medical, educational, or developmental needs.

By addressing the unique challenges faced by military connected families with special needs, EFMP plays a crucial role in supporting the well-being of the entire family.

With PCS season in progress, there is an incredible series hosted by the EFMP Central Cell to assist with this season. From an OCONUS PCS to an overview of special education policy, this series will provide insight and resources for military connected families with K-12 students. Please see the flyer to the left.

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### DAF SPECIAL EDUCATION LEARNING SERIES

Facilitator: H. Erin Chae, Special Education Specialist, EFMP Central Cell

Date/Time	Agenda Topic	Location
16 May 24 0800/1700 Central	<b>OCONUS PCS: Managing Expectations</b> Best practice for transitioning families. Presented by guest speakers from DoDEA Special Education in Europe (AM) and in the Pacific (PM)	<b>MS Teams</b> 0800h ID: 993 683 715 36 Passcode: yhSUXD 1700h ID: 993 508 451 11 Passcode: DqX8cP
21 May 24 0800/1700 Central	<b>EFMP Connect: Preparing for PCS</b> EFMP Central Cell presents Family Member Travel Screening, Special Education Timeline, Coping Supports, Resources.	<b>Zoom</b> ID: 161 6378 1816 PASSWORD: EFMP
5, 12, 20, 26 June 24	<b>Specialized Training of Military Parents (STOMP)</b> Overview of Special Education Policy, Decoding Data, IEP, Accommodations	<b>See Attached Flyer</b>
16 July 24 0800/1700 Central	<b>Developmental Delay and Early Intervention</b> How, what, when, where, and why of developmental and educational services available for Birth to 3 years. Presented by guest speaker, DAF EDIS Program Manager	<b>MS Teams</b> 0800h ID: 993 631 921 52 Passcode: SmpZqf 1700h ID: 993 752 382 54 Passcode: g3d2EX
22 August 24 0800 Central	<b>Joint Service Special Education Edition</b> Join Army, DoN, and DAF Special Education Specialist for a Back-to-School information session for all	<b>MS Teams</b> <a href="#">Click here to join the meeting</a>
29 October 24 0800/1700 Central	<b>Transition Planning</b> Planning for Life after High School before High School	<b>MS Teams</b> 0800h ID: 993 314 115 79 Passcode: xzXiQz 1700h ID: 993 974 809 36 Passcode: Aa2boz

\*Please contact your School Liaison or EFMP Family Support for meeting links and call-in numbers.

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# 2024 YOUTH AWARDS

CONGRATULATIONS ON YOUR ACCOMPLISHMENTS!

## SCHOLARSHIPS

SRT awarded four 2024 SRT Scholarships for \$1,500 each and one SRT \$2,500 Technical Scholarship.

**Lucas Beeter**  
Minot High School  
Son of Renae and Kevin Beeter

**Tallie Fedje**  
Bottineau High School  
Daughter of Tiffani and Timothy Fedje

**Shaylie Holen**  
Des Lacs Burlington High School  
Daughter of Erin Flom and Tory Holen

**Mariah Lovro**  
TGU Granville High School  
Daughter of Amanda and Allen Lovro

## TECHNICAL

**Jamie Thompson**  
MLS Mohall High School  
Daughter of Gabe and Tracie Thompson

## YOUTH TOUR

Carmen and Giovanna will represent SRT during the 2024 Foundation for Rural Service (FRS) Youth Tour in Washington, D.C. this summer. They will learn about the telecommunications industry, tour our nation's capital, and meet with legislative leaders to discuss their experiences in rural North Dakota.

**Carmen Lindekugel**  
Newburg High School  
Daughter of Christy and Brock Lindekugel

**Giovanna Zettell**  
Newburg High School  
Daughter of Kim and Adrian Zettell

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# Minot Hot Tots Announce 2024 Single Game Tickets on Sale

## Minot Hot Tots Release 2024 Promo Schedule

Minot, ND - The Minot Hot Tots are excited to announce that single game tickets are now on sale for the 2024 season! Fans can purchase tickets online or at the Corbett Field box office.

In addition to single game tickets going on sale, the Hot Tots have also released their 2024 promotional schedule, packed with exciting theme nights, giveaways, and special events. Highlights include:

- Harry Potter Night: June 13, with butterbeer and fun Harry Potter related on-field games
  - Military Appreciation Night: June 29, themed USA jerseys, in-game discounts for military members, and USA themed entertainment all game long
  - Dinosaur Night: July 13, special guest's from Ed's Dinosaur Live will bring the ballpark to life with animatronic dinosaurs, and a truly immersive experience
  - Berserkers: June 6, June 20, August 1, Go Berserk with custom themed jerseys, beer bats, and more
  - Margaritaville: August 3, themed jerseys, canned cocktail margaritas, and enjoy a cheeseburger in paradise
- Tickets are already sold-out to other key nights like Opening Night on May 29, LEGO Night on June 27, Willy Wonka Night on July 12, Kids TV Takeover on August 3.

"We're excited to build on the momentum from our inaugural season and make our second year even bigger and better!" Said Minot Hot Tots General Manager, Monica Hocking. "Our 2024 promotional schedule is packed with new and returning fan favorites. From thrilling theme nights to new events, this summer is going to be a special one. We're grateful for the incredible support from our community and look forward to another summer of making memories together!"

The best way to attend the ballpark this summer is with a Hot Tots x Honeybees Hybrid Plan that includes the first Berserkers Night, Dinosaur Night, Margaritaville, and two great Minot Honeybees games. For more information on this package visit hottotsbaseball.com.

**Other Ticket Information:**

- Single game tickets start at \$15, but will increase \$5 the day of the game, so fans are encouraged to purchase tickets in advance
- Tickets can be purchased online at hottotsbaseball.com or at the Hot Tots Front office
- Group tickets and season tickets are still available

For a complete list of promotions and events, please visit <https://northwoodsleague.com/minot-hot-tots/2024promoschedule/>.



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, May 13: 1,836.4 feet above mean sea level (MSL); 17,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's lake elevation: 1,449.5 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.49 MSL.  
 •N.D. Game & Fish Dept. game wardens: Not much activity on the east end of Lake Sakakawea. No reports from north-central area lakes or Devils Lake.

•Devi's lake, Ed's Bait Shop, Devils Lake: No new reports. Water temperatures remain cool although starting to warm somewhat.

•Devi's lake, Woodland Resort, Devils Lake: Inconsistent walleye success with cool water temperatures yet. Try late afternoon for best success as surface temperatures warm. Work shallow and try to locate areas with warmer water. Not many anglers out yet.

•Lake Darling, Karma C-Store, Ruthville: Not much activity on area lakes yet.

•Lake Metigoshe, Four Seasons, Bottineau: Increasing angler numbers with occasional walleye success. A few bluegill starting to show up in shallow water.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing occasional walleye with a few anglers working Garrison and Douglas bays in 10 to 14 feet. North lake on Lake Audubon continues producing some walleye.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Try crankbaits for walleye on Lake Audubon. Best Lake Sakakawea walleye success is farther west from Deepwater Bay.

•Lake Sakakawea, Indian Hills Resort, Garrison: Not many anglers on the water yet but docks are in place. Facilities fully open May 24.

•Lake Sakakawea, New Town: Van Hook Arm remains slow with best walleye success and most activity in the river around the New Town area.

•Lake Sakakawea, Van Hook Bait & Tackle: Bait shop now open with anglers finding some walleye activity

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](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondt.com](mailto:woodlandresort@gondt.com)). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

•N.D. paddlefish season closed for harvest with snag-and-release until May 21. Go to the N.D. Game and Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)) for regulations.

•Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route now open. 3 sharp-tail grouse and wildlife viewing blinds also open and available for free viewing opportunities. Contact the refuge, (701) 468-5467, for details and to make reservations. Its 2 Souris River canoe trails are also open.

•May 18: Minot Parks & Recreation Arbor Day event, Oak Park, 9 a.m.

•May 18: S'mores World Record Attempt, Fort Stevenson State Park, Garrison, 2 p.m. Help the park celebrate its 50th anniversary by setting a new S'mores World Record. Contact the park, (701) 337-5576, for details.

•May 20: Souris Valley Pheasants Forever meeting, Hacienda, Burlington, 6 p.m.

•May 21: Minot Parks & Recreation free "Movie in the Park", Oak Park, sunset.

•May 25: Hatchery Fun Day, Garrison Dam Nat'l. Fish Hatchery, Riverdale. Free family activities and hatchery tours beginning at 9 a.m.

•May 25: EMS Kids Strong with games, activities, safety information, and food, Fort Stevenson State Park, Garrison, 4 p.m.

•May 25 through 27: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison, free event with park entrance fee, beginning at 10 a.m. each day.

•May 25: Golden Glow Evening Bike, Lewis & Clark State Park east of Williston, 9 p.m.

•June 1 & 2: Free Fishing Weekend.

•June 1: Nat'l. Trails Day guided trail hike, Fort Stevenson State Park, Garrison, 2 p.m.

**TOURNAMENTS:**

•May 18: Lake Sakakawea, Lewis & Clark State Park; Devils Lake, Creel Bay.

•May 31 & June 1: Lake Sakakawea, New Town Marina.

•June 1: Devils Lake, East Bay; Lake Sakakawea, Beulah Bay.

from shore using minnows. A few pike and catfish mixed in. Work shallow, warm water from boats but not much activity yet.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains slow. Lake Sakakawea slightly improving for walleye activity but overall still slow. A few more anglers starting to get on the water.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers running high and muddy with anglers finding some catfish but little walleye success. Upper end of Lake Sakakawea also muddied up as far east as Hofflund Island. Work east from Hofflund's down to the New Town area using jigs and minnows for walleye. Occasional success coming with nightcrawlers, as well. Trenton Lake producing a few crappie. Kota-Ray Dam producing catchable trout.

•Lonetree WMA area lakes, Harvey: No new report.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River producing a few walleye and pike around the bridges.

**Paddle sports river elevations:**

•Little Missouri River, Wafford City, Long X Bridge: River stage, 7.36 feet; streamflow, 96.1 CFS.

•Missouri River, Williston: River stage, 18.53 feet.

•Missouri River Washburn: River stage, 8.97 feet.

•Pembina River, Walthalla: River stage, 2.39 feet; streamflow, 196 CFS.

•Souris River, Foxholm: River stage, 7.34 feet; streamflow, 284 CFS.

•Souris River, Minot Broadway Bridge: River stage, 41.97 feet.

•Souris River, Minot, Yellowstone River, Sidney, Mont.: River stage, 6.69 feet; streamflow, 17,500 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) 328-9921.

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7	3	6	4	5	8	1	9	2
8	2	4	1	9	3	6	5	7
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5	4	7	2	1	9	8	6	3
6	8	1	5	3	4	7	2	9
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## MINOT AFB ANNOUNCEMENTS

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**MINOT STATE UNIVERSITY** – Minot State University is excited to again offer face-to-face classes at the Minot Air Force Base. There is no application fee for active-duty military personnel. Military personnel can complete their Community College of the Air Force (CCAF) degree and earn a bachelor’s degree from Minot State. For more information, contact Brigitte Mikula at 701-727-9044 or by email at [Brigitte.mikula@minotstateu.edu](mailto:Brigitte.mikula@minotstateu.edu)

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## UNOFFICIAL SCHOOL BOARD MINUTES

**MINOT AIR FORCE BASE SCHOOL DISTRICT #160  
MAFB SCHOOL BOARD  
BOARD RETREAT  
MAY 2, 2024**

The School Board of Minot Air Force Base Public School District No. 160 held a board retreat on May 2, 2024. The meeting was conducted at the Memorial Middle School Library.

Members Present	Members Absent
Eric Fileccia	None
Anthony Foerster	
Wesley Hoffman	
Shavana Jones	

Others Present: Dr. Mark Vollmer, Laura Dokken, Jim Rostad, Dr. Scott Faul, Joy-Nicole Smith, Jared Edwards

Call to Order: The School Board Retreat was called to order at 5:00 p.m.

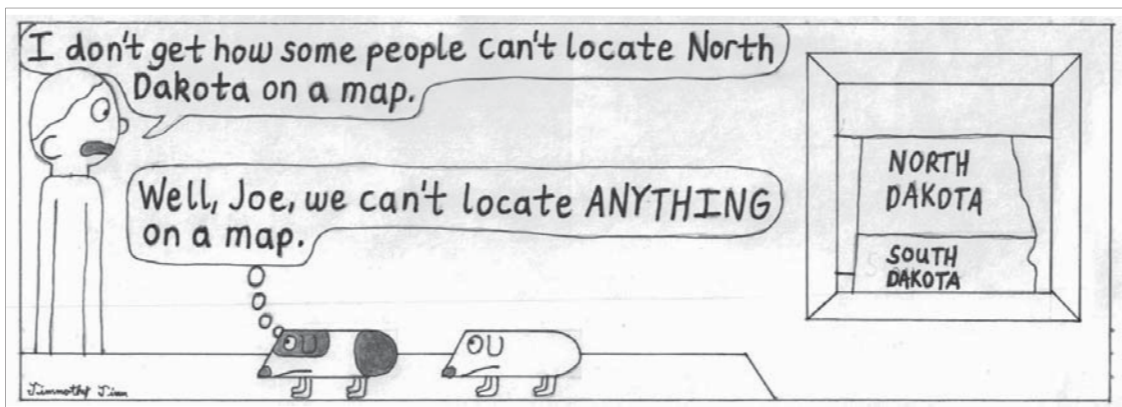
Pledge of Allegiance: The pledge of allegiance was recited.

Preview of the Agenda: No changes.

Retreat Discussion:  
The following items were discussed:  
-MAFB School Board Roles & Responsibilities  
-MAFB School District #160 Budget  
-MAFB Schools

The meeting adjourned at 7:03 p.m.

### TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



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.

TIMMOTHY TIMM

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### The Starving Rooster

30 1st St. NE, Minot  
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[www.starvingrooster.com](http://www.starvingrooster.com)

### Whiskey Nine

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Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot's Bar and adjoining banquet space at its venue to Airmen.

The new giveaway, **Weddings for Warriors**, will honor the men and women who serve the United States by giving away use of the Pilot's Bar and banquet space once every month.

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](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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# Sky Fest Over Fort Stevenson

NORTH DAKOTA STATE PARKS & RECREATION

Make plans to visit Fort Stevenson State Park Memorial Day weekend and bring your kite! Sky Fest welcomes kite flyers of all ages to decorate the sky over Fort Stevenson May 25, 26, & 27 from 10:00 am to 4:00 pm each day.

Fly your own kite or witness professional kite flyers as they bring in some of the largest kites currently in production. Special activities will take place each day throughout the

weekend including building your own kite.

Park admission applies but admission to Sky Fest is free. The park charges a \$7 vehicle entrance fee unless a ND State Park annual pass is displayed.

For more information on Sky Fest, call 1-800-799-4242 or 701-898-4500 or check out Sky Fest over Fort Stevenson on Facebook or at [www.skyfestnd.com](http://www.skyfestnd.com).



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## BAKED PULLED PORK ENCHILADAS

**INGREDIENTS**

- 1 OUNCE DRY CHILE DE ÁRBOL
- 2 SWEET WHITE ONIONS
- 2 LARGE ROMA TOMATOES
- 1 (28OZ) CAN WHOLE TOMATOES
- 4 CUP LOW SODIUM CHICKEN STOCK
- 1 BULB GARLIC, ROASTED
- 1 (7OZ) CAN CHIPOTLE PEPPERS IN ADOBO
- 2 TABLESPOON BROWN SUGAR
- 1 TEASPOON CUMIN
- 2 TABLESPOON CORNSTARCH
- 3 POUND LEFTOVER PULLED PORK, HEATED
- 4 CUP SHREDDED COLBY JACK CHEESE
- 1 (4 OZ) CAN CHOPPED GREEN CHILES, OPTIONAL
- 12 CORN OR FLOUR TORTILLAS
- 1 (20 OZ) CAN REFRIED BEANS, HEATED
- 4 GREEN ONION, FINELY CHOPPED
- 1 SMALL BUNCH CILANTRO, CHOPPED
- SOUR CREAM, FOR SERVING

For the enchilada sauce: When ready to cook, set the Traeger temperature to 350°F and place a cast iron pan directly on the grill grate. Preheat, lid closed for 15 minutes.

When the cast iron is hot, place chile de árbol, onions and tomatoes in the pan and cook until vegetables are golden and chiles are fragrant.

Remove chiles from the pan and place in a large bowl with boiling chicken broth. Cover with plastic wrap and set aside until they are softened. Strain the liquid and reserve. Remove the stems and place chiles, tomatoes, onions, roasted garlic, diced tomatoes, brown sugar, cumin, and chipotles in a food processor and pulse until smooth.

Transfer chile sauce and reserved chicken stock to a medium sauce pot and place back on the grill. Bring the sauce to a simmer. Combine cornstarch with 2 tablespoons water and while whisking, slowly stream the slurry into the sauce. Simmer an additional 5 to 10 minutes until thickened.

For the enchiladas: When ready to cook, set the Traeger temperature to 350°F and preheat, lid closed for 15 minutes.

In a large bowl, mix pork with 1-1/2 cups enchilada sauce, 2 cups of cheese and chopped green chiles.

Spray 9x13 pan with nonstick spray. Lay a tortilla flat on a cutting board and fill with 4-5 ounce pork mixture and 2 tablespoons refried beans then roll closed. Pour 1/2 cup enchilada sauce on the bottom of the pan. Place filled tortilla seam side down in the pan. Repeat with remaining tortillas. Top with remaining enchilada sauce, remaining cheese, onions and cilantro.

Transfer to the grill and bake for 20 minutes until the cheese is melted and bubbly. Serve with sour cream.

Ryan Davy - GM  
Minot

[www.HofE.com/BBQHQ](http://www.HofE.com/BBQHQ)

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# NORTHERN CELEBRATIONS

**EMBRACING OUR NORTH DAKOTA LIFESTYLE**

## CELEBRATING THE "BIG 5-0"

Patricia Stockdill

Sometimes sitting around brainstorming can lead to Big Ideas.

Like ideas on a grandiose scale.

Maybe even a world record scale.

That's the idea — and vision - folks at Fort Stevenson State Park near Garrison have taking place May 18.

You see, that's when they're hoping and planning for a bunch of people to gather at the park and make S'mores.

Yes, the ever-popular campfire combination of graham cracker and milk chocolate candy bar sandwiching a squished campfire toasted marshmallow.

Some campers prefer gently toasted, barely golden marshmallows.

Others prefer crispy, crunchy darned near black marshmallows.

It's kind of like how a person likes their toast — lightly toasted or blackened just shy of setting off the kitchen smoke detector type of toasted darkness.

Yes, that's S'mores. Whichever way the marshmallow is toasted by the campfire, it's still delicious.

Fort Stevenson State Park celebrates its 50th anniversary in 2024. Just one of a litany of events is an attempt to set a Guinness Book of World Records record for the largest number of people making S'mores at one time.

This isn't something done on a whim; it takes a lot of planning.

It even includes a Guinness Book of World Records official judge.

With participants following guidelines established by the Guinness Book of World Records.

Yup, this is a big deal.

In order to meet qualifying standards the park will provide standard sized marshmallows — not miniature or giant. The cracker must be the typical graham cracker S'mores aficionados know and love. Plus, the candy bar has to be milk chocolate, Fort Stevenson State Park Manager Chad Trautman added.

In addition, participants must be in one location so the official judge can officially count the exact number of people making their S'mores all at once.

All of the ingredients will be provided. Participants can go to the park's west campground loop where there is a large, open field and enough space for what

Trautman and park staff hope will be 1,000 S'mores makers.

If they can meet their goal for participants, it would take down a world record of 891 people set in 2023 in Texas.

Participants can arrive between 1 p.m. and 2 p.m. S'more making begins at 3 p.m. followed by entertainment from 4 p.m. to 6 p.m. in what Trautman hopes will be a victory celebration.

The park typically hosts a wide array of events throughout the year so perhaps it's appropriate an attempt to set a S'mores making world record isn't the only anniversary event on their slate for 2024.

This year the park has already hosted evening hikes, a geocache event, and maple sugaring North Dakota style using boxelder tree syrup.

In addition to their usual summer events such as EMS Kids Event (May 25), Sky Fest over Fort Stevenson Kite Festival (May 25 through 27), Frontier Military Day (June 22 and 23), the North Dakota Governor's Cup Walleye Derby (July 19 and 20), Junior North Dakota Governor's Cup Walleye Derby (June 20), and a December geocache in conjunction with Garrison's Dickens Village Festival, they've added specific events for the 50th anniversary:

- Aug. 3: 50th Anniversary Celebration with regatta, Club de Skinautique Ski Show, boat parade, and entertainment.
- Sept. 21: Oktober Family Fest.
- Dec. 21: Year End Celebration.

While Frontier Military Days has been a long-standing event, in celebrating 50 years this year's twist features a Kid's Stick Horse Rodeo. Children will get to keep their stick "horse" and can participate in a variety of "rodeo" events.

Visitors to the park's amphitheater presentations will receive paper lanterns throughout the summer. On Aug. 31 people are invited to participate in an evening hike throughout the park with the lanterns — or bring their own paper or battery lanterns.

More details will be included in the weekly Northern Sentry's Outdoors Report with times and park locations for the upcoming celebratory activities. People can also contact the park, (701) 337-5576 or go to the N.D. Parks and Recreation Department's events page, ([parkrec.gov](http://parkrec.gov)) for details.

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# WHAT'S GOING ON MINOT AFB

## FRIDAY 17

- Registration Closes: America's Kids Run — Color Run, Youth Center
- May Fitness Challenge, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Bistro Family Night, 1700-1900, Bomber Bistro
- Progressive Bingo, 1730, Rockers Bar & Grill
- Zumba, 1800, McAdoo Fitness Center

## SATURDAY 18

- America's Kids Run — Color Run, 0900-1200, Youth Center
- Why Not Minot Scramble, 0900, Rough Rider Golf Course
- Zumba, 1100, McAdoo Fitness Center
- Saturday Cinema, 1700-2130, Rockers Bar & Grill
- Friendly Feud, 1800, Rockers Bar & Grill

## SUNDAY 19

- Zumba, 1400, McAdoo Fitness Center

## MONDAY 20

- Registration Opens: Archery Camp, CYPBMS website at <https://parent.afcyp.com/>
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- LinkedIn Workshop, 1300-1500, M&FRC
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Writing Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## TUESDAY 21

- UVAO Regional Training Workshop, 0800, M&FRC
- Thrift Savings Plan for Military Members, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Cycle & Core, 1115, McAdoo Fitness Center
- Sponsorship Training, 1300-1500, M&FRC
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 22

- Bundles for Babies, 0900-1030, M&FRC
- Family Strength & Tone, 1000, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center — Room 211
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour — CSAF Agenda & Initiatives, 1130-1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center
- Macramé Plant Holder, 1730-1930, Arts & Crafts Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 23

- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 24

- AFGSC Family Day
- For a full listing of Memorial Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)

## SATURDAY 25

- For a full listing of Memorial Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Saturday Cinema, 1700-2130, Rockers Bar & Grill
- Friendly Feud Finale, 1800, Rockers Bar & Grill

**SATURDAY CINEMA**  
ROCKERS BAR & GRILL  
DOUBLE FEATURE LINE UP • 5:00PM - 9:30PM

**FREE!**

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KUNG FU PANDA & MADAME WEB

11 MAY 2024  
KUNG FU PANDA 2 & WONKA

18 MAY 2024  
KUNG FU PANDA 3 & LAND OF THE BAD

25 MAY 2024  
INSIDE OUT & JERRY MAGUIRE

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**WIND CHIME CLASS**  
ARTS & CRAFTS CENTER

30 MAY 2024  
5:30PM - 7:30PM  
REGISTER BY 23 MAY

CREATE A D-I-Y WIND CHIME FOR THOSE WINDY DAYS IN NORTH DAKOTA

COST \$10 - MINIMUM OF 3 PARTICIPANTS TO HOLD CLASS, MAX 12

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**MEMORIAL DAY**  
Honor the Brave

Special Lunch  
27 May 2024 • 10:30AM - 1:30PM  
Dakota Inn Dining Facility

**Entrees:**  
Hot Dog  
Honey BBQ Chicken  
BBQ Pork Ribs  
BBQ Flank Steak

**Sides:**  
French Fries  
Savory Baked Beans  
Corn on the Cob  
Balsamic Roasted Vegetables  
Farmhouse Potato Salad  
Creamy Macaroni & Cheddar Salad  
Watermelon

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**MAY SPECIALS**

Bomber Bistro Featured Item  
**Elote Pizza**  
Chipotle may base with elote corn topping, cotija cheese, and chipotle mayo drizzle

The B-Fifty Brew Featured Item  
**Caramel Ribbon Crunch**  
Dark caramel frappe with whipped cream, a crunchy caramel topping, & a dark caramel drizzle

Rockers Bar & Grill Featured Item  
**Build-Your-Own Burger**  
Choose your bun, cheese, plus bacon, pickles, grilled onions, and more to make your perfect burger. Served with fries and a drink.

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