

# northern sentry

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## WHATS INSIDE THIS WEEK:



ACHIEVING THAT GOLD STANDARD OF CHILD CARE **A3**



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START THE PRESSES! **B1**



## 5 BW UNDER NEW COMMAND

U.S. Air Force Col. Jesse Lamarand, incoming 5th Bomb Wing (BW) commander (right), accepts the guidon from U.S. Air Force Maj. Gen. Jason Armagost, 8th Air Force commander (left), during the 5th BW change of command ceremony at Minot Air Force Base, North Dakota, June 28, 2024. Armagost passed the guidon to Lamarand during the ceremony, symbolically giving him command of the 5th BW. See more on page A2.

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

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# 5th Bomb Wing welcomes new commander

AIRMAN 1ST CLASS LUIS GOMEZ, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Col. Jesse Lamarand assumed command of the 5th Bomb Wing from Col. Daniel Hoadley during a change of command ceremony at Minot Air Force Base, North Dakota, June 28.

Prior to assuming command of the 5th BW, Lamarand was the commander of the 2nd Operations Group, Barksdale Air Force Base, La. leading daily operations for the Air Force's largest bomber group consisting of four operational squadrons, with over 560 personnel. Those in attendance at the ceremony included families of both commanders, North Dakota civic leaders and all of the Airmen assigned to units that make up the 5th Bomb Wing.

"I've been surrounded by an incredible team for the past two years. This really is a team sport," said Hoadley. "The partnership between us and the 91st Missile Wing is iron clad. That doesn't just happen. We tackled many obstacles together to accomplish our collective mission of securing the nation."

Maj. Gen. Jason Armagost, 8th Air Force commander, gave out some words of wisdom to Lamarand for what to expect as 5th BW commander.

"Spend your time as wing commander leading your leaders," said Armagost. "You went through weapons school, which means that you're a tactical expert. That's not what you're asked to do anymore. Your tactical experts are sitting out here. The more we can do together

the stronger we'll be."

As host wing on Minot Air Force Base, the 5th BW operates the B-52H Stratofortress aircraft to provide global strike and combat-support capabilities to geographic commanders. To perform its mission, and to support the mission of the 91st Missile Wing, four groups are assigned to the 5th BW: the 5th Operations Group, the 5th Mission Support Group, the 5th Maintenance Group and the 5th Medical Group.

"I'm incredibly honored to be at the helm of the 5th BW," said Lamarand. "I promise to uphold the traditions and high standards set through Hoadley's stewardship; enabling this wing to achieve success at deterrence operations."



U.S. Air Force Col. Jesse Lamarand, incoming 5th Bomb Wing (BW) commander (center), is congratulated by U.S. Air Force Maj. Gen. Jason Armagost, 8th Air Force commander (left), and Col. Daniel Hoadley, outgoing 5th BW commander (right), during the 5th BW change of command ceremony at Minot Air Force Base, North Dakota, June 28, 2024. Prior to assuming command of the 5th BW, Lamarand was the commander of the 2nd Operations Group, Barksdale Air Force Base, La, leading daily operations for the Air Force's largest bomber group consisting of four operational squadrons, with over 560 personnel.



Minot Air Force Base Honor Guard presents the colors at the 5th Bomb Wing change of command ceremony at Minot Air Force Base, North Dakota, June 28, 2024. The U.S. Air Force Honor Guard's vision is to promote the Air Force mission, preserve their heritage and protect their standards and image.

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



U.S. Air Force Col. Dainel Hoadley, outgoing 5th Bomb Wing (BW) commander (right), accepts the Legion of Merit medal from U.S. Air Force Maj. Gen. Jason Armagost, 8th Air Force commander (left), during the 5th BW change of command ceremony at Minot Air Force Base, North Dakota, June 28, 2024. The Legion of Merit is an award that is earned through exceptionally meritorious conduct in the performance of outstanding services and achievements.



U.S. Air Force Col. Daniel Hoadley, outgoing 5th Bomb Wing (BW) commander (right), hands the guidon to U.S. Air Force Maj. Gen. Jason Armagost, 8th Air Force commander (left), during the 5th BW change of command ceremony at Minot Air Force Base, North Dakota, June 28, 2024. Hoadley gave the guidon to Armagost during the ceremony, symbolically handing off command of the 5th BW.

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# Achieving That Gold Standard of Child Care

SABRINA MULRAIN

Minot AFB childcare is striving to reach new heights. Tena Holmgren, one of MAFB's own Family Child Care (FCC) providers reached those heights by earning her accreditation from the National Association for Family Child Care (NAFCC) back in November 2023. Not only is she one of only two accredited providers in the entire state of North Dakota, but she is also the first ever accredited provider here at Minot AFB. What does accreditation mean in terms of childcare? Well, let's find out.

The NAFCC uses the only national accreditation system created expressly for family childcare providers. Providers who are NAFCC accredited have proven that their FCC program upholds these higher quality of child care standards.

Providers wanting to pursue accreditation need to be an FCC provider for at least one year and have completed all 15 Virtual Lab School modules (an online professional development system required by the Air Force to empower childcare professionals to build their knowledge and improve their practices). They then express their interest regarding NAFCC Accreditation to their

FCC Coordinators who submit all paperwork for self-study fees to be paid by the Air Force and NAFCC Accreditation materials mailed out directly to them. When these materials are received, the provider officially begins the six-month self-study process.

There are six elements to the accreditation process, Self-Study, Application, Observation, Decision, Accreditation Update, and finally the Re-accreditation.

When asked what accreditation means to her Tena Holmgren stated "it's the gold standard of family child care." She went on further to explain how it is, "a dedication to always learn more about the child and be on the children's level." She mentioned how it's awarded to providers who meet the eligibility standards and continue to uphold those higher quality standards, and that "the Air Force already has a very high standard of care and accreditation is just another step higher." She elaborated on how accreditation is about, "celebrating diversity and focusing on the child, valuing them as the capable, resilient, fantastic people that they are. Accreditation comes with a commitment to learning about how

to be a better provider for your child, everyday."

Tena's interest in accreditation started six months into becoming an FCC provider. She stated "I am one of those people that whatever I do I want to be the very best I can be." She continued with "accreditation was another chance to grow and learn and give the children everything I can."

When parents select a NAFCC accredited provider, they can be absolutely sure that their child will be cared for at the highest standards. When asked what makes accreditation so important and why providers should strive to reach that standard of care Tena stated, "because accreditation isn't just a plaque on the wall, it is a dedication to learning more about your child and how to do better for the children everyday." Tena further stated "it comes with a commitment to learning about how to be a better provider for your child everyday. You have to uphold professional development practices, so you are always learning and taking trainings to do better, and dedicating time to make sure that your space and home are exactly what the children and family need."

Tena stated, "what they are looking for the most is the relationship you have with the children, because that is the foundation of childcare. You can't teach them anything and they won't learn anything until you have that relationship." She expanded on the relationship aspect to say "they want the provider to be somebody



Tena Holmgren is Minot AFB's first FCC provider to be accredited by the National Association for Family Child Care.



Children in Tena Holmgren's FCC program love to learn and explore no matter the weather outside.



Holmgren's FCC space is perfect for nurturing care and fun for children of all ages.

who enjoys being with the kids, enjoys teaching them, who enjoys watching them learn and scaffolding upon their learning."

When asked what her final thoughts about accreditation are, Tena stated "it's a lot of work, there's a lot that goes into being accredited but it's worth it." She knew she wanted to be accredited because she felt "the better I can be for the child the better they can learn and grow. I want my home to be a place where giggles echo and

memories are made and in order to do that you have to have happy children."

While the Air Force already holds all FCC providers to an exceptional standard, NAFCC accreditation goes further by adding on some specialized requirements. To find out more about becoming an FCC provider and the level of standards the providers uphold, check out <https://5thforcesupport.com/FCC>.



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MINOT AIR FORCE BASE NEWSPAPER  
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**Color It- Amazing!**



**A VIEW FROM OUR SIDE**  
 ROD WILSON



Not all of us get the perspective of a B-52 flying over the ever changing North Dakota landscape. My conversation with a B-52 copilot who is spending his first summer at Minot Air Force Base turned to a question; "What are those fields of vibrant yellow that are popping up all over?" My answer? Well, it could be one of 2 crops grown in this area, I explain. Earlier in the growing season there is yellow sweet clover, which is an annual plant that is grown by some farmers as a forage crop. It is cut and baled. But more likely what you are seeing is canola, which

will flower first and then produce seed pods that are harvested in August. The seeds are then crushed at local plants to produce Canola oil. Canola oil is one of the best oils for heart health. Canola oil has less saturated fat than any other oil commonly used in the U.S. Cutting down on saturated fats helps cut your cholesterol levels.

While sweet clover is a favorite for local apiaries who position their bee hives near a clover field, so is canola. The only disadvantage in canola is that it flowers for a relatively short time. Beekeeping in North Dakota is a topic for another day. For now, we will once again encourage folks to take a Sunday drive and witness the beauty of the yellow fields of canola, from ground level. I said color it-amazing- because each field of canola is different. The yellow canola flowers seem to accentuate the rolling topography of North Dakota fields. In most fields, especially this year, there will be a slough area, and in that slough area will normally be a family of waterfowl, ducks, or geese, just out of the hatch. Take a set of binoculars to watch the broods of newly hatched babies as they learn to swim by following their mother across the open water.



Canola fields are amazing!



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

Lately, there have been a number of lists that have surfaced about who the most famous North Dakotan may be. There are several separate lists from Sports Illustrated to Forbes, but one thing is clear, on every list except for one outlier, the No. 1 person is the same – Josh Duhamel.

Duhamel was born in Minot. His ancestry is German, and smaller amounts of Norwegian, French-Canadian, English, Irish, and Austrian (his last name is very common among Francophones in the world). Duhamel is an actor who made his acting debut as Leo du Pres on the ABC daytime soap opera All My Children and later starred as Danny McCoy on NBC's

**Who is the most famous North Dakotan?...**

Las Vegas.

Most recently, he has been doing TV commercials for North Dakota Tourism.

Who do you think is the second-most famous, an athlete, a singer, a journalist, an actor, a politician, an astronaut?

There's obviously dissent with some of the rest of the people and these lists from various sources don't necessarily include the Roughrider Award recipients. But rather than presenting each list, the following is a mosaic of lists determining the top 10 famous North Dakotans.

Most of us can agree, as do most of the lists, the second-most famous is Phil Jackson, who grew up in Williston and became a famous basketball player and later coach.

Jackson was a power forward, playing 12 seasons in the National Basketball Association, winning championships with the New York Knicks in 1970 and 1973. Regarded as one of the greatest coaches of all time, Jackson was the head coach of the Chicago Bulls from 1989 to 1998, leading them to six NBA



A large, adult pelican with a growth plate on the bright orange bill.

**AND THEN THERE WERE...**

In one of slough that we have been observing on our way to our sailboat on Lake Sakakawea, there is another color, sort of. Along the shoreline we have been watching a pair of pelicans. Sure enough, last week, there were 6 little pelicans following mom on the open water. Pelicans are a migratory bird, but they usually return to the same area every year. Hopefully the family of pelicans will return next spring.

**THE TAPESTRY**

Let's see...yellow canola, blue water (until summer heat and the algae bloom) white pelicans with orange beaks, it truly is a tapestry. And we haven't even talked about the soon to flower flax fields. A flax field is an expanse of intense blue flowers. Make it a point to make a few trips to view the summer colors of North Dakota. Last year there were several areas where the flax fields and canola fields were side by side. I can almost imagine what it looked like from the cockpit of a B-52.

**Little Chicago Funk**

Some friends of mine have formed a band, "Little Chicago Funk", and they are appearing at concerts in the Minot area this summer. 3 family members, Tyler Schwan and his parents Pat and Collette Schwan, are the heart of the band. They play a variety of music, but Tyler worked on a cruise ship for a time before he settled

down in his hometown of Minot, so he brings some of the Chicago style of music to the stage. Look for Little Chicago Funk on stage at the Great Tomato Festival, and in Downtown Minot at the Thursday evening Arts Performance in August. In talking to Pat Schwan, he said that the family is truly having fun playing together, with the other 4 musicians on stage, and entertaining their audiences. I have known the family for many years. What a great way to have fun as a family! Little Chicago Funk.

**BEST KEPT SECRETS**

I am going to put out a shout out for a trip to Lake Audubon as a best kept secret. I have often talked about the Audubon Wildlife Refuge and Prairie Nature Trail, but just a trip around the lake and taking time to visit the public use areas to see the many birds and plants along the lake shore. There is a lot of information about the area on the Audubon Refuge web site, <https://www.fws.gov/refuge/audubon>.

**TODAY'S CHUCKLE**

A big hello to my friend Curt Latendresse who says he reads the Northern Sentry every week. We will see...

**THIS CHUCKLE IS FOR CURT.**

You have to be understanding of boys when they're going through that awkward age ...15 to 65.

championships.

Despite not being on a number of lists, Lawrence Welk should be regarded as the third-most famous. Whether you liked his show or not, you have to admit, he had a lot of fans for a long time. Some independent TV channels still air his show weekly.

Born in 1903 in Strasburg, Welk was an accordionist, bandleader, and television impresario, who hosted The Lawrence Welk Show from 1951 to 1982. His style came to be known as "champagne music" to his radio, television, and live-performance audiences. He passed away in 1992 at the age of 89.

No. 4 has to be Roger Maris, who grew up in Fargo, played baseball at Fargo Shanley and later became one of the most famous players the New York Yankees have ever had. Maris was most famous for hitting 61 home runs in 1961, a record that stood until 1998.

No. 5 is a tie between singer Peggy Lee and actress Angie Dickinson both touting small towns as home. In Lee's case, Wimbledon and for Dickinson, it

was Kulm. If you stop in Kulm or Edgeley, you'll still see tributes to Angie Dickinson.

Here's the rest of a mosaic list of famous North Dakotans. And again, it depends on what list you are looking at, but for the sake of space, we are looking at those who were ranked on most of the lists that were encountered.

Football player Carson Wentz No. 6

Olympic and professional boxer Virgil Hill No. 7

Secretary of State Warren Christopher No. 8

Baseball player Darin Erstad No. 9

Miss America Cara Mund No. 10

Others who didn't make the top 10 but are still strongly considered include Leslie Bibb, actress; Eric Sevareid, TV news reporter; Travis Hafner, baseball player; Dale Brown, basketball coach; James Buchli, astronaut; Quentin Burdick, politician; Louis L'Amour, writer; Jonny Lang, jazz musician; Harold Schafer, entrepreneur; Bobby Vee, singer and Shadoe Stevens, radio personality.

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**SHE'S NOT FROM AROUND HERE**

AMY ALLENDER

With Midsummer behind us and the Fourth of July upon us, I've reached a familiar point in summer. It's that limbo when I know there are still many summer days left to take advantage of, accompanied by a growing awareness that I need to spend them wisely before fall catches me off guard.

It's not that summer isn't long enough around here—it's that there are so many divine options for how to spend it. Without fail, fall comes, and there are still a few things I didn't experience, a few new places I didn't explore. There can be disappointment in that, but there is also great hope and excitement, knowing that the well of things to do and new ideas of how to spend the season will never run dry.

Just today, I told my husband there are a few places I want to visit before the school schedule resumes. And in case your list of Hotdish Land places to check out is getting short, I've gathered five outdoor destinations I hope to visit yet this summer. You are always welcome to draw from my proverbial well.

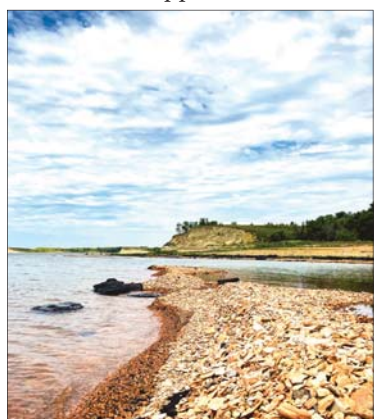
1. Upper Souris National Wildlife Refuge. From the center of Minot, this destination is only a 30-45 minute drive. Friends tell me there are fun, family-friendly trails, great bird watching, and lovely scenery. It's an area that I've never fully explored, and I'm determined that

# Easy Adventure: 5 perfect summer day trips

this should be the summer to do it.

2. Denbigh Experimental Forest. Just east of Granville, about a 40-minute drive from Minot, the Denbigh Forest is a shocking contrast to the open prairie that is hallmark to North Dakota. It offers a 4-mile loop trail, gorgeous scenery, and interesting history. We'll pair this day trip with a visit to one of my favorite Granville eateries—The Memorial Dinner or The White Buffalo Lounge.

3. Washburn and Garrison. Recently, a contractor originally from Washburn came to work on our house. We got chatting, and he offered this day-trip itinerary. Drive down to the Lewis and Clark Interpretive Center (in Washburn, just over an hour south of Minot). Explore the museum, then hike the short trails nearby—he said these were some of his favorite places to explore as a child. On the drive back north, stop at the Garrison Fish Hatchery, grab dinner at Ye Olde Malt Shoppe. If there's time,



The views at Ft. Stevenson never get old.

AMY ALLENDER PHOTO

enjoy a bit of time at Ft. Stevenson State Park.

4. Bottineau/Lake Metigoshe/International Peace Gardens. There are so many wonderful options when it comes to exploring the Turtle Mountain regions (it'll take about 2 hours to get there from Minot). A full day trip can include a stop at Pride Dairy in Bottineau for lunch—and the best grilled cheese of your life—and ample time at the International Peace Gardens. The gardens are in full bloom in July and August, making it the perfect time to go. The children's nature play areas are open, and the conservatory renovation is now complete. There are also options to rent kayaks or bring your bikes to ride.

If you only want a short time at the Peace Gardens, or you'd like to forgo that altogether, Lake Metigoshe is a treasure trove of trail and water options. I just learned about Club de Skinautique, and now I'm eager to catch a show. (Maybe this one will turn out to be a weekend trip instead of a day trip for us!)

5. Burlington. Last but not least, I insist on taking my family to explore a place that is nearly in our backyard. We'll take in a short hike at Old Settler's Park, then hit the splash pad and playground at Stemen Park. Then we'll wrap up with dinner at Hacienda (don't be fooled, it's not a Mexican restaurant).

These are just a few ideas. Like I said, my well is never dry. There are also plenty of things right here in town to fill up your summer days: getting a snow cone from The Shack, spending a day at Roosevelt Pool,



There are places I like to visit each year, but it seems like new ideas for the same places are always sliding into view.

AMY ALLENDER PHOTO

exploring one of our lesser-known trails, enjoying music in the park, going to MSU Summer Theater, attending an outdoor movie, or a free event hosted by the parks department—just to name a few. This is your real life. Explore

where you are. Become an expert. Fill these days with fun.

For more ideas and encouragement, or to find out more, join me online at [amyallender.com](http://amyallender.com), Instagram @HeyMinot, or Facebook @amyallenderblog.

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# Team Minot goes outside

AIRMAN 1ST CLASS TRUST TATE,  
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- When Airmen first get orders to Minot, there are a lot of thoughts that come to mind. They usually envision really cold winters and nothing but stretches of farmland. Little is ever mentioned of the summers in Minot, and how the eight to nine weeks of fun in the sun make it all worthwhile.

"To the people saying there's not much to do in Minot, they are not looking hard enough or in the right places," said Juan Vadell, event coordinator for the Minot park district and Minot native. "We have the Air Force base, Minot State, farmers, and lots of industries so it doesn't matter how niche, you will be able to find your community."

Vadell stated that Facebook would be a good place to go for those looking for a specific community to join while in Minot.

"Odds are you're not away from your cell phones and game systems enough to go outside and really enjoy Minot," said Darrel

Kerzmann, retired Air Force 23rd Bomb Squadron Chief and Dakota Air Museum crew member. "Minot has the Air & Railroad Museum, several parks, and if you hunt, boat, fish, and camp you won't find much better than Lake Sakakawea and Lake Audubon."

Kerzmann emphasized the notion that no matter where you get stationed, you have the sole responsibility of making the most of it.

"Minot is the right size city," said Stephanie Schoenrock, executive director of Visit Minot. "People love the small town vibe, the safety, entertainment, restaurants, and outdoor activities."

Schoenrock suggests that those who are looking for events to participate in should look at Visitminot.org and MinotParks.com. She said the North Dakota State Fair is a month away and its the largest event in the state.

Team Minot hopes to see you outside this summer.



Dakotah Faye, Minot native and rap artist, performs in front of a crowd during the Midsummer Festival in Minot, North Dakota, June 22, 2024. The Midsummer Festival was a family-friendly event celebrating Scandinavian culture.



Emerald Klett, Golden Meditation owner, leads a meditation class at Roosevelt Park, Minot, North Dakota, June 24, 2024. Klett holds weekly meditation classes that are free and open to the public.



Nodak Speedway hosts the Magic City Dirt Series in Downtown Minot, North Dakota, June 23, 2024. The Nodak Speedway holds races for the public to enjoy every Sunday.

U.S. AIR FORCE PHOTOS  
AIRMAN 1ST CLASS TRUST TATE



Military and vintage aircraft are displayed at The Dakota Air Museum in Minot, North Dakota, June 24, 2024. The museum serves as an important historic resource in regards to aviation.

## NOTES ON BEING SAFE

### Obeying the law, prior planning key to fireworks safety



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL  
SAFETY



The Fourth of July is right around the corner and most of us are probably planning a special event of some type, some folks might even be looking forward to setting off their own fireworks display. More than 11,000 people are injured in the United States each year from fireworks. Most injuries are the result of the lack of adult supervision and misuse of the fireworks. If you plan on using fireworks to add to the celebration this year here are some important reminders:

- Observe local laws. The sale of fireworks is legal from June 26 until July 5 and they may not be purchased by persons under the age of 12.

- Fireworks Permitted on Base Are; Sparklers, fountains, smoke devices, snake and glow worms, trick noisemakers such as party poppers, string poppers or snappers, and toy pistol caps.

- Fireworks Specifically Prohibited on Base Are; Explosive or aerial fireworks, roman candles, and rockets or similar devices. If prohibited fireworks are discovered in your possession on the base, the fireworks will be confiscated and you will face administrative/disciplinary actions.

- Fireworks are allowed in Ward County but NOT within in the city limits of Minot. If you are caught within city limits with fireworks you will have to appear in court, pay a minimum \$150 bond and be fined between \$50 to \$75. It is also a Class B Misdemeanor.

- Use fireworks outdoors only.
- Never let children handle or light fireworks. Even sparklers can be dangerous if unsupervised. 16 percent of those injuries involved sparklers. That number increases to 33 percent of the injuries to children, five or younger, when they used sparklers. Those injuries could've been avoided if adults provided adequate supervision.

- Never ignite fireworks while holding them. Only light one at a time, and move away quickly.

- Make sure there's enough room to ignite fireworks, and keep them away from buildings, vehicles and flammable materials.

- Have a full bucket of water handy for emergencies, and douse used sparklers.

- People should watch what

clothing they wear when using fireworks. Loose clothing can catch fire, and shouldn't be worn while handling fireworks.

- Never try to re-ignite fireworks that have malfunctioned. Wait 20 minutes before soaking them with water and throwing them away.

- Alcohol and fireworks do not mix. Have a "designated shooter."

The transportation and storage of personal fireworks on Minot AFB is prohibited. The fact is there are no safe and sure ways to use fireworks - it's that simple! In 2008, according to the National Fire Protection Association, fireworks caused an estimated 22,500 reported fires. These fires resulted in one death, 40 injuries and \$42 million in direct property damage. Fireworks, even the smallest of firecrackers, are explosives and very unpredictable. Some have very short fuses and some have hard

to light fuses that can suddenly begin a rapid burn. Rockets and cones tend to have no programmed guidance system, making people and buildings unwanted targets.

Each year thousands of Americans, many of them children, are victims of fireworks accidents. In 2008, U.S. hospital emergency rooms treated an estimated 7,000 people for fireworks related injuries. These accidents are not minor; they include the loss or disfiguration of fingers, hands, arms, faces, vision, hearing and severe burns. Sparklers, which can burn as hot as 1000 degrees have caused countless tragic injuries to small children since parents assume they are safe for children to use.

By observing these reminders, people can help prevent unfortunate accidents. Remember, in case of an emergency, call 911.

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POCKET ACES BAR HOURS: Sun-Thurs Noon-1 AM; Fri and Sat Noon-2 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

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# The Most Impactful Job I Would Have In My Career

## Chief Jones Reflects On the Past Two Years

MINOT AIR FORCE BASE PUBLIC AFFAIRS

“This will be the most impactful job I will have in my career.” Those were the words of Chief Master Sergeant Tori Jones during our first interview 2 years ago. Just arriving at Minot Air Force Base and standing on the threshold of a job that would certainly challenge her as a professional, CMSgt. Jones could only look ahead and not completely know what was ahead. Today she is able to say with certainty “to be clear, this has been the most challenging job of my career” as she states in her exit letter.

It was my pleasure to sit down once again with CMSgt Jones and talk again.

**So, let’s start with a question about Minot Air Force Base. After your tenure here, in your opinion, does Minot Air Force Base change you?**

“Yes, I think so” says Jones “but as you deal with the challenges and the curve balls you really start to grow and become better for it. You know they say iron sharpens iron. I definitely feel that all of the challenges we faced here, (we faced) head on, and it has propelled to do better as we moved forward.”

**And what other expectations, say the relationship between the base and the community, were maybe different than what you thought going in.**

“I expected to work closely with our civic leaders in order to improve



U.S. AIR FORCE PHOTOS

the lives of our airman when I was here; what I didn’t expect was to have lasting friendships. I will walk away and have lasting friendships with some of our civic leaders” and Jones smiles as she says “in fact I am in a fantasy football league with some of them, and so our friendship will continue outside of Minot, and I didn’t expect that. I can’t capture the words to express my gratitude to the civic leaders for Home for the Holidays for our Airmen. To send 115 Airmen, all across the globe to where they call home, those Airmen will never forget that, and this year there’s an effort to do more.”

**So, will it make a difference to first term Airmen when they hear**

**about Home of the Holidays at Minot Air Force Base?**

“Absolutely! If I’m a first year Airmen in tech school, I have to believe that I am going to a base that will embrace me because they have a program like Home for the Holidays. And they are going to support me in the work I do. But it’s also interesting that when Col. Hoadley and I had to travel, we’d run into people from our past that would ask about what we were doing. As soon as we told them we were at Minot they would start in with what we would call the pity pats. And my response, which I’ve also championed to Airmen is that, yeah, you are right, it’s not for the faint of

I recently read over my interview that I did with you about two years ago, and some things have remained the same and a few have changed. I mentioned that this would be the most impactful job I would have in my career, that I liked to get things done, and that I lack patience...those things remain true! What has changed is my understanding of the challenges here at Minot and I can say without a doubt, this has been the most challenging job of my career. Being the most difficult job of my career, I would also have to acknowledge that hard work pays off and the successes and rewards are so much greater. We set out with a team to incentivize Minot AFB and to provide an accurate site picture of the hard work accomplished and of the Airmen and families that get it done. Although I’d like to see more get accomplished, as of 1 July, our new members will be eligible for cold weather pay to offset the financial cost of living safely in Minot. Additionally, numerous distinguished visitors have left Minot AFB with the impression that Airmen here get the work done despite the environment or the resource constraints, and they don’t complain. In fact, they’ve left with a renewed sense of pride and honor to serve with the Warbirds and Roughriders. Which is my sentiment to Team Minot - you are important, your work matters, and if you ever start to doubt it, realize our adversaries continue to say “not today” due to your presence, expertise, and commitment to providing the bedrock of our Nation’s defense. It is because of your efforts, that we remain the world’s greatest Air Force. I’m incredibly grateful to have been your teammate and wish you continued success answering our nation’s call. With deepest Respect and admiration,



Chief Master Sergeant Tori M. Jones, 5th Bomb Wing Command Chief

*Chief Jones*

heart. They would normally take a step back and I would continue that we need strong, dedicated Airmen to come up here. And the sign says it all, The Best Come North! To me, that speaks to the leaders, too. We need the best leaders here to help our Airmen to do the mission that is so important to do.

**Do you think the bar been raised at Minot Air Force Base. Because of the dual missions?**

“I do” answers Jones.

CMSgt. Jones will be headed to the Pentagon, and she is excited to

be living in the District of Columbia area. CMSgt. Jones was appreciative of the Northern Sentry and the work we do it highlighting the efforts and success stories of the Airmen at Minot Air Force Base. In her words “I would pick up the paper and see young Airmen being showcased for doing their job, and that matters. From me, keep doing it, keep being the base newspaper.”

And to CMSgt Tori Jones, we say thank you, for helping us do our job these past two years...and yes, Only The Best Come North!

# CONTINUE TO AIM HIGH.

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- Their hair is called fleece or fiber rather than fur or wool. Alpaca fiber is softer than cashmere or angora and is warmer and lighter weight than wool.
- As a herd animal, they prefer companionship (safety in numbers).
- The main difference between a llama and an alpaca is their size and hair fiber.

Fact File	
Life Span	18 - 20 years
Weight	150 - 185 pounds
Height to Shoulder	3 feet
Height to Shoulder	4 1/2 feet
Wild Diet	Omnivore Carnivore <b>Herbivore</b> Grasses, Shrubs, Weeds, Trees

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## Simple But Effective Preventative Maintenance Tips for Your Car

**GET YOUR BATTERY TESTED**  
Winter is rough on batteries, draining power more quickly than usual. With the temperature rising, now is the time to get your battery checked to ensure you're starting the season off right. Stop by a AAA Car Care center for a free digital vehicle inspection, which includes a battery check and, if needed, we can install a new battery.

**REPLACE YOUR WIPER BLADES**  
We've had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.

**CHECK YOUR ENGINE AIR FILTER**  
The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.

**INSPECT YOUR TIRES**  
Ensuring your tires have enough tread – ideally at least 4/32" – will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it's time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.

**TOP OFF OR CHANGE VEHICLE FLUIDS**  
Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.

**CHECK YOUR AIR CONDITIONING**  
You'll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn't just a luxury – it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.

**CLEAN YOUR CAR**  
Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car's exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.

**HAS YOUR VEHICLE BEEN SITTING IDLE?**  
Many people are now driving less frequently and logging fewer miles. The time spent sitting idle can cause numerous issues for your car, making the preventative maintenance above even more important.

## TRUSTED TIRE & AUTO

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- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE

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# Start the Presses!

ROD WILSON, NORTHERN SENTRY

NorDak North, a publishing and printing company in Garrison, North Dakota, prints the Northern Sentry every Wednesday afternoon. We thought it might be fun, and informative, to take a group of our Junior Journalists, carriers, and their families, to Garrison and do a tour of the production and press facility of NorDak North.

Knowing that the tour would more than likely have to be a summer event, we sent out an invitation on social media. The date would be June 26th, with the production & printing tour starting at 1:30 PM.

Our first stop would be in the graphics department where Karen Krzmarzick and LaVaughn Watson-Rustad who are in production explained to our guests that graphics specialist, Nikki, would actually take all of the ads and stories and organize them into what would be the June 28th edition of the Northern Sentry. Some of the kids had submitted photos for our summer photo contest and were excited to see their photos

displayed in the paper. On our end at the Northern Sentry, we begin to organize next week's edition almost immediately after this week's edition hits the press. All of the pages of the paper are transferred electronically to Garrison and NorDak North by 12 Noon on Wednesday, or earlier if possible.

Once the pages of the paper are electronically downloaded, they go to another area where the printing plates, huge sheets of aluminum, are produced. This area kind of sounds like a scene from Star Wars, with humming and buzzing and mechanical movement as the plates are produced. This is where we met Paul Kolden, who has been running the press area at NorDak North for over 26 years. The kids and parents were able to see the final step of the preparation process, the bending of a small lip on the edge of the plates to hold them in the press. In perhaps a simpler explanation, each plate is a page of the paper. Each part of the plate picks up a different colored ink. You can print a page of the paper in full color,



Last week the Northern Sentry held their first ever "Day Out at the Printers". Attendees of the tour displayed the front page of June 28th edition fresh off the press.

or in black and white. There are several plates for each section of the Northern Sentry. The plates can only be used once.

And then we are off to the press room, where huge rolls of newsprint get transformed into pages of the Northern Sentry. Darla Mautz, our main tour guide, explains that NorDak North prints 29 different papers each week. The Northern Sentry is a weekly paper. It prints on Wednesdays, gets delivered to Minot on Thursdays, and should reach its final destination no later than Noon on Fridays. The Northern Sentry prints around 4,700 papers each week. It is the largest paper that NorDak North prints in Garrison. It is absolutely amazing to watch as the large, almost two story, press prints out each page. Once printed the pages are cut and folded.

From the press room, where we see final copies of the second section of the Northern Sentry coming off the press, we go to the assembly area where all of the sections, and the inserts, of the Northern Sentry are assembled into one paper, and organized into bundles of 100,

or other amounts needed by the different carriers and other folks who deliver the Northern Sentry. In the old days if there were a special story, you would hear the phrase, stop the presses, which meant we wait for the new story to be inserted into the paper. It would take a new page, a new plate and of course all of the papers already run would need to be thrown away. No stopping the presses today. The Northern Sentry is printed, soon to be assembled and transported to our readers at Minot Air Force Base and the community of Minot.

### GARRISON TOUR, PART II

Once our tour of NorDak North ended, we were invited to board the very unique, Wally Trolley! The Trolley was purchased in Florida, and would be our transportation to Fort Stevenson State Park, and the Fort Stevenson guard house area. Here our guests would be able to take a self-guided tour and stop in at the guard house gift shop. The guard house overlooks beautiful Lake Sakakawea. In the distance we can see the Garrison Dam and powerhouse area. But the tour

doesn't end here. Our driver, Nick, once again boards us all and we are headed to the Garrison Bay Marina where Ted Bolton, owner of the Northern Sentry treats the kids to ice cream. What better end to a warm afternoon that Pride Dairy ice cream!

Our thanks to Nick and the Garrison Convention and Visitor's Bureau for providing our ride on Wally Trolley. And speaking of Walley...on the way back to our starting area we drive by the newly painted Walleye the Walleye. He looks absolutely stunning.

We hope our guests, Kristin & Waylon, Amanda, Leon and Felix, and Sarah, David, and Michael, had a great time watching and learning about how each and every edition of the Northern Sentry is produced.

### A PERFECT DAY

"We had the perfect day.... it was fantastic! Felix has been talking about it all day! He loved the trolley so much! Everyone was so incredibly sweet to the kids, they are just the nicest people ever." Everyone one is talking about a return trip next summer.



A large roll of newsprint waits for press time.



NorDak North employee, LaVaughn Watson-Rustad, explains how the paper is organized.



"I took that picture!"



Press Room at NorDak North.



Plates being readied for press by Pressman Paul Kolden.



Walley Trolley takes us to Fort Stevenson.



Ending our trip with an ice cream at Garrison Bay Marina.

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# Minot AFB to hold training exercises in local area

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND. – Personnel from Minot Air Force Base will conduct military exercises throughout the Minot AFB missile complex between 10-12 July, 2024. These exercises will incorporate the use of blank ammunition from ground and aerial perspectives. Federal and local law enforcement

will support exercises from the ground to ensure safe practices and provide immediate assistance. If any immediate safety concerns arise, citizens are encouraged to call the Minot Air Force Base Missile Security Control center at 701-723-3366.



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HOLIDAY WEEKENDS  
08:00 PM - 03:00 AM

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## Upcoming Events

**08 JULY** **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!

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

**10 JULY** **TRIVIA NIGHT**  
7:00 PM - 10:00 PM  
Blue Rider  
118 1st Avenue SE, Minot

Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!

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

**09 JULY** **SUMMER SCIENCE & ROBOTS MINI CAMP 1**  
10:00 AM-12:00 PM  
Magic City Discovery Center  
1545 1st St NW, Minot

Our Science & Robotics themed mini-camp is sure to be a hit with your school age child! During our two days together, we'll be conducting several exciting science experiments and introducing a variety of robots and coding methods. We'll even be using robots to create art. We'd love to have you join us for two fun-filled days of science, discovery, exploration, and creativity! Summer Science & Robots Mini Camp 1 will be held July 9 – 10th in the Community Rooms from 10:00 A.M.-12:00 P.M. Cost: \$43.20 for MCDC Members, \$48 for Non-Members, \$38.40 for Military Members. Ages: 5 – 14, arranged in smaller groups by age. Class Size: 20 children



**For more information:**  
Facebook / Magic City Discovery Center / Events

**19 JULY** **MOVIE IN THE PARK**  
9:30 PM  
Oak Park Amphitheater  
11th to 14th Block of 4th Ave. NW, Minot

Showing Wonka  
All movies start at sunset (around 9:30 pm).  
\*This movie is rated PG so please plan accordingly.



**For more information:**  
Facebook/ Minot Parks/ Events

**26 JULY** **YOGA IN THE PARK**  
7:00 PM  
Oak Park Amphitheater  
11th to 14th Block of 4th Ave. NW, Minot

Men & women, and boys & girls of all ages and experience levels are welcome! If available please bring your own yoga mat. \*This event is free to attend



**For more information:**  
Facebook/ Minot Parks/ Events

**01 AUG** **ARTS IN THE CITY: THURSDAYS DOWNTOWN!**  
6:00 PM  
Downtown Minot

Arts in the City: Thursdays Downtown, presented by Minot Area Council of the Arts, are back on Main Street in Minot for year four! Join us on Main Street every. Join us 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 each week with local artists and artisans lining 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

## 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.northern Sentry.com/calendar/](http://www.northern Sentry.com/calendar/)

**NOTHING BEATS SUNDAY BRUNCH**

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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.

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

**SUDOKU**

Solution to puzzle on page C5

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

**CROSSWORD PUZZLE**

**Across**

- 1. Nervous twitches
- 5. Abates
- 9. Cass was one
- 13. Double-reed instruments
- 15. Pulitzer poet Teasdale
- 16. Old-style "Holy cow!"
- 17. Donnybrook
- 18. "... and a cast of \_"
- 20. Gung-ho campaign
- 22. Shorthand whiz
- 23. Intention
- 24. Get together
- 26. Inventor Otis
- 29. Vehicle with caterpillar tread
- 31. Give off
- 33. Abate
- 34. Jabber
- 36. Condoleeza of the cabinet
- 38. Infant suffix
- 39. Just plain folks, and a hint to the central letters in 18-, 20-, 61- and 63-Across
- 43. Scot's cap
- 44. Pair
- 45. Oct. 2003 retiree
- 46. \_\_ Bowl
- 48. Pete Rose's team
- 50. Patsies
- 54. High fliers
- 56. Enjoy some karaoke
- 58. Nada
- 59. Controversial topic
- 61. Pizza topping
- 63. City of David
- 66. Serious lawbreaker
- 67. With 71-Across, one way to cook eggs
- 68. Border crosser's document
- 69. "The Interpretation of Dreams" author
- 70. Expressed, as farewell
- 71. See 67-Across
- 72. Pool's Minnesota \_\_

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							72		

**Down**

- 1. Alley prowler
- 2. Spain and Portugal
- 3. Op-Ed piece
- 4. Understands
- 5. Regard
- 6. "Ridiculous!"
- 7. 'Hood buddies
- 8. Fry in a pan
- 9. Ogre
- 10. Religious doubter
- 11. Boiling
- 12. Classified listings
- 14. Clothes line
- 19. Inspector Clouseau's portrayer
- 21. With great feeling
- 25. Harangues
- 27. Dance that tells a story
- 28. Gibbon or orang
- 30. 16th century dramatist Thomas
- 32. "Mystic River" actor Robbins
- 35. Speech
- 37. Small aircraft maker
- 39. Rough up
- 40. Not 100%, as hearing
- 41. Corn serving
- 42. "... for what \_\_ worth"
- 43. Recipe meas.
- 47. Make certain
- 49. Consternation
- 51. Spring bloomer
- 52. Eat like it's going out of style, slangily
- 53. Uses for purchasing
- 55. Urbane
- 57. Back talk
- 60. Director Kazan
- 62. Medieval worker
- 63. College graduate's pursuit
- 64. Señora Perón
- 65. Winding curve

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# The Education Power Couple: Meet the Murrays

ERIN BEENE, NORTHERN SENTRY

One of the blessings of the in-and-out military lifestyle is that extraordinary people pop out of nowhere and bless the community in amazing ways. Captain Avaris Murray, 91st Operations Group, and Dakota Elementary teacher Melvina Murray are one such amazing couple.

The pair married in August 2013 after a meet-cute-like experience at Taco Bell in Guam in 2010. At the time, Capt Murray—then an Airman—was stationed at Andersen AFB, Guam. Melvina was then a sergeant in the 797th Engineer Company (Vertical), US Army Reserve. The couple's first assignment together, after Melvina completed her service in the Reserve, was at Moody AFB in Georgia. Melvina, being born and raised in Guam, was glad to have a smooth weather transition for their first years together. She was glad they didn't have to face the North Dakota winters right off the bat. As the Murrays built their married lives, their drive grew and they both felt the calling to do more in academia.

Almost simultaneously, both of their education careers began to take off. Melvina worked on her bachelor's degree to fulfill her lifelong dream of becoming a teacher, and Avaris started his transition to become an Air Force commissioned officer through Officer Training School (OTS). Also during this time, the couple began growing their family, first welcoming son Michael and then son Avery a year later. Eventually, the couple were stationed at Vandenberg AFB and then Minot in 2020. During the last seven years Melvina has earned her Bachelor's of Science in Early Childhood Education, Master's of Science in Elementary Education with a Reading Endorsement, Executive Certificate in Curriculum and Instruction and is currently working on her doctorate dissertation with plans to finish her Doctor of Philosophy (PhD) in Curriculum and Instruction ABD by 2025. Melvina explained that, "ABD means 'all but dissertation' which just shows that I am all done with the coursework for the degree and am currently writing my dissertation to complete the degree." Her next goal is to someday teach at the collegiate level. Additionally, she has earned and kept valid her teaching credentials in Georgia, Wyoming and North Dakota, where she currently teaches at Dakota Elementary. She has taught elementary school every year and continued to excel in her field by winning the Presidential Award for Excellence in Mathematics and Science Teaching this past year. Capt Murray said he was inspired by his educational wife's drive



April 2024 at the North Dakota Capitol building where they held a teacher recognition Ceremony and Melvina received the award for being a ND finalist for the Presidential Award of Excellence in Mathematics and Science Teaching. Pictured left to right -Avaris Murray, Avery Murray, Melvina Murray, and Michael Murray.

and began to see just how much education benefits adult individuals and students alike. The couple's mixed knowledge of her education experience and his military experience in missiles as an Evaluator in ICBM Standardization and Evaluation allowed for the perfect combination to "launch" a unique program at Dakota Elementary.

"Launch into Literacy" activated a school-wide program where Active Duty members come into the school and spend time reading and interacting with the students. Capt Murray explained that when he was younger, he didn't love reading very much, but that through his lifetime he has begun to understand the importance of it and wants to share that with children today. He said, "Reading is always an easy way to get involved with students." The program has been a huge success at Dakota Elementary and the Murrays hope to be able to grow the program to sister-school North Plains and even the off-base elementary schools. Together they hope to be able to offer reading and literacy encouraged by people outside the classroom. They both want to demonstrate the importance of reading and education as a lifelong learning and not just something you do within the bounds of school building.

Their education goals aside, it is important to both of the Murrays

to demonstrate their love of learning to their own two children as well. Melvina explained that she absolutely loves to read and will consciously make sure to read more on a Kindle or an actual book, rather than her phone, because she wants her kids to see her reading and learning, not just pasted to a screen. Although she enjoys a wide range of genres, she discussed her favorite books saying, "I would think that my 'Forever Favorite [Book]'" would always be the Twilight series! I read them in high school and have probably read them a hundred times since then. My favorite books are And Then There Were None, The Lovely Bones, Fourth Wing series, and almost any fantasy paranormal/supernatural fiction books." Capt Murray admitted that he is more an audio book fan and mostly sticks to leadership and finance genres. His most notable reads are Rich Dad, Poor Dad and Start With Why.

Melvina's determined and hard working work ethic mixed with Capt Murray's supportive nature and ambition have led this family to become a huge educational blessing to Minot AFB.

If any other elementary schools in the Minot area are interested in being a part of "Launch Into Literacy" please contact Capt. Murray at avaris.murray@us.af.mil.



May 2016 at Valdosta State University. Melvina said "This photo is special because it was a part of my graduation photos. I was in the military and did some relocating. By the time I went to college I was older than most of my peers and married. My senior year of undergrad, I gave birth to my son Michael. This photo is extra special because I persevered and worked hard even through the pregnancy so I can still finish on time!" From left to right : Michael (9 months), Melvina, Avaris



Murray Couple at the 2024 91st Missile Wing Annual Awards Ceremony

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# Escape to the Escape Room

MARTINA KRANZ

Escape rooms have become a popular form of entertainment, capturing the interest and imagination of people everywhere. These immersive experiences offer a unique blend of puzzles, teamwork, and storytelling. When anyone mentions an escape room, commonly used phrases when discussing escape rooms are, “Oh, I’ve never done one before, or “I can’t do those.” Escape rooms can be intimidating if you’ve never tried one before, but they are great family fun and fun to do with your friends, and everyone works together toward the same goal. Escape!

Escape rooms do have many benefits, such as encouraging critical thinking, enhancing teamwork and communication, giving stress relief and entertainment, and stimulating problem solving skills, and boosting confidence just to name a few. Escape rooms encourage critical thinking skills because they use puzzles, riddles, and challenges to make participants think critically and use their analytical skills to find the answers. To succeed, teams must work together to unravel clues, to decipher hidden messages, and to share the information to find the solutions. This can improve your problem-solving skills in various aspects of life, such as work, academics, and daily decision-making. Many times, in escape rooms, props and clues co-mingle and may lead team members down the wrong trail or make them fall into a rabbit hole, but many pairs of eyes are better than one.

Apart from the mental benefits of escape rooms, escape rooms serve as an excellent source of stress relief and entertainment, allowing participants an “escape” from everyday life. From the unlocking principal’s office to catching a thief who stole Grandma’s prized bread recipe, the immersive storylines transport the participants to a different world with a suspenseful atmosphere, giving the team an adrenaline rush and lasting memories with friends and family.

The Minot Public Library hosts escape rooms in the spring, summer, and fall. Some past themes were Harry Potter, Percy Jackson, and Grandma’s Kitchen. Sometimes, the escape room clues are written collaboratively between Pam Carswell, the teen librarian, and the students at Minot State University’s First Experience, and the students decide on a theme.

The base library hosts mini escape rooms, which last about 15 minutes, and regular escape rooms, which last about 45-60 minutes. There aren’t as many clues in a mini escape room as a regular escape room. Julie Reiten, the base library’s director, says that the mini escape rooms occupy a table in the middle of the library and an appointment time is needed, unless no team is scheduled for that time slot.

Some themes for the base’s escape rooms are Where in Time is Carmen Santiago, library history, and Harry Potter, which is once a year in February. They welcome families and kids. For any child under 12 completing an escape room for the first time, they must be accompanied by a parent. The base library also hosts escape rooms at the Minot-A-Con, and the themes will be Five Nights at Freddie’s and Mario.

In downtown Minot, Escape Point, owned and operated by professional player Danielle Duncan, offers a fully immersive experience. Escape Point’s games are a form of interactive escape rooms where everyone can use their talents and achieve their own specific moment to shine. Ms. Duncan has the perspectives of creator and of player. “Personally, I love solving puzzles, and it’s a positive outlet for my creativity because the games are so detailed. As a game player, I love being immersed in the game’s environment, and I hope players who play our games get to experience the same thrill as we do when we play in other places.” Ms. Duncan offers a 10% military discount, called Hero’s Discount. The promo code is give\_back. Visit her website at <https://www.escapepointnd.com/> for more details.



Escape Point’s The Lost Gold of Pirate Bay: You and the crew need to search the captain’s quarters while he’s ashore to prove he’s a cheat. Make sure you and the crew don’t walk the plank. For 2-6 players.



Escape Point’s The Marooned Balloon: At sunset, a ride in a hot air balloon becomes your worst nightmare when the burner malfunctions. Reignite the burner or risk crashing into the darkness below.



Minot Public Library’s Percy Jackson: Break out from the principal’s office. A rival team has locked you Chiron’s in office and you must escape in time for the campfire singalong and the s’mores.

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# Team Minot serves with pride

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MINOT AIR FORCE BASE, N.D.

Every June, Pride Month offers Americans a chance to honor the contributions LGBTQI+ (lesbian, gay, bisexual, transgender, queer/questioning and intersex) people have made to society. The Department of the Air Force takes this opportunity to recognize and honor the noteworthy contributions made to the Air Force by LGBTQI+ service members during June.

“Pride Month is for everyone,” said Tech. Sgt. Zade Vadnais, president of the Minot Air Force Base LGBTQI+ Alliance. “It’s primarily an opportunity for the LGBTQI+ community and its allies to recognize and celebrate the progress that has been made since the Stonewall Uprising in 1969, but it’s also an opportunity for those who are unfamiliar, fearful, or misinformed about what our community stands for to see that some of their family members, friends and neighbors they interact with every day belong to the LGBTQI+ community, and hopefully they can realize we have more similarities than differences.”

The Air and Space Force is better equipped to carry out the mission with a force composed of people with various experiences, backgrounds and skill sets. With that, Pride Month allows visibility and recognition to better carry out the mission.

“The U.S. military’s strength lies in its people, and the strength of its people lies within their differences,” said Vadnais. “If everyone in the military came from the same background and we all thought, behaved, and solved problems the same way, we would not be the lethal and innovative force we are today.”

Pride Month is significant to the U.S. military considering the anti-LGBTQ+ policies that heavily



Runners participate in the color run 5K at Minot Air Force Base, North Dakota, June 21, 2024. LGBTQI+ Pride Month at Minot Air Force Base is held to recognize the history, contributions and achievements of LGBTQI+ U.S. service members.

impacted U.S. service members in the past.

“Pride Month observances within the military community are especially important because the right for LGBTQI+ U.S. servicemembers to serve openly was established less than 15 years ago,” said Vadnais. “There are people still serving today who began their military career under policies that forced them to lie or hide facets of their identity from coworkers, neighbors, and friends. These policies are luckily a thing of the past, and their repeal is cause for celebration.”

This year, the Minot Air Force Base LGBTQI+ Alliance hosted several different events for Pride Month. The month was kicked off with an opening ceremony, during which commanders from the 5th Bomb Wing and 91st Missile Wing signed a proclamation in support of LGBTQI+ Pride Month. They also had a presence at the City of Minot’s Pride in the Streets event downtown, put on

a few community-building social events, hosted three community-focused mentoring sessions with the 5th BW command chief and other senior leaders on base and partnered with the 5th Force Support Squadron to host a color run 5K on base.

These events were held to celebrate Pride, recognize the history, contributions and achievements of LGBTQI+ U.S. service members, familiarize people with the LGBTQI+ individuals in their community and give people a space to talk and ask questions about LGBTQI+ topics.

“When a community like Minot shows marginalized people that it cares about them, they feel respected and supported, said Vadnais. “When people feel respected and supported by their community, they pass those good vibes on to others, and the entire community grows stronger.”



Chief Master Sgt. Tori Jones, Command Chief of the 5th Bomb Wing, and her spouse, Dr. Mary Evans, talk with Airmen during the Pride Coffee Chat hosted by the lesbian, gay, bisexual, transgender, queer/questioning and intersex (LGBTQI+) Allies at Minot Air Force Base, North Dakota, June 5, 2024. Pride Coffee Chats allow Airmen to talk and ask questions to mentors about LGBTQI+ topics during Pride Month.

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# Save Jane Event July 12

NORTHERN PLAINS CHILDREN'S ADVOCACY CENTER

MINOT, ND—Every victim of abuse deserves a voice. Especially children. Join the Northern Plains Children's Advocacy Center on July 12 as awareness is brought to those children in the northwestern region of North Dakota who were served by the Northern Plains Children's Advocacy Center in 2023. The event starts at 6 p.m. in the Oak Park Amphitheater.

Staff, board members and the public will read the names of the 636 child victims who were served at the advocacy center last year. By doing this, we will give each one a voice by saying their names and crimes committed against them. To protect their identities, we say "Jane Doe" and "John Doe" in place of their names. We will not stop until each child's name is spoken.

Sadly, those 636 victims are only a small fraction of the number of

children who suffer from abuse. We are a community coming together to give a voice for those who can't speak for themselves. If you'd like to join the fight and read names, please contact the NPCAC at 852-0836.

The NPCAC provides a compassionate and effective way to serve children victimized by sexual abuse and other crimes while restoring hope and helping them focus on what really matters—being a kid. Families that come to NPCAC are never charged for services; funding for NPCAC comes from grants and community donations.

"These children didn't choose to be abused. We are here to give them a voice," said Christal Halseth, NPCAC Executive Director. "Every year, we serve more children than the last. If we don't fight for them, then who will?"



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## A LOOK BACK THIS WEEK IN USAF HISTORY

GROUNDBREAKING FOR MINOT AFB  
JULY 12, 1955



The original base control tower under construction in 1956. (Minot Daily News Photo)

During the Cold War, the United States was preparing for the possibility of an attack by enemy bombers. Given its strategic position near the northern border of the country, the city of Minot, N.D., was chosen as the site for the Air Force's new base. Locals donated nearly \$50,000 to purchase the land for Minot AFB, and on July 12, 1955, the groundbreaking ceremony took place. The base took nearly two years to complete.

MAFB was originally a part of Air Defense Command and the 32nd Fighter Group was its first unit activated in 1957. In its 66 years, MAFB has hosted the B-52H Stratofortress for long range strategic bombing, the F-106 Delta Dart for interception of enemy aircraft, the KC-135A Stratotanker for air refueling, and even a U-2 reconnaissance aircraft as a part of Operation Crowflight, as well as many helicopters. In 1961, Minot AFB was selected for a Minuteman I ICBM complex. Today, Minot AFB is the only USAF base with two legs of the nuclear triad, and the 5th Bomb Wing and 91st Missile Wing continue to provide strategic deterrence for the nation.

Information courtesy of: [minot.af.mil](http://minot.af.mil) / A 40th Anniversary History of the Minot Air Force Base

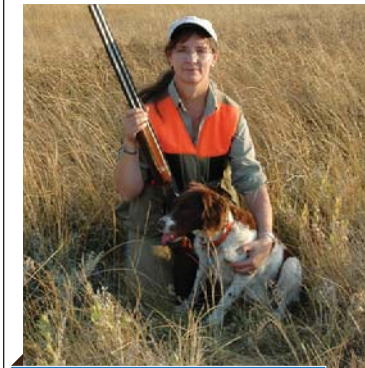
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by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, July 1: 1,842.16 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,449.88 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.85 MSL.

•N.D. Game & Fish Dept. game wardens: Devils Lake remains spotty for walleye with mostly small fish. Try slip bobbers and find warm water. No reports from north-central area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair for small walleye with lots of activity around Grahams Island.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye working shallow, warm water with slip bobbers and leeches.

•Lake Darling, Karma C-Store, Ruthville: Fair walleye activity in the Van Hook Arm on Lake Sakakawea. Look for continued walleye success on Lake Darling.

•Lake Metigoshe, Four Seasons, Bottineau: Fair for a mix of walleye and pike in evening hours. Continued fair bluegill success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Inconsistent walleye success on the east end of Lake Sakakawea with weather fronts continuing to move through. Try a variety of depths from 13 to 30 feet to locate warm water with more fish coming in deeper water around 7 Sisters, east end humps, and the north end of Mallard Island.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: No new reports.

•Lake Sakakawea, Indian Hills Resort, Garrison: Improving walleye success with nightcrawlers. Some success starting with leeches, as well. Try 21 feet and move around to locate warm water.

•Lake Sakakawea, New Town: Anglers seeing a slight improvement in walleye activity in the Van Hook Arm but inconsistent weather and wind continues making success challenging. Move around to locate warm water.

•Lake Sakakawea, Van Hook Bait & Tackle: Try a variety of presentations in

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

- Registration open for Youth Day Camps, Lake Metigoshe State Park, (<https://bit.ly/lmspsowclix>) for camps July 17 and 18 and Aug. 1 and 8.
- Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route and 2 Souris River canoe trails are also open.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam near Riverdale open for free tours Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.
- July 5 & 6: Let's Stick to Fun evening activities, Lake Metigoshe State Park, free with park entrance fee.
- July 12: Cardboard Canoe Races. Go to the Minot Parks & Recreation Dept. website, ([www.minotparks.com/events](http://www.minotparks.com/events)), for details.
- July 12 - 14: Classy Christmas with camp site decorating, ugly sweaters, and more. Lewis & Clark State Park east of Williston.
- July 12 & 13: Survival Weekend at the Amphitheater, Lake Metigoshe State Park with Survival Basics July 12, 8 p.m., Shelter Building, 10 a.m., and Orienteering, 7 p.m. on July 13.
- July 17: Furry Friends Youth Day Camp, Lake Metigoshe State Park, for 7- and 8-year olds, 9 a.m. \$35 and park entrance fee. Registration now open, (<https://bit.ly/lmspsowclix>).
- July 17: Build a Bubble, children's bubble making, 5 p.m. Go to the Minot Parks & Recreation Dept. website, ([www.minotparks.com/events](http://www.minotparks.com/events)), for details.
- July 19: Free Movie in the Park, Oak Park, sunset.
- July 19 & 20 Wild About Wildlife Weekend at the Amphitheater, Lake Metigoshe State Park with Animal Adaptions, July 19, 8 p.m., Kayaking Adventures, 10 a.m., and Wildlife Games, 7 p.m. on July 20.

### TOURNAMENTS:

- July 13: Lake Sakakawea, Parshall Bay; Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Beulah Bay; Devils Lake, Creel Bay.
- July 16: Lake Sakakawea, Four Bears.
- July 19 & 20: Lake Sakakawea, Fort Stevenson State Park.
- July 20: Devils Lake, East Bay.

a variety of depths but anglers finding a little better walleye success in the Van Hook Arm. Move around to locate fish and warmer water.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Weather fronts are generally controlling walleye activity. Missouri River tailrace continues producing small walleye in the spillway channel or river "hole" with better success from boats more so than shore. Try live bait or crankbaits. Some catfish from both boat and shore downstream of the spillway. Lake Sakakawea remains tough for walleye with some success but anglers need to move around and look for active fish in a variety of depths. Water temperature remain cool.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Better walleye success in the upper end of Lake Sakakawea now coming on leeches and nightcrawlers with best success still east in the New Town and Van Hook Arm. A few more walleye starting to show up around Hofflund Islands, though. Northgate Dam producing nice crappie activity with some trout mixed in. Blacktail

Dam continues producing panfish. Try evening hours for walleye using lighted bobbers and leeches.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake improving for a mix of walleye and pike.

### Paddle sports river elevations:

- Little Missouri River, Watford City, Long X Bridge: River stage, 8.28 feet; streamflow, 420 CFS.
- Missouri River, Williston: River stage, 20.38 feet.
- Missouri River Washburn: River stage, 10.61 feet.
- Pembina River, Walthalla: River stage, 2.77 feet; streamflow, 349 CFS.
- Souris River, Foxholm: River stage, 5.87 feet; streamflow, 30.2 CFS.
- Souris River, Minot Broadway Bridge: River stage, 41.64 feet.
- Yellowstone River, Sidney, Mont.: River stage, 7.38 feet; streamflow, 20,600 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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# CHURCH DIRECTORY

## Chapel Services at MAFB

**North Plains Chapel**  
290 Peacekeeper Pl  
*(across from North Plains Elementary School)*

**Protestant**  
Sunday Community Service  
1030  
(Holy Communion 1st Sunday)  
Children's Church available

**Northern Lights Chapel**  
230 Missile Ave  
*(across from Rockers)*

**Catholic Mass**  
Sunday 1000  
Daily Monday-Friday 1200

**Open Circle** (Wiccan/ Neo-Pagan)  
1000 on 1st & 3rd Saturdays

**Hof** (Norse Pagan)  
1700 on 2nd & 4th Wednesdays

## St. Peter The Aleut Eastern Orthodox Church

**109 6th St. SE Minot • 838-3094**

**Saturday, July 6**  
5PM, No Vespers

**Sunday, July 7**  
10AM, Congregational Prayer Service

## Vincent United Methodist Church

**1024 2nd St. SE • 838-4425**  
*Behind Town & Country Shopping Center*  
**Come As You Are!**

Sunday School ..... 9:00 a.m.  
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**  
8:00 am | 9:30 am  
11:00 am

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

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



## 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

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 am.  
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

*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)**

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**Pastor Heath Trampe**

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June 2-August 28

**Sundays**  
8:15am Traditional Service  
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11:00am Contemporary Service (with Livestream)

**Wednesdays**  
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[www.ourredeemers.org](http://www.ourredeemers.org)



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



# Sensational Summer PHOTO CONTEST

## HOW TO ENTER

Submit your photo and who/what/when/where description on our website by using the QR code



Summer fun with water balloons.  
SUBMITTED BY TENA HOLMGREN



Pulled the keyboard outside so that she could practice piano while getting some fresh air.  
SUBMITTED BY TENA HOLMGREN



Salem Lutheran Church. "I loved this little church on the side of the road shining bright with a blue sky background."  
SUBMITTED BY GIANNA BROCKHOFF



Apparently upper 68° And overcast is the perfect weather for water balloons.  
SUBMITTED BY KRISTIN COOPER



My daughter Vivian was enjoying her morning outside in our backyard on base!  
SUBMITTED BY RYLEE WHISTLER



Daisy in the sun at International Peace Gardens splitting North Dakota and Canada's borders.  
SUBMITTED BY COLLIN BROCKHOFF



Hadley's first vacation to Medora's classical musical with mommy and daddy!  
SUBMITTED BY JESSE LITTLE



Backyard camping on base.  
SUBMITTED BY KAYLA KEILBARTH



Summer bike rides.  
SUBMITTED BY JESSE HOLMGREN



Fishing on Lake Darling  
SUBMITTED BY BETHANY AKERS



Our first time at Point of View Winery with our first out of town visitor. Being a military family has allowed our extended family to see parts of the world they would have never dreamed of visiting.  
SUBMITTED BY KRISTEN COOPER



Ferrari Club of America - "It was a pleasant surprise for Luke, a Ferrari enthusiast, to attend a gathering of the Ferrari Club of America in Winnipeg. There were Ferraris, Porsches, and a Lamborghini at The Paolo San Lucas South Landing Store which hosted a viewing of Italy's first Euro Cup game."  
SUBMITTED BY JOY-NICOLE SMITH

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# YOUTH IN ACTION

## Strategies to Beat "Summer Slide": Part 2

The summer is in full swing and ensuring our K-12 students retain the knowledge and skills acquired in the previous school year is critical. Summer slide is defined as a loss of academic skills and knowledge that can occur during the summer break. Last week, I shared 5 strategies to beat summer slide. These strategies were 1) Read regularly 2) Visit the library 3) Engage in educational activities 4) Set learning goals and 5) Incorporate learning into daily activities.

Today, I want to share a key factor in ensuring these strategies are implemented and this is establishing a routine. A routine is important because it helps maintain a structured environment that fosters continuous learning and retention of social and academic skills. The routine does not have to mimic a school schedule but can be flexible and predictable for your K-12 student to know what to expect daily.



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



Of course, a routine will vary for elementary, middle, and high schoolers. Middle school students may have a much later start in the morning than elementary students. However, creating an environment where your K-12 student can expect

academic and social engagement is crucial in beating summer slide.

How are you beating summer slide? What are some ways you are engaging your child to retain the knowledge and skills acquired in the previous school year?

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FCC provides valuable in-home child care services to support the families of Minot AFB

Provider of the Month Feature

JULY 2024



CHEYENNE BUTLER

What do you enjoy most about being an FCC Provider?

I enjoy the nonstop learning about caring for a child physically, emotionally, and mentally. I enjoy watching the children grow to meet milestones and helping the families better understand their child through resources within FCC, and from other providers. The best feeling is being a part of another family and working with parents with the same goal in mind; we want their child to not only be cared for, but to grow in a positive and safe environment in and out of childcare.

What are your interests/hobbies?

I love to design and make crafts for my FCC area or holidays crafts for my kiddos to take home to their families. I really love to inspire their creative minds. My favorite hobby would be videogames. I find it helpful to always find a way to escape to a new reality. Being a provider can be a demanding job at times, but finding time to unwind and reset is very important.

What advice do you have for new providers/those interested in being FCC Providers?

Please reach out to other providers. Do not be afraid to ask for help or advice about anything. The Minot AFB FCC community is supportive of each other, and I highly encourage you to find another provider to do play dates, holiday crafts or parties. They help you stay motivated with the job itself. It is also very important to take some time for yourself daily to stay mentally healthy. Always remember how important you are to each child and communicate daily with families with any concerns or accomplishments! Never be afraid to speak up about anything at all and a second opinion can help any situation immensely.

"A successful daycare is like a second home, where children feel secure, loved, and encouraged to learn and grow." -Unknown

For more information about FCC, please check out the following website: <https://5thforcesupport.com/fcc/>.



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# NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

## RATTLE, RATTLE, YIP - NOT A GOOD COMBINATION

Patricia Stockdill

North Dakota is fortunate having only one native venomous snake—the prairie rattlesnake.

Plus, even though they're poisonous it might be somewhat of a consolation that the prairie rattlesnake isn't quite as nasty as, say, desert rattlesnakes. Plus, they're seldom found "east river" – in other words, prairie rattlesnakes are less common east of the Missouri River. That might help explain why the first snakebite to any family four-legged hunting companion came as a complete surprise: Our Brittany, Huni, came up limping after going through a brushy draw while grouse hunting on a balmy late September evening.

Her foot began swelling. She must have sprained it, we thought, so we iced her lower leg.

The next morning, this small, fine-boned Brittany had a leg swollen larger than a person's arm. It looked like she was wearing a blimp. A quick call to the veterinarian confirmed she needed immediate medical attention.

Our veterinarian quizzed us about the evening events. After telling him we were grouse hunting, he queried as whether or not we were "west river" (west of the Missouri River) or "east river". As he examined her, the rattlesnake's bite marks weren't visible. Had we been "west river", it probably would have been an easy call to make that she, indeed, had a rattlesnake bite.

However, given her swelling and massive amount of black-and-blue skin under her "armpit", all symptoms pointed to a rattlesnake bite. The veterinarian said Huni was lucky in large part because we iced her lower leg – not the bite location - the evening she was bitten. Its location was close to her heart and increased swelling could have been much more dangerous for her.

The second snakebite could have and should have been avoided: Denali, a six-month-old Brittany, was on an August Badlands hike with us. A sharp yip, and the little 18-pound, six-month-old pup came barreling back to my husband in agony. He quickly found the culprit – a few steps later, a small rattlesnake struck his boot. Too bad Denali wasn't wearing boots, too.

We were in a remote area of western North Dakota's Badlands when that incident occurred. After a slow, agonizing trip on prairie trails, we made it so we could at least try to locate a veterinarian in western North Dakota on a Sunday afternoon. That would determine which direction we would go.

Denali was equally lucky, in part because it bit her paw, not closer to her heart or throat.

Snakebites and dogs can be a deadly combination. Our dogs were both extremely lucky.

But that doesn't underscore the fact that they're dangerous to dogs.

Huni's situation also underscores the fact prairie rattlesnakes aren't just found "west river" or in the Badlands. We were hunting along the north shore of Lake Sakakawea only about 20 miles west of Garrison when Huni was bitten. Unlike Denali's situation, she wasn't in an area where one thinks of rattlesnakes.

The incident brought rattlesnake awareness "east river" to our attention – heightened attention, actually. Some of the rugged places along Lake Sakakawea might be considered "east river" but that doesn't mean rattlesnakes can't be present.

Both situations underscore the importance of preparedness.

Some snakebite tips when dealing with dogs:

- They can occur on land or water.
- Many variables determine the severity and outcome of snakebites, including size and age of the dog, bite location, type of snake, and – perhaps equally as critical – how the human handles the situation.
- If traveling in areas with snakes – including outside of North Dakota – find out what types of venomous snakes could be in the area, their preferred habitat, and "personality."
- Recognize the signs: Bleeding, bruising, and swelling around the bite and color changes from red and blue to black as tissues die around the wound. Pale gums, cool skin, tremors, weakness, lethargy, confusion, lack of coordination, vomiting, and slow respiration could also mean a snakebite.
- Keep your "snakebite kit" handy: The kit contains one thing and one thing only – your vehicle keys. Don't ice or warm the wound area. Don't try to cut into the wound and suck out venom or apply a bandage. While Huni was iced, it wasn't placed anywhere near the bite location. The only thing to do is try to keep the dog calm and restrained as gently as possible, helping slow the spread of venom as you high-tail it to the nearest veterinarian.



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## UPCOMING EVENT

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Saturday, July 13th  
10 a.m. to 4 p.m.  
At the Neighborhood Center at 243 Sirocco  
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By email or phone at  
mmackey@kalixnd.org  
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5	1	2	7	8	3	4	9	6
4	3	9	5	6	1	8	2	7
7	6	8	9	2	4	3	5	1
9	2	1	8	4	7	5	6	3
3	4	5	6	1	9	7	8	2
6	8	7	3	5	2	9	1	4
8	5	3	1	7	6	2	4	9
1	7	4	2	9	8	6	3	5
2	9	6	4	3	5	1	7	8

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## MINOT AFB ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** – Embry-Riddle Aeronautical University is the world’s pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor’s, and master’s degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base. Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 27 May - 28 July.. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

**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

**PARK UNIVERSITY MINOT** – Your degree, Your way. Park University is enrolling now. Earn your CCAF credits, AU-ABC, and your Bachelor’s degree with PARK. Let’s maximize your military experience! Find how many credits you can get from your military experience by going to military.park.edu. and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say “Alexa, ask Park, How many credit hours can I get from my military experience?” She’ll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | mino@park.edu PARK. YOU

**★ Hotel ★**  
**REVEL** *Weddings for Warriors*

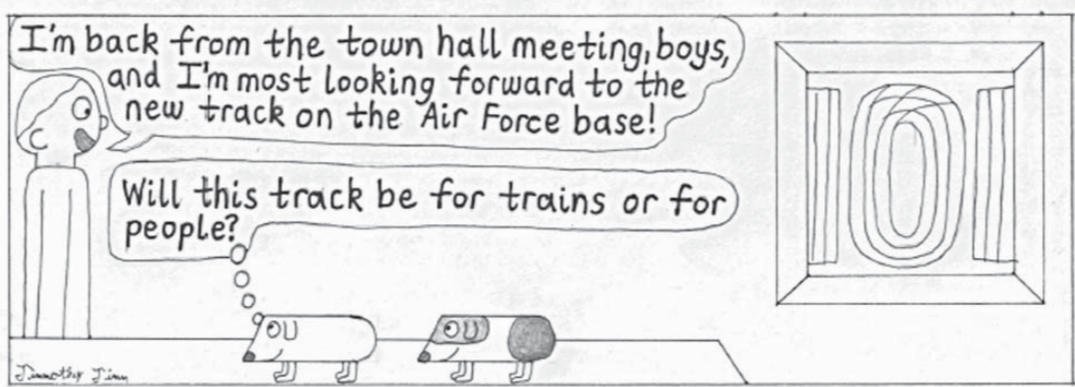
Revel Hotel, a newly renovated hotel next to Dakota Mall, will be giving away use of the Pilot’s Bar and adjoining banquet space at its venue to Airmen.

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.

**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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FB: Atypical Brewery & Barrelworks

**Applebee's Grill & Bar**

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

**Badlands Restaurant & Bar**

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

**Bone's BBQ Smokehouse & Grill**

1412 2nd Ave SW, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

**Culver's Restaurant**

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

**Ironhorse Kitchen + Bar**

21 E Central Avenue, Minot  
Phone: 701.852.8183  
FB: Ironhorse Kitchen + Bar Minot

**Jamaican Vybz Kitchen**

Suite 200 315 Main Street S Minot  
Phone: 701-441-9309  
FB: Jamaican Vybz Kitchen

**Meg-A-Latte**

2045 N Broadway Suite #100  
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Phone: 701-838-8479  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

**Mi Mexico**

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Phone: 701.858.0777  
[www.mimexicomintnd.com](http://www.mimexicomintnd.com)

**N.D. Asia**

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[www.ND-Asia.com](http://www.ND-Asia.com)

**Noodles & Company**

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701.491.9103  
[www.noodles.com](http://www.noodles.com)

**Pink's Bar & Grill**

102 128th Ave NW Minot  
Phone: 701.852.2385  
FB: PinksBarGrill

**The Blue Rider**

118 1st Avenue SE Minot  
Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

**The Starving Rooster**

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Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)

**Whiskey Nine**

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[www.whiskeynined.com](http://www.whiskeynined.com)

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A U.S. Airman assigned to the 5th Bomb Wing is greeted after returning from Bomber Task Force (BTF) 24-3 at Minot Air Force Base, North Dakota, June 26, 2024. U.S. Strategic Command BTF missions provide opportunities to train and work with allies and partners in joint and coalition operations and exercises.



A U.S. Airman assigned to the 5th Bomb Wing reunites with family after returning from Bomber Task Force (BTF) 24-3 at Minot Air Force Base, North Dakota, June 26, 2024. U.S. Strategic Command BTF missions provide opportunities to train and work with allies and partners in joint and coalition operations and exercises.



A U.S. Airman assigned to the 5th Bomb Wing reunites with family after returning from Bomber Task Force (BTF) 24-3 at Minot Air Force Base, North Dakota, June 26, 2024. BTF missions demonstrate the credibility U.S. our forces to address a global security environment that is more diverse and uncertain than at any other time in recent history.



U.S. Airmen assigned to the 5th Bomb Wing are greeted by colleagues and family after returning from Bomber Task Force 24-3 at Minot Air Force Base, North Dakota, June 26, 2024. The Airmen spent six weeks at Royal Air Force Fairford, England, as part of a routine deployment to the U.S. Air Forces Europe – Air Forces Africa area of responsibility.



U.S. Airmen assigned to the 5th Bomb Wing return from Bomber Task Force 24-3 at Minot Air Force Base, North Dakota, June 26, 2024. The Airmen spent six weeks at Royal Air Force Fairford, England, as part of a routine deployment to the U.S. Air Forces Europe – Air Forces Africa area of responsibility.

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## TEAM MINOT AIRMEN RETURN FROM ENGLAND

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

### BAKED QUESO BLANCO DIP



#### INGREDIENTS

- 12 OUNCE HEAVY CREAM
- 1 POUND AMERICAN CHEESE, CHOPPED INTO SMALL PIECES
- 1/2 POUND MOZZARELLA CHEESE, GRATED
- 2 CAN GREEN CHILES
- 1 TEASPOON CHILI POWDER
- 1 TABLESPOON CUMIN
- 1/2 TEASPOON RED PEPPER FLAKES
- 1 TABLESPOON TRAEGER CHICKEN RUB TO TASTE
- CILANTRO, FINELY CHOPPED TO TASTE
- CHERRY TOMATOES, SLICED TO TASTE
- NACHO JALAPENOS AS NEEDED
- TORTILLA CHIPS

When ready to cook, start the Traeger according to grill instructions. Set the temperature to 450 degrees F (500 if using a WiFi-enabled grill) and preheat, lid closed, for 10 to 15 minutes.

Bring cream to a simmer over medium heat. Slowly whisk in cheese in batches making sure the first batch is fully incorporated before adding the next.

Once all the cheese is melted, add in green chiles and seasonings. Taste and adjust seasoning with more Traeger Chicken Rub if needed.

Pour cheese mixture into a cast iron pan and place directly on the grill grate. Cook for 15-20 minutes or until cheese mixture is bubbling.

Garnish with tomatoes, cilantro, jalapeños and a sprinkle of chili powder if desired. Serve with your favorite tortilla chips. Enjoy!



Ryan Davy - GM  
Minot

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TRIVIA NIGHT

Wednesday, June 10 at 7:00pm

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# WHAT'S GOING ON MINOT AFB

## FRIDAY 05

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

## SATURDAY 06

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

## SUNDAY 07

- For a full listing of Independence Day holiday facility hours, visit [5thforcesupport.com](http://5thforcesupport.com)
- Only the Best Come North Scramble, 0900, Rough Rider Golf Course

## MONDAY 08

- Missoula Children's Theatre Presents "The Pied Piper" Auditions, Youth Center
- TAP Overview, 0800-1600, M&FRC
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library

## TUESDAY 09

- Cycle & Strength, 0515, McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Moving Out of the Dorms Budget Class, 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
- National Mac-N-Cheese Special Lunch, 1030-1330, Dakota Inn Dining Facility
- EFMP Family Storytimes, 1100, Minot AFB Library
- Cycle & Core, 1115, McAdoo Fitness Center

## WEDNESDAY 10

- Registration Closes: MVP 360 Flag Football, CYPBMS website at <https://parent.afcyp.com/>
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Family Strength & Tone, 1000, Turf, hosted by 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
- EFMP Master Chef – Burgers & Milkshakes, 1100, Jimmy Doolittle Center, hosted by M&FRC
- Top 3 Mentorship Hour – Indo Pacific, 1130-1300, Professional Development Center
- SAPR Tier 2 Brief, 1300, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center

## THURSDAY 11

- Cycle & Strength, 0515, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Craft Club, 1800, Minot AFB Library

## FRIDAY 12

- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Friday Flicks, 1630, Rockers Bar & Grill
- Missoula Children's Theatre Presents "The Pied Piper", 1700, Youth Center
- Fiesta Friday: Salsa Lessons & Dance Night, 1800-2200, Base Theater

## SATURDAY 13

- MINOT-A-CON, 1100-1700, Minot AFB Library
- Missoula Children's Theatre Presents "The Pied Piper", 1200, Youth Center
- MINOT-A-CON Cosplay Contest, 1600-1700, Minot AFB Library
- Ballpark Nights, 1730, Corbett Field, hosted by Outdoor Recreation

## JULY SPECIALS

Bomber Bistro Featured Item  
**Red, White & Blue Salad**  
 Spring mix, strawberries, blueberries, and feta cheese with raspberry vinaigrette.

The B-Fifty Brew Featured Item  
**Red Bull Burners**  
 Enjoy a caffeine boost from Red Bull with our featured flavor burners: Strawberry & Cream and Blue Raspberry & Coconut with Lemonade!

Rockers Bar & Grill Featured Item  
**Philly Cheesesteak**  
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