

# northern sentry

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## WHATS INSIDE THIS WEEK:



FAR AWAY FAMILY

**A3**



CENTRAL BREW COMING SOON!

**B1**



RETIREE APPRECIATION DAY

**B2**



U.S. Air Force Master Sgt. Jonathan Salvador, 705 Munitions Squadron non-commissioned officer in charge, plays guitar in a studio on Minot Air Force Base, North Dakota, July 9, 2024. Salvador was previously named best in the show after performing a rendition of the song "Smooth" by musician Carlos Santana at the 2011 Air Force Worldwide Talent Search competition. See more on page A6.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALEXANDER NOTTINGHAM

## MILITARY APPRECIATION DAY AT THE FAIR

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# 91st Operations Group welcomes new commander

AIRMAN 1ST CLASS ALYSSA BANKSTON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Col. Mike Suden assumed command of the 91st Operations Group from Col. James Schlabach, 91st Missile Wing commander, during an assumption of command ceremony at Minot AFB, North Dakota, July 10.

Suden now commands a group of three missile squadrons and an operations support squadron. He is responsible for the safe, secure and reliable operations of 150 Minuteman III intercontinental ballistic missiles operated from 15 remote missile

alert facilities in support of missile field activities dispersed over 8,500 square miles. Those in attendance at the ceremony included families of both commanders, support staff and Rough Riders of the 91st OG.

"Serving the 91st OG has been the honor and privilege of a lifetime," said Schlabach, who commanded the 91st OG before assuming command of the 91st MW. "The men and women of this organization go above and beyond every single day to execute the most critical mission."

The 91st OG is the operational backbone of the 91st MW. With

its four squadrons, the 91st Operations Support Squadron, and the 740th, 741st and 742nd Missile Squadrons, the group continues to be an essential component of the U.S.'s deterrent force, maintaining Minot's missiles in a safe, secure and operational state.

"I'm happy to be back," said Suden, who served as director of operations for the 91st OSS and 742nd MS in 2015. "I'm looking forward to getting back on alert, getting back in the mission to support our OG in any way I can."



U.S. Air Force Col. James Schlabach, 91st Missile Wing commander, passes the guidon to U.S. Air Force Col. Mike Suden, 91st Operations Group (OG) commander, during the 91st OG assumption of command ceremony at Minot Air Force Base, North Dakota, July 10, 2024. Schlabach gave the guidon to Suden during the ceremony, symbolically passing command of the 91st OG.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS ALYSSA BANKSTON



U.S. Air Force Col. Mike Suden, 91st Operations Group (OG) commander, speaks during the 91st OG assumption of command ceremony at Minot Air Force Base, North Dakota, July 10, 2024. The 91st OG is comprised of four squadrons; the 91st Operations Support Squadron, and the 740th, 741st and 742nd Missile Squadrons that continue to be an essential component of the U.S.'s deterrent force, maintaining Minot's missiles in a safe, secure and operational state.



U.S. Airmen assigned to the Minot Air Force Base Honor Guard present the colors at the 91st Operations Group assumption of command ceremony at Minot Air Force Base, North Dakota, July 10, 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 2nd Lt. Elijah Robinson, 741st Missile Squadron nuclear and missile operator, sings the national anthem at the 91st Operations Group (OG) assumption of command ceremony at Minot Air Force Base, North Dakota, July 10, 2024.

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## NOTES ON BEING SAFE

### IT'S STATE FAIR TIME AGAIN SAFETY & HEALTH AT THE NORTH DAKOTA STATE FAIR



There's no better way to enjoy the summer celebration than the North Dakota State Fair – for the most part it's the last chance before school begins to enjoy the sounds, sights, smells, tastes and activities only to be found at the fairgrounds here in our own city of Minot.

Before heading out to enjoy all the festivities... being prepared ensures your family's experience is fun, healthy and safe by considering these tips as you plan your family outing.

Be realistic. Everyone goes to the fair for all kinds of "forbidden" foods and hours of fun, so recognize your limitations and the inevitable choices there for the taking. But also recognize there are things you and your family can do to stay in control, such as taking frequent breaks, eating a balanced and filling meal before you leave and getting a good night's sleep the night before.

Drink Water. Be sure to drink plenty of water before and during your visit. You can also take a cooler with you so water is readily available to prevent dehydration. Water can also help cut back on overeating.

Dress Appropriately Ensure everyone is wearing a hat, has generously applied sunscreen and is wearing comfortable walking shoes. For a nominal fee, power and manual wheelchairs are available for those in need of

mobility assistance.

Practice Safety Do your children have identification should they become separated? Remind your children about strangers, for assistance, Ward County Sheriff officers are accessible throughout

the fairgrounds.

Going to the North Dakota State Fair should be fun, so please remember these tips to keep your family and friends healthy and safe.

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# Far Away Family

ERIN BEENE, NORTHERN SENTRY

When you join the military or marry into it, your family life changes. If you get orders overseas, or assigned to a base - like Minot AFB - that is a lengthy drive away from your home, your relationships with your family are going to evolve. They have to.

There is a monumental shift in a mil person's life when their everyday activities no longer involve their extended family. You don't go to church together or have family BBQs. You don't see each other at kids recitals or even many major holidays. Your parents, in-laws, grandparents, siblings, cousins, nieces, nephews, aunts and uncles no longer share the everyday parts of your life.

You start to experience each other's lives through social media and shared videos rather than alongside each other in real life. But despite these technological enablers, the harsh reality is that you are now creating a life without your extended family physically in it.

This can be a hard reality to accept. It sets in as you get settled in a new place. It causes your relationships to evolve. Your mindset needs to evolve too. You start to build a life, a world, or a family in your new given space. You create your own traditions. Friends may take the place of family on major holidays. You adapt to the new lifestyle and

the place you are living becomes a part of you. And it should. This is your home now, not the home you left behind. You create a new family, whether through marriage or with friends sharing this experience with you.

This is a heavy aspect of mil lifestyle. Leaving family and hometown friends can feel like a betrayal. Some feel the constant nag of guilt for not visiting "home" more. Others feel a constant, intense longing to be back. All of these feelings are normal. Almost everyone experiences them.

Meanwhile, while you grow as a mil family or independent person, these familial ties and hometown longing will always be a part of you. It's where you came from, and maybe where you want to get back to. But, as you continue to grow, your own individual life here evolves without your extended family. And that's ok too.

When mil families are placed in a situation where they are very far away from their hometowns, I've noticed that families and individuals often fit into one of the two following ends of a spectrum:

1. They miss home so much. They Facetime family and friends almost daily. They don't try to like where they are and complain about their circumstances all the time. They take every single opportunity

to go "home" and visit. They don't make new friends. They don't take advantage of new opportunities.

2. They always seek adventure and the new. They use all their vacation budget to explore the places around them. They create an entire new life for themselves. They stop talking to their friends and family back home because they don't have much in common anymore. They don't go "home" to visit because it's too hard to be pulled in two directions in once.

Now, ideally, you are able to achieve a happy medium between these two extremes. Every family does what feels right to them based on income, work commitments, distance, family health, school and what's best for them. No one can tell you what is the exact amount of time to go "home" and visit every year. It varies on so many things. What works for one military family may not work for you, and that's ok.

But, what we can tell you is that it is ok to evolve your perspective on what it means to stay connected to your now extended family. It may vary based on the season of life, and the place you live. It can and should change as life goes on.

Consequently, living your life here doesn't mean you don't care about the life or family you left, it means that you are channeling your pre-military life to create your own beautiful family, and evolving your important relationships along the way. It may look very different from the way you were raised, and that's ok too. That's the military lifestyle, which is now a part of your family too.



Baby Hadley exploring North Dakota this summer. Her first vacation to the Medora Musical with mommy and daddy!

JESSE LITTLE PHOTO



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Airmen friends showing off their "prom pose".

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MINOT AIR FORCE BASE NEWSPAPER  
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**A VIEW FROM OUR SIDE**  
 ROD WILSON



**IT ALL STARTED WITH JUNE BERRIES...**

It was kind of a hot afternoon when my spouse and I wandered into a field scouting for Juneberries. With the amount of moisture this spring, the word was out that there would be an abundant crop this year, and the information was accurate. When I was a kid there were several tree rows that would yield Juneberries, but not every year. The amount of rain we received would have a direct bearing on the crop of berries that we could expect.

Sure, there were several other factors that included avoiding a late frost, or even one of those summer thunderstorms with hail that would literally knock the green berries right off of the bushes.

This year there is an abundance of Juneberries, but the challenge we have this year is the hot weather that tends to ripen the berries quickly. Perfect Juneberries look a lot like their blueberry cousins, and it a perfect year they truly would start to ripen at the end of June. Still, we picked a couple of ice cream pails full with intentions of using them for eating-Juneberries and cream, baking-Juneberry Kuchen (topic for another article), or freezing for winter use.

# Take What You Are Given

There is another challenge for Juneberries, that being that the birds are just as fond of them as we are. Once they, the birds, have discovered what we have, that the Juneberries are ripe and ready to pick, they become competitors for the larger and perfectly ripened berries. It's not unusual to have a robin withing a foot of where you are picking letting you hear their displeasure with you taking what is theirs.



Juneberries ripe for the picking.

**TAKE WHAT YOU ARE GIVEN**

My Dad used this comment quite a bit, and I as I think back, he was using it to accurately describe our life in North Dakota. Take for example, apple trees. Most are not native to North Dakota, and the success of a good apple crop from a tree like the one in our back yard depends on good spring moisture, the right amount of spring breezes, and pollination of the blooming flowers at just the right time. Last year, the tree was loaded. This year? Not so much. In fact, I have yet to discover even one green apple on the tree.

Another northern tier fruit is the Aronia Berry. Our friends at Wolf Creek Winery in Coleharbor use these berries to produce a great wine. Even though they do grow wild, most of the Aronia Berries used for wine in North Dakota come from producers. Still, we used to pick Aronia Berries when we would discover them in tree rows near where I grew up. Not nearly as sweet as Juneberries, but a handful was always a treat.

There is so much in North Dakota that falls under the "take what you are given" category. Last night we watched as thunderstorms were building after a very hot day. We had the opportunity to

tour some of the fields near where we were picking Juneberries. They look really good. But who knows whether the storms that approached would bring hail and high winds. A good field can turn into a hailed out field in a hurry.

And then there are those who enjoy the sport of fishing on area lakes. Sometimes fishing is good and sometimes you are doing no more than drowning worms. Another case of taking what North Dakota gives us.

I would guess that in every corner of the United States it is certainly the case to "Take What We Are Given." But it doesn't necessarily pertain to only food products. It could be scenery, like the badlands of North Dakota, or the great lake shores of Minnesota, the mountains of Montana...and I could go on forever. I am from here, and I do take time to tell everyone about what is special in this area. Our neighbors on Minot Air Force Base need to hear it from us. We need let them know what is

special so that they, too, can Take What They Are Given. Whether it be for a short time, like 2 years, or a lifetime once they retire and choose Minot as their permanent home, let's help them Take What They Are Given.

**BEST KEPT SECRETS**

North Prairie Farmer's Market is now open, this year with 2 locations. On Broadway near downtown Minot from 11 AM to 2 PM on Saturdays across from Planet Pizza, and watch for announcements on a second location, Tuesdays, near Trinity Health's new campus.

**TODAY'S CHUCKLE**

**Rock Therapy**  
 A young lad was on the lake shore looking for what he described as the perfect rock. I asked him "The perfect rock to skip across the water?" He said "No, to kick all the way home so I have something to do when I am walking."

# Where is the customer service?...

I was angry about the lack of customer service I received in Minot. Not once, not twice, but in four separate businesses I visited in one day.

A friend in Williston said he and his wife have had to deal with arrogant receptionists. And when the service work finally got done, it was only marginal at best.

My brother in Bismarck has told me he'll sometimes go into a store and nobody is present. He wanders around for 15 minutes or so, nobody shows up, so he goes to a competitor and buys his products.

A high school friend who lives in Jamestown and has been there for 40 years is treated poorly in several businesses where they know who he is. He's been a customer all those years.

So it isn't just an anomaly that I dealt with that one day in Minot. It seems this is happening all across the state. The question is, what can be done about it?

On the other side of this equation is a young lady who is 18 and works in a local convenience store. I know her parents pretty well and I know that she is a good kid. Every time I drop by I tease

her about something.

On this day, however, she wasn't in a happy mood. She told me she appreciated the humor, but it appeared every customer was blaming her for the floor not being mopped, a gas pump not working, or another employee who would rather have been taking a cigarette break than restocking products or helping customers.

This poor girl took the brunt of something none of us would want. But you know what? It made her even more determined to succeed. It made her realize that if her co-workers don't care about being a better business, she does and will do everything in her power to make that happen.

She seems a rarity in today's world. But the point is, maybe this lack of customer service is a two-way street. It got to the point that she was anticipating the next customer to be crabby just like the last one. And that, in and of itself, manufactured stress.

Ironically, this could be a chicken or egg kind of situation. Management that hires people to be employees, needs to make sure, especially in retail, they are hiring people who have a personality that

can work with the public at large.

As customers, we need to put aside our petty angst like a floor that isn't mopped and treat employees more professionally.

Did Covid create this? Did Zoom create this? What was the catalyst that actually caused this kind of egotistical human behavior?

Regardless of the reason or the excuse, it has to be fixed. Because the longer this kind of behavior goes on, the worse it's going to get.

We see TV commercials; we see newspaper ads and hear radio commercials "buy local" they all say. Customers want to do that and most of us have that option. Williston, Minot, Bismarck and Jamestown all have small towns around them that would love to have our business. Try buying in a neighboring community, see what happens. See if you are treated like the above examples I provided.

I know now I'm not the only person who feels like this or sees this. And business owners wonder why we use Amazon or Sam's Club and don't go into their stores. It's unfortunate, but it's the truth.



**UPSIDE DOWN UNDER**  
 MARVIN BAKER

There's been a lot of chatter lately on social media about lack of customer service. It seems it doesn't matter if it's retail, wholesale, the service industry or even medical clinics.

Why is this happening?  
 The easy answer that has become a cliché is everybody is short staffed. Employees get stressed out when they are overworked. I get that. It's happened to me numerous times in my career.

But this seems to be happening to a lot of people "customers" and they aren't happy about it. Yes, I've dealt with employees who could care less if I spend money in their business or not.

In fact, two weeks ago, I wrote an article about this that I decided was too harsh to print because

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**SHE'S NOT FROM AROUND HERE**

AMY ALLENDER

A question floated into my inbox this week: "My parents are visiting the week of the fair. Other than that, any must-sees?"

I love this question. It merges two of my passions: proving that Minot is awesome and trip planning. But instead of giving you my own opinions, I asked an expert to chime in.

Notebook and favorite pen in hand, I propped my phone up on the couch arm and dialed. "Hey, Mom," I said when the FaceTime call went through. "I'm working on an article and I need your help."

My parents have been faithful Minot enthusiasts since we were first stationed here in 2012. They've been here often enough to have developed opinions on what to do and how to spend their time in Hotdish Land.

Below is a list of my parents' favorite things in the area. Some are common attractions; others might be overlooked as places to take a visitor. This is a curated list from someone who has visited many times and seen all the major sites. According to Susi Allender, these are the things you should do when your parents come for a summer visit.

1. Walk the parks. We've got lots to choose from, but my parents' favorite is Oak Park along the Camp Owetti trail.

# Got Visitors?

## These are my Mom's favorite things to do on a trip to Minot.

2. Go to the zoo. This is something we've enjoyed doing together with and without kids.

3. Spend time downtown. No trip to Minot is complete without a stroll downtown, lunch at Charlie's, and a stop in Main Street Books and Gourmet Chef.

4. Get coffee and breakfast. "You can go to a different cute coffee shop every single day!" my mom said on our call. Our favorites are Central Brew, Prairie Sky Breads, and BearsCat. (My dad, a donut connoisseur, has declared BearsCat's

old-fashioned top-notch.) If your family isn't familiar with caramel rolls, pick some up from Karma Convenience Store for breakfast at home.

5. Go shopping. My mom's favorite shops for gifts are Vintage City and The Foundry. My dad loves SCHEELS (it's not a thing where we're from).

6. Summer Theater. If there is a summer theater show happening, we go. Don't forget single dollars for root beer floats at intermission.

7. Grab a drink. If your parents enjoy adult beverages or local beer and wine, I recommend Atypical Brewery, Blue Rider, and Off the Vine. Pointe of View Winery also offers wine tastings, or wine by the glass to enjoy at the vineyard while taking in gorgeous valley views.

8. Grab a treat. Our local favorite treats include shaved ice from The Shack, Pride Dairy ice cream (available at the Putt District), and Magic City Sweets.

9. Check the event calendar. Consult the Visit Minot event calendar and take advantage of any special events that coincide with the visit.

10. Go to the Peace Garden. According to the expert, a day trip to the International Peace Garden is worth the drive. My parents' pro tip is to bring a passport, even though it's not required because it speeds up reentry into the US.

If you've got family coming to town, hopefully, this will get your wheels spinning. Or maybe it'll inspire you to get out and act like a tourist if there are places on this list you haven't been yet.



Walking in the park. "For me, the best visits aren't about impressing company, but spending time together, and allowing others to enjoy life alongside us in Minot."

AMY ALLENDER PHOTO



July and August are perfect months for visitors, and a perfect time for a day trip to the International Peace Garden.

AMY ALLENDER PHOTO

For more ideas and stories of life in Hotdish Land, connect with me at HeyMinot or @amy\_allender, and on Facebook @amyallenderblog.

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# Striking the Right Chord: Practice Makes Perfect

SENIOR AIRMAN ALEXANDER NOTTINGHAM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

“Practice makes perfect” is a phrase that almost everyone is familiar with. It’s a phrase that every Airman strives to embody with each task they execute, getting better and better each time.

I met with Master Sgt. Jonathan Salvador, 705th Munitions Squadron non-commissioned officer in charge of the missile maintenance section, whose practice has made him – what I like to think of as – perfect at playing guitar. He’s been playing guitar since he was 10 years old, perfecting his craft every day through rigorous practice.

I was at a change of command ceremony when I first heard him perform. I was blown away by his rock rendition of the national anthem. Left in awe, I felt I had to know his story as a writer. The who, what, when, where and why were all I could think of for the remainder of that ceremony. I quickly started the brainstorming process, taking notes between each speaker at the ceremony.

On July 3, I met Salvador at his house to interview him. We discussed what drives his passion and how he takes what he learns from playing guitar to his work center to be a better leader and an excellent maintainer.

“Music is just like technical orders, a step-by-step guide on how to do a mechanical task just like playing a new song on guitar, you have to follow each beat note by note,” said Salvador as he described his job as if it were a musical rehearsal. “You learn each portion of the chorus in steps, perfecting each note and then moving on to ace the next.”

This isn’t the Minot AFB public affairs team’s first time highlighting Salvador. In 2010, Salvador competed in the Air Force Worldwide Talent Search where a victory as the best in show reignited his personal “why”, as he had the opportunity to inspire an audience of thousands at the Bob Hope Performing Arts Center in San Antonio, Texas. It was this achievement that revitalized his passion.

“I always knew music was a big part of my life,” said then-Airman 1st Class Salvador. “This accomplishment will definitely get me back on the path towards practicing for any future event to come.” He has held to his promise and has played for many retirement ceremonies, change of command ceremonies, and other military events.

No matter who you are, finding

a hobby outside of work can keep you healthy. It helps you improve yourself mentally and becomes a way to de-stress and disconnect from whatever is ailing you. Engaging in leisure activities such as clubs, hobbies, projects, baking and cooking were associated with reduced levels of depression according to studies from the National Library of Medicine.

“In a chaotic world I can’t control, it’s nice to sit back with my hobby where I can control how chaotic I want my beat to be,” said Salvador. “I get to choose how heavy the riffs I play, whether I play metal or country, and that gives me peace of mind.”

In the Air Force, “Excellence In All We Do” is not merely a buzzword but a core value. Through relentless practice and unwavering dedication, we transform potential into prowess, honing our skills

until they are second nature. Just as a guitarist perfects their music through countless hours of practice, each member of our force commits to continuous improvement in their primary duties, embodying the spirit of “practice makes perfect.” Through this steadfast commitment to “Excellence In All We Do”, we not only meet but we exceed the high standards set before us, ensuring we are always prepared, always vigilant, and always ready for any mission.

Don’t settle for just being the expert in your career field, as that is merely a requirement of the Air Force. Strive to find a hobby that brings you happiness and become the master of that craft as well. I challenge my wingmen to not only find that passion, but to master it and share the joy it brings you with your peers. Be the pilot light that ignites the flames of passion in someone else.



U.S. Air Force Master Sgt. Jonathan Salvador, 705 Munitions Squadron non-commissioned officer in charge, practices chords on a guitar in a studio on Minot Air Force Base, North Dakota, July 9, 2024. Salvador has been playing guitar since he was 10 years old, he continues to play music each and every day.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN ALEXANDER NOTTINGHAM

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Airman 1st Class Jonathan Salvador, 17th Munitions Squadron air-launched cruise missile maintenance team member performs an electric guitar solo at the Bob Hope Performing Arts Center, during the Air Force Worldwide Talent Search on Dec. 10, 2010. Airman Salvador was named best in show and top musician for the competition.

COURTESY PHOTO



# Central Brew Coming Soon!

SABRINA MULRAIN, NORTHERN SENTRY

Okay all you coffee enthusiasts, there's some exciting coffee related news coming soon to Minot AFB! The little coffee kiosk near Missile Avenue and Peacekeeper Place, in the parking lot of the Turf, will be the new location for the next Central Brew coffee shop.

Central Brew started off as the shared dream between Dana Zaback and Mary Prough who wanted to share their love of coffee with everyone in Minot. Currently Central Brew has only one location at 400 E Central Ave Suite 104 Minot, ND that opened on October 19th, 2023. While Central Brew may have started as a big dream between two friends, things changed when the perfect opportunity to make this longtime dream a reality arose after another coffee shop had closed down. The pair took the chance to turn the location at 400 E Central Ave into the very first Central Brew. Now not even a year after making their dream a reality they've been offered a space for their second Central Brew location. Dana and Mary were approached by Brooke Madison

the services business manager for the Minot AFB Exchange with an opportunity to open a Central Brew location on Minot AFB. Dana and Mary had always dreamed to open more locations in the future, so they jumped at the chance to have a Central Brew on Minot AFB.

Central Brew offers many delectable options to patrons looking for that morning pick me up. While Dana's favorite coffee is the cold brew, the popular coffee choice at the moment is the Bourbon Caramel latte. Coffee not your thing? Well don't you worry because Central Brew offers a tasty alternative. Central Brew's Lotus drinks are plant-based energy drinks with many different fruit flavor options. Feel free to try any of the signature Lotus drinks or ask for any combination of flavors to create a unique beverage made just for you!

Of course, there's more than just tasty drinks available at Central Brew. If you're craving something for your sweet tooth as well, they have a baker who comes in to bake homemade pastries like scones,

muffins, cookies, banana bread, lemon bread, and more. There are also some scrumptious deli sandwiches with ham or turkey and mouth-watering chicken wraps available for purchase. You wouldn't want to pass up on their famous grape pecan chicken wrap which is a favorite among customers. And once the cooler weather returns it will be the perfect time to try the soups that are available in the fall.

Dana and Mary want to share not only their love of coffee, but also a family friendly and cozy atmosphere with their patrons. When asked to share what Central Brew is all about Dana stated, "We strive to always be the best. We're always sampling different coffees and trying to figure out what's the best. When we opened up the location in Minot, we had a taste test sampling. We brought different people in just to get everyone's palates happy and see what kind of coffee we were gonna go with." Dana and Mary had a dream and they made it happen.

The Central Brew kiosk near the Turf will have everything that



Mary and Dana the co-owners of Central Brew are excited to open their second location on Minot AFB.

the Minot location offers as well. The kiosk will be open 5:30am to 1:00pm Monday through Friday. As of now the tentative opening date will be July 29th, 2024. Don't forget

to stop by the new Central Brew location and try a Bourbon Caramel latte with a grape pecan chicken wrap and one of the delicious scones!



The future Central Brew location on Minot AFB.



A delicious iced Bourbon Caramel Latte.



The fan favorite grape pecan chicken wrap.



A tasty blueberry scone.

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TONIGHT!

Mötley Crüe

Friday, July 19

TOMORROW!

Lil Wayne

Saturday, July 20

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Sunday, July 21

Demolition Derby Monday, July 22

MHA Indian Horse Relay Tuesday, July 23

Sawyer Brown & Hometown Sound Wednesday, July 24

mgk with special guest Shabooszy Thursday, July 25

Thomas Rhett Friday, July 26

Lainey Wilson Saturday, July 27

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## WHITE-HANDED GIBBON

**CREATURE FEATURES**

- White-Handed Gibbons are considered lesser apes and not monkeys. Apes do not have tails. They have hands similar to humans with opposable thumbs.
- True brachiators, gibbons are believed to be the fastest of all the primates and most agile tree dwelling animal. They use their long arms to effortlessly navigate through the trees.
- The White-Handed Gibbons arms are longer than its legs, which allow the gibbon to move nearly 10 feet with each pendulum swing of its body.

Fact File	
Life Span	25 - 30 years
Weight	16 - 25 pounds
Height	16 1/2 to 23 inches
Wild Diet	Omnivore Carnivore Herbivore Fruits, Leaves, Flowers, Small birds, Eggs

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It's time for a drive vacation. You mapped a route, booked hotels, and made a checklist of things to do before you go. AAA reminds you to also make car maintenance part of your summer road trip preparation. Use this car care checklist to ensure your vehicle is ready for summer travel.

**Check belts and hoses**  
Reinforced rubber drive belts power the engine water pump and accessories such as the alternator and air conditioning compressor so you should inspect and replace any that are cracked, glazed or frayed.  
Note that modern multi-rib or drive belt materials do not show easily visible signs of wear. As a general rule, replace drive belts every 60,000 miles. Inspect and replace worn, brittle, bulging or excessively soft radiator hoses. Check for leaks around hose clamps and at the radiator and water pump.

**Replenish emergency kit supplies**  
AAA recommends keeping a well-stocked emergency kit in your vehicle. Include a flashlight and extra fresh batteries, first-aid supplies, drinking water, non-perishable snacks for people and pets, car battery booster cables, emergency flares or reflectors, a rain poncho, a basic tool kit, duct tape, gloves and shop rags or paper towels.

**Plan ahead for vehicle service**  
In the event you should need vehicle maintenance, know ahead of time where to find an auto repair shop and technician you can trust. Use AAA.com/Repair to access AAA's network of nearly 7,000 Approved Auto Repair facilities. Each shop meets AAA's service and customer satisfaction standards. AAA members receive auto repair discounts, an extended 24-month/24,000-mile parts and labor warranty, and assistance in resolving repair-related issues.

**Keep the AC running cool**  
Take a test drive with the air conditioner running. If you notice a decrease in cooling capacity, take the car to an auto repair shop for diagnosis. Also have the cabin filter inspected and replaced as needed.



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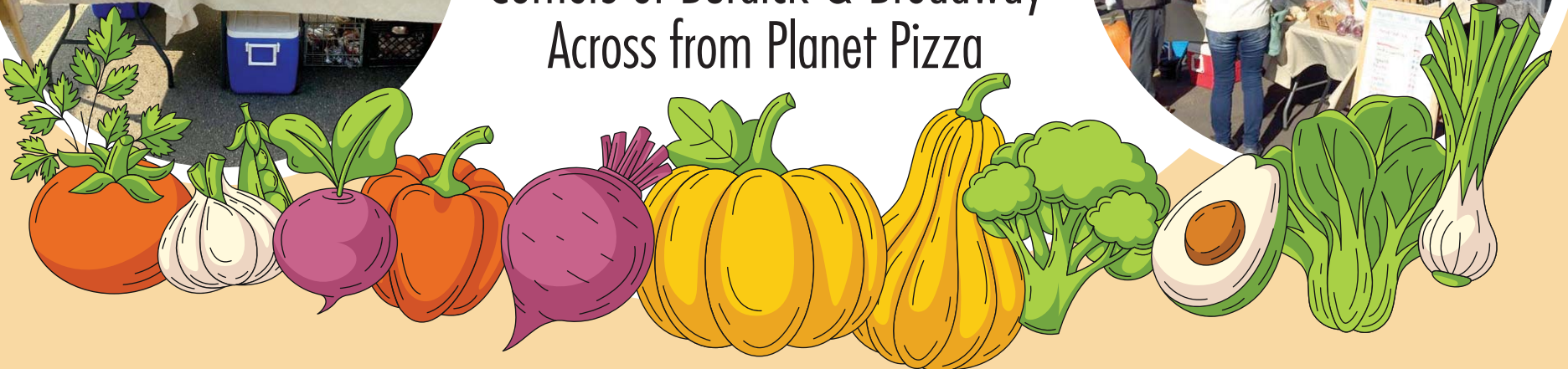


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# Retiree Appreciation Day connects Minot's past, present

SENIOR AIRMAN KYLE WILSON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Team Minot hosted 43 military retirees and family members during Retiree Appreciation Day here, July 12.

Retiree Appreciation Day is an annual event held at Minot AFB where military retirees can enjoy a day of fun, camaraderie, appreciation, and support. This year's event included a tour of a B-52H Stratofortress hangar, missile launch training facility, and a social Q&A with senior leaders assigned to the 5th Bomb Wing and 91st Missile Wing.

"It's very important for us to hold events like this for our retirees and their families," said Abigail Kinder, 5th Bomb Wing chief of community relations. "We want them to know that our appreciation and support for them doesn't end when they get out of the military."

A number of supporting organizations from the local area also attended the event. These included the Ward County Veteran Services Organization, North Dakota Military Outreach, Vet Centers of North Dakota, North Dakota Job Service, Civil Air Patrol, Military and Family Readiness Center, Defense Commissary Agency, Army & Air Force Exchange Service, TRICARE and Air Force Sergeants Association.



Airmen assigned to the 5th Maintenance Group and military retirees pose for a group photo in front of a B-52H Stratofortress during Retiree Appreciation Day at Minot Air Force Base, North Dakota, July 12, 2024. As part of Retiree Appreciation Day, military retirees got the opportunity to tour a B-52H Stratofortress hangar and learn how the B-52 has been modernized over the years.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

"The supporting agencies at this event are here to provide the resources necessary for retirees and their families to thrive, whether it's right after retirement or later in life," said Kinder.

Minot and the surrounding region is home to thousands of military retirees and their families, many of whom were previously stationed here. These events give current servicemembers the opportunity to

support and show appreciation to those who served before them.

"[This event] was great and the tour of the B-52 was great," said Freddie Rios, a military retiree. "I worked with the B-52 from 1963 until I retired. It's an old faithful, my favorite plane."

Retirees interested in attending future retiree events can email their contact information to the 5th Bomb Wing Public Affairs office at v35bw.pa@us.af.mil.



Kelly Weiland, North Dakota Military Outreach Program military outreach specialist (right), provides resources to Freddie Rios, a military retiree, during Retiree Appreciation Day at Minot Air Force Base, North Dakota, July 12, 2024. A number of agencies attended Retiree Appreciation Day to provide support to military retirees.



U.S. Air Force Master Sgt. Garrett Jones, 373rd Training Squadron senior enlisted leader, gives a briefing to military retirees during Retiree Appreciation Day at Minot Air Force Base, North Dakota, July 12, 2024. The briefing provided information to the retirees about how the 91st Missile Wing has continued to modernize its capabilities over time.



U.S. Air Force Staff Sgt. Seth Mihalak, 91st Missile Maintenance Squadron operations flight chief, provides a tour of a missile launch training facility to military retirees during Retiree Appreciation Day at Minot Air Force Base, North Dakota, July 12, 2024. The tour allowed the military retirees to see what a modern-day missile launch facility looks like.



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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.

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

**SUDOKU**

Solution to puzzle on page C5

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

**CROSSWORD PUZZLE**

**Across**

- 1. Porous gem
- 5. Church platform
- 10. Land measure
- 14. Lacking color
- 15. Nary a soul
- 16. Spill the beans
- 17. Stepped heavily
- 18. Sharp tastes
- 19. Slugger Sammy
- 20. One-person-wide line
- 22. James Bond, for one
- 23. Greet at the door
- 24. Come next
- 27. Football positions
- 30. Soup container
- 33. Spider creations
- 37. Detroit product
- 39. Frighten
- 40. Wheel connector
- 41. Cry audibly
- 42. "\_\_\_ fair in love and war"
- 43. The S of SUV
- 45. Sock parts
- 47. Story line
- 48. President after Coolidge
- 50. Changes the color of
- 52. Jeans fabric
- 54. Cricket sound
- 58. Perform on stage
- 60. Hit-song honor
- 64. Rogers and Orbison
- 66. Harsh light
- 67. Slender woodwind
- 68. Record on video
- 69. Bother continuously
- 70. "\_\_\_ of your business!"
- 71. Slow-cooked meal
- 72. Bottom-of-barrel contents
- 73. Staircase part

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						73		

**Down**

- 1. Makes a choice
- 2. Louvre's city
- 3. Single-handedly
- 4. Window projection
- 5. Reception helper
- 6. Bread unit
- 7. Singer Braxton
- 8. Protractor measure
- 9. Take offense at
- 10. Tummy muscles
- 11. Near miss
- 12. Hoarse sound
- 13. Internet auction site
- 21. Be deceitful
- 25. \_\_\_ boom bah
- 26. Open, as a jar
- 28. Do some housecleaning
- 29. Got up
- 31. Singer Guthrie
- 32. Hornet's home
- 33. Launder
- 34. Trade show
- 35. A or O, to a doctor
- 36. Start a tennis game
- 38. Follow orders
- 44. Years in a decade
- 46. Confidential matters
- 49. Fixed illegally
- 51. That girl
- 53. Grinding tooth
- 55. Computer symbols
- 56. Mechanical man
- 57. Liable (to)
- 58. \_\_\_ and crafts
- 59. Jacket or parka
- 61. Behind schedule
- 62. Haul
- 63. \_\_\_ blue sea
- 65. Replace a button

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# DEFENSE NUCLEAR FACILITIES SAFETY BOARD VISITS MINOT

U.S. AIR FORCE PHOTO | SENIOR AIRMAN KYLE WILSON



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, provides a welcome briefing to members of the Defense Nuclear Facilities Safety Board (DNFSB) during a base visit at Minot Air Force Base, North Dakota, June 10, 2024. The mission of the DNFSB is to provide independent analysis, advice, and recommendations to the President and Secretary of Energy regarding defense nuclear facilities.



Members of the Defense Nuclear Facilities Safety Board (DNFSB) arrive at the 5th Bomb Wing headquarters during a base visit at Minot Air Force Base, North Dakota, June 10, 2024. The DNFSB is an independent organization chartered with the responsibility of providing recommendations and advice to the President and the Secretary of Energy regarding public health and safety issues at defense nuclear facilities.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander (right), speaks to Thomas Summers, Defense Nuclear Facilities Safety Board (DNFSB) vice chairman, during a base visit at Minot Air Force Base, North Dakota, June 10, 2024. The visit provided an opportunity for Summers and other DNFSB members to gain a deeper understanding of Team Minot's nuclear deterrence mission.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, speaks with members of the Defense Nuclear Facilities Safety Board (DNFSB) during a base visit at Minot Air Force Base, North Dakota, June 10, 2024. The DNFSB reviews and evaluates the content and implementation of the standards relating to the design, construction, and operation of defense nuclear facilities.

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# Department of Defense announces results of Sentinel Nunn-McCurdy Review

DOD NEWS

WASHINGTON (AFNS) -- On Jan. 18, 2024, the Air Force notified Congress that the Sentinel program exceeded its baseline cost projections, resulting in a critical breach under the Nunn-McCurdy statute. A critical Nunn-McCurdy breach occurs if the Program Acquisition Unit Cost or Average Unit Procurement Cost increases by 25% or more over the current Acquisition Program Baseline. By statute, the respective program must be terminated unless the under secretary of Defense for Acquisition and Sustainment certifies to Congress that the program meets established criteria to continue.

The Office of the Secretary of Defense executed its statutory responsibilities by conducting a comprehensive, unbiased review of the program to determine what factors led to this cost growth and whether to certify the continuation of the program. Senior subject matter experts from varied disciplines and across the Department actively contributed to the review.

Based on the results of the review, Dr. William A. LaPlante, the USD(A&S) who served as the DoD lead for the review and is the Milestone Decision Authority for the program, certified that the Sentinel program met the statutory criteria to continue. These criteria included that:

Continuation of the Sentinel program is essential to national security;

There are no alternatives to the program that will provide acceptable capability to meet the joint requirements at less cost;

The new estimates of the program acquisition unit cost or procurement unit cost have been determined by the director of Cost Assessment and Program Evaluation to be reasonable;

The program is a higher priority than programs whose funding must be reduced to accommodate the growth in cost of the program; and

The management structure for the program is adequate to manage and control program acquisition unit cost or procurement unit cost.

In certifying the program to continue, LaPlante rescinded Sentinel's Milestone B approval, or the point at which an acquisition program is authorized to enter the engineering and manufacturing development phase. He also directed the Air Force to restructure the Sentinel program to address the root causes of the breach and ensure an appropriate management structure is in place to control costs in the future.

Total program acquisition costs for a reasonably modified Sentinel program are estimated by CAPE to be \$140.9 billion, an increase of 81 percent compared to estimates at the program's previous Milestone B decision in September 2020. The Nunn-McCurdy review determined that the majority of the cost growth is in Sentinel's command and launch segment, which includes the launch facilities, launch centers, and the process, duration, staffing and facilities to execute the conversion from Minuteman III to Sentinel.

"We are fully aware of the costs, but we are also aware of the risks of not modernizing our nuclear forces and not addressing the very real threats we confront," LaPlante said. "There are reasons for the cost growth, but there are no excuses. We are already working to address the root causes, and

more importantly, we believe we are on the right path to defend our nation while protecting the sacred responsibility the American taxpayer has entrusted us with."

"The nuclear Triad is the foundation of our national defense, and as our competitors modernize their own nuclear forces, the urgency of pacing the threat is reflected in our Nuclear Posture Review," LaPlante added. "Sentinel is a truly historic program to modernize the land leg of the Triad, and its scale, scope, and complexity are something we haven't attempted as a nation in 60 years. Having completed a comprehensive and objective assessment of the program, it is clear that the Sentinel program remains essential to U.S. national security and is the best option to meet the needs of our warfighters."

Preserving schedule will be a key consideration during the program's restructuring; however, a delay of several years is currently estimated.

While the U.S. nuclear arsenal remains safe, secure and effective, most nuclear deterrent systems are operating beyond their original design life, and there is little or no margin between the end of their effective life and the fielding of their replacements. These modernized capabilities are needed to avoid any gaps in our ability to field a credible and effective deterrent.

The 2022 Nuclear Posture Review concluded that a modernized Triad remains necessary to deter strategic attack, assure allies and partners, and achieve U.S.

objectives if deterrence fails. The Sentinel program was established to modernize and replace the land leg of the Triad, currently comprised of the Minuteman III Intercontinental Ballistic Missile weapon system.

"The land-leg of the Triad is an essential component of our nuclear enterprise, undergirding our national security," said Under Secretary of the Air Force Melissa Dalton. "The Air Force is committed to restructuring the Sentinel program to address the findings of this review and modernizing our ICBM force to ensure its effectiveness against future threats while ensuring no capability gaps during the transition from Minuteman III to Sentinel."

Today's dynamic security environment only underscores the importance of our nation's nuclear deterrent to U.S. defense strategy and, specifically, the extended deterrence commitments we have made to allies and partners.

"Our U.S. nuclear forces are ready, as they have been for decades, to deter our adversaries and respond decisively should deterrence fail," said Air Force Chief of Staff Gen. David W. Allvin. "We face an evolving and complex security environment marked by two major nuclear powers that are strategic competitors and potential adversaries. While I have confidence in our legacy systems today, it is imperative that we modernize of our nuclear Triad. A restructured Sentinel program is essential to ensure we remain best postured to address future threats."



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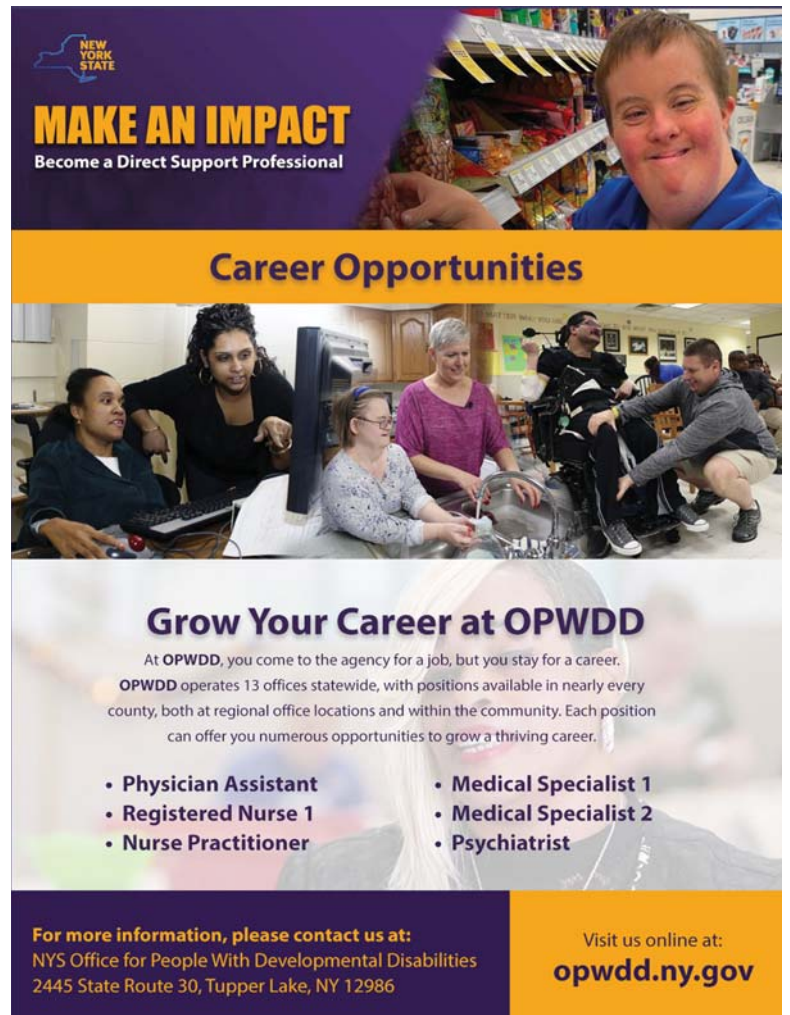
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# USAF 'Absolutely Committed' to Keep Minuteman Going While Sentinel Is Delayed

GREG HADLEY, AIR & SPACE FORCES NAGAZUBE

The Air Force will take steps to ensure its Minuteman III intercontinental ballistic missiles can keep operating while the new Sentinel ICBM is delayed—but the moves won't constitute a service life extension program, Deputy Chief of Staff for Strategic Deterrence and Nuclear Integration Lt. Gen. Andrew J. Gebara said July 15.

Minuteman III has had multiple service life extensions throughout its long history, turning what was originally meant to be a 10-year program into a 50-plus-year mainstay of U.S. nuclear deterrence. The most recent, which wrapped up in 2015, was meant to keep the missile operational through 2030.

Sentinel had been scheduled to reach initial operational capability by September 2030, but the Pentagon and the Air Force announced last week that the program will be delayed at least three years, as cost overruns sparked a program restructuring.

Now, at least some Minuteman missiles will likely to have keep going until the end of the 2030s, as the Air Force plans a phased approach swapping in Sentinel for Minutemen over the course of several years. Full operational capability for Sentinel had been set for 2036, before the latest delays were announced.

Officials have repeatedly said Minuteman III is nearing the end of its service life due to its age and parts obsolescence, and Gebara warned during a Mitchell Institute for Aerospace Studies event that still more issues could come up.

"Minuteman is going to have to continue. I can show you charts and budget lines and the like that gets after every one of the challenges we see in Minuteman to keep it relevant," he said. "But we can only program and plan to what we know is going on, and what we can predict is going on. And as we go to the right, whether it be Minuteman ... whether it be whatever have you, there's always the chance of an unknown

unknown."

With certain parts no longer being manufactured, the Air Force will need long lead times for procuring some of them, and retired Air Force Col. Jennifer Reeves, a senior resident fellow at the Mitchell Institute and former ICBM wing commander, noted to Air & Space Forces Magazine that projecting future maintenance needs for the missiles is a relatively new, still unfolding effort.

"We didn't think things were going to be around this long, such that we would have to do forecasting of when components and whatnot were actually going to fail," she said.

Congress, the Pentagon, and the Department of the Air Force are all ready to spend to keeping Minuteman viable, Gebara said.

"Our Air Force is absolutely committed to making sure Minuteman is sustained," Gebara said. "We have good funding for that now. We will continue and have pledged to continue with Congress if unknown unknowns happen on Minuteman, we will get after that and make sure that that's covered until such time as Sentinel stands alert."

Despite that, Gebara dismissed the idea that the work on Minuteman would be a full-fledged service life extension, or SLEP.

"A SLEP was one of the considerations [Pentagon acquisitions boss William LaPlante] looked at to see if that made sense, and a long-term SLEP still does not make sense for Minuteman," Gebara said. "What is going to happen is Minuteman sustainment to keep it viable until Sentinel is delivered."

The Air Force also considered a SLEP to Minuteman when it was first working on Sentinel, during an analysis of alternatives in 2014.

Permanent modifications, like a SLEP, to fielded programs are regulated by a formal process under Air Force policy—for changes that cost \$100 million or more, Headquarters Air Force

must approve a form submission.

Instead, Reeves suggested, Gebara's comments indicate the Air Force is "going to be listening to what the missiles are telling them," she said. "When problems happen, they'll deal with the problems as opposed to a sweeping program that goes through and fixes x, y, and z components of all of the weapons to make them last longer, extend that life from an official perspective."

Indeed, the Air Force regularly spends tens of millions of dollars each year on modifications to Minuteman and has initiated SLEPs for subcomponents without declaring one for the whole missile.

A formal SLEP would also likely raise questions from critics of Sentinel, but both Gebara and Reeves argued the need for Sentinel remains unchanged. Reeves compared keeping Minuteman going to maintaining an old car—technically possible, but expensive and ultimately a short-term solution.

As the costs to Sentinel rise, Gebara argued the Air Force is upping its oversight of the program to ensure it stays on track, from appointing a new ICBM Modernization Site Activation Task Force czar to replacing the program executive officer to its plans for establishing a new Nuclear Systems Center.

"You have the operational commander as a two-star guy focusing on beddown in the program. You have a PEO that's a two star," Gebara said. "You have a three-star lead policy here. And then you have a three-star nuclear materiel manager at the Nuclear Systems Center. So I think that's a very broad growth in that oversight and leadership, and really what that translates to is experience, it's not just about stars. It's about how much those acquisition leaders have experienced in the past, and so I have high confidence that they'll be able to get after [that]."

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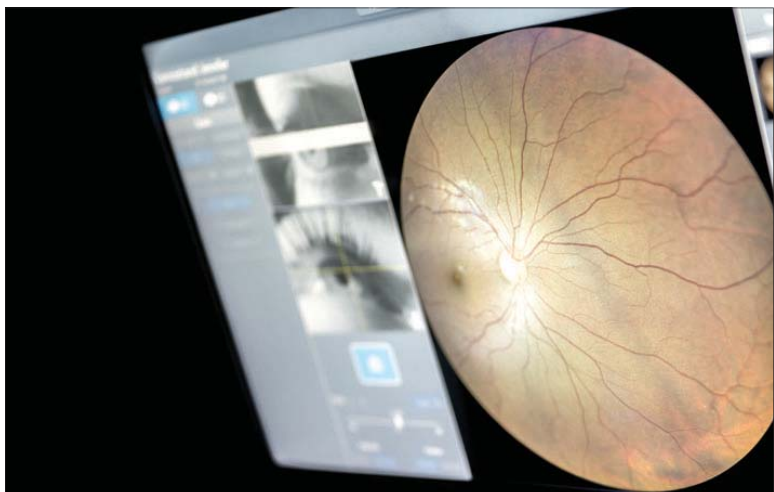
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## OPTOMETRY AIRMEN CARE FOR TEAM MINOT IN THE BLINK OF AN EYE

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ALYSSA BANKSTON



Senior Airman Jaylin Thomas, 5th Operational Medical Readiness Squadron optometry technician, takes a picture of a patient's eye during an exam at the Optometry Clinic at Minot Air Force Base, North Dakota, June 28, 2024. Optometry specialists are trained to prescribe and fit lenses that will improve a patient's vision as well as treat various eye diseases and disorders.



Senior Airman Jaylin Thomas, 5th Operational Medical Readiness Squadron optometry technician, conducts an eye exam for an Airman at Minot Air Force Base, North Dakota, June 28, 2024. Several tests are performed during an eye exam to assess the patient's vision.

## A LOOK BACK THIS WEEK IN USAF HISTORY

5TH BOMB WING ACTIVATED AT MINOT AFB  
JULY 25, 1968



### 5th BW Emblem Meaning

Green & black: the colors of the Air Service at the time the wing was activated. Vertical line: symbolic of the clouds in the sky. Winged death's head: represents function of aerial bombardment. 'Kiai O Ka Lewa' means 'Guardians of the Upper Realm' (a Hawaiian saying often used as a war cry).

during the Vietnam and Cold Wars. The 5th BW continues as host wing of the base to this day and provides strategic deterrence.

Information courtesy of: [minot.af.mil](http://minot.af.mil)

On July 25, 1968, the 5th Bomb Wing was activated at Minot Air Force Base, N.D. The wing dates back to the 2d Group which was activated in 1919 at Luke Field in the Territory of Hawaii. It was later renamed as the 5th Group (Observation) and soon became the 5th Group (Pursuit and Bombardment). The group had major involvement in saving the city of Hilo during the eruption of the Mauna Loa volcano and became the first U.S. military force to take flight after the attack on Pearl Harbor, during which many of their planes and personnel were lost. The 5th BG changed name and assignment several times in between 1947 and 1959. In 1959, the 5th Bombardment Wing (Heavy) was assigned its first jet planes while stationed at Travis AFB, Calif. In 1968, the wing assumed command of Minot AFB and flew missions

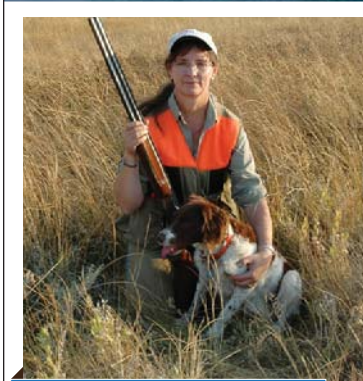
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by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, July 15: 1,842.89 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,450.11 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.11 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from Lake Sakakawea, Devils Lake, or north-central area lakes.

•Devis Lake, Ed's Bait Shop, Devils Lake: Continued good walleye success with lots of activity with anglers generally working from Grahams Island to the west.

•Devis Lake, Woodland Resort, Devils Lake: Continued fair to good for small walleye trolling spinners and bottom bouncers throughout much of the lake. Start out around 10 feet and work deeper.

•Lake Darling, Karma C-Store, Ruthville: Some activity but limited reports from Lake Darling. Van Hook Arm on Lake Sakakawea remains fair to good for walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success. Work evening hours for walleye.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Walleye moving shallower with smaller fish along the weed edges on the east end of Lake Sakakawea. Work deeper for larger fish.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing some eater-sized walleye in 15 to 20 feet in Steinke Bay using leeches with plain snell or slow death hooks with nightcrawlers. No Lake Audubon reports.

•Lake Sakakawea, Indian Hills Resort, Garrison: Walleye moving into shallower water in 5 to 15 feet. Try Pepsi Flats and along the north side. Lots of small eater-sized fish showing up. Walleye are more active now with warmer water temperatures and scattered throughout the area with best success in the morning.

•Lake Sakakawea, New Town: Lots of activity with fair to good walleye success throughout much of the Van Hook Arm.

•Lake Sakakawea, Van Hook Bait & Tackle: Van Hook Arm fair to good for walleye throughout the Arm using nightcrawlers or leeches with harnesses and bright colors in 14 to 22 feet

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri

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 Furry Friends, July 31; Mystery to Solve, Aug. 1; and Outdoor Explorers, Aug. 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 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.

•July 23: Nature Walk, Bison Plant Trail, 5 p.m. Sponsored by the Minot Parks and Recreation Dept.

•July 23: Pollinator Friends Camp, Ester's acres, Glenburn. \$5 per child. Details at ([esthersacresnd.com/product/pollinator-friends-camp-for-kids-/206](http://esthersacresnd.com/product/pollinator-friends-camp-for-kids-/206)). 3 time slots with activities including nature walk, yoga, scavenger hunt, and pollinator garden planting project.

•July 26 & 27: 19th Annual Halloween in July, Lake Metigoshe State Park. Activities include Halloween Bingo, Trick-or-Treat, Movie, and campsite decorating contest.

•July 27: Bluegrass Goes Pink, all day bluegrass festival beginning with 5K/10K run/walk at 9 a.m. to support Bismarck Cancer Center Foundation, Cross Ranch State Park, Hensler. More information at ([www.bismarckcancercenter.com/event/bluegrass-goes-pink](http://www.bismarckcancercenter.com/event/bluegrass-goes-pink)).

•July 28: Chalk the Walk. Go to the Minot Parks & Recreation Dept. website, ([www.minotparks.com/events](http://www.minotparks.com/events)), for details.

•Aug. 3: Adult Upland Hunting Seminar sponsored by Souris Valley Pheasants Forever, Burlington, 9 a.m. Email ([SourisValleyPF@gmail.com](mailto:SourisValleyPF@gmail.com)) for details.

•Aug. 3: Fort Stevenson State Park, Garrison, 50th Anniversary Celebration with boat parade, live music, regatta, and Club de Skinautique Water Ski Show. Contact the park, (701) 337-5576, for details.

### TOURNAMENTS:

•July 19 & 20: Lake Sakakawea, Fort Stevenson State Park.

•July 20: Devils Lake, East Bay.

•July 26 & 27: Lake Sakakawea, Beulah Bay.

•July 27: Devils Lake, Creel Bay.

•Aug. 1 & 2: Lake Sakakawea, Fort Stevenson State Park.

•Aug. 2 & 3: Lake Sakakawea, Four Bears.

•Aug. 3: Devils Lake, Minnewaukan Bay; Devils Lake, Westbay Heights; Lake Sakakawea.

River tailrace continues producing small walleye throughout the day with most activity still along the spillway channel as it feeds into the river. Also work deeper holes for larger walleye.

Some walleye and catfish success in the chutes but a little inconsistent activity. Try evening hours into the dark for better success from shore casting crankbaits for walleye.

Lake Sakakawea remains inconsistent for walleye along with inconsistent depths.

Try working points in 24 feet and deeper but mix it up and work the weeds, as well. Some salmon success continues along the face of the dam in 60 feet working deeper. Plentiful smallmouth bass along rocky points.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea clearing nicely with walleye activity now coming from Lewis and Clark State Park to the east. Better success in the morning in shallower water moving into 10 to 20 feet later.

Try nightcrawlers and harnesses. Lots of activity around Antelope Flats. Blacktail Dam continues producing decent bluegill

success. Cottonwood Lake, Williams County, producing pike using spoons.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River producing some activity with continued success at Buffalo Lodge Lake.

### Paddle sports river elevations:

•Little Missouri River, Wafford City, Long X Bridge: River stage, 7.1 feet; streamflow, 45.3 CFS.

•Missouri River, Williston: River stage, 15.75 feet.

•Missouri River Washburn: River stage, 10.27 feet.

•Pembina River, Walhalla: River stage, 2.96 feet; streamflow, 41.2 CFS.

•Souris River, Foxholm: River stage, 5.79 feet; streamflow, 25.6 CFS.

•Souris River, Minot Broadway Bridge: River stage, 41.58 feet.

•Yellowstone River, Sidney, Mont.: River stage, 4.76 feet; streamflow, 8,780 CFS.

### Numbers to know:

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**Phone: (701) 838-9348**



## JOURNEY CHURCH

ASSEMBLY OF GOD

**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

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11:00 AM

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**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

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Pastor Heath Trampe

**SUMMER WORSHIP SCHEDULE**  
June 2-August 28

Sundays  
8:15am Traditional Service  
9:30am Adult Bible Study & Sunday School (PreK-8th Gr.)  
11:00am Contemporary Service (with Livestream)

Wednesdays  
6:30pm Contemporary Service

To Advertise your Church in this space.

**Call 839-0946**

**Only \$9.00**  
a space / per week



## OUR REDEEMER'S CHURCH

A Church of the Lutheran Brethren

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

**700 16th Ave SE • 701-838-0750**

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



## ORCS Preschool

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

**HIGHLIGHTS OF OUR PROGRAM**

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
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- Christ-centered environment

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



## Gospel Tabernacle Community Church

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

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

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

# ADVERTISE YOUR Church

**Advertise FOR ONLY \$9 PER WEEK**

**Revisions MADE UPON NOTICE FROM THE CHURCH**

**Deadline TUESDAYS BY NOON WEEK OF PUBLICATION**

**CONTACT US**

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701-839-0946

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

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[NORTHERNSENTRY.COM](http://NORTHERNSENTRY.COM)



## OUR REDEEMER'S KNIGHTS

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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



Sidewalk chalk on a rainy day.

SUBMITTED BY KAYLA KEILBARTH



Midsummer Festival 2024 at SHP.

SUBMITTED BY JESSICA SHANNON



Hadley enjoying the splash pad for the first time at Oak Park!

SUBMITTED BY JESSE LITTLE



Hot Tots game.

SUBMITTED BY KAYLA KEILBARTH



Training her puppy to roll over.

SUBMITTED BY SARAH WEIDMAN



Just two brothers having fun in the backyard.

SUBMITTED BY LISANDRA RIVERA



Rollerblading across base.

SUBMITTED BY TENA HOLMGREN



Amazing how throwing rocks can entertain them for so long!

SUBMITTED BY KRISTIN COOPER



Summer painted sky on Minot AFB.

SUBMITTED BY GIANNA BROCKHOFF



Luke took to the skies of Minot, North Dakota to ring in his first double digit birthday and was thrilled for the opportunity to work with an instructor at the Minot Aero Center.

SUBMITTED BY JOY-NICOLE SMITH



Hiking at Minot Outdoor Recreation Park.

SUBMITTED BY KAYLA KEILBARTH



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# YOUTH IN ACTION

## Operation Homefront: Back-to-School Brigade



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



It is often shared that partnerships drive results! This could be no further than the truth for our upcoming Back-to-School Backpack event in partnership with Operation Homefront on August 9th, 2024! This year, we are delighted to continue our partnerships with agencies at Minot Air Force Base and organizations in Minot! For example, the Minot Magic City Lions will be providing FREE vision screenings for our students. Registration for the Operation Homefront Back-to-School Brigade at the Minot AFB Youth Center is open. Students receive a backpack and school supplies just in time for the school year. Quantities are limited. Please register through Operation Homefront QR Code. If there are any questions or concerns, please call 701-723-1447.

Note: No federal endorsement intended.



### BACK-TO-SCHOOL SUPPLIES BRIGADE

**9 August 2024 • 11AM - 1PM**  
Youth Center

Celebrate back-to-school with our annual Operation Homefront Back-to-School Supplies Brigade!

Open to DEERS enrolled military dependent children who will be in Kindergarten - 12th grade for the 2024 - 2025 school year.

Register by 2 August 2024 at [operationhomefront.org](http://operationhomefront.org)



For more information, call the School Liaison Office at 723-1447.

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### Darren Godejohn

Darren found a Golden Ticket in the Northern Sentry delivered to his workplace. Way to go Darren!

### Jesus Briones

Jesus was given a Golden Ticket by a friend who found it in the Northern Sentry. Welcome to Minot Airmen Briones, we are glad you are here!



### Steven McKenzie

Steven's daughter found a \$45 Golden Ticket in the Northern Sentry delivered to their home on base, what a clever girl she is!

### Makayla Gates

Makayla found her second \$45 Golden Ticket in a Northern Sentry she picked up in the Dorms! She shared her winnings with friend Aila Wilson. Both are 5BW Defenders!





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Additional \$10 for X-treme Bowling



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Pick up a copy of the Northern Sentry for your chance to win!

## MINOT AFB HOMES HOSTS JUNE-O-WEEN EVENT

Minot AFB Homes hosted a June-o-ween event on June 22 at Minot AFB. June-o-ween is a summer redo of Halloween so kids can get dressed up and trick or treat without snowsuits. The housing office, security forces, residents and other organizations all came together to make this event spectacular for the kids on base.



There was more than just sweets being handed out. Security Forces passed out 100 helmets to the children who stopped by Minot AFB Homes on June-o-ween.

Decorated house on base.



What a fun summer treat for the families who attended June-o-ween! Who doesn't love bounce houses and candy?

## Heath's Hell-Fire Deviled Eggs



### INGREDIENTS

- 12 Large Eggs
- 3 Jalapeños
- 2 Tbsp chopped Chives
- Kosmos Peach Jalapeño BBQ Sauce
- 3-4 slices of Cajun Bacon\*
- 1/2 C Mayo
- 2 tsp White Vinegar
- 2 tsp Brown Spicy or Dijon Mustard
- 1/2 tsp Paprika
- 1/4 tsp Salt
- 1/2 tsp Chili Powder
- 1/2 tsp Cayenne Pepper

\*Find this recipe on our website



Ryan Davy- GM  
HOE Minot

- 1) Bring a large pot of water to a boil. Add eggs and cook for 9 minutes. Remove and rinse in cold water. Once cool enough to handle, peel the eggs, and slice in half.
  - 2) Preheat grill with lid open for 5-10 minutes, then set to smoke. Place eggs, yolk side up, on an aluminum perforated sheet, along with jalapeños. Allow to smoke with lid closed for 1 hour. Remove from grill.
  - 3) Slice tops off peppers and cut in half. Remove seeds with spoon and finely dice.
  - 4) In medium to large bowl, carefully remove yolks from eggs. Add the jalapeños, 2 slices of minced candied bacon, mayo, vinegar, mustard, chili powder, and cayenne pepper. Mix together until relatively smooth. Add salt if needed.
  - 5) Using a 35mm scoop, fill each egg with mixture. Top with small piece of candied bacon, chopped chives, and sprinkle with Paprika.
- For added flavor, drizzle with Kosmos Peach Jalapeño BBQ Sauce. Enjoy or refrigerate for later.

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



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# Smithsonian Spark!Lab at the Magic City Discovery Center

KAREN LANGEMO, MCDC

The Magic City Discovery Center is home to 12 galleries in their 28,000sq ft. building. One of those galleries is the Smithsonian Spark!Lab through the Smithsonian Institute based out of Washington, D. C. The center is 1 of 11 network sites that houses a Spark!Lab.

This space provides people of all ages to challenge themselves to think like an inventor or an engineer. There are different themed activities that provide a prompt to help visitors get started. It allows guests to come up with solutions based off current inventions and designs or by making their own creation. It is a space that encourages people to be creative, think critically, and problem solve. One aspect that is unique about this space is that while an activity may have a prompt, it is okay if someone uses the materials provided to make a different creation with the supplies! For example, Mobile Masterpieces invites guests to make a mobile that may hang above a child's bed or somewhere in their home, but a visitor may use the wooden dowel to create a fishing pole or a toy for their pet. Did they follow the prompt that was given?

No, but they found a different way to use the supplies!

There is also an area in the Spark!Lab called Makerspace. This is an area that may have some activities out that have step by step instructions, but there are also times when various materials are available and prompts to help people get started with their making! Some prompts may be to make their own flag, to make an animal or toy, or make their own cardboard collage with the materials that are available to them.

The Spark!Lab and designated Makerspace is a space that encourages having an open mind and knowing that there are multiple different ways to use materials provided for an activity. There are no wrong answers, the prompts are there to help people get started if needed, and individuals are encouraged to think critically and to be bold with their idea. We hope that you have the opportunity to check out the Spark!Lab and Makerspace at the Magic City Discovery Center, where you can problem solve and make your own creations!



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## NORTHERN CELEBRATIONS

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### A MENAGERIE OF GRASS

Patricia Stockdill

Tallgrass, mixed grass, and needlegrass – when it comes to prairie grasses, North Dakota offers up quite a variety.

While more than one-half of the state's native prairie has been turned roots up, thousands upon thousands of acres of public land still remain to provide opportunities to test one's identification skills.

Not all native grasses are created equal and prairie grass ID can be simultaneously fun and challenging. North Dakota's tallgrass prairie is a north-south swath along the Minnesota-North Dakota border where big bluestem was the dominant tallgrass species. Its nickname, "turkey foot" is well-deserved because its stalk produces 3-fingered spikes with seeds. When spread out, the spikes have an intriguing resemblance to a turkey's track. The combination of its distinctive spike, its 3- to 7-foot height, and stunning rusty red color in autumn makes it readily identifiable.

Imagine coming to eastern North Dakota to find a sea of grasses taller than a person waving across the vast horizon – forest of grasses.

Sideoats grama is another tallgrass species that is fairly easy to identify. It's shorter – typically not more than 2 feet high – but this tallgrass species is identified by its spike of seeds hanging downward from only one side of the flower stalk. Sideoats grama is beloved by livestock and wildlife, alike

Not all species are as easy to identify, though. Porcupine grass looks quite similar to needle-and-thread grass but is taller – up to 4 feet. When mature, the structure containing seeds of both species is long and sharp, almost a miniature spear.

The tallgrass prairie gives way to mixed grass prairie as one travels farther west – and there is typically less moisture.

North Dakota's mixed grass prairie coincides with the Prairie Pothole Region, some of North America's most productive duck habitat. Some grass species, such as big bluestem, sideoats grama, porcupine grass, and needle-and-thread also grow in the mixed grass region. Maybe that's why it's known as "mixed

grass prairie".

Blue grama is a cousin to sideoats grama. Its seed heads also are found on only one side but they look more like a miniature comb and it has a blue-ish cast. It's shorter than sideoats, only reaching a height of about 18 inches. Another cousin, hairy grama is fuzzier with stiff hairs along its leaf blade. Hairy grama likes drier soils while blue grama does best in medium to fine textured soils of the Prairie Pothole Region's rolling hills.

Buffalograss closely resembles blue grama. It's native throughout much of western and central North Dakota and an important component of both mixed grass and shortgrass prairie ecosystems.

Buffalograss is one of the few grasses reproducing by above ground stems (stolons). It's relatively short, even at mature height, covers soil well, and is drought resistant.

And finally, little bluestem, albeit much shorter, is probably as recognizable as big bluestem. It, too, turns a stunning rusty red in the fall. Its reddish fall color earned its Lakota Indian name meaning "small red grass."

Little bluestem seed heads are fuzzy and fluffy white at maturity. Look for it in bunchy clumps. It grows well in every soil texture throughout much of the state.

Native grasses found in about half of North Dakota – basically south and west of the Missouri River (and Lake Sakakawea after the river was dammed about 70 years ago) – are needlegrass and native wheatgrass plains grasses.

They're adapted to grow in drier conditions than what is typically found in the Prairie Pothole Region and Red River Valley.

Exploring places like Chase Lake National Wildlife in central North Dakota or Theodore Roosevelt National Park in western North Dakota underscores the vast differences among places like the Prairie Pothole Region, Badlands, and the grasses that still grow there.



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### IMMEDIATE FULL AND PART TIME OPENINGS

for daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SE, Minot ND 58701 or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014.

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**THE NORTH DAKOTA NATIONAL GUARD** have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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- TEEN HOURS**  
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• Morning start times rotate & vary

IF INTERESTED SPEAK TO CHARLIE AT THE COMMISSARY OR LEAVE CONTACT INFORMATION WITH CUSTOMER SERVICE.

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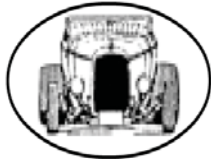
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## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

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## northern sentry community calendar



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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: 5 August - 6 October. 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**

## Musicians Of Minot AFB Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring your own Instruments

Don't know how to play anything? Come sing

Hosted at the Base Theater on Saturdays from 12:00 to 6:00!

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For updates and socialization: <https://discord.com/invite/xQtPFRBr>  
Minot AFB Musicians On Facebook  
Minotafb\_musicians On Instagram

## RESTAURANT & ENTERTAINMENT GUIDE

<p><b>Atypical Brewery &amp; Barrel Works</b></p> <p>510 Central Ave E, Minot Phone: 701.833.0567 FB: Atypical Brewery &amp; Barrelworks</p>	<p><b>Applebee’s Grill &amp; Bar</b></p> <p>2302 15th St SW, Minot Phone: 701.839.2130 <a href="http://www.applebees.com">www.applebees.com</a></p>	<p><b>Badlands Restaurant &amp; Bar</b></p> <p>1400 31st Ave SW, Minot Phone: 701.852.7335 <a href="http://www.blgrill.com">www.blgrill.com</a></p>
<p><b>Bone’s BBQ Smokehouse &amp; Grill</b></p> <p>1412 2nd Ave SW, Minot Phone: 701.838.9140 <a href="http://www.bonesbbqminot.com">www.bonesbbqminot.com</a></p>	<p><b>Culver’s Restaurant</b></p> <p>3000 S Broadway, Minot Phone: 701.852.4800 <a href="http://www.culvers.com">www.culvers.com</a></p>	<p><b>Ironhorse Kitchen + Bar</b></p> <p>21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot</p>
<p><b>Jamaican Vybz Kitchen</b></p> <p>Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen</p>	<p><b>Meg-A-Latte</b></p> <p>2045 N Broadway Suite #100 Minot, ND 58703 Phone: 701-838-8479 <a href="http://www.meg-a-latte.com">www.meg-a-latte.com</a></p>	<p><b>Mi Mexico</b></p> <p>3816 South Broadway Minot Phone: 701.858.0777 <a href="http://www.mimexicomintnd.com">www.mimexicomintnd.com</a></p>
<p><b>N.D. Asia</b></p> <p>3400 16th St SW, Minot Phone: 701.852.1240 <a href="http://www.ND-Asia.com">www.ND-Asia.com</a></p>	<p><b>Noodles &amp; Company</b></p> <p>304 4th Ave NW Minot 701.491.9103 <a href="http://www.noodles.com">www.noodles.com</a></p>	<p><b>Pink’s Bar &amp; Grill</b></p> <p>102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill</p>
<p><b>The Blue Rider</b></p> <p>118 1st Avenue SE Minot Phone: 701.852.9050 <a href="http://www.theblueriderbar.com">www.theblueriderbar.com</a></p>	<p><b>The Starving Rooster</b></p> <p>30 1st St. NE, Minot Phone: 701.838.3030 <a href="http://www.starvingrooster.com">www.starvingrooster.com</a></p>	

**2 Winners Every Week!**

**BADLANDS RESTAURANT & BAR**

## WE’LL BUY YOU DINNER!

1. Take a selfie photo showing this ad!
2. Like Badlands Restaurant & Bar on Facebook!
3. Send a message to the Badlands Facebook inbox.
4. In the message, provide your e-mail information and make sure to attach your selfie/photo.

**\$25.00 Gift Certificate From Badlands Restaurant & Bar**

No Limit, Enter As Many Times As You Wish!

By participating in the above contest, you give Badlands Restaurant & Bar and co-marketing partners permission to use your photo submission to announce you as a winner! Badlands Restaurant & Bar will not share your email information.

# 910th Airlift Wing to Conduct Aerial Mosquito Spraying

MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND. – Minot Air Force Base has requested assistance from the Youngstown Air Reserve Station 910th Airlift Wing to conduct aerial spraying for mosquito control between July 15-19, 2024, and August 5-9, 2024, for Minot Air Force Base, and the cities of Minot, Williston and Burlington. Due to uncertain weather conditions the exact time and area to be treated cannot be determined in advance.

The 910th Airlift Wing will apply U.S. Environmental Protection Agency registered pesticides. Adult mosquito control will occur between the hours of 9:00 p.m. and 2:00 a.m. The applications will use a modified C-130 Hercules cargo aircraft flying 150 feet above ground level.

The purpose of the aerial mosquito spraying is to protect public health, ease working conditions, and improve the quality of life for members working at Minot AFB and citizens living in

the surrounding area.

This aerial mosquito spraying provides both training to Air Force Reserve Command units and provides key community services through the Innovative Readiness Training program, which is coordinated with and applied for by local cities.

Minot AFB Public Health recommends people and domestic animals remain indoors while the aerial spraying is occurring immediately overhead or upwind from your location and until the mist settles to the ground. These EPA registered pesticides were selected because they pose minimal health hazards to humans and domestic animals and minimal risks to plants or painted finishes with aerial application.

Concerned citizens should contact the 5th Civil Engineer Squadron pest management office at (701) 723-2393.

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(701) 727-AADD

**THURSDAY, FRIDAY & SATURDAYS**  
09:00 PM - 02:00 AM

**HOLIDAY WEEKENDS**  
08:00 PM - 03:00 AM

**PROUD SUPPORTERS OF MINOT AADD**



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**Upcoming Events**

**19-27 JULY** **NORTH DAKOTA STATE FAIR**  
VARIOUS TIMES  
North Dakota State Fair Grounds  
2005 Burdick Expy E, Minot

Now it's really summer! The North Dakota State Fair is happening July 19-27th. The North Dakota State Fair continues to be our state's largest annual event, with more than 300,000 people in attendance over nine days! We feature 7 nights of top-name concerts, a Demo Berby, and an MHA Indian Horse Relay at our Grandstand. Not to mention two nights of action-packed NPRA Bull Riding and Ranch Rodeo. There are also Fair favorites like the state's largest carnival and tons of food, shopping, and exhibits!



**For more information:**  
[www.ndstatefair.com](http://www.ndstatefair.com)

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

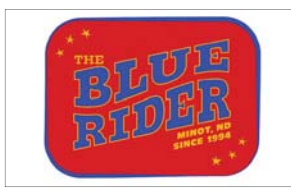
We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down!



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

**24 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

**28 JULY** **CHALK THE WALK**  
2:00 PM - 4:00 PM  
Oak Park Amphitheater  
11th to 14th Block of 4th Ave. NW, Minot

Come "Chalk the Walk" with the Minot Park District and award-winning chalk artist Dawn Dewitt, for the final event of our national parks and rec month. We will be decorating the path that runs from the parking lot to the amphitheater with chalk.



**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/)

ALL YOU CAN EAT

**GARDEN FRESH SALAD BAR**

EVERY DAY

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# WHAT'S GOING ON MINOT AFB

## FRIDAY 19

- MVP 360 Flag Football Camp, Youth Center
- July Fitness Challenge, McAdoo Fitness Center
- NCO Foundation Course, 0800-1630, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cycle & Core, 1115, McAdoo Fitness Center
- Friday Flicks, 1630, Rockers Bar & Grill
- Bistro Family Night, 1700-1900, Bomber Bistro

## SATURDAY 20

- Registration Closes: Play the Course Backwards Scramble, Rough Rider Golf Course
- Deployed Affected Saturday, Rough Rider Golf Course

## SUNDAY 21

- Single Airman Sunday, Rough Rider Golf Course

## MONDAY 22

- Sponsorship Training, 0900-1100, M&FRC
- Family Zumba, 0930, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Enlisted to Officer Pathways, 1130, Professional Development Center
- Moving Out of the Dorms, 1300-1500, M&FRC
- Pursuing Higher Education in Healthcare Workshop, 1400-1500, Education Center – Room 211

## TUESDAY 23

- Game Day, 1000-1930, Minot AFB Library
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- EFMP Family Storytimes, 1100, Minot AFB Library
- Cycle & Core, 1115, McAdoo Fitness Center
- Newbery Book Club, 1600, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 24

- Base Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour – Toxic Leadership/Followership, 1130-1300, Professional Development Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Yoga, 1700, McAdoo Fitness Center
- Comic Book Figure Class, 1730-1930, Arts & Crafts Center

## THURSDAY 25

- Informed Decision Seminar, 0800-1200, Professional Development Center
- Sprint Triathlon Build-Up Series, 0800, McAdoo Fitness Center
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Global Street Food Special Lunch - Australia, 1030-1330, Dakota Inn Dining Facility
- Thrift Savings Plan for Civilian Employees, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 26

- Registration Closes: Soccer Camp, CYPBMS website at <https://parent.afcyp.com/>
- Amazing Race, McAdoo Fitness Center, 0900
- Family Zumba, 0930, Turf, hosted by McAdoo Fitness Center
- Cycle & Core, 1115, McAdoo Fitness Center
- Table Top Gaming, 1600, Rough Rider Bowling Center
- Friday Flicks, 1630, Rockers Bar & Grill

## SATURDAY 27

- Deployed Affected Play the Course Backwards Scramble, 0800, Rough Rider Golf Course
- Zumba, 1400, McAdoo Fitness Center

## DORM AIRMEN TO STATE FAIR

20TH & 27TH OF JULY 2024  
3:30PM - 10:30PM  
REGISTER THURSDAY PRIOR  
ON MEMBERPLANET  
JUST \$7.00!



THIS IS FOR TRANSPORTATION ONLY, ADMISSION WILL STILL HAVE TO BE PAID

SCAN QR FOR DETAILS & SIGN UP  
OR GO TO: [HTTP://WWW.MEMBERPLANET.COM/S/MINOTAFBCLUBS/AIRMENOFAIR](http://www.memberplanet.com/s/minotafbclubs/airmentofair)



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## PLAY THE COURSE BACKWARDS

ROUGH RIDER GOLF COURSE  
27 JULY 2024 • 0900  
REGISTER BY 20 JULY

COST \$40.00  
2 PERSON, 27 HOLE, PAR 3 TOURNAMENT  
1ST 9 HOLES - ALTERNATE SHOT  
2ND 9 HOLES - BEST BALL  
3RD 9 HOLES - SCRAMBLE

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JIMMY DOOLITTLE CENTER  
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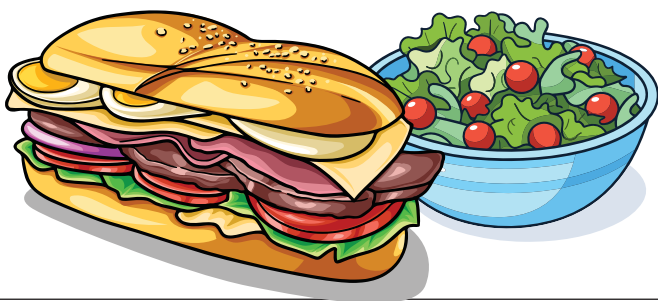
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## JULY SPECIALS

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

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

Rockers Bar & Grill Featured Item  
**Philly Cheesesteak**  
Thinly sliced sirloin steak with grilled peppers and onions, special sauce, and topped with melted provolone cheese inside a toasted hoagie bun served with fries and a drink.



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