

# northern sentry

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## WHATS INSIDE THIS WEEK:



**MINOT MAINTAINERS COMPETE IN INAUGURAL MISSION GENERATION COMPETITION**

**A3**



**HONEYBEES BECOME THE BOMBSHELLS**

**B3**



**NEW AGE NEWSIE**


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# 91MW WELCOMES NEW COMMAND CHIEF


U.S. Air Force Col. James Schlabach, 91st Missile Wing commander (left), passes a guidon to Chief Master Sgt. Becky Thomas, 91st Missile Wing command chief, during an assumption of responsibility ceremony at Minot Air Force Base, North Dakota, July 19, 2024. The passing of the guidon symbolized the assumption of responsibility by Thomas as the command chief of the 91st Missile Wing. See coverage on page A2.


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



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# 91st Missile Wing welcomes new command chief

SENIOR AIRMAN KYLE WILSON, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Chief Master Sgt. Becky Thomas assumed responsibility as the command chief of the 91st Missile Wing during a ceremony here, July 19.

In her role as the 91st MW command chief, Thomas will serve as the primary advisor to U.S. Air Force Col. James Schlabach, 91st MW commander, on matters concerning readiness, professional growth, health, well-being, discipline, quality of life, and deployment for Airmen assigned to the 91st MW.

"I am so happy to be a part of the Team Minot family and a part of the 91st MW," said Thomas. "This position and this responsibility is huge."

Thomas will be representing more than 1,800 personnel assigned to operate, secure, and maintain the 91st MW's Minuteman III intercontinental ballistic missiles, spread across 8,500 square miles of northwest North Dakota.

"She is the absolute top choice we could have possibly had, and I'm excited for her to be here," said Schlabach. "All Airmen of the 91st MW are going to benefit from Chief Thomas and the leadership that she's already demonstrated in the time she's been here."

Throughout her career, Thomas has held a variety of developmental



U.S. Air Force Chief Master Sgt. Becky Thomas, 91st Missile Wing command chief (right), salutes U.S. Air Force Col. James Schlabach, 91st Missile Wing commander (left), during an assumption of responsibility ceremony at Minot Air Force Base, North Dakota, July 19, 2024. In her role as command chief of the 91st Missile Wing, Thomas will serve as the primary advisor to Schlabach on matters relating to the readiness, professional development, welfare, discipline and quality of life for Airmen assigned to the 91st Missile Wing.

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

positions to include serving as a Noncommissioned Officer Academy professional military education instructor and as a program manager for the Chief of Staff of the Air Force's Task Force True North program. Most recently, she served

as the senior enlisted leader for the 86th Medical Group, Ramstein Air Base, Germany.

"I begged for the opportunity to come and be a part of this team, and I'm committed to leading and taking care of this team," said Thomas.



U.S. Air Force Chief Master Sgt. Becky Thomas, 91st Missile Wing command chief (center), speaks to the crowd at an assumption of responsibility ceremony at Minot Air Force Base, North Dakota, July 19, 2024. Thomas spoke about her excitement and enthusiasm for the opportunity to lead the 91st Missile Wing's Airmen.

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

AIR FORCE DAY PROCLAMATION SIGNED BY TRUMAN  
AUGUST 1, 1947

On August 1, 1947, President Truman signed a proclamation observing the first Air Force Day, which celebrated military airpower in the aftermath of World War II. At the time, the Army Air Forces were in charge of the nation's airpower, and the United States was beginning to understand the true potential of military air endeavours. The USAF would branch into its own service nearly one month later. Truman addressed the nation after proclaiming the first Air Force Day, saying "I remind all of our citizens that the air power of the nation is essential to the preservation of our liberty, and that the continued development of the science of air transportation is vital to the trade and commerce of a peaceful world." The last official AFD was observed on August 1, 1949.

President Truman signs the Presidential Proclamation designating August 1, 1946 as Air Force Day. With him are Gen. Carl A. Spaatz, Commanding General of the Army Air Forces, and Lt. Gen. Ira C. Eaker, Deputy Commander of the AAF. (USAF Photo)

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# Minot maintainers compete in inaugural mission generation competition

A1C LUIS GOMEZ AND A1C TRUST TATE, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Maintenance Group held its inaugural Mission Generation Competition here, July 17.

The Mission Generation Competition is a high-intensity event designed to enhance team dynamics and provide rigorous training for worldwide deterrence. This event aims to demonstrate and evaluate proficiencies by incorporating urgency and fostering spirited competition among various units.

During the competition, teams from the 5th Aircraft Maintenance Squadron, 5th Munitions Squadron, 23rd Bomb Squadron and the 69th Bomb Squadron showcased their proficiency in generating lethal capabilities swiftly and safely. The event evaluated teams in four distinct categories: a dress and appearance inspection, a consolidated tool kit inspection, a written test, and the main competition which was broken up into three sections.

The first was the crew chief aircraft generation competition where both teams faced off to see who could change the number one and number four tires on the B-52H Stratofortress. Afterwards, the bomb build competition which involved two teams building a total of eight GBU-38 version ones, an accurate 500 pound joint direct attack munition, on top of two MHU-141S. The event then concluded with the weapons load crew competition where both teams saw who could load a total of six GBU-38 version ones from the two MHU-141S onto and into the B-52H Stratofortress.

Tech. Sgt. Blaise Hartwig, 5th MXG loading standardization crew member, explained the competition's significance.

"This was the first Mission Generation Competition where we got crew chiefs involved from both bomber generation squadrons

as well as 5th MUNS, our ammo counterparts," said Hartwig. "Those at 5th MUNS did the bomb build-up and our load crews from both the Knighthawk and the Bomber Baron sides put it all together. From getting the B-52H Stratofortress ready, to hanging the bombs."

In the past, similar competitions have been held quarterly among the weapons crews. What set this iteration apart was not only the inclusion of multiple units that comprise 5th MXG, but holding the event in front of a crowd. Airman 1st Class Lein Figueroa, 5th AMXS crew chief, reflected on the experience of competing for the first time. Figueroa remarked how nerve wracking it was to perform his job in front of a crowd. At first he felt the nerves just waiting for the competition to start. However, as soon as it began, he focused on blocking out the noise and competing.

"So we competed in the tire change competition and it was definitely a new experience for us since we're so used to working at our pace," said Figueroa. "Having to compete against someone else while maintaining our regular safety measures and doing so at a faster pace added some pressure on us. It definitely helped us grow and learn things that we didn't know or spot things we weren't used to seeing."

That spirit of teamwork, pressure and friendly competition was at the forefront of the mind of Master Sgt. Justin Zechman, 5th MUNS production flight chief, when putting this event together.

"I think competitiveness builds on our training. Instead of doing the mundane everyday aspect of what we do here, putting a competitive spin on it builds that proficiency to a higher level in my opinion," said Zechman. "Competition makes our skill level and proficiency ten times better."

That competitive spirit was felt throughout the combined efforts of 5th AMXS, 5th MUNS, 23rd BS and 69th BS Airmen as they worked to generate a lethal aircraft in a high pressure situation. Zechman reflected how turning the competition into an event that fellow Team Minot leaders, Airmen and families watched added to the overall camaraderie of the crews. The energy he saw pour out from the crowd with their signs and cheers bled over and he believes the competitors fed off of it.

"Ammo really brought it and built all four bombs in 11 minutes and our load crew guys absolutely crushed it," said Hartwig. "Both crews beat our regular time standard, which is about 55 minutes. Nobody went above 25 minutes, so it went really well."

With this inaugural iteration out of the way, the future of the 5th MXG's Mission Generation Competition has already been discussed. According to Zechman, 5th Bomb Wing and 5th MXG leaders have already discussed the possibility of turning this competition into a quarterly event.

The Mission Generation Competition not only highlighted the exceptional capabilities of Team Minot's personnel, but also reinforced the importance of readiness and teamwork in achieving mission success. By fostering a spirit of competition and collaboration, the event not only sharpened the skills of those involved but also strengthened



Airmen assigned to the 5th Munitions Squadron compete in the 5th Maintenance Group's inaugural Mission Generation Competition at Minot Air Force Base, North Dakota, July 17, 2024. This event aimed to demonstrate and evaluate proficiencies by incorporating urgency and fostering spirited competition among various units.

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



Airmen cheer from the stands for their team during the 5th Maintenance Group's inaugural Mission Generation Competition at Minot Air Force Base, North Dakota, July 17, 2024. The competition consisted of changing a jet tire, assembling guided munitions, and attaching munitions to a B-52H Stratofortress.

inter-squadron relationships. As Team Minot looks forward to future iterations of this event, the lessons learned and camaraderie built will continue to enhance the base's readiness and capability to respond anytime, anywhere.



Airmen assigned to the 5th Aircraft Maintenance Squadron compete in the 5th Maintenance Group's inaugural Mission Generation Competition at Minot Air Force, North Dakota, July 17, 2024. The competition consisted of changing a jet tire, assembling guided munitions, and attaching munitions to a B-52H Stratofortress.

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### A VIEW FROM OUR SIDE

ROD WILSON

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### THINGS HAPPEN IN 3'S

My Dad had a saying that "everything happens in 3's". Yep, everything in life happens in events of 3. If you have an accident in your family; broken bone, major cut that requires a trip to the emergency room, fall from a tree, my Dad would always tell us to "be careful, because everything happens in 3's".

But is it only accidents that happen in 3's? Of course not. Take for example this past week when I met 3 different people, in 3 different locations, who talked about returning to Minot after being here once before...and all 3 were absolutely ecstatic to return.

The first person was now CMSgt. Becky Thomas of the 91st Missile Wing. We'll have another opportunity to interview her in the next few months, but we had a few minutes at her recent Assumption of Responsibility Ceremony to talk about returning to Minot. In CMSgt. Thomas' words, "everyone is so nice in Minot. We enjoyed being here the first time, and we asked to come back" says Thomas "I even had people offer to pay for my oil change. I explained that no, that is something I need to do for myself."

I might also say that both times I have had an opportunity to talk with CMSgt. Thomas, she has had a very infectious smile when she talks about her opportunity to bring her family back to Minot. Sure, there will be challenging times ahead, and even Col. Schlabach



### UPSIDE DOWN UNDER

MARVIN BAKER

As the Olympics are beginning in Paris, there's some interesting information that many people may not be aware of even though they may sports fans.

This is the third time since the modern Olympics began in Athens, Greece in 1896, that Paris will be the host city. The games were also held there in 1900 and 1924.

It is also one of only three cities anywhere in the world to host the games three times. The others being Los Angeles and London.

A total of 206 nations are represented at this year's Olympics with a total of 10,500 athletes including Payton Otterdahl, a former student from North Dakota State University who will be throwing the shot put.

But in the history of the Olympics, there have been numerous North Dakota athletes who have competed in the Olympics with three of them winning gold medals in their respective competitions.

Ethel Catherwood was born in

# We Asked To Come Back...

apologized to her family during the ceremony for the many times that Thomas would be called away from home to attend events of the 91st MW. Watch for more about CMSgt Becky Thomas in future Northern Sentry editions.

### NUMBER 2...

A young man in uniform walked into the Northern Sentry office at 315 Main Street. He was looking for the Jamaican Vybz restaurant. It happened to be a Monday, and the restaurant was closed. Again, we talked about "where are you from?" and the answer was Pennsylvania. He said "so much has changed since the first time I was here 6 years ago. The new hospital, all the new restaurants, the Discovery Center; just a few of the changes he noted. Then he, too, said that he asked to be transferred back to Minot. He chuckled when he said that the lady doing his transfer papers said she was sorry he was being sent back to Minot. "From everything I read here, you are good at what you do, and probably deserve better." He said he explained that it was his choice to go back to Minot. Her reaction? "I wouldn't get caught dead there". We talked at length about the fact she had never been to Minot, in fact, she hadn't ever been out of Texas.

### NUMBER 3

I am telling you that I wasn't hunting down the person to be #3 in my "I got transferred back to Minot" events. This person had nothing to do with the military. Instead, she was originally from Minot. Left to be a schoolteacher in Wisconsin but was in her words "always looking over my shoulder for an opportunity to return to her hometown." The opportunity came soon enough when her elderly mother would need care. "I couldn't wait to get back. I gave my notice in January and was back here by June 1st. You never really know what you are missing until



U.S. Air Force Chief Master Sgt. Becky Thomas, 91st Missile Wing command chief, speaks to the crowd at an assumption of responsibility ceremony at Minot Air Force Base, North Dakota, July 19, 2024. Thomas spoke about her excitement and enthusiasm for the opportunity to lead the 91st Missile Wing's Airmen.

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

it's not there anymore. Minot has so much to offer- and the people are so, so, friendly. Here I am, back where I always wanted to be."

### IS IT COINCIDENCE?

I am sure it could be a bit of coincidence to run into 3 different people who championed the "I wanted to return to Minot cause." But how refreshing to hear the 3 stories, and how each related with confidence that they made the right decision. Great schools, great places to go, we love the summer months, have you ever tried ice fishing?...reasons to return to Minot. Welcome back! We missed you.

### BEST KEPT SECRETS

I was thinking about what to feature this week, and all of a sudden, there it was. Sausage!!!

Say what? Sausage? A couple of neighbors took a sausage tour. They started in Minot, went through Berthold, south to Garrison, and finally ended up in Harvey. They purchased homemade sausage in all of the communities they visited. In Minot they stopped at Charlie's Country Sausage and the Meat Company. Going west they visited MeMa's Meats in Berthold. In the Garrison area was Myer's Meats and finally in Harvey it was Warehouse Grocery. My intention is not to leave anyone out. There are a lot more markets that feature their very own turn on sausage. Pack a lunch and do your own sausage tour.

### TODAY'S CHUCKLE

Many a person lost in thought is just trying to recall where he left his cellphone.

# North Dakota Olympians...

Hannah, a small community in Cavalier County that is two miles off the international boundary. She was raised and educated in Saskatoon, Saskatchewan, excelling in baseball, basketball and track and field.

She later competed in the 1928 games in Amsterdam, winning a gold medal in the high jump for Canada. 1928 was also the first year women were allowed to compete in the Olympic games.

John Bennett of Grand Forks competed in the high jump in the 1956 Olympic games in Melbourne, Australia where he won the silver medal. Bennett was a student at Marquette University where he excelled in track and field, winning two NCAA championships for the Golden Eagles.

On a side note, Bennett's daughter Claire Lang, became known as the "first lady" of NASCAR radio, hosting a talk show about NASCAR.

Clifton Cushman, also of Grand Forks, competed in the Rome Olympics in 1960, taking home a silver medal for the United States in the 400-meter hurdles. Cushman was a graduate of Grand Forks Central High School, breaking numerous track and field records for the Knights.

Cushman later attended the University of Kansas, helping the Jayhawks win their first NCAA track and field championship.

After the Olympics, Cushman

joined the Air Force and became a combat pilot in Vietnam. Tragically, his plane was shot down in North Vietnam and although another pilot saw him eject, his body was never found. He was officially declared dead on Nov. 6, 1975.

As a result, the football stadium in which Central and Red River both compete, is called Cushman Field in his honor.

Virgil Hill who grew up in Grand Forks, is perhaps the best known Olympian from North Dakota. He competed in the 1984 Olympics in Los Angeles, earning a silver medal in boxing.

Hill competed in the middleweight division, defeating four boxers until falling to Shin Joon-Sup of South Korea. It was also in 1984 that he became the National Golden Gloves champion at middleweight.

Hill went on to a very successful professional career, winning 51 of the 58 professional fights in which he participated. Twenty-four of those fights were by knock out. And in every one of Hill's fights, he entered the ring waving a North Dakota flag.

In 2012, Hill was officially inducted into the International Boxing Hall of Fame for the class of 2013. In 2023, Hill became the 48th recipient of the Rough Rider award, North Dakota's highest commendation for it's residents.

Jocelyne and Monique

Lamoureux are also from Grand Forks. They competed for the University of North Dakota women's hockey team, later going on to appear in three Olympic games, taking home one gold and two silvers.

The twin sisters, on team USA, won silver in 2010 in Vancouver, B.C., silver in 2014 in Sochi, Russia and finally gold in Pyeongchang, North Korea in 2018.

The their Lamoureux twins became the fourth and fifth Olympians from North Dakota to claim Grand Forks as home town.

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**CITY COUNCIL-  
THE WRAP**  
ALDERMAN MIKE BLESSUM

# Sharing Thoughts On Events & Decisions

from Minot Air Force Base named Cipriano (Cid) Saucedo. My grandpa Cid, technically a step-grandpa, became the only grandfather I really ever knew. I was born about 3 years later and I can't remember a time when I wasn't absolutely smitten with my grandpa. I grew up with stories of him stroking my forehead to get me to sleep when I was a fussy baby. I remember the long days stretching into nights while he waited in his cold pickup so I could skate at the outdoor rinks in Minot. He was my biggest fan as I grew up playing hockey and baseball for Minot teams. After winning the state hockey championship as a senior at Minot High, one of the first phone calls was to my grandpa and grandma to celebrate with them because they couldn't be there. My sister Mindy and I were so loved.

My grandpa came from the generation of Americans who didn't talk about their service or what they had seen and done for our country. I have very little information about his service other than he served during both the Korean and Vietnam wars. Those who have family members from that era and before know the steely mentality many service members show. It would have never occurred to him to talk about his service and what his compatriots

did to ensure our freedoms. They did it and went about the rest of their lives with the same honor and discipline they learned during their service. My grandpa's only wish was to be buried with my grandma at the ND Veterans Cemetery in Mandan, ND. The full ceremony after his death in 2002 was one of the most moving, proud experiences of my life.

I urge everyone to talk to their loved ones who are serving and have served. Record their stories and document their words. While they would never ask for it, they deserve to have their stories told to future generations. Most Americans have a general sense of the sacrifices made by military families to ensure our freedoms. We risk losing touch with the human side of that experience if we don't document it. I certainly wish I had discussed more of it with my grandpa, but he was always so content talking about what I had going on and everything else but himself.

I hope you all find Minot to be the welcoming, wonderful place that my grandpa found it. While he surely had a great reason to stay once he met and married my grandma, he loved our city and was a great addition to our community. I'm biased, but in this case only the best did come north!!!

I was recently elected to serve as an alderman on the Minot City Council. The city council consists of 6 aldermen plus the mayor. It is our responsibility to meet the service needs of our patrons while ensuring their freedom to create the community they desire. I am very proud of our community and its people. I think you will find the people of our city are a good lot - we take care of each other and work hard to make Minot a great place to live.

The Northern Sentry has been kind enough to offer me some space to communicate with its audience. This column will serve as my introduction to you, including some of my history and the part that Minot Air Force Base has played in shaping me into the person I am today. As city leaders we talk about the MAFB impacts on our city and state - primarily economic and cultural. Those are very important to our community, but for me it is much more personal.

On December 28, 1970, my maternal grandmother Arlene married a USAF Tech Sergeant

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## All About Pets

**Coping with the loss of a pet**



There are many reasons why one might lose a pet: old age, an unfortunate accident, or changing life circumstances, to name a few. For those of us who truly care about our pets, losing them can be devastating. So how can you cope with the loss of a pet? Here are a few suggestions.

- Let yourself grieve—whether your pet has gone off to the rainbow bridge or simply another home, it is completely normal to feel a level of grief. It's important to recognize your feelings and if you need support, reach out to friends, family, or even a professional counselor. You can also try finding pet loss resources such as those at [www.aplb.org](http://www.aplb.org).
- Reflect on your time together—after the loss of a pet, it can be difficult to think about their memory. But reflecting on the time you've spent together can actually be therapeutic. Try to focus on the positive memories and recall the challenges that you faced and overcame as a team. Writing your feelings down in a journal a great way to reflect and hopefully help turn your grief into gratitude. If you're the type to keep reminders of your pet, there are plenty of creators who make keepsakes such as keychains, paintings, jewelry, or other memorials. Something I like to do is use a stepping stone kit to imprint my pet's paw prints forever. When they're gone, you will always have a little piece of them in your life to remind you of all the great times you spent together.
- Spend time with other pets—humans aren't the only ones who have feelings about losing pets. Some pets can sense when there has been a loss, other than the obvious sign of not having their friend around. Unless your pet is actively giving you signals that they want to be left alone, spending time and giving attention to your other

pet(s) can benefit you both and help you walk through the grieving process together. Take your pet to the park, spend some time playing in the back yard, or cuddle up on the couch and watch a movie.

• Use your grief for a good cause—research has shown that doing good deeds can make you happier. After the loss of a pet, you can try curbing those negative feelings by doing something good such as volunteering at a local animal shelter, donating supplies to them, or if you're able, you can even sign up to be a transporter or foster for other animals in need.

• Get another pet—this one seems like the obvious answer to dealing with the death of a pet. However, this is not a decision that should be made impulsively! Bringing another pet into your home immediately after losing one will not always make you feel better right away, and if you are not in the headspace to properly take care of and focus on the new pet because you are still grieving the old one, it can rub off on them. Try giving yourself some time to grieve first. When you feel ready, start looking for a new friend. It's unfair to your new pet to compare them to your old one... all pets have different personalities, but that is what makes them so special. While a new pet can never replace your lost one, they can still offer the same companionship and give you another great, loving relationship to enjoy. Saying goodbye to our pets is never fun, but at some point it is an inevitable. Enjoy every moment you spend together—even the difficult ones—and when the time comes, just remember the love that they brought into your life.

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# Teamwork; dividing the task, multiplying the success

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

MINOT AIR FORCE BASE, N.D.

What do you do when your back is against the wall? The Minot Air Force Base Lady Bombers basketball team uses the courage and discipline instilled in them to push back.

The Lady Bombers consist of 21 members representing various units across Team Minot. Some Lady Bombers have been playing basketball for most of their lives, and it is much more than a game for most.

“Basketball isn’t just a game; to me, it’s something to help develop concentration along with self-discipline,” said Senior Airman Norris Williams, 5th Civil Engineer Squadron electrical systems journeyman and coach of the Minot AFB Lady Bombers basketball team.

For some, basketball is an opportunity to grow. For others, basketball is an opportunity to build relationships. “With Minot AFB being isolated, I feel like it helps bring out those Airman that

don’t have many friends, giving them something to look forward to and people to network with. It’s done that for me so I know others feel the same,” said Airman Kyasia Overstreet, 5th Logistics Readiness Squadron inbound technician and Lady Bomber. “I love how it brings people together. It’s such a competitive but fun sport and you meet so many people along the way.”

People from many cultures and backgrounds can unite through basketball and find common ground in a shared interest.

“Team sports increase morale and togetherness, and encompass building relationships with people that have the same interests,” said Airman 1st Class Madison Snyder, 5th Operational Medical Readiness Squadron public health technician and Lady Bomber.

According to the U.S. Public Health Service, every aspect of life is impacted by the substantial benefits that physical activity has on social and mental well-being.

“Basketball is practically like

my peace when everything is crashing,” said Overstreet. “We all have those things that take away whatever we’re feeling, and that’s basketball for me.”

In addition to the benefits Williams reaps as a basketball player, he said coaching also allows him to break down the game of basketball to an audience, giving them learning opportunities, skill training, sportsmanship followed by a sense of camaraderie.

The Lady Bombers don’t just play against each other on base. They compete in off-base tournaments and even travel out of state to participate in tournaments against other teams.

Adding a competitive aspect to basketball provides players with more skills in addition to everything else basketball does for social and mental health.

“Competitive sports could sharpen the skill of military members while keeping members in physical shape as well,” said Williams. “Team building within sports is important because it allows the base to function at a more efficient pace than without.”

Those seeking to relieve stress, build relationships, get active, sharpen their skills or just get outside their home while assigned to an isolated base, may find that joining a base team is the first step to getting their back off the wall.



U.S. Air Force Airman 1st Class Emily Leavitt, 5th Logistics Readiness Squadron household goods technician and Lady Bomber, dribbles a women’s basketball during a Minot Air Force Base (AFB) Lady Bombers basketball practice session at Minot AFB, North Dakota, July 10, 2024. The Lady Bombers are part of the Women’s Military Basketball Association, consisting of teams across multiple military branches.



U.S. Air Force Senior Airman Jasmine Arguijo, 5th Force Support Squadron food service apprentice and Lady Bomber, takes a shot at Minot Air Force Base, North Dakota, July 10, 2024. The Lady Bombers play in the Women’s Military Basketball Association, which comprises teams from several branches of the armed forces.



U.S. Air Force Senior Airman Norris Williams, 5th Civil Engineer Squadron electrical systems journeyman and coach of the Minot Air Force Base (AFB) Lady Bombers basketball team (left), directs players during a practice session at Minot AFB, North Dakota, July 10, 2024. Williams’ favorite thing about basketball is the work put forth, getting to see the results and making every drill count to conquer the opponent.

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



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# Scandinavian Roots Runs Deep

Driving on south Broadway, it is easy to spot the Scandinavian Heritage Park with its stately Gol Stave church and brightly colored Dala horse, but have you ever wondered why Minot celebrates Scandinavian ancestry and history so strongly? With the signing of the Homestead Act of 1862, President Lincoln opened up the opportunity for citizens or future citizens to receive a 160 acre plot of land. The stipulation was that the person must live on the land, improve it, and pay a registration fee. After 5 years, the land belonged to that individual and they could live on it for the rest of their life or sell it.

During this same period of time, the Scandinavian countries had some rather bleak times. From political upheaval to agricultural hardships, times were not easy and with the lack of resources, the draw of free land in the United States brought droves of people to the country. Once a handful of people came and settled, word got out to friends and family, who made the tough decision to leave their home country to seek a better life. This life was certainly not a walk in the park, but for the hearty Scandinavians, the cold climates of North Dakota weren't that much different from where they have come from and they were not afraid of hard work.

As people settled into certain areas, their traditions came with them and while they felt it important to acclimate, they also found solace being surrounded by people who had come from the same place, which is why many eventually ended up in pockets of areas together. Continuing their traditions from their home country made them feel comfort while being away from their loved ones, many whom they never saw again.

I was fortunate enough in June to travel to my family homeland of Norway for the first time and to say that it was awe inspiring is an understatement. The beauty of the landscape, the culture and traditions, and being able to see where half of my family has come from truly makes a person think. Knowing that they packed up and left behind everything that they had always known to go to a land that was completely foreign could not have been an easy decision. Add to it that they had no idea what they were getting into on the often desolate prairies of North Dakota and trying to establish a home of their own would likely have made them want to throw in the towel a few times.

Persistence, dedication, stick-to-it-ness, and a drive for a better life drove them to establish towns, schools, churches, businesses and more in their new country. With the railroad coming to North Dakota and springing up in Minot, the Magic City was established and included many people from the Scandinavian countries of Norway, Sweden,

HOPE ANDERSON



Denmark, Finland, and Iceland. Traditions from these countries became a part of life in Minot and those traditions continue to this day.

A Thanksgiving or Christmas in Minot is really not complete without lefse, a traditional Norwegian flatbread made of potatoes and flour served with butter and sugar. At Christmas time, the cookies start making an appearance including krumkake, sandbakkels, snowballs, cardamom filled treats, thumbprint cookies, and more. Baking with butter and love is the way of the Scandinavian. If you have never had a chance to eat these butter filled tasty treats, it is a must this winter.

But for now, I highly recommend a trip to the Scandinavian Heritage Park, where you will be able to tour several traditional Scandinavian buildings, learn history about Scandinavians in the area, and find out just a little more about the history of this community. Then in September, a trip to the Norsk Høstfest, a truly delightful Scandinavian Festival, is a must. From traditional foods and shopping to cultural learning and great music, you will feel the spirit of Scandinavia right here in Minot. If you want to get involved in the community, volunteering at the Norsk Høstfest is an excellent way to immerse yourself in the uniqueness of Minot and learn more about Scandinavian culture. You will have a great time and meet many people who come from all over the world to take part in the festival. Scandinavian heritage is alive and well in Minot and has so many aspects that truly can make life koselig (cozy) for everyone.

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# U.S. Senator John Hoeven Briefs Sentinel Updates with Task Force 21

MINOT AREA CHAMBER EDC

On July 15th, U.S. Senator John Hoeven joined Task Force 21 members at the Minot Area Chamber EDC (MACEDC) office to provide an update on the advancement in modernization of the dual-nuclear missions at Minot Air Force Base.

Hoeven led consultation on how to best help the Minot area & state of North Dakota prepare for the Sentinel Program, consisting of critical modernization of the land-based leg of the nuclear triad that will replace the Minuteman III intercontinental ballistic missile (ICBM) system, which has been in service for over 50 years. There was additional discussion on Hoeven's recent efforts to secure critical military construction priorities for Minot in the Senate's annual funding legislation for Fiscal Year (FY) 2025, his work with DoD leadership to maintain the Sentinel program during the recent Nunn-McCurdy review, and a push for

accelerating the schedule of the Sentinel Program.

"We need to keep advancing nuclear modernization so we can effectively counter the capabilities being developed by Russia and China. The Minot community is a critical part of this effort, which is why we're engaging in an active planning process with local leaders, while also pressing for concurrent construction at all three bases to keep these programs on track and help reduce costs," said Hoeven.

MACEDC and Task Force 21 are continuing to monitor any updates regarding Sentinel, and are pleased to hear that so much consideration is being put into the community prior to the project's initiation.

Senator Hoeven's full news release can be read online here: <https://www.hoeven.senate.gov/news/news-releases/-hoeven-holds-planning-meeting-in-minot-to-advance-nuclear-modernization-programs>



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# NORTHERN CELEBRATIONS

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## 40 YEARS OF FAMILY

Patricia Stockdill

Anglers had discovered the "Big Lake" – Lake Sakakawea, that is. Back about 40 years ago or so, the nation's third largest manmade reservoir was gaining a reputation as a fishing destination. It wasn't just a local fishing hole producing some nice walleye and big northern pike.

It was becoming a destination, especially for walleye, for anglers throughout North Dakota and beyond.

Tolly Holtan could look across the pasture of the family ranch towards Good Bear Bay on Lake Sakakawea. Tolly, her husband, Byron, and their kids would see stunning hills, wildlife, and a vast expanse of water as the bay opened into Lake Sakakawea.

But Tolly saw more – she saw the potential of a vast, largely unexplored lake with fishing and recreational opportunities so many others could experience and enjoy.

She and Byron saw what would become Indian Hills Resort, tucked alongside Good Bear Bay, its surrounding public land, and Lake Sakakawea, which is managed by the U.S. Army Corps of Engineers.

They worked with a variety of local, state, and federal agencies and partners to install a concrete boat ramp. They carved out a parking lot, built a bait shop and four-unit condominium on the ranch. "And 13 campsites that had (electrical) power and handful of primitives (campsites)," described Kelly Sorge, Byron and Tolly's daughter and Indian Hills owner, along with her husband, Dale. "The fishing cleaning station was two barrels and a counter-top with two holes cut in it for the barrels underneath," she laughed.

One day she and a fellow co-worker decided they could haul the barrels out themselves to empty.

Nope, wasn't happening. Not with the excellent walleye fishing and amount of fish anglers were catching.

Kelly was 13 years old when her parents opened the resort. She grew up doing anything and everything needed for a successful family resort. She and Dale took over Indian Hills in 2003 and today Indian Hills is the oldest family-owned recreational facility on the lake, celebrating its 40th anniversary.

Family drew Kelly and Dale back to her home, the ranch, and resort. For Kelly that includes the family of customers. There are groups of guests, campers, and anglers who gather on a regular

basis at Indian Hills, some for almost as long as the resort has been in existence. "It's the customers," she promptly offered, describing the Indian Hills Resort legacy. "It's the customers, hands-down. It's home, it's here."

Things change over time and Indian Hills is no different. Elbowwoods Lodge, a four-unit condominium, replaced the original structure. There are log cabins, large group lodging, and Good Bear Bay Lodge is slated for completion this fall, a large four-bedroom, two-bath family style unit.

Dozens more modern and primitive campsites are available.

There's on-the-water gas; larger bait shop. The list of free public amenities includes boat ramp, courtesy dock, parking, and fish cleaning station (definitely the modern kind with the barrels and counter-top long gone). And there's a stunning hike along the Nux Baa Ga Interpretive Trail, a six-mile long trail melding history, wildlife, and flora and fauna of the buttes above Good Bear Bay.

As with many things in life and work, owning a resort on a major reservoir presents challenges, especially when it comes to chasing water elevations up and down.

The Missouri River Basin feeding Lake Sakakawea is one of the nation's largest watersheds and Lake Sakakawea is the largest of the river's six dams. A resort on a water body that large means elevations fluctuate, not just in a few inches, but in feet – 10, 20 feet, and even more depending on mountain snowpack, droughts, and floods throughout its massive watershed.

It means moving courtesy docks, boat slips, being able to provide on-the-water gas or not, and in high water years hoping to still have a parking lot that doesn't flood. There's a short recreation season given North Dakota's fickle weather.

But Indian Hills Resort, located about 30 miles west of Garrison, has been a family affair for 40 years.

After all, customers are like family and the family likes to fish and spend time on the water, soaking up the scenery along Good Bear Bay.

For more information, go to the Indian Hills Resort website, ([fishindianhills.com](http://fishindianhills.com)). Lodging reservations are recommended, though.



Tucked along Good Bear Bay on Lake Sakakawea, Indian Hills Resort celebrates 40 years on the lake in 2024.

INDIAN HILLS RESORT PHOTO



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After a long day of play, a boy and his dog relaxing enjoying the evening sun. Minot AFB

SUBMITTED BY JESSICA SHANNON



Enjoying Freedom Fest firework. Photo taken by Alana Lowry

SUBMITTED BY KRISTIN COOPER



It's finally sunny, can we please go play!!!

SUBMITTED BY JAMES WEIDMAN



Quick breakfast at Meg-A-Latte before heading to Rebel Athletics for class!!

SUBMITTED BY SARAH WEIDMAN



Hadley feeding the Giraffes at Roosevelt Park Zoo!

SUBMITTED BY JESSIE LITTLE



Taken in late June during the Peace Garden park visit.

SUBMITTED BY MING NI



Lake Metigoche double rainbows! "North Dakota has the most vibrant rainbows I have ever seen."

SUBMITTED BY GIANNA BROCKHOFF



Michael Jr. at his favorite place - Corbett Field!

SUBMITTED BY LINDSEY RIPPLE



Roosevelt Park Zoo

SUBMITTED BY KATHERINE MARTINEZ



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# SVAS: Out to Prove Pets Can Be Our Wingmen

MARTINA KRANZ, NORTHERN SENTRY

Feeling down? Need to relax? Your pet may be able to help! Pets help lower blood pressure, help their owners exercise, give them companionship, enhance moods, help fight loneliness, and many other health benefits. Pets truly are our wingmen!

Bring your family, friends and your pet for a day out at Minot's Oak Park on Saturday, August 10, 2024. The Souris Valley Animals Shelter (SVAS), a no-kill and fear-free shelter, is holding its Lend-a-Paw 5K Color Run from 10:30 a.m. to 11:15 a.m., a 1-Mile Walk/Jog/Roll from 10:45 to 11:00 and a Fundraiser Festival Day from 12:00 p.m. to 4:00 p.m. According to Haley Burchett, SVAS's Communication, Development, and Public Relations Director, the SVAS's rebranding is about redefining what's important in the organization to the eyes of the public. The fundraiser is to help SVAS make their policies and procedures more transparent to the public. It's about cultivating new relationships, trying to restore and rebuild existing relationships, and trying to move forward and use the "power of the present" in a big way with changes to promote health, wellness, and mental health. Burchett states, "We want

to use this event as a way to bring as many [people] together as we can in the community and really show the community what we're all about. And what we're all about is saving as many animals as we can."

SVAS's Lend-a-Paw 5K Color Run and 1-Mile Walk/Jog/Roll and the Fundraiser Festival Day will celebrate the impact that pets, service dogs, and the emotional support that animals have on their owner's well-being and lend a paw to their owners in need. SVAS chose green, blue, and orange for the 5K Color Run colors. This event supports everyday needs and medical care for the animals at the shelter. Caring for pets doesn't come free. The SVAS Lend-a-Paw 5K Color Run and 1-Mile Walk/Jog/Roll and the Fundraiser Festival Day webpage lists admission prices and what those fees cover to care for a pet. For example, a single admission cost of \$45.00 provides food, toys, and exercise for one dog for one day. A \$115.00 family of three admission provides vaccination for three adult cats.

The Fundraiser Festival will feature a bouncy castle, balloon animals, glitter tattoos, a mermaid princess, face painting, and axe throwing. When individuals

register for the color run, walk/jog/roll, the fees also include the festival admission and the activities, except face painting. If individuals only wish to attend the festival, the entrance fee is \$10.00 for adults and \$5.00 for children.

To register for this event, future ads will contain a QR code that people can scan directly from the newspaper that takes them directly to the registration page. Also, people can visit the Facebook page created for this event. In the About section of the event, scroll down for the link to register. Ads on Facebook posts will also have links to register.

Monty's Heart of Texas BBQ, Backdraft BBQ, and Bear's Kitchen food trucks will be at the festival for those who wish to purchase it, and DJ Monti Entertainment and Musik Worx will provide the music. There will also be Pawcasso art space if people want to create an art piece with their pet, such as a paw print or prints. Each canvas board is \$5.00.

SVAS wants to show the community what they're about, so come and see the SVAS in action. The 5K Color Run and 1-Mile Walk/Jog/Roll + Fundraiser Festival Day will be an awesome event. This is Minot's only and



B-Dawg was so relieved to finally find his forever, loving home.

first annual event to celebrate the emotional and psychological support that pets, service dogs, and emotional support animals do for their humans. It's a good way

to show community support, lift each other up, and have fun while supporting the animals. No. Our wingmen.



Titan enjoying what it feels like to be loved by his new owners.



Moscow always shows his support in photos by giving his Dog Mama, Haley, his paw.

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**SRA JAYLIN THOMAS**

Senior Airman Thomas has been in the Air Force for 3+ years and calling Minot AFB home for the past for 2.5 years. He and his family/friends enjoy spending time together and participating in various seasonal Minot activities. He currently is preparing and studying to test for the rank of staff sergeant. He takes pride in volunteering and helping the airman at the 5th Medical Group. He is the 5th Medical Groups Vice President of the Airman's Council, Vice President of the Booster Club, and as well as the 5th Medical Groups backup POC for "Airman Against Drunk Driving".

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# Honeybees become the Bombshells

ERIN BEENE, NORTHERN SENTRY



MINOT HONEYBEE PHOTOS

Baseball, Softball... same difference right? Not exactly. Softball can be traced all the way back to 1887 where it is alleged to have started as an inside baseball-like game made out of a pair of boxing gloves tied together for a ball. Apparently firefighters at the time really got into the swing of the smaller field/bigger ball game and it spread. It went by many names such as Pumpkin Ball, Recreation Ball, Twilight Ball, Army Ball, Lightning Ball, Mushball, Big Ball and Night Ball, until 1930 when the name softball was finally officially attached to the sport. Following the right to vote in 1920, women became more active in many sports, but softball seemed to be a favorite as a smaller version of the American past-time of baseball. It stuck and women have been playing softball, both slow and fast pitch ever since.

Why the history lesson? Because this year in 2024, history is once again being made with the first ever for-profit women's softball minor collegiate league in the country, the Northwoods League! With it brought four teams filled with outstanding level collegiate women's softball players. The teams in the inaugural league are Minot Honeybees, La Crosse Steam, Mankato Habaneros, & Madison NightMares.

While the league is an offshoot of the baseball Northwoods League, which the Minot Hot Tot belong to. It is still the only thing like it in the country for fastpitch softball. Honeybees & Hot Tots General Manager, Monica Hocking, said that they were very excited to get this league going and the idea was originally founded by supporter and board member Dick Radatz, Jr. Monica also said that the season has been going well and the fans seem to love it. The team plans to return next season and they are even looking to

possibly expand to more teams. She mentioned that they were sold out of the opening game and expected to be for their big finale game: Military Appreciation Night on July 31.

Not only will Military Appreciation night bring about special deals for military members and their families, (hint: \$15 tickets which come with a free cup and drink!), but the Minot Honey Bees will officially give a unique nod to the special partnership between the city and Minot AFB by changing their names to the Minot Bombshells for this night only. Monica explained that for one night it will be a complete rebrand with new jerseys and other team swag. Bombshell jerseys will be auctioned off and proceeds donated to various places around town.

The Honeybees have hosted some other unique theme nights throughout this summer season including a very popular "Taylor Swift" night. Monica chuckled while she explained that the night was amazing to see and the girls who attended that game were so empowered and excited to be there. She said, "We probably couldn't have pulled off a Taylor Swift theme at a Hot Tots game, but it was a cool experience for the players and the young girls in our community."

The players on the Honeybees come from all over the nation.



There are two who join from Minot State including pitchers Jasmine Blizzard and Kierra Fournier. Hailing from her own home town of Minot, catcher Ariana Diaz joins the Honeybees as a student at Southern Virginia University. A full roster of the Honeybees players, team schedule and tickets for purchase can be found on their website: <https://northwoodsleague.com/minot-honeybees/>

The softball players in this summer's Northwoods League are using this experience as a way to build their skills, create opportunities and also have the fun of playing in front of huge big hearted crowds! Come on out and see a game in their inaugural season!



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# AGILE WARBIRO: PREPARING FOR ACE

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



Team Minot Airmen walk towards a passenger jet in preparation for exercise AGILE WARBIRO at Minot Air Force Base, North Dakota, July 13, 2024. Airmen participating in AGILE WARBIRO were distributed to different bases across the U.S. to practice Agile Combat Employment and demonstrate that the Warbird mission can be accomplished anywhere.



U.S. Air Force Christian Limos, 23rd Bomb Squadron flying crew chief, reads over flight plans with a B-52H Stratofortress pilot in support of exercise AGILE WARBIRO at Minot Air Force Base, North Dakota, July 15, 2024. Flying crew chiefs are specially trained maintenance personnel who attend a six-week maintenance special operations course in addition to the hundreds of hours of training it takes to become a 7-level maintainer.



A B-52H Stratofortress takes off in support of exercise AGILE WARBIRO at Minot Air Force Base, North Dakota, July 15, 2024. Agile Combat Employment exercises like these sharpen Airmen's ability to mobilize quickly and ensure they are prepared to operate Minot bombers from anywhere at a moment's notice.



A 5th Logistics Readiness Squadron air transportation specialist uses a metal detector on another Airman while processing passengers in support of exercise AGILE WARBIRO at Minot Air Force Base, North Dakota, June 13, 2024. Air transportation specialists are responsible for securely managing cargo and passengers, and ensuring that everything and everyone on a military aircraft is transported safely and quickly.



A Team Minot B-52H Stratofortress crew chief performs a preflight inspection of the aircraft's bomb bay in support of exercise AGILE WARBIRO at Minot Air Force Base, North Dakota, July 15, 2024. AGILE WARBIRO is an Agile Combat Employment exercise designed to validate a wing's ability to deploy, employ and sustain forces, and execute priority mission essential tasks in a degraded and operationally limited environment.

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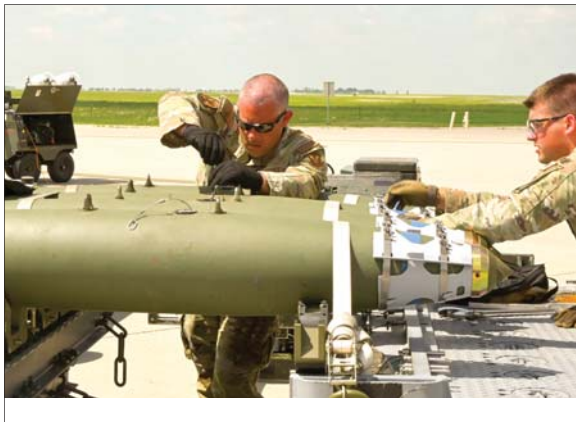
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**MINOT B-52s ARRIVE AT DYESS AFB**

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS EMMA ANDERSON, 7TH BOMB WING PUBLIC AFFAIRS



A B-52 Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, deploys a drag chute at Dyess Air Force Base, Texas, July 15, 2024. The aircraft are operating out of Dyess while upgrades are being made to the Minot runway, showcasing their ability to operate at forward locations.



An Airman from Minot Air Force Base, North Dakota, performs post flight maintenance on a B-52 Stratofortress at Dyess Air Force Base, Texas, July 15, 2024. Team Minot will integrate into the 7th Bomb Wing's daily operations in order to maintain readiness and proficiency and utilize unique training opportunities.



A B-52 Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, deploys a drag chute at Dyess Air Force Base, Texas, July 15, 2024. The aircraft are operating out of Dyess while upgrades are being made to the Minot runway, showcasing their ability to operate at forward locations.



A B-52 Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, lands at Dyess Air Force Base, Texas, July 15, 2024. Team Minot will integrate into the 7th Bomb Wing's daily operations in order to maintain readiness and proficiency and utilize unique training opportunities.



Two B-52 Stratofortresses assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota fly over Dyess Air Force Base, Texas, July 15, 2024. Several B-52s and Airmen from Minot AFB came to Dyess AFB to participate in an Agile Combat Employment exercise, dubbed Agile Warbird.

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TIMOTHY TIMM

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

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**Bible Fellowship Church**

**Worship Service**  
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**Sunday School**  
9:45am



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Fellowship..... 11:00 a.m.

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



**Faith United Methodist Church**

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

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

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

**Cornerstone Presbyterian Church**

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

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

**Wednesday Evening Schedule**  
Community Dinner ..... 5:30-6:30pm  
Contemporary Worship ..... 6:30pm  
Youth Group & Small Groups.. 7:15pm  
**All are Welcome!**  
[www.cornerstoneminot.com](http://www.cornerstoneminot.com)



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

**1720 4th Ave NW, Minot 838-0916**  
**MinotBibleFellowship.org**



**Immanuel Baptist Church**

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

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

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

**Pastor Brian Keithline**



**Christ Reformed Church**

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

**St. John the Apostle Catholic Church**

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

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

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



**First Lutheran Church - ELCA**

120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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ASSEMBLY OF GOD

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

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8:00 am | 9:30 am  
11:00 am

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Morning Worship .... 11:00 a.m.  
Evening Worship ..... 6:00 p.m.  
Wednesday Evening..... 7:00 p.m.

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Pastor David Miller



**Cross Roads Baptist**

**Southern Baptist Convention**

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

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

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



**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)  
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**St. Mark's Lutheran Church**  
Missouri Synod

**Sunday Divine Service**  
9:30 AM

**Adult Bible Study and Sunday School**  
11:00 AM

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

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

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

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

**Apostolic Faith Church, UPCI**

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

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

**Jesse Starr, Pastor**



**Grace Baptist Church of Minot**  
A Reformed Baptist Church

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

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

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**Pastor Heath Trampe**

**Sunday, July 28**  
Indoor Worship Service- 10:00am  
Outdoor Potluck Picnic- 11:15am  
Games (All Ages)- 11:45am-1:00pm

**Wednesday, July 31**  
Contemporary Service- 6:30pm

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A Church of the Lutheran Brethren

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




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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.

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

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





## SOUTHERN GROUND HORNBILL



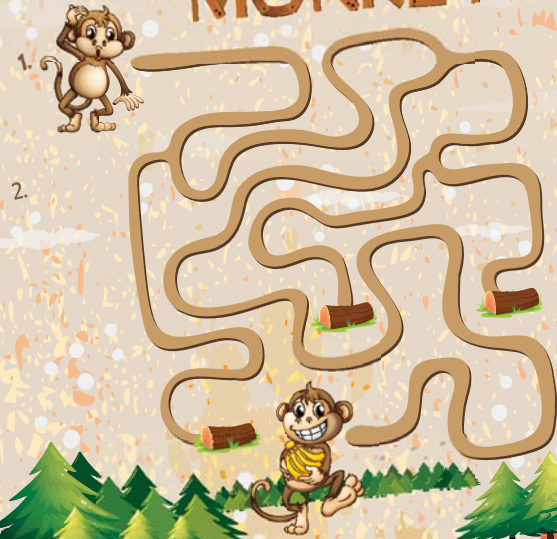
**Fact File**

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">Carnivore</span> Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

**CREATURE FEATURES**

- The Southern Ground Hornbill is the largest hornbill in the world. They are named for their habit of walking on the ground as it feeds.
- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.

## MONKEY MAZE



1. Start at the monkey.

2. Follow the path to the banana.

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## Cooling System Tips

Have your antifreeze fluid changed and Cooling System flushed every 30,000 miles or 2 years. Newer formulas, however, may last up to 50,000 miles. To check coolant level, turn the car off and wait for the engine to cool. Locate the coolant reservoir (usually a translucent plastic tank) and eyeball the level of the coolant against the full and low indicators.

Just like human beings, the car needs to dissipate heat in order to avoid overheating and exhaustion. During combustion, the engine produces large amount of heat - about 4,000 degrees Fahrenheit. This is too much for the engine to bear so a cooling system is needed to keep it at a normal temperature. Cars usually overheat due to a damaged part in the cooling system, especially the radiator, the heart of the cooling system. It is therefore necessary that all its auto parts must be in proper working condition to ensure that the whole system works efficiently. Aside from the radiator, the cooling system is composed water pump, freeze plugs, head gasket, thermostat, hoses, heater core, fan clutch and radiator fan. All these auto parts have special roles to perform thus the absence of one could significantly affect the whole cooling process and of course, the engine's performance. Take for example the hose, this may seem to be just an ordinary part but once broken, the coolant can escape and so it's no longer possible for the system to cool the engine. Even just the cap of the radiator is important. It holds the pressure in the cooling system; thereby, affects its stability.

How does the cooling system of your car work? The coolant, which is a mixture of anti-freeze and water, is the one that absorbs the heat from the engine. It is drawn by the water pump from the radiator and is pumped through engine block and the cylinder head to absorb the heat from the engine and its parts. It goes back to the receiving tank of the radiator through the radiator hose. The radiator has tubes that contain large amount of water and has fin area to allow outside air to pass through. As the coolant spreads over the top of the radiator tubes, it transfers heat to the air. The performance of your car is greatly dependent on your cooling system. No matter how gutsy its engine is, it can't work normally without a cooling system. The engine can even be inutile in an instant if it overheats and all other auto parts under the hood can also be damaged. They could melt as the engine burns the fuel inside the combustion chamber and the pistons in the cylinder could expand extremely that they can no longer move to complete the whole process in the engine. Your car can possibly overheat as well. Engine overheating is one of the most common problems auto users encounter. You can avoid this by adding water to your radiator. So if you notice a problem on a particular part in your cooling system, consult the best auto mechanic in town. But if you think the problem is worst, you may as well replace it right away.



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





# YOUTH IN ACTION

## On the Journey to College

### Part 1: Getting to Know the University of Your Choice

If you have a college bound high school junior or senior, there are many tasks to accomplish in preparation for college applications. This can often be overwhelming for students and parents. However, this very moment is the perfect time to begin planning, preparing, and executing on this journey.

Over the next several weeks, we will break down the process of applying to college and share tips and resources for students and families. The following includes Part 1: Getting to Know the University of Your Choice "On the Journey to College"

1. Create a balanced list of colleges and universities that align to your potential career goals, interests, and values. For this step, students can write down goals and desires.

2. Research colleges and universities online and request additional information. This is typically located under



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



"Undergraduate Admissions" on the website.

3. Request a Virtual or In-Person Tour of the campus as an opportunity to learn more about the university. These tours are ongoing so do not miss out!

4. Learn of the experiences of current students and alumni of the university. This is a critical step in deciding whether a college is the right fit for the student and family.

Though these steps may seem

small, they are important in learning more about the colleges or universities of interest. The Minot AFB School Liaison Office is able to assist by providing resources and answering questions at 701-723-1447 or at mafb.school.liaison@us.af.mil

Next week, I look forward to sharing Part 2: Completing College Applications.

## MCDC Announces Access Program for Low-Income Families

MAGIC CITY DISCOVERY CENTER

Magic City Discovery Center is proud to announce that it has joined Museums for All, a signature access program of the Institute of Museum and Library Services (IMLS), administered by the Association of Children's Museums (ACM), to encourage people of all backgrounds to visit museums regularly and build lifelong museum-going habits. The program supports those receiving food assistance (SNAP) benefits visiting Magic City Discovery Center

for a minimal fee of \$3 per person with the presentation of a SNAP Electronic Benefits Transfer (EBT) card. Similar free and reduced admission is available to eligible members of the public at more than 850 museums across the country. Museums for All is a part of the Magic City Discovery Center's broad commitment to seek, include, and welcome all audiences.

Museums for All helps expand access to museums and raise public

awareness about how museums in the U.S. are reaching their entire communities. More than 850 institutions participated in the initiative, including art museums, children's museums, science centers, botanical gardens, zoos, history museums, and more. Participating museums are located nationwide, representing all 50 states, the District of Columbia, and U.S. Virgin Islands.

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# LET'S PARTY!

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# Enjoying Triangle Y Camp We Had Fun!

ROD WILSON, NORTHERN SENTRY

After years of sailing Lake Sakakawea in and around Douglas Bay (near Garrison), we know the exact location of Triangle Y Camp. Normally it wouldn't be more than a subtle "guess the Y Camp is getting it tonight", but it's Sunday night, July 14th. What's special about this night? The impending storm, with green, yellow, and even red colored precipitation bands is bearing down on Douglas Bay, and tonight Carter and Charlie Wilson, (bet you can figure out the relationship with the author) have moved in the Cheyenne Cabin for a week-long, well actually Sunday through Friday, stay.

Camp Director Mallory Gray, once a first-time camper at Triangle Y Camp, has taken the necessary precautions and moved the 140 campers and staff to the basement of the dining hall. "Yeah, we just moved them downstairs in the dining hall and put on a movie. We get calls from the McLean County Sheriff's Department and of course we have precautions we take."

When we asked Carter and Charlie about Sunday night, Carter said, "Oh yeah. It rained and there was lightning" and then both he and Charlie told the story of moving from the dining hall to their cabin in the middle of the night. They got wet and it was slippery according to Carter, but they made it and crawled into their bunks for night #1 at camp.

For Mallory, it was 2002 when she started as a camper. "I was a camper until 2006 according to Gray "I was an LIT (Leader in Training) in 2007, and a staff member from 2008 to 2012."

The Triangle Y Camp is located in central North Dakota and draws from a broad area "we can have from 50 on some of our lighter weeks to 120 campers, and that's pretty much the max we can handle" according to Gray. If you haven't guessed, Carter and Charlie are my grandsons. Carter is 13 and Charlie is 10, and this is their first year at camp. They were in the Cheyenne cabin that overlooked the mouth of Douglas Bay. They didn't know their geographic location on Lake Sakakawea, but when they took me to look at the climbing tower I told them that the tower was a prominent marker on the shoreline, one that we navigate from when we are sailing in the area.

Another highlight of the Triangle Y Camp is a tall rope swing that allows kids to swing out into the swimming area. The swimming area was developed in the 80's when Lake Sakakawea experienced year of drought, and it was quite a distance from the Y Camp to the shoreline. A more manageable lake level has been maintained over the years, but the swimming area remained a part of the camp.



## A COMPLETELY NEW EXPERIENCE

Mallory explains that the kids who are attending camp for the first time "have a completely new experience. You get to places like the dining hall and there are 150 people in there, so sometimes it's just a matter of sitting back and taking it all in." But once the new campers start to do activities and gain the experience at camp, it doesn't take long for a new camper to be an experienced camper. "By the time Thursday rolls around and we do our closing ceremony, they are sad to leave" says Gray "and of course that make all of us sad because it means that another week is coming to an end."

As a parent (and a grandparent for that matter) you are curious and eager to know how the week went for your camper. I am sure that there are kids who are like the energizer bunny and fill the car with stories about their week at Triangle Y Camp. It's hard not to skip to the easiest to ask, and hardest to answer, question; Well, do you want to go back next year? Both of my grandsons were eager to return, but their enthusiasm fell short of doing backflips. I say that with a little tongue in cheek, because within an hour both were asleep and took at least 2-hour naps on their way back to West Fargo.

We also have to share that kids have to abandon anything that connects to the internet, including phones, games, watches...well, anything that interrupts conversation from staff and counselors. I thought back to my days at camp and how the



counselors would sit us down on day 1 and have us write (in cursive by the way) a letter home. The phone at camp was for emergencies only, note that phone was singular. I think that establishing a routine is important, and getting kids out of their comfort zone is just as important.

So, thank you to the staff at Triangle Y Camp for taking good care of Carter and Charlie, and the hundreds of other kids at camp. We hope to see some of you next year. By the way, I have a younger grandson who told me...BePa (grandpa), I am going to camp like Carter and Charlie. This one is wired a bit different, so I may have to apologize in advance.

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# YOUTH IN ACTION

## New Age Newsie

SABRINA MULRAIN, NORTHERN SENTRY

Do you know who delivers your weekly Northern Sentry newspapers? Here's an inside look at a couple of the youngsters on base who work hard each week delivering your papers!

Delivering the Northern Sentry newspapers since Nov 2023, siblings Charlie (8) and Renny (9) just love their job! They explained that delivering the paper is usually a whole family affair and even their little brother helps out. The Lorie family especially enjoys delivering the newspaper during the summertime since they can all walk outside and enjoy the weather while Charlie and Renny normally pull a wagon filled with newspapers. The kids explained that the winter is a little different in that their mom normally has to drive them around, but sometimes they still walk and find snow hills to play on. Renny mentioned his favorite part about delivering the paper is "seeing all the new things" around their neighborhood. The siblings said that what appealed to them most about being delivery kids was that they could earn some spending money.

Another feisty Northern Sentry newsie is William "Will" Bickett, age 9. Will became interested in delivering the newspapers after he covered a route for a friend. Will said his favorite part about delivering the paper is "I get to walk with my family". The Bickett family of six work together to roll up the newspapers and then deliver them together on his route. Will wanted to pass along to any other kids interested in delivering the paper that, "rolling might be hard but when you start delivering it gets fun." His mother Malori Bickett, said delivering the papers has been great for Will because, "it's teaching him responsibility and commitment". She also stated delivering the paper has also "been a learning experience for her son about dealing with frustrations."

Mason "MJ" Berger, age 9, started delivering the Northern Sentry newspaper a few months ago. His favorite part about delivering the newspaper is being able to do his route while walking and spending time with his mom. MJ stated that he really enjoys delivering the newspapers, and that he had actually started delivering papers by helping one of his friends with their deliveries, just like Will. MJ decided that he wanted to do his own paper route and also wanted to earn some money himself. MJ said that delivering newspapers taught him the importance of timeliness by saying: "it's important to be on time" and that "it's a big responsibility". MJ recommends that other kids give delivering the Northern Sentry a try because "it's fun to do and it's a good way to get money." He is currently saving up his earnings to purchase the next three books in his favorite book series.

One of the older and more seasoned newspaper carriers, Caleb Ottinger (15), started delivering the



Mason (MJ) Berger

Northern Sentry back in October 2023. Caleb stated what he likes best about delivering the newspapers is "the ease of being able to memorize the [route] map and keeping in mind which houses you do and don't deliver to." Caleb always likes to keep the weather in mind before he starts his route. He likes to be prepared, saying, "[I like] to see if I need to bag them [newspapers] or if I can just use rubber bands" to secure the papers. When asked what made him want to start delivering the newspapers, Caleb said "I was just looking for a job to help pay for my boy scout's stuff." He also said he was looking for "a way to get out of the house." Caleb mentioned that walking around to deliver the papers has helped with his endurance and sense of responsibility. Caleb said that "delivering the newspaper is a great first job" and that "it also pays very well."

Another set of sibling carriers, Elizabeth West (11) and William West (8) recently joined the Northern Sentry delivery team this May. The pair stated they enjoy

riding their roller blades when doing their paper routes. The whole family works together to roll up the newspapers and sort them. Their mom has taken on the responsibility of coordinating everything, that way the kids know which houses to deliver to each week. When asked what he has learned about delivering the newspapers William said "[I] learned which houses to do or not to do" by paying attention to houses that are no longer occupied and have a lock box on it. Elizabeth and William have two routes to tackle, which they work on together. Their mom mentioned delivering the newspapers has given Elizabeth and William something to do and taught them the value of money. When asked what she thought about delivering the Northern Sentry Elizabeth said, "it's hard work but worth it."

These Northern Sentry carriers and their families all say that delivering newspapers is a great first job. That it has taught their children about organization, time management, determination, responsibility, and



Renny Lorie



Will Bickett and siblings



Caleb Ottinger



Charlie Lorie



Elizabeth and William West with their little brother



Will Bickett

accountability. These sweet kiddos all seem to have fun and are happy to earn some money as well. Let's give our thanks to these amazing youngsters and their families for working so hard to deliver our papers every week.

Ted Bolton, owner of the Northern Sentry stated, "One of my goals for the Northern Sentry was to produce a community newspaper for Minot

AFB that embraces the feeling of living in a small town. Being able to offer the children on Minot AFB the opportunity to earn money with an old-fashioned paper route is an important part of building that sense of community."

If you have a child interested in delivering for the Northern Sentry newspaper, please reach out to the Northern Sentry Facebook page.

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Saturday: 2 a month by appt  
Sunday: Closed  
**(701) 852-2800**



# Operation Homefront: Back to School Supplies Brigade

NIKKI GREENING, NORTHERN SENTRY

On Aug. 9, 2024, the Minot Air Force Base School Liaison Office will lead and partner with national nonprofit Operation Homefront to host their annual Back to School Brigade at the Minot AFB Youth Center. The event offers free resources and support to military connected families as children are heading back to school, which can be a hectic (and expensive) time of year.

“The amount of backpacks anticipated this year are 180+ filled with supplies from Operation Homefront and Scheels,” said Joy-Nicole Smith, School Liaison Program Manager. “However, it does not stop there, we are thrilled for a large donation of school supplies from Minot AFB Homes and other partners from the community.”

There are currently upwards of 30 agencies expected to be in attendance this year. According to Smith, this is an increase from previous years. This is a great time to tap into what Minot and Minot AFB has to offer students and families stationed at Minot Air Force Base. The event will welcome the Minot North High School Cheerleading team as well as the Minot Air Force Recruiting Team. Free vision screenings will be conducted by Minot Lion’s Club,

as a great service for students and families. In addition, this is a great opportunity for students and families to meet the leadership of Glenburn School District, Minot AFB Schools, and STARBASE North Dakota. The Red Cross of North Dakota and Minnesota are also expected to be in attendance to provide disaster response workshops for students and families.

“This event is open to ALL of our Minot AFB Airmen, students, and families. The resources presented are valuable for all stakeholders to tap into. This is an all-out effort to ensure every student and family is able to begin the school year successfully. It is also a way for the Minot and Minot AFB community to show support for our military connected students and families,” states Smith.

Registration for the Operation Homefront Back-to-School Brigade at the Minot AFB 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 by August 2nd. If there are any questions or concerns, please reach to Joy-Nicole Smith, School Liaison Program Manager at 701-723-1447.



**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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315 S Main St #205  
Minot, ND  
Client Line: 701-852-4673



## REPORT



by Patricia Stockdill

### Fishing

Lake Sakakawea elevation, July 22: 1,842.69 feet above mean sea level (MSL); 22,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,450.12 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.12 MSL.

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

•Devils Lake, Ed’s Bait Shop, Devils Lake: Continued fair walleye activity with lots of anglers on the water.

•Devils Lake, Woodland Resort, Devils Lake: Lots of anglers with fair to good walleye activity. Try spinners and bottom bouncers with nightcrawlers along the Golden Highway. Also try Military Point in the evening using bobbers. Some white bass activity along Old Mil Bay.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling producing some small walleye but look for it to start greening up with the warm weather.

•Lake Metigoshe, Four Seasons, Bottineau: Lots of recreational activity on Lake Metigoshe. Work early morning or late evening hours for walleye with best success in the dark hours. Continued bluegill activity along the weed lines.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lots of small eater-sized walleye on the east end of Lake Sakakawea in 10 to 20 feet. Larger fish are tough to come by so move around.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Tough walleye bite on the east end of Lake Sakakawea with numbers of small fish but not much size. Decent walleye bite on Lake Audubon working the weeds in 15 to 25 feet using slow death hooks and nightcrawlers. Also try spinners with nightcrawlers or leeches. Good smallmouth activity. Work deep in the weeds for some muskie on the east end of Audubon.

•Lake Sakakawea, Indian Hills Resort, Garrison: Best walleye bite is in the morning. Bigger fish coming on crankbaits but lots of 14- to 16-inch eater-sized fish using spinners or a plain bead with nightcrawlers or leeches. Move around and work deeper in the heat of the day.

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 Outdoor Explorers Youth Day Camp, Aug. 8, Lake Metigoshe State Park, (<https://bit.ly/lmspshowclix>).
- Upper Souris Nat’l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route and 2 Souris River canoe trails open for the summer.
- Garrison Dam Nat’l. Fish Hatchery downstream of Garrison Dam near Riverdale open for free tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.
- 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. supporting 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. 2: Free Movie in the Park, Oak Park, Minot, 9:30 p.m.
- 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 Skinatique Water Ski Show. Contact the park, (701) 337-5576, for details.
- Aug. 7: Pronghorn applications due. Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)), for information and online application.

### TOURNAMENTS:

- 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.

•Lake Sakakawea, New Town: Fair to good walleye success in the Van Hook Arm working down to 20 to 25 feet. Try spinners with nightcrawlers or leeches.

•Lake Sakakawea, Van Hook Bait & Tackle: Continued good walleye activity. Work variety of depths from 12 to 35 feet using a variety of presentations for walleye. Try crankbaits for larger fish with live bait rigs and bottom bouncers with leeches for eating fish. Smallmouth bass and catfish activity from shore.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from both boat and shore along with a variety of other species. Best success is at night. East end of Lake Sakakawea producing numbers of nice small walleye. Work a variety of depths. Best success remains farther west. Try along the north shore with paddle tails and small jigs for smallmouth bass in the shallows. Lake Audubon producing nice smallmouth bass activity.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea fair to good for walleye with best activity around Hofflund Island. Try spinners and nightcrawlers around 15 feet, working a mix of shallow and deeper depths from there. Look for success as far down to

Lewis & Clark State Park. Catfish active in both Lake Sakakawea and Missouri River with some larger fish taken. Northgate Dam producing crappie activity.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Souris River producing some pike activity in the Towner area.

### Paddle sports river elevations:

- Little Missouri River, Watford City, Long X Bridge: River stage, 6.99 feet; streamflow, 29 CFS.
- Missouri River, Williston: River stage, 15.18 feet.
- Missouri River Washburn: River stage, 10.21 feet.
- Pembina River, Walhalla: River stage, 2.67 feet; streamflow, 316 CFS.
- Souris River, Foxholm: River stage, 5.79 feet; streamflow, 25.6 CFS.
- Souris River, Minot Broadway Bridge: River stage, 41.5 feet.
- Yellowstone River, Sidney, Mont.: River stage, 3.44 feet; streamflow, 7,190 CFS.

### Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.



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# YOUTH IN ACTION

## Gather Around for Laughter and Fun

LINDSEY BERTSCH, MAIN STREET BOOKS

Main Street Books has been a Minot staple for over 18 years, having first opened our doors in 2006. We've hosted all kinds of events over the almost two decades we've been open, but a weekly constant has been our storytimes. Currently, our affectionately named Storytime Lady is Miss Sara, a local theatre enthusiast who uses her thespian talents to lead interactive storytimes full of songs, dances, and fun stories where she utilizes all kinds of silly voices as she narrates. Like all of our children's events, weekly storytimes at Main Street Books are free events. Each week features different themes, stories, activities, and sometimes snacks - all curated by Miss Sara.

Storytime normally begins with a call and response activity or song to get the children's attention so they can be focused for the hour (as much as is possible for 3-6 year olds!). A consistent favorite call and response involves Miss Sara bringing out her baby bear puppet swaddled in a sleeping bag, followed by her encouraging the kids to shout "WAKE UP, BABY BEAR!" with much enthusiasm. Some stories are repeated more often than others, with "We're Going on a Bear Hunt" being an example of an interactive staple. Miss Sara has the kids get up and mime the actions of the

book - venturing through tall grass, wading through a cold river, and more - before finally sneaking into a cave where they find a sleepy bear and have to hurry back through the previous obstacles to get to safety!

Miss Sara also has lots of educational props in her arsenal for group activities, including tapping sticks for fine motor skills and a big felt board she uses for memory games. Many of these activities also help with early social skills as well, like sharing, taking turns, and learning appropriate vocal volume for different settings. Storytimes are also often themed around major holidays - Christmas, Easter, Halloween, and more.

As someone who doesn't lead storytimes but is always working during them, it always warms my heart to hear how excited the kids are for storytime and how much fun they have during it.

Storytimes at Main Street Books are on Tuesdays and Fridays at 11am, and are always free events. Sometimes we do additional, special occasion storytimes in evenings or on weekends, which are also always free. To stay up to date, follow us on Facebook @MainStreetBooksMinot and check out our website, mainstreetbooksminot.com. We hope to to see you here! Have fun and happy reading.



Main Street Books storytime leader Sara Bloom.

# BADLANDS RESTAURANT BAR

## Upcoming Events

**15 JULY** **I CAN BIKE MINOT**  
8:00 AM - 2:00 PM  
Minot Family YMCA  
3515 16th St SW, Minot

Join us for iCan Bike in Minot, ND! Anne Carlsen, along with Annie's House and Prairie Grit Adaptive Sports will be hosting iCan Bike in Minot, ND, July 15th-19th! iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to teach individuals with disabilities how to ride a bike. Riders attend a 75-minute session for five consecutive days (M - F) where they are assisted and encouraged by volunteer "spotters." Over the course of the 5-day camp, the adapted bike is adjusted to gradually challenge riders to develop their skills at their own pace. The week is concluded with a touching and inspiring award ceremony! Participant Requirements: -At least 8 years old -Able to walk without an assistive device and sidestep to both sides -Able to attend a 75-minute session each day of the 5-day camp -Under 220 lbs. and have a minimum inseam of 20"



**For more information:**  
Facebook/ Prairie Grit Adaptive Sports/ Events

**15 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

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

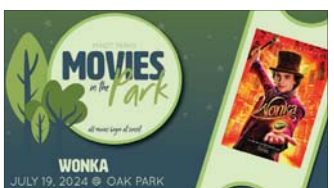
Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted; "Not Last Place" award!



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

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

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



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

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

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



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

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

Arts in the City: Thursdays Downtown, presented by Minot Area Council of the Arts, are back on Main Street in Minot for year four! Join us on Main Street every. Join us for our weekly Music and Arts Festival featuring local and regional musicians and artists, artisan vendors, food trucks, bounce houses, axe throwing, face painting, and more! Thursdays Downtown are FREE for the public to attend. The event starts at 6:00 pm each week with local artists and artisans lining Main Street showcasing their work and providing live art demonstrations. Local and regional musicians provide the evening's entertainment on the Hook and Ladder stage, showcasing the area's incredible musical talent! Join us for the fun and check out all of the incredible galleries, shops, and restaurants that make Downtown Minot THE place to be on summer Thursday nights!



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

## NEW Community at the Northern Sentry

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



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

**AUG 16** **MILITARY APPRECIATION DAY**  
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(alcoholic or non-alcoholic) With Military ID

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MINOT, ND SINCE 1994

**EVENTS THIS WEEK**

**CRAFT NIGHT**  
Monday, July 29 at 7:00pm

**TRIVIA NIGHT**  
Wednesday, July 31 at 7:00pm

**FREE NACHOS**  
Thursday, August 1 at 4:00pm-Close

**DOWNTOWN THROWDOWN III**  
Saturday, August 3 at 7:00pm

**HOURS**

Mon/Tue/Wed/Thu 4:00pm - 1:00am  
Fri/Sat 4:00pm - 2:00am

**118 1st Avenue SE, Minot, ND**

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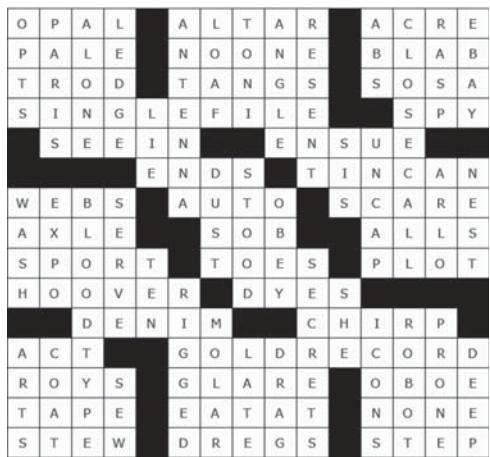
**MONDAY NIGHTS**

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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

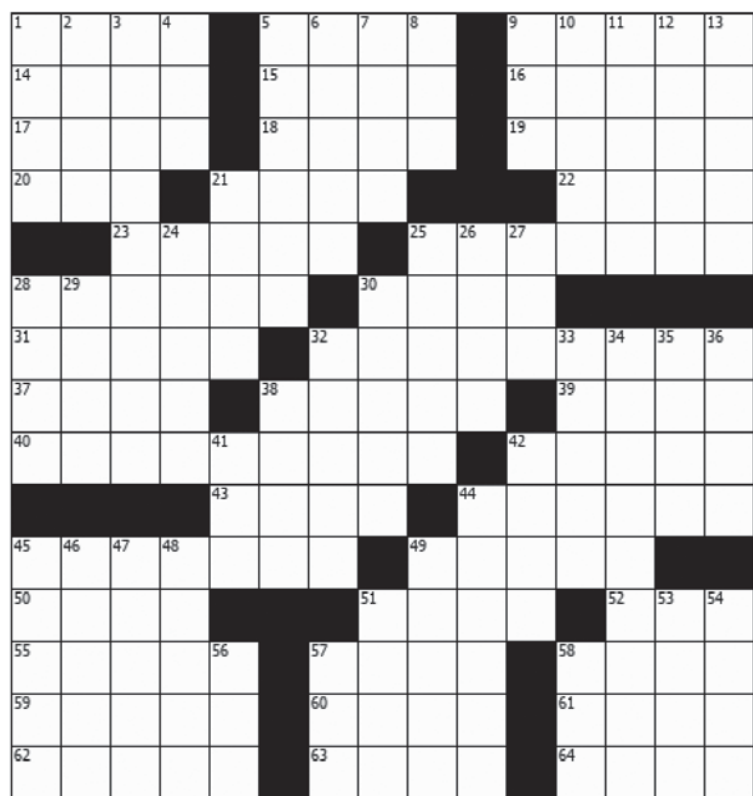
Solution to puzzle on page B7

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

**CROSSWORD PUZZLE**

**Across**

- 1. Baseball's \_\_\_ Ruth
- 5. Opera singer
- 9. Distributed cards
- 14. Ages
- 15. Singer \_\_\_ Clapton
- 16. Tennessee \_\_\_ Ford
- 17. Knights
- 18. Verse maker
- 19. U.S. symbol
- 20. Driveway sealer
- 21. Beach material
- 22. Wood strip
- 23. Tusk material
- 25. Implore
- 28. Mountaineer's climb
- 30. Summit
- 31. Comes closer
- 32. Thankfulness
- 37. Turner and Williams
- 38. Woman's garment
- 39. Over again
- 40. Swiftest
- 42. Shopping binge
- 43. Matures
- 44. Expresses scorn
- 45. Opposed to
- 49. Growl
- 50. Misfortunes
- 51. Gather crops
- 52. Capone and Pacino
- 55. Train tracks
- 57. British noble
- 58. Halt
- 59. Margins
- 60. Relaxation
- 61. Perceive sound
- 62. Thickly populated
- 63. Implored
- 64. Circular current



**Down**

- 1. Most excellent
- 2. Diva's specialty
- 3. Block off
- 4. Curvy letter
- 5. Leave
- 6. Sardonic wit
- 7. Competed
- 8. Deed
- 9. Jo \_\_\_ Messina
- 10. Obliterate
- 11. Geometric corner
- 12. Purple flower
- 13. Fangs
- 21. Male offspring
- 24. Stanza
- 25. Wild animal
- 26. Breaks bread
- 27. Go downhill
- 28. Industrious insects
- 29. Soak through
- 30. Printing machine
- 32. Welcome
- 33. Slender candle
- 34. Not kin
- 35. Bambi, e.g.
- 36. Flock members
- 38. Makes a hole
- 41. Rather or Aykroyd
- 42. Ginger cookie
- 44. Trapped
- 45. Broadcast
- 46. Forest clearing
- 47. Straighten
- 48. Small landmasses
- 49. Gaggle members
- 51. Not phony
- 53. Heavy burden
- 54. Peppy
- 56. Wind dir.
- 57. Zest
- 58. Pronoun

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# WHAT'S GOING ON MINOT AFB



## FRIDAY 26

- Registration Closes: Soccer Camp, CYPBMS website at <https://parent.afcyp.com/>
- Amazing Race, 0900, McAdoo Fitness Center
- Family Zumba, 0930, Turf, hosted by McAdoo Fitness Center
- Friday Flicks, 1630, Rockers Bar & Grill

## SATURDAY 27

- Play the Course Backwards Scramble, 0800, Rough Rider Golf Course
- Zumba, 1400, McAdoo Fitness Center
- Dorm Airmen to State Fair, 1530-2230, Departs from Dorm 214

## SUNDAY 28

## MONDAY 29

- TAP Overview, 0800-1600, M&FRC
- Family Zumba, 0930, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Board Game Making Camp, 1500, Minot AFB Library

## TUESDAY 30

- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- EFMP Family Storytimes, 1100, Minot AFB Library
- Cycle & Core, 1115, McAdoo Fitness Center
- Vehicle Maintenance Classes, 1730-1930, Auto Hobby Shop
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 31

- July 2024 Photo Scavenger Hunt Ends, Minot AFB Library
- TAP (DoL) Overview Workshop, 0800-1600, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- SAPR Tier 2 Brief, 1300, Professional Development Center
- Board Game Making Camp, 1500, Minot AFB Library
- Ballpark Nights, 1700, Corbett Field, hosted by Outdoor Recreation
- Yoga, 1700, McAdoo Fitness Center

## THURSDAY 01

- Cycle & Strength, 0515, McAdoo Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1800, McAdoo Fitness Center

## FRIDAY 02

- Registration Closes: Buckeye Blitz Paintball Camp, CYPBMS website at <https://parent.afcyp.com/>
- Registration Closes: Youth Outdoor Soccer, CYPBMS website at <https://parent.afcyp.com/>
- Registration Closes: Kids Golf Clinic, Memberplanet website at <https://www.memberplanet.com/s/minotafclubs/juniorgolf5-9aug>
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 0930, McAdoo Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library
- Fun Fri-yay: King of the Wing Competition, 1600-2100, Jimmy Doolittle Center

## SATURDAY 03

- Zumba, 0900, McAdoo Fitness Center
- Baby and Me Storytime, 1300, Minot AFB Library

## JULY SPECIALS

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

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

**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.

### Kids Golf Clinic

Rough Rider Golf Course  
 5-9 August 2024

Four 30-45 minute lessons, 5-8 Aug  
 Learn the history of golf, etiquette, & how to swing the club.

9 Aug, play three holes with your parents then, celebrate with pizza at the clubhouse!

**\$40 per junior golfer**

Register by 2 Aug, just scan the QR code or visit <https://www.memberplanet.com/s/minotafclubs/juniorgolf5-9aug>

723-3164

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### LIFEGUARD CLASS

OUTDOOR RECREATION  
 6-9 AUGUST 2024 • 8AM-2PM  
 REGISTER BY 29 JUL

EXPLORE OPPORTUNITIES FOR EMPLOYMENT AT OUR INDOOR POOL!

ONLY \$125 MUST BE AGES 16+  
 THIS CLASS INVOLVES AN 8-HOUR ONLINE PORTION & IN-PERSON SESSIONS  
 COST REIMBURSED WHEN HIRED

723-3648

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### KING OF THE WING

**FUN FRI-YAY**  
 JIMMY DOOLITTLE CENTER  
 2 AUG 2024  
 4PM - 9PM  
 GAMES, MUSIC, & MORE!

FOR MORE INFO, RULES & SIGN UP SCAN HERE OR VISIT <https://5thforcesupport.com/event/king-of-the-wing-2024>

**DELICIOUS FOOD**  
 CLUB MEMBERS EAT FREE!  
 FOOD SERVED 4:30PM - 8:30PM  
 NON MEMBERS PAY \$10 PER PERSON OR \$30 FOR FAMILIES

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Brad Stai

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**NEW & USED**

**FREE!**

## STORYTIME WITH MISS SARA

TUESDAYS & FRIDAYS AT 11AM

MAIN STREET BOOKS