

# northersentry

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ZOO FOR A BREW!

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## FLIGHTLINE FACELIFT

A plowman assigned to the 819th RED HORSE Squadron at Malmstrom Air Force Base (AFB), Montana, removes concrete from the flightline as a part of routine runway maintenance at Minot Air Force Base, North Dakota, July 16, 2024. Due to wear and tear associated with normal operations, portions of the flightline needed to be replaced. See more on page A2.

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# Civil engineers from around the country join forces to repair Minot AFB runway

AIRMAN 1ST CLASS TRUST TATE, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Aircraft runways at military installations across the world require small-scale repair and maintenance at regular intervals due to wear and tear associated with normal operations.

When the time came for more extensive maintenance work on the Minot AFB runway, Airmen assigned to the 5th Civil Engineer Squadron teamed up with Airmen from the 556th, 560th, and 819th Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers (REDHORSE) Squadrons, as well as Reservists, Guardsmen and civilian contractors to get the job done while exchanging tactics, techniques, and procedures.

The primary task consisted of removing a 20,000 square foot area of degraded runway and replacing it with fresh material.

“The fact that we can go in, tear out a giant section of runway, and replace it, is something that engineers won’t do everyday,” said Senior Master Sgt. Mitchell Meis, 5th Civil Engineer Squadron operations flight superintendent. “Being able to patch it and see a jet land on it gives you that job satisfaction and the young Airmen get to realize this is what we’re doing it for.”

Meis stated that the ability to effectively respond to runway

and flightline issues is a matter of extreme importance, since the runway’s condition directly affects the ability of aircrews to safely land and takeoff.

“If the runway starts to deteriorate it can cause accidents that may lead to injuries or damage not only to aircraft, but to other flightline equipment, so redoing it ensures everyone’s safety,” said Staff Sgt. Trever Van Oss, a mission generation vehicular maintenance specialist assigned to the 819th REDHORSE Squadron at Malmstrom AFB, Montana. “The Air Force spends millions of dollars on these aircraft, so we have to make sure we do our best to prevent damage and maintain their condition.”

In wartime scenarios, bomb craters and poor conditions on a flightline can cause the loss of valuable time and even lives. Training events like this build a strong foundation of experience, empowering civil engineer Airmen to work quickly and confidently when it matters most.

“We need these opportunities to practice like we play; they keep us ready,” said Maj. Arpan Patel, director of operations for the 560th REDHORSE Squadron at Charleston AFB, South Carolina. “We’re extremely grateful for all the support that we have for training our Airmen.”

Thanks to this training event, Team Minot can boast not only a newly-repaired aircraft runway, but also a world-class team of civil engineer Airmen ready to respond to any challenge that comes their way.



An Airman assigned to the 5th Civil Engineer Squadron removes damaged concrete on the flightline at Minot Air Force Base, North Dakota, July 16, 2024. The Airman used a concrete saw to separate, remove and replace damaged concrete as part of routine runway maintenance.



U.S. Air Force Senior Airman James Ludwig, 819th RED HORSE Squadron pavements and equipment journeyman, directs a plowman on the flightline at Minot Air Force Base, North Dakota, July 16, 2024. The RED HORSE Airmen traveled to Minot AFB to assist with removing and replacing damaged portions of the flightline as part of routine runway maintenance.

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# Minot's mighty B-52 takes arctic defense to new heights

MARIA GALVEZ, JOINT BASE ELMENDORF-RICHARDSON

JOINT BASE ELMENDORF-RICHARDSON, Alaska— In a rare deployment to Alaska's airspace, two B-52 Stratofortresses from Minot Air Force Base, North Dakota, recently took part in the Arctic Defender exercise at Joint Base Elmendorf-Richardson, Alaska, marking a significant milestone in military cooperation and readiness.

U.S. Air Force Capt. David Mills and Capt. Shinryu Aoyama, both from Minot's 69th Bomb Squadron, shared insights into their experience during the mission.

"It's not every day that a B-52 comes up to Alaska airspace and takes part in an exercise," said Mills, highlighting the unique nature of the deployment.

Despite challenging weather conditions, which included rain and dreariness, the crew found the opportunity valuable for training and operational readiness.

Mills, serving as a B-52 flight lead and instructor pilot, along with Aoyama, a B-52 copilot, emphasized the exercise's importance in refining their operational capabilities, especially given ongoing runway repairs at Minot.

The B-52 crews used Arctic Defender to integrate large-force employment into Exercise Agile Warbird, a Minot AFB Agile Combat Employment exercise.

"The B-52 was part of the strike package for the Arctic Defender [sortie] on [July 16]," explained Aoyama. Their ACE exercise focused on enhancing operational agility and effectiveness in challenging environments.

The planning and execution of the ACE exercise involved meticulous coordination with various units and personnel in order to effectively launch from Spokane, Washington, to join U.S. and Allied forces in the Joint Pacific-Alaska Range Complex.

"We had to coordinate with folks like the aircraft maintenance squadrons and aerospace ground equipment to ensure we had everything needed to operate from a forward operating base," Mills elaborated.

Moreover, the integration with allied forces added another layer of complexity and learning. Aoyama highlighted the experience of working alongside German tactical air command and coalition nation fighters, stressing the importance of collaborative efforts in a

multinational context.

"One of the key takeaways from this exercise was the seamless integration and operational synergy with our allies," said Mills. "It's crucial for the bomber community to foster collaboration, particularly as we prepare for high-end scenarios in the Pacific region."

The crew also faced logistical challenges typical of such exercises, including adapting to dynamic mission changes and coordinating real-time data updates while in flight.

"It's challenging to get all the data you need to employ when the mission planning cell is planning the [sortie] at the same time you're in the air," Mills explained.

Reflecting on their achievements during the exercise, both captains highlighted the successful execution of the hub-and-spoke mission concept, which involved taking off from Spokane and operating out of Alaska's airspace.

"The experience gained during the ACE exercise and being a hub-and-spoke mission was a big win for the crew," Aoyama noted.

Mills expressed gratitude for the opportunity to operate out of Alaska, emphasizing its significance for their professional growth and readiness.

"It really feels full circle for me," said Mills, who was raised in Alaska and learned to fly with the Aero Club on JBER.

The B-52 crew's participation in Arctic Defender not only underscored the strategic importance of U.S. armed forces in Alaska, but also showcased the United States' commitment to enhancing military readiness through multinational exercises. With ongoing challenges and evolving scenarios, exercises like Arctic Defender continue to serve as pivotal training grounds for preparing the next generation of Air Force leaders and operators.

"This exercise had a massive



U.S. Air Force Staff Sgt. Randy Davis, a flying crew chief, and Capt. Gian Gomez, a weapons system officer from the 69th Bomb Squadron, Minot Air Force Base, N.D., check engines for the B-52 Stratotanker July 17, 2024 on Joint Base Elmendorf-Richardson, Alaska. Two B-52s and crews participated in exercise Arctic Defender, a German Air Force-led exercise that provides a unique opportunity to integrate various forces into joint, coalition and multilateral training from simulated forward operating bases and is part of several exercises under Pacific Skies 24. Pacific Skies is a combination of several exercises in the Indo-Pacific theater in which German, French and Spanish air forces participate with U.S. forces.

impact for the bomber community at large, said U.S. Air Force Lt. Col. Joseph Cangealose, commander of the 69th Bomb Squadron. "We have the capability to take a 60-plus-year-old jet and fly it three days in a

row supporting multiple combatant commands."

"I'm extremely proud of my aircrew and the maintenance professionals that made this possible," he said.



U.S. Air Force Capt. Gian Gomez, a weapons system officer, and Staff Sgt. Randy Davis, a flying crew chief from the 69th Bomb Squadron, Minot Air Force Base, N.D., move an auxiliary power unit July 17, 2024 on Joint Base Elmendorf-Richardson, Alaska.

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## CONTACTUS

Ted Bolton  
Publisher | Advertising  
701-240-5039  
bagroup@srt.com

Rod Wilson  
Business Development | Marketing  
sentrystales@srt.com

GRAPHIC DESIGN BY  
Nikki Greening  
nsads@srt.com

MINOT AIR FORCE BASE  
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## NEWS SUBMISSIONS

Northern Sentry Office  
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## MAFB Public Affairs Office

v35bw.pa@us.af.mil  
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## MAIL

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## Oh My Goodness!

A VIEW FROM  
OUR SIDE  
ROD WILSON

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Triple digits! The temp flashed 111 degrees as we took the exit to Medora, and ultimately the Medora Musical. The weather service had predicted 107 degrees for a high temperature, but more often than not they miss their predicted high. 103, 105...hot? Yes, but Medora is always a bit warmer than the rest of North Dakota.

Then a text message flashed on my phone. The start of the Medora Musical would be delayed until 8 PM, MDT. Yep, it's serious now folks. Arriving at our hotel I said a quick prayer hoping that our rooms would be cleaned and ready for move in. Never, you are thinking. Well, that is what I thought, too. But nope, not only were our rooms ready for check-in, but upon entering our room, the air conditioning, although I am sure it was working overtime, had the temperature at a very cool and comfortable 66 degrees. Heck, I even found the thermostat and turned it up a couple of degrees.

The only disadvantage of our room was that even opening the door for just a couple of seconds would expose us to the blast furnace that was the now 110 degree temp outside. Coupled with the southwest wind your decision was almost always a quick return to cooler confines of your hotel room.

What could I say about Thursday's weather in Medora? I remember a couple of appropriate sayings. Harold from the Statler Brothers (Harold is now deceased) once said from the stage at a concert

that he was "hot-ed to death". And then there's the infamous "you could fry an egg on the sidewalk" saying. And finally, the old folks back in my hometown would talk about days when "an ice cube didn't stand a chance." All of those certainly seemed appropriate.

A Hot Evening At The Musical  
We had great seats at the Medora Musical, right down by the stage. My friend, Joe Wiegand is a major player at the musical this year in the part of Teddy Roosevelt, or TR. Once they turned on the stage lights, I could feel the additional heat radiate towards us. You had to feel sorry for the cast of the musical, knowing that the heat, wind and stage lights would make tonight's performance a challenge.

As usual, we enjoyed the musical, and eventually it cooled off to 97 degrees. Once the sun went down it started to cool down, of course in relative terms. At the end of the show, I shook hands with Joe, (ah-er, Teddy Roosevelt). The sweat was literally pouring off his face.

For those who haven't wandered west to the Medora Musical, I highly recommend you choose a little more temperate day and book your tickets. Our stay included the Pitchfork Steak Fondue and Gospel Brunch. The scenic drive through Teddy Roosevelt national park is certainly a "must do" experience. This trip we were fortunate to see some of the wild horses that call the national park their home.

Joe also has a show as the infamous Teddy Roosevelt afternoons in downtown Medora, and although I haven't had a chance to take it in, he also does Breakfast with the President. All in all, a great North Dakota mini-vacation.

## A CHANGING TAPESTRY

If you haven't noticed the North Dakota landscape is quickly turning from vast field of green, to the now amber waves of grain. The other notable landscape is the now 6-8 foot (and even taller) fields of corn. Soon harvest will begin. We were also aware of the now second crops of hay that were being cut in the many miles of ditches. Bales remained along many of the roads from what was a great first cutting



This summer has flown by, but there's still plenty of time for fun- better yet, there's still time for free fun! Grab your kiddos because kids go free very Wednesday and Sunday at the Medora Musical.

MEDORA MUSICAL PHOTO

in much of North Dakota. Again, thinking back to my younger days, we would have larger stacks of hay bales, kind of a "just case" reserve for next year if the hay crop was not as good.

## IS IT ONE OF OURS?

I will close this week's article with a bit of a story. Friday morning's weather in Medora was much more conducive to sitting down on a park bench in the shade while my family wandered the shops in downtown Medora.

I was reading about the Russian and Chinese bombers that were intercepted while they tested the U.S. air defense system near Alaska. There was also a story about a B52 that made a trip to the Persian Gulf. In total, the mission was 32 hours.

I always glean through stories to see if it was a B52 stationed at Minot that was part of the BTF (Bomber Task Force). Today I was talking out loud to myself, and another elderly gentleman who was sitting next to me said "why don't they retire those dinosaurs?" I had a myriad of answers for him but told him of the many stories I heard about the B52's flying these missions, and how their presence was certainly

noted by both our allies and our adversaries. And, how the men and women of Minot AFB keep these "dinosaurs" mission ready, 24/7. Quietly I return to my cell phone and see that the B52 that flew the mission was from Barksdale. Nope, this time it wasn't one of ours. But it certainly could have been.

## BEST KEPT SECRETS

This isn't necessarily a "Best Kept Secret", but worthy of noting. On at least 2 different occasions during the Medora Musical, TR will raise his right hand and boldly end the historical statement with a shout of Bully! We who are frequent visitors to 91st Missile Wing events respond loudly back "Bully!" So, what does Bully mean? According to Joe Wiegand, TR used it as a proclamation of superb, or wonderful. Bully, by all counts, was started by TR in 1903.

To the Airmen of the 91st MW-BULLY!!!

## TODAY'S CHUCKLE

If you really want to know how a person acts under pressure, watch them while they help their kid with a science project.

## Leonard Peltier in the news again...

UPSIDE DOWN  
UNDER  
MARVIN BAKER

It seems like it's been a long time, but Leonard Peltier is back in the spotlight for a couple of reasons.

Peltier, a member of the Turtle Mountain Band of Chippewa, who is now 79, is serving two consecutive life sentences in a Florida prison for his role in a 1975 shootout on the Pine Ridge Reservation that left two federal agents dead.

First of all, he was recently denied parole from the prison that is approximately 70 miles northeast of Tampa. He has now been in prison for more than 29 years and there are numerous organizations that consider him a political prisoner.

One of the organizations that has been sympathetic to Peltier's prison sentence, is the Assembly of First

Nations. It was announced on July 16 that the assembly has reversed 37 years of support because of an alleged role Peltier played in the interrogation of murdered activist Anna May Pictou Aquash.

Aquash, 30, was killed by a gunshot in December 1975 and her body was later found at the bottom of a bluff in the Black Hills two months later, but authorities didn't file an indictment until March 2003.

Two American Indian Movement members, Arlo Looking Cloud and John Graham, were convicted in the death of Aquash. Peltier was an AIM leader and was said to support and protect the traditional people being targeted for violence on Pine Ridge before his imprisonment.

Family and friends of Aquash have always maintained that Peltier played a role in her interrogation, whom Peltier suspected of being an informant.

The murder of Aquash continues to create paranoia and remains manifested in mystery, particularly because the law isn't 100 percent positive who ordered her killing. Looking Cloud and Graham were convicted, but family members

of Aquash believe Peltier was the mastermind behind it.

Last October, 30 members of Congress wrote to President Joe Biden requesting clemency for Peltier because of perceived constitutional violations and prosecutorial misconduct during the investigation and Peltier's trial.

And because Peltier was arrested by the Royal Canadian Mounted Police in Alberta and extradited to the United States to stand trial, the Assembly of First Nations has had a resolution saying Peltier's extradition was gained through fraudulent affidavits in violation of an extradition treaty between the United States and Canada.

Peltier was tried in 1977 in Fargo and a jury convicted him of the murders of the two agents, but federal prosecutors later changed his charges to aiding and abetting.

Last October, when Peltier turned 79, the Rapid City Journal published a photo of hundreds of demonstrators outside the White House with many holding a large banner that said "Enough is Enough, Free Leonard Peltier."

Maira Meltzer-Cohen, an attorney for Peltier, told the Journal that Peltier is now dealing

with some health issues including diabetes and a heart condition, has certainly been punished for his role in the murders of the two federal agents and has always maintained his innocence.

However, the FBI opposes freedom for Peltier. In a June 7 letter to the U.S. Parole Commission, the FBI called him a remorseless killer whose legal arguments are unfounded and debunked.

It's unclear what the resolution by the Assembly of First Nations will do in the fight to get parole for Peltier. More importantly, the assembly withdrew its support of Peltier out of compassion for the family of Aquash, who continue to believe that proper justice wasn't served after her death.

The resolution, signed on July 9, reads in part, "it is a strong first step to bring truth and healing for survivors and families."

In another recent development, attorneys for Peltier have filed a new round of Freedom of Information Act requests with FBI Headquarters and FBI field offices in an attempt to secure release of all files relating to Peltier.

# How some late bloomers transformed my perspective of Minot



**SHE'S NOT FROM AROUND HERE**  
AMY ALLENDER

When we moved into our home, there was no landscaping to be seen. Having been affected by the 2011 flood, it was hastily—and minimally—rehabbed to allow its elderly occupant to return home as quickly as possible. There were no shrubs or perennials, only a few scant weeds growing near the foundation.

With help and input from locals, we selected a variety of budget-friendly, low-maintenance perennials. Along our sunniest stretch of wall, we planted



hollyhocks. Both warnings and assurances were offered to us.

"Once they're in, you'll never get rid of them," one friend told us.

"They're basically impossible to kill," the woman at the garden shop assured me.

"They'll spread until they can't spread anymore," my dad said.

To me, this all sounded great. I needed something that would grow and spread quickly, come back annually, and not put up a fuss if left grievously neglected. On paper, hollyhocks were the perfect fit for my curb appeal emergency.

The first summer I dutifully watered and watched. The garden tag said they'd reach 5-6 feet tall, but by September they had barely grown to the middle of my shin.

By the middle of the second summer, they had returned but remained short, with no signs of "filling in" our bare flower bed, let alone blooming. Some savvy Googling educated me on a vital piece of information I'd missed the previous year: many varieties of hollyhock are biennial, meaning they take two years to flower. In the first year, roots and leaves become

established; in the second year, stalks will grow, and flowers and seeds will be produced.

When I learned this, I was deeply discouraged. Our plan was to stay in Minot about three years, at which point my husband would separate from active duty Air Force and we would move out of state and into our "forever" home. In many ways, I was living in and for that future—hesitant to create much foundation here since we didn't anticipate staying long-term.

Now, half of the plants I'd put in the previous year were dead, and the others wouldn't bloom until we were moving out.

I remember standing along the row of hollyhocks, sipping iced tea that summer. My husband was deployed. I was solo-parenting a preschooler and an infant. As I looked at the row of scrawny plants, I forced myself to come to peace with planting something that I may never enjoy. Those silly, slow plants forced me to confront my own selfishness and closed-mindedness. Was I really so consumed with my own experience that I was unwilling to nurture a garden in hopes that someone else may enjoy it someday?

Moreover, was I so wrapped up in my own "well-laid plans" that there was no room to invest in the "here and now?" I was holding onto a future I had dreamed up so tightly, I wasn't able to let go enough to grab onto the good right in front of me.

Later that day, I tossed some plant food into the flower bed. For the rest of the summer, I tried to remember to turn on the hose. I gave those plants their best shot and put in a few others. Not because I needed to

I never expected to see these plants grow and bloom. A beautiful reminder that we never know exactly what the future will hold for us

AMY ALLENDER PHOTO



Military life sometimes left me hesitant to invest in the community because I was never sure if I could complete the work I started. Then, my perspective changed.

AMY ALLENDER PHOTO

see the blooms, but because I was choosing to hope. I was choosing to give my best to where I was—even if this wasn't my forever place. I was choosing to nurture what was around me, to make something beautiful from something bare, to commit to giving life right where I was everything I had.

Several summers have passed since then. The hollyhocks have grown, bloomed, and spread rampantly—as promised. Our plans for another state and a different home never came to be. Instead, we're still here, in Minot—sometimes feeling like I'm living on borrowed time. After all, I should have been gone by now.

But each time I see the hollyhocks,

I'm reminded of that pivotal summer when I decided to change my mind. Some ask why I'm so happy and content. It's simple. I decided to live like I'd see the blooms, even when I wasn't sure that would happen.

It can be the same for you. No matter where you are, or what plans get interrupted or upturned—if you take ownership and invest in the here and now, you'll be surprised at what begins to grow and how many seeds you can plant.

For more stories and tips on shaping your perspective and loving life in Minot, join me online at amyallender.com, Instagram @heyminot or @amy\_allender, and Facebook @amyallenderblog.



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## Yes Sir!... She's From Around Here

ROD WILSON, NORTHERN SENTRY

It's been a bit over 2 years since I met Amy Allender. Don't know about you, but I chuckle as she gives us insight into what we North Dakotans do, that is unique and certainly worthy of a story in the Northern Sentry.

Well, just as North Dakotan is our braggadocios behavior about who is "From Around Here." I have taken that platform several times to tell folks about best kept secrets. My son(s) call me a professional networker because I seem to know, or know about, almost everyone. In that light, I met up with someone who I think you should all meet. Folks, this week's article is about DeAnn (Hickel) Fyelling, a member of the 188th Army Band, and I am mighty proud to say, "she's from around here!"

For a couple of months I was able to tell folks about the 188th Military

Band appearing at Oak Park on a Sunday night, July 21st. As one of the emcees for the Minot City band, I could proudly and boldly declare that a young lady from Minot, DeAnn Fyelling, was one of the leaders of the 188th Army Band, that being the position of 1st Sergeant. Of course there are an additional 44 talented musicians in the 188th, but DeAnn is from around here, right?

Growing up just a couple of blocks from our home in northwest Minot, DeAnn's mom, Shelli, and my wife, Sue worked together for a few years. From that relationship I met DeAnn's father, Brian. I am going to fast forward a bit and explain that the Wilsons were all boys. We knew DeAnn well, but her path through high school would take her to Bishop Ryan. Our boys went to Minot High. You might say we kind of went separate ways, the Wilsons and the Hickels.

After graduating in 2001 from high school, DeAnn would begin her music education at Jamestown College, "now the University of Jamestown" according to DeAnn. Next? "Well, I taught in Milnor for about 5 years, and then in 2009 my husband and I moved to Bismarck, and we were expecting a baby that fall". At that time Fyelling was already in the Army National Guard, a career that has spanned over 23 years "and of those 23 year I have been in the (Army National Guard) band for 16 of those."

After spending about a year at home with their first child, DeAnn went back to work full time for the National Guard in a military funeral honors position, which she really enjoyed, but baby #2 would soon be on her way, and "I wanted to spend time at home with my kids, so I've been doing the Army Band part time and staying at home part time ever since then" says Fyelling.

In the Army National Guard band, Fyelling plays saxophone, guitar and does vocals. "We play all different kind of saxophones depending on the need" says Fyelling "right now I've been doing a lot of baritone (saxophone)."

The 188th is a typical guard unit,

in that they drill one weekend per month "and we have an additional 2 weeks that we spread out over the year. We are doing 10 days now. We are here after doing Medora for 3 days. We'll be here at the North Dakota State Fair for 3 days, we did the Minot Arts in the Parks show and at the end of the week we'll go to Mohall and Bottineau."

For 5 days every fall the band does tours of local schools "yeah, it's really neat. It's called Music in our Schools tour. So, for 5 days we on tour. We're based in one place, and we try to hit 6 or 7 schools over the course of a week with all of the different ensembles performing at different schools. We try to get the students involved in our outreach stuff" according to Fyelling. After a quick calculation DeAnn comes up with "in my years we've probably hit well over 100 schools for sure, showing them what we do and getting them involved."

The 188th is a deployable unit "but we haven't been needed overseas at this point" says Fyelling "the Army band has done a lot of state side activations. When the DAPL protests were going on we were activated down there for just over a month, and in the 2009 & 2011 floods, which of course very much affected Minot."

And then we started talking about home. "I feel there are more familiar faces in Minot than anywhere else. I've been out of Minot for over 20 plus years. It's fun to get home and catch up with everyone else in Minot" DeAnn shares with a smile.

Like old friends who catch up, there is always so much to talk about. DeAnn's father, Brian passed away unexpectedly a few years back, and today's concert would be a little hard because Brian came to all of her concerts and sat in the front row. And then there's the battle that the Fyelling family is fighting. DeAnn's breast cancer. I shared with her how much energy she had on stage at the Oak Park concert. "Sometimes you just have to kind of make it work" DeAnn shared. The day I talked with her, a Monday, was her first Monday without a chemotherapy

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Command Sgt. Maj. Bradley Reed passes the guidon for the 188th Military Band to 1st Sgt. DeAnn Fyelling.



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Emily, Olivia, DeAnn, Eliza and Eli Fylling.



DeAnn on Bari Sax.

NORTHERN SENTRY PHOTOS | ROD WILSON

treatment. Except for the obvious loss of hair, you would never know. She still keeps up with her band appearances, her 3 kids and of course a household. Hopefully the next time we talk, we can talk in past tense about her cancer. It will be a battle she has won.

And then there came a voice from stage...” Sound check”. So well-orchestrated, everyone took their place. Today was not going to be a picnic in the park for the 188th jazz band and saxophone quartet; oh, did I mention that DeAnn and the saxophone quartet just returned from a good will tour in Africa? Now let’s get back to the area where the band would perform. It was a very hot, muggy day. But the show must go on, and so it did. DeAnn grabbed her baritone sax, took her seat and was ready to play. Her mom, Shelli, sat next to me, concerned of course for her daughter because of the hot

sun.

I learned from a very dedicated journalism teacher back in college that you never end a good story, on a bad note. The concert was absolutely great! Several good notes!

I hope that those who read this story understand the admiration and respect that this journalist has for DeAnn Fylling and the entire 188th Army Band. I also hope all of my readers understand that DeAnn and every member of the band loves what they do. It’s more than just a one weekend a month job.

Finally, if you don’t know DeAnn, I highly encourage you to attend one of the 188th Army Band concerts in the future. Take a couple of minutes after the concert to greet all of the members of the 188th Army Band; but especially DeAnn Fylling, because you know...yes sir, she’s from around here.



188th Army Band toughs it out in warm North Dakota State Fair sun.

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## NOTES ON BEING SAFE

# 10 Tips to Respect Wildlife, Stay Safe and How to Avoid Internet Ridicule



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



As we're gearing up for record numbers of visitors in our state and national parks this summer, read these 10 tips to help keep wildlife wild, preserve your physical integrity and prevent your park experience from turning into an involuntary YouTube sensation.

Many local, state, and national parks could see record crowds this summer. And given visitors' increasing propensity to document their park experience at all costs, resulting in painful encounters between visitors and wildlife with the visitors on the wrong end of the stick (no pun intended). The consequences can be tragic. Several animals die as a result, and sometimes people do, too.

The main rule to follow is simple, really: Keep your distance, at least 100 yards from bears and wolves and 25 yards from other wildlife. So let's say you're at Theodore Roosevelt National Park, and you pull up and observing a bison alongside the road that's grazing, you want the bison to continue grazing. You don't want to do something that actually alters their behavior.

The following 10 tips are based on the National Park Service's safety instructions and their recommendations from the wildlife experts. This is by no means an exhaustive list, so check with local rangers for information relating to a specific park and read any warning literature given to you as you enter a park. These materials often contain very specific advice regarding the species within a particular park.

### 1. DON'T HONK AT WILDLIFE

Animal sightings often create road congestion as people line up to take pictures. Bear sightings and the chaos they create are so common in parks, also known as "bear jams". There is a reason female bears actually choose to spend time near roads. You can be in a bear jam, people will honk their horns, they'll whistle, they'll try to get the attention of the animal, remember all of these things will stress the wildlife.

### 2. WATCH YOUR STEP — AND THE COLOR OF YOUR SHOES

As you walk on a beach, make sure not to step on birds' or turtles' nests — the same goes for rock climbers encountering nesting raptors. The color of your footwear can matter, too. If you're attending a sea turtle hatchling release at say at Padre Island National Seashore, avoid wearing white shoes. The turtles use the white foam of the waves, the moon and the reflection of sunlight on the water to find their way to the ocean. White shoes, clothing and lights can disorient them and cause them to lose precious energy, which in turn makes them more vulnerable to predators.

### 3. DON'T PUT A BISON IN YOUR CAR

This one deserves its own entry, not because it's a common occurrence — most bison don't fit in most cars — but because this is a good example of how good intentions can lead to devastating consequences.

### 4. SWEAT WITHOUT THE BLOOD AND TEARS

Glacier National Parks mountain goats are a treasured sight for park visitors, but park officials note that they also have "sharp, potentially lethal horns." So it's in both species' interest to keep humans and goats apart. The problem is that mountain goats crave the salt in people's sweat and urine and have been known to stalk hikers as a result. Park rangers recommend not leaving your sweat-soaked gear unattended and not urinating on rocks or snow within 100 feet of the trail. If a goat is stalking you despite your best efforts to shoo it away, throwing rocks at it is an acceptable last resort.

### 5. INVEST IN A ZOOM LENS

People visiting state and national parks often do so at great expense and therefore want to record the experience, especially the moment they came upon a magnificent bison or bear. The animals usually don't mind, but they also like their private space. Getting that perfect picture or that perfect selfie just can't be a priority.

### 6. DEET AND WATER DON'T MIX

Summer is mosquito season, and many visitors will resort to DEET products for protection against some of the parks' small fauna. If you do so, avoid swimming and crossing rivers, as fish and amphibians are particularly vulnerable to DEET.

### 7. CARRY BEAR SPRAY

Unlike parks in other parts of the world, U.S. parks allow visitors to explore the habitat of large predators on foot independently. This is not without risk. Yellowstone National Park officials recently found that only 28 percent of backcountry hikers there were carrying bear spray despite its proven efficacy in deterring bears. The bottom line, if you're going to bear country, take your bear spray.

### 8. DON'T FEED THE WILDLIFE

Don't feed the wildlife, even if the wildlife is begging. Coyotes and bears that get a taste of human food will often come back for more and can become aggressive in doing so. Animals can pay the ultimate price for their cravings. Mammals are not the only ones involved. Ravens have been known to unzip/unfasten many different kinds of packs and containers. In summary, store your food away, use bear-proof containers if necessary, and cover your car with a tarp when visiting culture or marmot country.


### 9. THE ROAD DOESN'T BELONG TO YOU

Even on the roads within state and national parks, wildlife has the right of way. Obey the speed limits and pay particular attention at dawn and dusk when many mammals and reptiles are most active. Seasons and weather variations can also trigger migrations of large numbers of animals (salamanders, turtles, monarch butterflies and tarantulas, for instance).

### 10. DON'T TOUCH THE WILDLIFE

Some visitors have dared to pet bison and were very fortunate to escape unscathed. You shouldn't try to emulate them. Wildlife doesn't like to be handled. Did you know that if they are stressed out, they will void their bladder and thereby lose the water they need to survive extended periods without water?

These wildlife safety tips aren't fool-proof, the advice I am providing is based on my experiences and research and what I've learned talking with state and national park rangers. When you are traveling to an unfamiliar region, you should do your own research and ask local rangers questions about wildlife before you hit the trail. Being smart is the first step to staying safe.




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# A nickel on the grass: honoring Minot AFB fighter pilot 60 years after crash

ABIGAIL KINDER, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

On the cold morning of December 19, 1963, six F-106 Delta Darts departed from Minot Air Force Base, N.D., on a routine training mission that would end in tragedy.

The aircraft were operated by pilots assigned to the 5th Fighter Interceptor Squadron, an Air Combat Command unit responsible for protecting the United States' northern border from Soviet bombers. The mission, controlled by the Great Falls Air Defense Direction Center, was to practice interceptions using each other as targets.

Six fighters took off shortly after 9 a.m., with Capt. William D. Richardson, a 33-year-old Mississippi native, manning the fourth aircraft. Just southwest of Bismarck, Richardson's aircraft abruptly broke away from the formation.

Soon, radio contact with Richardson was lost as the aircraft systems on his F-106 malfunctioned. His ejection seat failed, and the aircraft crashed in a field between Flasher and Raleigh, N.D.

Richardson's wife Joan was baking Christmas cookies with their two young daughters at home when Col. Jacksel Broughton, 5th FIS commander, arrived with the unprecedented news of the pilot's death.

Richardson was one of thirteen pilots to perish due to the F-106's faulty ejection seats. The crash sparked Broughton to advocate for the redesign of F-106 ejection seats, saving countless lives after.

In 2005, Joan and her daughters, Patricia Healy and Lataine Brown, returned to Minot AFB after discovering news of a dorm building's dedication as Richardson Hall. Healy said, "I realized for the

first time in my life, (1) how much I missed my father and (2) how different my life would have been had he lived."

Healy's road to recovery continued in 2020, when Retired Chief Master Sgt. Robert Haring contacted her to return a long-lost memento of her father. Haring, a member of the recovery team and F-106 crew chief, held onto a small token of Richardson's memory for nearly 57 years—a bent 50-cent coin found at the wreckage that he believes belonged to the pilot. Today, Healy wears the coin as a necklace, forever close to her heart.

Determined to keep Richardson's memory alive, Scott Nelson, a Flasher resident who was a baby at the time of the crash, worked with the Flasher American Legion Post 69 and the local school's shop class students to erect a memorial in his honor.

On July 19, 2024, another dedication ceremony was held for Richardson, this time at the crash memorial site in between Flasher and Raleigh. Richardson's daughter, Trish, his nephew, Bert Richardson, and members of the local community gathered at the site for a P-51 Mustang flyover and salute from the American Legion. After, the group moved to the Flasher Fire Hall to share memories and enjoy a community lunch.

Capt. Levi Hilgenhold, a B-52 instructor pilot and 5th Operations Group Executive Officer from Minot AFB, also attended the ceremony to honor Richardson's legacy as a fellow pilot.

"Every military aviator knows we are a part of something greater than ourselves, united in our mission and commitment to excellence," he said. "Capt. Richardson was an integral part of this community, and his

spirit lives on in the rich heritage and stories passed down through generations of Minot aviators."

While Richardson's story ended in tragedy, the ceremony's atmosphere was not one of melancholy, but of respect, celebration of life and community.

"The nearly 20-year odyssey that I have traveled to better know my dad has been one of the most rewarding and yet devastating journeys of my life," said Healy. "When my cousin Bert Richardson called one April afternoon in 2004 to tell me there was a building named in my dad's honor on the Minot Air Force Base, I was shocked. This revelation threw me down a well of grief that set me on the path that has ended here today."

Healy and her family have navigated a long journey through loss, grief and discovery that brought them back to North Dakota and closer to Capt. Richardson. As she held her father's coin in her hand, surrounded by a community with outstretched arms, there was no doubt that even after 61 years, Richardson's story lives on in the hearts and minds of many.

"I think the discovery of the coin at the crash site symbolizes the ultimate respect for Captain Richardson's sacrifice," said Hilgenhold, referring to a fighter pilot tradition that symbolizes the remembrance of a fallen aviator.

As an unknown author once wrote, 'So here's a nickel on the grass to you, my friend, and your spirit, enthusiasm, sacrifice and courage...when you are gone, the world will be a lesser place.'



Capt. William D. Richardson, 5th Fighter Interceptor Squadron pilot, sits in the cockpit of his F-106 Delta Dart. Richardson perished after his ejection seat failed during an aircraft crash in 1963, leaving behind his wife and two daughters.

COURTESY PHOTO



Trish Healy, Bert Richardson, members of the Flasher American Legion Post 69 and Capt. Levi Hilgenhold, B-52 Instructor Pilot and 5th Operations Group Executive Officer, pose with a memorial honoring Capt. William D. Richardson between Raleigh and Flasher, N.D. The memorial was dedicated in Capt. Richardson's memory on July 19, 2024.

U.S. AIR FORCE PHOTO | ABIGAIL KINDER



Capt. Levi Hilgenhold, B-52 Instructor and 5th Operations Group Executive Officer, salutes Capt. William D. Richardson at his memorial dedication, July 19, 2024. Richardson's F-106 Delta Dart crashed in a field outside Raleigh and Flasher, N.D., in 1963.

COURTESY PHOTO



Trish Healy, the daughter of Capt. William D. Richardson, wears a necklace made from a half dollar coin found in 1963 at Richardson's crash site by retired Chief Master Sgt. Robert Haring. Haring, who believed the coin belonged to Richardson, kept it for 57 years before returning it to Healy as a token of her late father.

COURTESY PHOTO

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# Dive into Turtle Island Indoor Water Park

SABRINA MULRAIN, NORTHERN SENTRY

Some good old family fun with swimming, sliding, and splashing is waiting for you at Turtle Island Indoor Water Park. The water park is part of the Turtle Island Adventure Parks located in the Sky Dancer Casino and Resort in Belcourt, North Dakota just an hour and a half drive away. This is the perfect family day trip to one of North Dakota's best kept secrets! Turtle Island Indoor Water Park is the highlight of the Turtle Island Adventure Parks thanks to its exhilarating water park features like the 175-foot-long lazy river called Walleye Waves, thrilling waterslides, the Birchbark Bay activity pool, and toddler Turtle Lagoon.

This enchanting water park, not far from the Turtle Mountain Band of the Chippewa Indian Reservation, merges local heritage with a delightful aquatic excursion. Guests will be charmed by the unique cultural aspects that the Parks exhibits to pay tribute to the heritage of the Turtle Mountain Band of Chippewa Indians.

The park serves to not only create a safe and welcoming space for families and kids of all ages, but also strives to give visitors an experience that's different from other traditional water parks.

While planning your family trip to the water park remember these helpful tips. Before embarking on your visit make sure to fill out the waivers found online and remember to pack your own towels unless you want to purchase some from the retail store onsite. Water Park armbands can only be purchased at the water park and not at the front desk of the Sky Dancer Resort. Although outside food is not permitted in the parks, the Fire's Edge Steakhouse, Grillerz Snack Bar, and Sky Brew Coffee Shop are some of the tantalizing dining options available for breakfast, lunch and dinner.

The Turtle Island Indoor Water Park offers day passes, group passes, or even birthday party packages. There are also season passes and summer passes available at <https://>



Littles can explore all the fun at Turtle Lagoon.

COURTESY PHOTOS

[turtleislandadventureparks.com/indoor-water-park/admissions/](https://turtleislandadventureparks.com/indoor-water-park/admissions/). Children under 3 years old get free entry with the purchase of an adult armband.

With all the fun waiting to be had you may even want to consider staying overnight at the Sky Dancer Casino and Resort. Just remember the entry to the water park is not included with the regular hotel reservation unless you buy the Skydancer Hotel and water park package deal, which starts at \$159/weekdays and \$179/weekends and include 4 tickets to the park and a double queen room.

The Turtle Island Indoor Water Park is just the beginning of the thrilling experiences that will be offered inside the Parks. There are already plans being constructed to expand the Parks with a section called Sky High and another called Turtle Island Winter Park. The plans for Sky High will include a captivating trampoline park, stimulating ropes course, and interactive arcade. Meanwhile the spotlights for Turtle Island Winter Park will include a riveting ice-skating rink and multiple sledding hills.

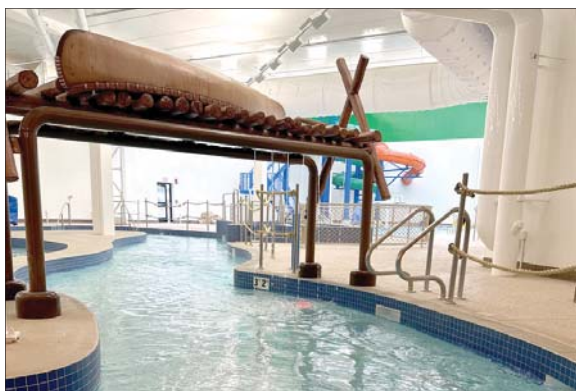
What are you waiting for? Your family will be captivated by all that the Turtle Island Indoor Water Park

has to offer! So go online now at <https://turtleislandadventureparks.com/indoor-water-park/park-info/> to plan your family's next exciting adventure!

Turtle Island Indoor Water Park is open Mondays and Thursdays from 4-8pm, they are closed Tuesdays and Wednesdays, and are open Friday through Sunday from 11-8pm. Make sure to check their operating calendar at <https://turtleislandadventureparks.com/events/> for any possible closures or private parties. The water park is located within the Sky Dancer Casino and Resort at 3965 Sky Dancer Way NE, Belcourt, ND 58316.



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thestarvingrooster.com

MINOT

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SCAN TO SCHEDULE AN APPOINTMENT.

Use your smartphone.

**Snapshot of MPF Services:**

- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500

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**EVENTS THIS WEEK**

<b>DOWNTOWN THROWDOWN III</b> Saturday, August 3 at 7:00pm	<b>TRIVIA NIGHT</b> Wednesday, August 7 at 7:00pm
<b>LIVE MUSIC WITH SEVERIO MANCIERI</b> Saturday, August 3 at 9:30pm	<b>LIVE MUSIC WITH SAMMY QADAN</b> Wednesday, August 7 at 10:00pm
<b>CRAFT NIGHT</b> Monday, August 5 at 7:00pm	<b>FREE NACHOS</b> Thursday, August 8 at 4:00pm-Close
	<b>COMEDY NIGHT</b> Thursday, August 8 at 9:00pm

**HOURS**

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



**Fact File**

Life Span	10 - 15 years
Weight	400 - 675 pounds
Head and Body Length	5 - 9 feet
Tail Length	2 - 3 feet
Tail Length	3.5 feet
Top Speed	40 mph
Wild Diet	Omnivore Carnivore Herbivore Deer, Pigs, Water Buffalo, Antelope

**CREATURE FEATURES**

- Once known as Siberian Tigers, Amur Tigers are the largest member of the cat family.
- Tigers are the only large wild cats with stripes. These stripes are camouflage that aid them while hunting. The stripe patterns of a tiger are not symmetrical from one side of the animal to the other. Their stripes are like our fingerprints.
- Amur Tigers have "built-in" ways to conquer the cold. They have a layer of fat on their flanks and belly, that helps protect them from the elements. Their thick, long coats also help keep them warm. And like most tigers, Amur Tigers have a ruff of fur around their neck and extra fur on the paws to protect them from the cold snow like built-in "snow boots".

**HOURS: MON-SAT 9AM-7PM**

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**1219 BURDICK EXPY EAST MINOT, ND**  
**www.RPZoo.com • 701-857-4166**

Answer Key  
Down: 1 Crops, 2 Farmer, 4 Goat, 5 Chicken  
Across: 2 Farm, 3 Pig, 6 Horse, 7 Rooster, 8 Cow, 9 Barn

**UPCOMING EVENT**  
**BACON & BREW**  
**AUGUST 8**

**MILITARY DISCOUNT**  
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**Annual Family Pass**

## Wheel Alignment Tips

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

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

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

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

**Secondary Angles**  
The secondary angles include numerous other adjustments, such as:

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

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

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

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





**Auto Care - Valvoline Instant Oil - Tires**  
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**Minot | 1301 20th Ave SW | 701-837-1301**





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- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE



# Sensational Summer

## PHOTO CONTEST

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




2024 Military Appreciation Day at Oak Park.

SUBMITTED BY JESSICA SHANNON



Fun at Sky Fest.

SUBMITTED BY JESSICA SHANNON



Putting kid to "work" during the summer break.

SUBMITTED BY MING NI



Getting some boat time and fishing in up at Northgate Dam. Fried fish for supper!

SUBMITTED BY JESSE HOLMGREN



Learning new crafts this summer.

SUBMITTED BY SARAH WEIDMAN



Hallie with "something green" for the library's Summer Reading Scavenger Hunt!

SUBMITTED BY TAYLOR BANAHAN



On the way to go fishing and caught of photo of great scenery.

SUBMITTED BY AMARI BRIGGS



Taking a walk around the neighborhood to explore on our first full day at base!!

SUBMITTED BY MCKYNZIE THOMPSON




First time enjoying a parade and seeing leaders from the base!

SUBMITTED BY AMANDA YOUNG



Taking a close up view of her fingerprint. One of my favorite things about homeschool is that we have created a lifestyle and a true love for learning

SUBMITTED BY SARAH WEIDMAN



**CORNERSTONE**  
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Dr. Matthew Hanson    Dr. William Fielhaber    Dr. Benjamin Whitten

**BUSINESS HOURS**  
 Monday: 7:30am – 6:00pm  
 Tuesday: 9:00am – 6:00pm  
 Wednesday: 7:30am – 6:00pm  
 Thursday: 7:30am – 6:00pm  
 Friday: 7:30am – 4:30pm  
 Saturday: 2 a month by appt  
 Sunday: Closed  
 (701) 852-2800

# Zoo for a Brew!

MARTINA KRANZ, NORTHERN SENTRY

Come to the Roosevelt Park Zoo and enjoy a taste of a few cold beers, along with some mouth-watering bacon. On Thursday, August 8th from 6:00 p.m. to 9:00 p.m., the Roosevelt Park Zoo is holding its premier event of the summer, the 10th Annual Bacon and Brew at the Zoo hosted by Greater Minot Zoological Society (GMZS). The mission of this great organization is to raise funds, in which all proceeds from this event will go the GMZS general fund, to support all endeavors and needs of the Roosevelt Park Zoo, including, but not limited to, exhibits, programs, education, and conservation.

At the Bacon and Brew, Roosevelt Park Zoo has something for all the bacon lovers in Minot! Bacon and Brew at the Zoo will feature many local food vendors who will serve samples of their own special dishes inspired by bacon. Each dish will also be paired with a beer that a beer expert believes will complement the item. There will be a variety of domestic and craft beers for tasting. Beer not your drink? Wine samples will be available too. A cash bar will be available for guests also.

Bacon and Brew at the Zoo will also have a few other features to enjoy, such as axe throwing, yard games, and the giraffe feeding station. Since there will be beer and wine, the Bacon and Brew event is strictly 21+, but there is plenty of fun to be had with just the grownups around. An outdoor summer event wouldn't be complete without some live music by Little Chicago Funk. Little Chicago Funk is a Minot band who plays funk, disco, rock, and even a little country. So, "get funk'd" while enjoying some bacon and some brew.

Guests can walk around, see all the animals, and discover the locations where the food and beer samples will be located. Don't feel like walking? Take the train ride around the zoo and enjoy the many sights and sounds along with the delicious food and beer. So, for a grown-up night out, go the Roosevelt Park Zoo website <https://rpzoo.com/bacon-brew/> and purchase your ticket since only 750 tickets are available and they sell out fast! Last year, tickets sold out before they could be offered at the gate on the day of. Guests get everything mentioned for only \$85/person, which is a fantastic deal, and it all goes to support the zoo and its many activities to preserve and to care for the animals. Enjoy some bacon and some brew at Roosevelt Park Zoo for a great cause!



A beautiful evening breeze with gormet food at you finger tips is the perfect way to spend a summer night! Tickets for the Bacon and Brew at the Zoo sell out quick, so buy yours today!



Bacon, Brew and Zoo, Oh YES!

ERIN BEENE PHOTO

**Bacon AND Brew at the Zoo**

Enjoy samples inspired by bacon, a variety of domestic & craft brews, music & fun in the sun while supporting your favorite small town zoo!

**Thursday, August 8, 2024**  
**6-9 p.m. Bacon & Brew Tastings**  
**TICKETS: \$85 per ticket**  
**[www.rpzoo.com](http://www.rpzoo.com)**

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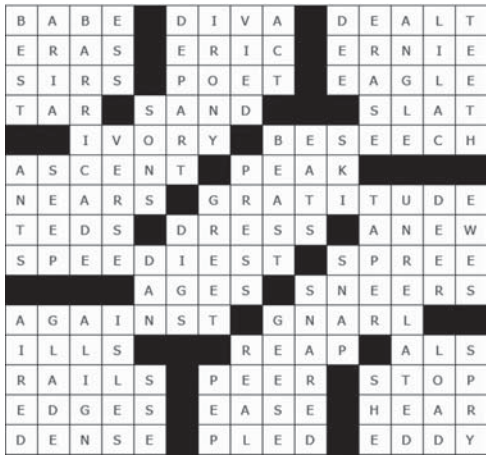
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

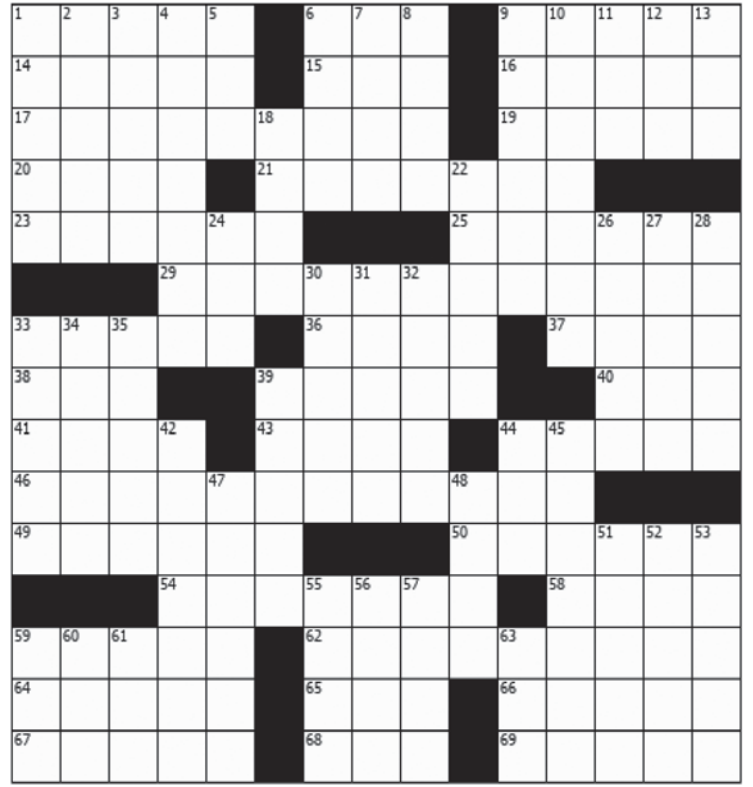
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

1. Colorful fish
6. Limit
9. Porch steps, collectively
14. Early photo color
15. Beatle mate
16. Tara occupant
17. What Monty earned?
19. Disciple of Christ
20. Hebrew month
21. Most like Felix Unger
23. Classify
25. Limitations on imports
29. What Julia paid?
33. Drum major's topper
36. Angelo's instrument
37. Rapacious seabird
38. Gear tooth
39. Kind of balloon
40. "Tarzan" Ron
41. Some Amerinds
43. Times for celebrating
44. "Fatha" of jazz
46. What keeps Johnny comfy in winter?
49. Two-time Wimbledon winner Gibson
50. Note combinations
54. Poisonous element
58. "Blood and Sand" beast
59. Open-mouthed
62. What George has?
64. Bay city
65. Certain Ivy Leaguer
66. Put the fork to
67. Before now
68. Swell place
69. Nightie



**Down**

- |                         |                                       |                         |
|-------------------------|---------------------------------------|-------------------------|
| 1. Milo of the theater  | 22. Social peer                       | 45. Physicist's atom    |
| 2. Laugh units          | 24. Greek letter                      | 47. Because of this     |
| 3. Excellent grade      | 26. Symbolic                          | 48. Bk. of the Bible    |
| 4. Mound                | 27. As ___ (usually)                  | 51. Went up the creek?  |
| 5. "I Want You" uncle   | 28. Hostel visits                     | 52. Fear                |
| 6. Like some beliefs    | 30. Wingless stage                    | 53. Contrite            |
| 7. Canadian singer Paul | 31. Not so damp                       | 55. Some farm females   |
| 8. Station              | 32. You can't control it              | 56. Shade of green      |
| 9. Absorbs, as gravy    | 33. Diver's acronym                   | 57. Figure skater Kulik |
| 10. Number-one          | 34. Boardwalk buy                     | 59. One-time bridge     |
| 11. Stable scrap        | 35. One acting on your behalf         | 60. Tankful             |
| 12. Dig this            | 39. Some Native Arizonans             | 61. '70s First Daughter |
| 13. Hacker's goal       | 42. Fine silk                         | 63. L.A. time zone      |
| 18. Freeze front        | 44. Initials for the Queen of England |                         |

**HAVE FUN AS A VOLUNTEER AT**

Minot Air Force Base has been among our top volunteer groups for several years donating more than 2,500 hours of community service in the last five years. Thank you for making Roosevelt Park Zoo a premiere destination.

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# CHURCH DIRECTORY

## Chapel Services at MAFB

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

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


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

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

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

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

## St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

**Saturday, August 3**  
5PM, No Vespers

**Sunday, August 4**  
10AM, Congregational Prayer Service

To Advertise your Church in this space.

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**An Evangelical Free Church**  
3500 4th St. SW • 839-5127  
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Sunday School & Fellowship ..... 9:00 a.m.  
Worship ..... 10:30 a.m.

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



## Bible Fellowship Church

**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am



## Vincent United Methodist Church

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

Sunday School ..... 9:00 a.m.  
Sunday Worship Service .... 10:00 a.m.  
Fellowship..... 11:00 a.m.

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



## Faith United Methodist Church

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

**Pastor Rick Craig**  
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)



**Grief Support Group**  
meets Mondays at 7:00pm

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

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



## Immanuel Baptist Church

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

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

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


**Pastor Brian Keithline**



## Christ Reformed Church

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

## St. John the Apostle Catholic Church

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

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

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



## First Lutheran Church - ELCA

120 5th Ave. NW  
852-4853

Sunday Worship  
9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



## SGI-USA Buddhist Group In Minot

Meets monthly

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



## JOURNEYCHURCH

ASSEMBLY OF GOD

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

**Sunday Services**  
8:00 am | 9:30 am  
11:00 am

## Minot Baptist Church

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

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

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



## Cross Roads Baptist

**Southern Baptist Convention**

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

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

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



## West Minot Church of God

Family Worship Center

**1105 16th St. NW • 839-1407**

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

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



## St. Mark's Lutheran Church

Missouri Synod

**Sunday Divine Service**  
9:30 AM

**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)  
*Join us on facebook*



## 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.**  
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# 35th Annual Great Tomato Festival

The 35th and Final Great Tomato Festival will be held on Wednesday, August 14, 2024 at the ND State Fair Center, 4H Hall, 2005 Burdick Expressway East. Doors open at 5:30pm, and social starts at 6:00pm. Dinner served at 7:00pm!

The Great Tomato Festival will be celebrating 35 years with its grand finale on August 14 this summer. We are very grateful to all our generous sponsors who have joined with us to assure the continued success of this fundraising event that has become a summer institution for the fine arts in Minot. Kudos as well to all the volunteers who have worked on food prep, which has been crucial to the event.

"It has been a most gratifying experience to have founded the Great Tomato Festival and to have been involved with all the diverse people who have dedicated their time and talent this effort.

Hopefully, this last event will be a fitting tribute to all of us who have worked for and sponsored the Great Tomato Festival for 35 years, as well as a celebration of many years of financial enrichment for the community of Minot. Please join us to make the grand finale a proper send off." Peggy Miller, Founder & CEO

This classic community fundraising event was established in 1989 by Jeff and Peggy Miller. It has become the annual end of summer gourmet picnic to attend! The menu consists of smoked pork chops

cooked to perfection by master chefs, a new roasted stuffed tomato recipe, chips and salsa, tomato and cucumber salad, beer batter bread and dessert.

The evening includes entertainment by the Little Chicago Funk, creative tomato displays, a social hour serving tomato hors d'oeuvres, and an amazing silent auction. New this year we will have a 50/50 raffle, Chance Raffle, Photo Booth and we will be bringing back our community painting in the style of Chuck Close!

Don't forget to check out our raffle for a signed and framed Taylor Swift photo and sheet music. The silent auction will include more than 200 auction items, including tickets for things to do in Minot, beautiful original art, vacation stays, hand-painted furniture, and more.

Returning is the Great Chocolate Cake Revival! A selection of fancy chocolate cakes will be available to bid on and take home that evening. Doors open for browsing at 5:30 pm with social hour at 6:00 pm, and dinner served at 7:00 pm.

Tickets are \$30 in advance until July 31, or \$35.00 on August 1st and at the door. Attendees must be 21 to attend. Advance tickets are available at Taube Museum of Art, Artmain, Visit Minot, and online at [www.greattomatofestival.com](http://www.greattomatofestival.com). Pick up your tickets now to ensure yourself a spot at this fun-filled evening!

For more information - 838-4445: Rachel Alfaro, Executive Director



by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, July 29: 1,842.23 feet above mean sea level (MSL); 22,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devis Lake elevation: 1,450.07 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.02 MSL. •N.D. Game & Fish Dept. game wardens: North-central area lakes generally quiet. No reports from Lake Sakakawea or Devils Lake.

•Devils Lake, Ed's Bait Shop, Devils Lake: OK walleye success on Pelican Lake with some nice-sized fish showing up. Lots of small walleye on main Devils Lake with slower success in East Bay.

•Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye trolling spinners and bottom bouncers with nightcrawlers. Also try slip bobbers. Start around 10 feet and work out deeper to about 20 feet along the shorelines. A lot of activity around the Golden Highway.

•Lake Darling, Karma C-Store, Ruthville: Lake Darling weedy with slower walleye success. Lake Sakakawea continues producing nice walleye numbers with lots of small fish.

•Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill success along the docks in the weeds but walleye activity slowed. Best success remains in the evening. Lots of recreational boating activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lots of small walleye coming from the east end of Lake Sakakawea. Move around and try a variety of presentations to try to locate larger fish with better success farther west.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea continues producing small walleye. Try Lindy rigs and minnows Work west of Garrison Bay in 25 to 35 feet for larger fish using slow death hooks and nightcrawlers or jigging Raps but they're still hard to come. Try 25 to 35 feet for walleye on Lake Audubon.

•Lake Sakakawea, Indian Hills Resort, Garrison: Lots of small walleye success using nightcrawlers. Try jigging Raps or crankbaits for larger fish. Applications

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/woodlandresortDI](https://www.facebook.com/woodlandresortDI)), 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.

- 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.
- Aug. 2: Free Movie in the Park, Oak Park, Minot, 9:30 p.m.
- Aug. 2 through 4: Family Fun Weekend, Lewis & Clark State Park east of Williston.
- 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.
- Aug. 8: Yoga in the Park, Oak Park, Minot, 7 p.m. Bring your own mat.
- Aug. 9 through 11: Bison Bash, Cross Ranch State Park, south of Hensler. Scavenger hunt, guided hike, water-themed obstacle course, and more. Contact the park, (701) 794-3731, for details.

### TOURNAMENTS:

- Aug. 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.
- Aug. 9 & 10: Lake Sakakawea, Fort Stevenson State Park.
- Aug. 10: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, White Earth Bay; Devils Lake, Woodland Resort; Devils Lake, Grahams Island State Park.
- Aug. 11: Lake Sakakawea, Parshall Bay.

for the resort's Bite Me Fishing tournament available on the website, ([fishindianhills.com](http://fishindianhills.com)).

•Lake Sakakawea, New Town: Lots of small walleye activity continues with best success still with nightcrawlers.

•Lake Sakakawea, Van Hook Bait & Tackle: Continued fair to good for walleye with a lot of activity from Fox Island to the north in the Van Hook Arm. Try nightcrawlers as the bait of choice. Larger fish generally coming off crankbaits. Smallmouth bass and catfish success continues from shore.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing spotty walleye success from both boat and shore. Try jigs and minnows in the spillway channel. Also try 3-way swivels in the chutes at night. Limited trout and salmon success so far. Lake Sakakawea also spotty for walleye with fish spread out in 18 to 30 feet with lots of small fish. Bigger fish and more consistent success remains west. Try 60 to 90 feet for salmon using flashers and squids or herring from Government Bay to Deadman's Bay. Continued smallmouth bass success.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Walleye moved deeper on the upper end of Lake Sakakawea with heat and warmer water temperatures. Try nightcrawler rigs in 20 feet and

deeper but some success starting with crankbaits. Better success from White Earth Bay east to New Town.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports from the Souris River and area lakes.

### Blue-green algae advisories, N.D.

#### Dept. of Environmental Quality:

•Advisory: Epping-Springbrook Dam, Williams Co.; Lake Brekken, McLean Co.; Devils Lake.

#### Paddle sports river elevations:

•Little Missouri River, Watford City, Long X Bridge: River stage, 6.94 feet; streamflow, 23.3 CFS.

•Missouri River, Williston: River stage, 14.92 feet.

•Missouri River Washburn: River stage, 10.38 feet.

•Pembina River, Walhalla: River stage, 2.41 feet; streamflow, 238 CFS.

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

•Souris River, Minot Broadway Bridge: River stage, 41.56 feet.

•Yellowstone River, Sidney, Mont.: River stage, 2.78 feet; streamflow, 5,030 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.

## A LOOK BACK THIS WEEK IN USAF HISTORY

### OPERATION BIG SWITCH RETURNS POWS

AUGUST 6, 1953



In 1951, negotiations of a ceasefire and the release of Prisoners of War began between the communists and United Nations. Operation BIG SWITCH, which took place from August 6, 1953 to October 1953, brought thousands POWs back home. By the end, 75,823 POWs were returned to the communists and 12,773 to the United Nations, including over 3,000 Americans. POWs who wished not to return to their communist countries were released as free citizens. USAF C-124, C-54, C-46, and C-47 transport aircraft brought American POWs from Korea to

Japan, and then on to the United States. Due to harsh living conditions in POW camps, many of the repatriated Americans required immediate medical care which was given to them at Tachikawa Air Base, Japan. Nearly 38% of U.S. prisoners were not so fortunate and perished in captivity.

Information courtesy of: [media.defense.gov](http://media.defense.gov) / [nationalmuseum.af.mil](http://nationalmuseum.af.mil) / [koreanwarlegacy.org](http://koreanwarlegacy.org)

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# YOUTH IN ACTION

## On the Journey to College Part 2: Personal and Scholarship Essays

As we continue the "Journey to College", a very important aspect of applying to college includes personal statements and essays. With a competitive applicant pool, colleges and universities are searching for students with unique and varied educational and life experiences. Look no further than our military connected students! Our students are equipped with a dynamic background to share a dynamic essay.

Military connected students experience different locations, cultures, countries, schools, and environments. With this exposure, the perspectives of our students provides ample opportunity to share their stories from a unique point-of-view. Author Robin Moore shared, "Inside each of us is a natural-born storyteller, waiting to be released." In personal and scholarship essays for college, students need to communicate to their story, goals, and contributions to society to an admissions committee and scholarship grantee.

Below are a few questions to ask oneself while drafting a personal or scholarship essay:

- 1) How can I tell my story in a compelling way?
- 2) What is the purpose of this essay?
- 3) Who is my audience?
- 4) What are the criteria shared for the essay?
- 5) What educational, personal, or professional experiences can I draw upon to share a unique perspective?
- 6) Who can review, edit, and provide meaningful feedback for my essay?

Dr. Howard Gardener, Professor at Harvard University shared, "Stories constitute the single most powerful weapon in a leader's arsenal." I would exchange leader for student in this quote. Crafting personal and scholarship essays



JOY-NICOLE SMITH  
SCHOOL LIAISON PROGRAM MANAGER, GS-12  
DEPARTMENT OF THE AIR FORCE SCHOOL  
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## PREPERATIONS UNDERWAY FOR BACK TO SCHOOL BACKPACK EVENT

Back to School Backpack Event in partnership with Operation Homefront, Scheels, and the Minot AFB School Liaison is fast approaching! A very special thank you to Scheels for packing and delivering backpacks to Minot AFB! To sign up to receive your free backpack of supplies please visit <https://operationhomefront.org/event/btsb-in-minot-afb/>, deadline for registraton is August 2. Note: No federal endorsement intended.

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Provider of the Month Feature  
AUGUST 2024



CONNIE  
"NIKKI"  
GRIFFIN

What do you enjoy most about being an FCC Provider?

What I love most about being a provider is watching the kids play and grow together. They all learn so much from each other. It's so sweet to see them build friendships.

I also love the community it builds with other providers. I love listening to the kids giggle and just have fun. That's really what being a little kid is all about. I love watching their little minds figure things out! Not to mention how absolutely hilarious they are!

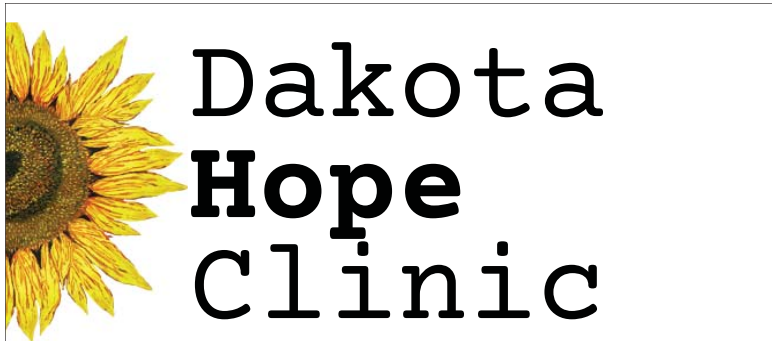
What are your interests/hobbies?  
I love being outside and hosting our friends and their families. I also enjoy, DIYs and crafting, even though I don't have much time to do it. My favorite thing to do is just be with my husband and kiddos. They are my whole world!

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

My advice to new providers/

those interested would be to ask for help, advice, anything. Find your fellow FCC providers that you love and vent, shot around ideas to etc. There have been a couple providers who have changed my way of thinking to make what we do so much more fun! This job can be hard and mentally draining but, it's so worth it. Watching these kids grow, blossom, and become their own person is truly one of the best things. The first 3 months to a year is very hard finding your groove and what works for your program but it's okay to make mistakes, we all do. Even months, years into the job. I wake up every day excited to do what I do. I love to celebrate all the little things with each child, it makes my heart so happy! If any one of you has any questions or would like to talk feel free to reach out to me, anytime!

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



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# NORTHERN CELEBRATIONS

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## THE DOG DAYS

Patricia Stockdill

*"The sultry part of the summer, supposed to occur during the period that Sirius, the Dog Star, rises at the same time as the sun: now often reckoned from July 3 to August 11."*  
— Dictionary.com definition of "Dog Days".

Hmmm, August.

The Dog Days. Granted the Dictionary.com definition includes a large chunk of the month of July, but, really, it seems the "Dog Days" are more appropriate here in North Dakota in the month of August.

When it comes to fishing, even fish seem to have "dog days" – you know, those days when it's just too hot to even think about doing anything, even you live in the water.

Including taking bait.

However, before we blink, football season will be here. School will be underway.

The amount of daylight is distinctly more noticeable because there's distinctly less daylight – even in early August.

Before we know it, we'll be sailing into autumn.

In the meantime, it's the Dog Days of August already. So the evenings might as well go to the dogs.

In other words, don't procrastinate any longer and take Fido the Favorite Hunting Dog out for evening conditioning walks and training sessions.

Just be sure to wait until it's cool outside so the both of you don't find yourselves wallowing in sweat and succumbing to heat stroke. Besides, dogs only sweat through paw glands and pant to regulate their temperature.

Rule Number One in beating the Dog Days with that Favorite Hunting Dog (or any dog, for that matter) – be active in the cool morning or evening hours and carry water.

Rule Number Two in beating the Dog Days – purchase voluminous quantities of mosquito spray or lotion or both. For you, not the dog. The dog should already have tick, flea, and insect care throughout the summer.

Rule Number Three in beating the Dog Days – use mosquito spray often and with gusto and don't forget sunscreen, also liberally applied often and with gusto.

It's the Dog Days and it's still easy to sunburn.

August Dog Days also mean it's inching closer to hunting season. Besides working with Fido, those hot summer nights are good for oiling and conditioning hunting boots because, yes, before we know it rain, snow, and mucking it up in mud along a marsh during waterfowl

season will soon be on the horizon.

Bow hunters should check archery equipment, make a list and check it twice to see what needs replacing, and practice, practice, practice. After all, that season opens in August. Yes, Aug. 30 to be exact this year.

No athlete ever became proficient at their sport without practice and conditioning and it's no different with archery – practice and conditioning muscles for proper draw strength.

Practice also applies to shotgunning. Plus, while it's probably more applicable to spring turkey season, it doesn't hurt to pattern a shotgun for fall hunting seasons, as well.

OK, so Fido is getting exercise – with water and proper consideration for the heat – archers are organizing gear, practicing, and getting in shape. Upland and waterfowl hunters are doing the same – and that also means checking shotguns to make sure they're clean.

Anglers are either tossing deep-diving crankbaits into Lake Sakakawea in an effort to entice walleye to bite or grumbling about weed growth in their favorite small lake.

What other ways are there to beat the heat in the August Dog Days?

Hmmm, canoeing or kayaking offers another opportunity to beat Dogs Days heat. Head to a small favorite lake or river like the Souris River below Lake Darling Dam or Missouri River.

Take a hike, literally.

Hiking and interpretative trails at Indian Hills Resort, below Garrison Dam at the U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery, Audubon and Upper Souris National Wildlife refuges, Cross Ranch, Sakakawea, or Fort Stevenson state parks, for example, all provide opportunities to get in touch with one's outdoorsy inner self.

And finally, because the Dog Days originated with folklore about stars, head outside at night, relax, and gaze at the stars. See if you can find Canus Major, the "Big Dog" constellation and pick out Sirius, the brightest of its stars, as well as the brightest in the night sky.

If so, you've found the "Dog Star"

In other words, just because it's the Dog Days, doesn't mean we have to lie around like a dog – unless you're looking for the "Dog Star".

There's enough of that in the winter.



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**LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT**

www.marykay.com/1clouse.  
701-839-0475 or 701-721-0475

## NEED A REALTOR?



**I CAN HELP YOU!**

**Odalis Jones Martinez**  
**Realty ONE Group Magnum**

REALTOR®  
English, Spanish

**CONTACT ME!**

(662) 497-0596

odalismart97@gmail.com

@odalisjonesmartinez\_realtor

www.ROGMagnum.com

**ONE**

## RENTALS

**AVAILABLE NOW!** Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Matt or Peggy at IPM. 852-1157

## HOUSE FOR RENT IN GLENBURN ND.



Rent is \$900.00 a month with \$900.00 deposit. Three bedrooms, two full bathrooms, kitchen/dining area, and office space on the main floor - full finished basement. Attached single garage. Tenant pays utilities. Call Dianne Hensen 701-721-3089

## HELP WANTED

**LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?**

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits.

We are an equal opportunity employer and a drug free workplace.

Apply in person at:  
**605 27th St SE, Minot ND 58701**  
Or contact: **Matt Mackey**  
By email or phone at  
**mmackey@kalixnd.org**  
**701-852-1014**

## IMMEDIATE FULL AND PART TIME OPENINGS

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

## MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.

Part-Time Retail sales 25-35 hrs/week occasional Sat. closed Sun. Apply in person at Aeroport Hobby Shoppe, 2112 N. Broadway.

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

## ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY BAGGERS WORK FOR TIPS ONLY

### •ADULT HOURS

Tuesday-Friday 7am-4pm  
• Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

### • TEEN HOURS

Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm  
• Morning start times rotate & vary

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

## AUTOMOTIVE

**NORTHERN AUTO AUCTION**

**1st & 3rd Saturday Every Month!**

Approx. 75-100 Cars, Pickups, Trucks, Etc.!

Bring vehicles & title to auction yard

**BUY or SELL!**

All units sold AS-IS condition

Terms: Cash or check supported by a bank letter of credit.  
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199

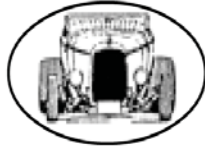
**3035 Valley St., Minot, ND 58701**  
**701-838-3733 or 1-800-210-8995**

## AUTO BENT UP OR JUNKED??

Would like to buy...  
Running and non-running cars.  
Call 701.240.2147

**\$\$\$ QUICK CASH \$\$\$** Paying cash now for any car or truck, running or not. We also sell cars, give us a call. Edwardson Towing 839-9512, cell: 720-6150 (Will haul junk cars or trucks away, no charge)

## JOHN'S



## AUTOBODY

**Pays Up To \$500**

**Insurance Deductibles**  
**We Guarantee All Work & Color Match**  
**4121 S. Broadway**  
**839-8896**

## WANTED

**UNWANTED CARS, TRUCKS & SCRAP METAL.**  
Call 701.240-7453

**IF YOU HAVE A SMALL DOG, REPTILE OR BIRD** that you no longer can care for, call me or text me at (701) 822-3455

# BUSINESSES & SERVICES

## AUTOMOTIVE

**QUICK CASH!!**  
Running & Non-Running Cars & Trucks



**EDWARDSON TOWING**

We Also Sell Cars

**839-9512**

Cell **720-6150**

Will Haul Junk Cars Free of Charge  
Cash for Scrap & Farm Clean Up



**AUTO PARTS**

## HOURS:

Monday-Friday 7am-7pm  
Saturday 7am-4pm  
Sunday 10am-3pm

425 Burdick Expy W Minot, ND 58701

**(701) 852-3301**

Proud to serve Minot AFB

## PET GROOMING

**KING'S MANE CAT GROOMING**

OFFERING YOUR CAT THE ROYAL TREATMENT



CALL 701-240-7291

FOR AN APPOINTMENT OR VISIT US ONLINE

KINGSMANECATGROOMING.COM

## SUDOKU SOLUTION

PUZZLE ON PAGE B3

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

## ACCOUNTANT

**BradyMartz**

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS

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## HOBBY SHOP

**AEROPORT HOBBY SHOP**

RC Cars, RC Airplanes, Rockets, Trains, Plastics, Testors Paints, Engines & Accessories, Helicopters, Balsa Wood & Glues. We Have GUNDAM!

**838-1658**

2112 N. Broadway • Minot, ND  
Ask for Eva • www.airporthobby.com

Contact Rod Wilson to get your business listed here! 701.839.0946 sentrysales@srt.com

## FLOWER SHOP



**Voted Minot's #1 Flower Shop**

405 Central Ave. E. • 701.852.6224



**northern sentry community calendar**



Events from Minot & Minot AFB in ONE PLACE!

# CLASSIFIEDS

www.northernsentry.com | sentrysales@srt.com | 701.839.0946 | 315 S. Main Suite 202 | Minot, North Dakota

## MINOT AFB ANNOUNCEMENTS

**EMBRY-RIDDLE AERONAUTICAL UNIVERSITY** – Embry-Riddle Aeronautical University is the world’s pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor’s, and master’s degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base. Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 5 August - 6 October. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: [minot@erau.edu](mailto:minot@erau.edu) or call office phone: 701-727-9007.

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

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

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

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

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

*At least one partner must be serving or must be an active member of the U.S. Air Force.*

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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

I could never see myself doing maintenance work on the B-52H.

Yeah, its sheer size and eight engines can be intimidating.

B-52H

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.

## Musicians Of Minot AFB

### Come See, Play, or Learn!

Come play Guitar, Bass, Drums

Bring you own Instruments

Don't know how to play anything? Come sing

Hosted at the Base Theater on

Saturdays from 12:00 to 6:00!

JOIN OUR DISCORD, FACEBOOK, OR INSTAGRAM

For updates and socialization:  
<https://discord.com/invite/xQtPFRB>  
Minot AFB Musicians On Facebook  
[Minotafb\\_musicians](#) On Instagram

## RESTAURANT & ENTERTAINMENT GUIDE

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

**BADLANDS**  
RESTAURANT & BAR

**WE’LL BUY YOU DINNER!**

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

**2 Winners Every Week!**

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

No Limit, Enter As Many Times As You Wish!

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



### WHAT'S HAPPENING AT THE MINOT AFB EXCHANGE

#### DOD, COAST GUARD CIVILIANS SHOP TAX-FREE AT THE MINOT AFB EXCHANGE

The Army & Air Force Exchange Service continues to serve the military community at Minot AFB with its expanded tax-free shopping benefit to Department of Defense and Coast Guard civilians.

In 2021, in-store and online shopping privileges were expanded to about 575,000 Department of Defense and Coast Guard civilians who hold Common Access Cards in the U.S., its territories and possessions. Retired DoD and Coast Guard civilians can shop online only.

The tax-free shopping benefit provides access to name-brand restaurants and services; mall stores and vending; proprietary credit solutions through the MILITARY STAR® card; and national brands tax-free with military-exclusive prices.

Purchase restrictions at Exchanges apply. Shoppers can visit [aafes.com/exchange-stores/patrons-merchandise/patrons.htm](https://aafes.com/exchange-stores/patrons-merchandise/patrons.htm) for details. In-store shopping privileges for active DoD and Coast Guard civilians outside of the U.S., its territories and possessions are subject to host-nation agreements.

"Civilians who work side by side with Soldiers, Airmen and Guardians to accomplish the mission of freedom and defense of the Nation are an important part of the military community," said Minot AFB Exchange General Manager Kyle Omler. "By shopping with the Exchange, they help improve military Quality of Life as 100% of Exchange earnings are invested into their communities."

DoD and Coast Guard civilians can learn more about the benefit at [aafes.com/exchange-stores/patrons-merchandise/patrons.htm](https://aafes.com/exchange-stores/patrons-merchandise/patrons.htm). Authorized civilian shoppers can also visit [ShopMyExchange.com](https://shopmyexchange.com) to create an account and shop online.

#### MINOT AFB EXCHANGE KICKS OFF BACK-TO-SCHOOL WITH EXTRA SAVINGS

Military families at Minot AFB can earn an A+ in savings with the Army & Air Force Exchange Service's exclusive deals and offers on school supplies, clothing, electronics and more in-store and at [ShopMyExchange.com](https://shopmyexchange.com) during the back-to-school shopping season.

Authorized shoppers—including Veterans and Department of Defense civilians—can check off shopping lists to

fit any budget with Exchange resources and offers including:

- Weekly sales promotions: Through Aug. 31, shoppers can stack their savings with weekly deals on backpacks, electronics, dorm essentials, clothing and more, including an additional savings of up to 40% on select school supplies. All weekly promotions can be found at [shopmyexchange.com/savings-center/weekly-ads](https://shopmyexchange.com/savings-center/weekly-ads) each Friday at 12:01 a.m. Central.

- MILITARY STAR® savings: From Aug. 23 to 29, cardmembers receive 0% interest and zero payments for six months on HP electronic purchases of \$399 or more. For more information or to apply for a MILITARY STAR card, visit <https://aafes.media/MilStarPA>.

- More points, more rewards: Cardmembers receive four points for every dollar spent at Express stores each Friday in August.

- Military-exclusive pricing: Shoppers can build back-to-school wardrobes with an additional savings of up to 40% off the manufacturer's suggested retail price on family clothing and shoes brands including Old Navy, Levi's, Nike, Vans, Asics, New Balance and more. Great men's and women's brands from American Eagle, On Running, Hey Dude and Birkenstock. From Aug. 9 to 11 and Aug. 16 to 18, MILITARY STAR cardmembers will receive an additional 10% off on children's clothing, shoes and accessories purchases.

- Buy online, pick up in store services and online shopping: Shoppers with in-store shopping privileges can use the buy online, pick up in-store service on their back-to-school orders. MILITARY STAR card purchases are eligible for free standard shipping for online orders.

"The Exchange is dedicated to helping military families save more this back-to-school season," said General Manager Kyle Omler. "Every military family can easily check off school supply lists, no matter the budget, at the Exchange—always tax-free."

Disabled Veterans and Department of Defense civilians with Common Access Card and honorably discharged Veterans can shop the deals, too. Veterans can find out more about the shopping benefit at <https://aafes.media/vets>. DoD civilians learn more at <https://aafes.media/cacbenefits>. MILITARY STAR rewards exclude Military Clothing plan.



## Upcoming Events

**05 AUG 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

**06 AUG SPACE CAMP SESSION ONE**  
9:00 AM - 12:00 PM  
Dakota Territory Air Museum  
100 34th Ave NE, Minot

This will be our first session of Space camp for 3rd-5th graders. Class is limited to 30 participants and is FREE to register! Please register with the link below!



**For more information:**  
<https://dakotaterritoryairmuseum.com/ace-aviation-camp>

**07 AUG 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

**08 AUG BACON AND BREW AT THE ZOO!**  
9:00 AM - 12:00 PM  
Roosevelt Park Zoo  
1219 E Burdick Expy, Minot

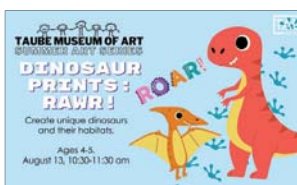
Enjoy samples inspired by bacon, a variety of domestic & craft brews music & fun in the sun while supporting your favorite small town zoo. Visit this link to purchase tickets - they sell out fast!



**For more information:**  
Facebook/ Roosevelt Park Zoo/ Events

**13 AUG DINOSAUR PRINTS: RAWR!**  
10:30 AM - 11:30 AM  
Taube Museum of Art  
2 Main Street N, Minot

Create unique dinosaurs and their habitats. Ages 4-5.



**For more information:**  
Facebook/ Taube Museum of Art/ Events

**13 AUG GIANT OWLS**  
1:00 PM - 2:00 PM  
Taube Museum of Art  
2 Main Street N, Minot

WHOOOO loves art? Use recycled materials to make a giant unique owl. Ages 6+



**For more information:**  
Facebook/ Taube Museum of Art/ Events

**14 AUG 35TH AND FINAL GREAT TOMATO FESTIVAL!**  
5:30 PM - 9:00 PM  
North Dakota State Fair Center  
2005 E Burdick Expy Minot

Join us for the 35th and FINAL Great Tomato Festival! The Great Tomato Festival was established in 1989. It is an annual, indoor summer gourmet picnic. Evening activities include live music, a silent auction, Menu Venue, and tomato displays courtesy of MarketPlace Foods. This is a community fundraiser, which benefits non-profit organizations, including the Taube Museum of Art and the Minot Symphony Orchestra. Must be 21+



**For more information:**  
Facebook/ Great Tomato Festival / Events

### NEW Community at the Northern Sentry

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



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

### CITRUS SALMON



- INGREDIENTS**  
2 TABLESPOON BUTTER, SOFTENED  
1/2 TEASPOON LEMON ZEST  
1 TEASPOON LEMON JUICE  
2 TEASPOON FRESH CHOPPED DILL  
1/2 TEASPOON SALT  
TO TASTE BLACK PEPPER  
4 (8 OZ) SALMON FILLETS, SKIN ON  
1 LEMON, THINLY SLICED

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

Meanwhile mix together the softened butter, lemon zest, lemon juice, dill, salt and pepper.

Generously slather the top of the salmon fillets with the lemon-dill butter and top with a slice of lemon.

Place the salmon fillets on the hot grill grate, skin-side facing down. Cook for 15 to 20 minutes, for a medium-rare salmon, or until the salmon is done to your liking.

Garnish with fresh dill. Enjoy!

(Recipe can also be baked)



Ryan Davy - GM  
Minot

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



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



# WHAT'S GOING ON MINOT AFB

## 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/minotafbclubs/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

## SUNDAY 04

## MONDAY 05

- Kids Golf Clinic Begins, Rough Rider Golf Course
- Youth Soccer Camp, Youth Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Family Zumba, 0930, McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Board Game Making Camp, 1500, Minot AFB Library
- Writing Club, 1800, Minot AFB Library

## TUESDAY 06

- Youth Soccer Camp, Youth Center
- Cycle & Strength, 0515, McAdoo Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Home Buying Seminar, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- EFMP Family Storytimes, 1100, Minot AFB Library
- Ballpark Nights, 1730, Corbett Field, hosted by Outdoor Recreation
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 07

- Registration Closes: B52 Bomber Scramble, <https://www.memberplanet.com/s/minotafbclubs/b52scramble-11aug>
- Youth Soccer Camp, Youth Center
- Bundles for Babies, 0900-1030, 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
- Brown Bag Book Club, 1200, Minot AFB Library
- SAPR Tier 2 Brief, 1300, Professional Development Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Board Game Making Camp, 1500, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 08

- Registration Closes: Crazy for Grazing, [www.memberplanet.com/s/minotafbclubs/grazing9aug](http://www.memberplanet.com/s/minotafbclubs/grazing9aug)
- Youth Soccer Camp, Youth Center
- Cycle & Strength, 0515, McAdoo Fitness Center
- Sprint Triathlon Build-Up Series Finale, 0800-1200, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1730, McAdoo Fitness Center
- Salsa Lessons & Dance Night, 1800-2200, Base Theater

## FRIDAY 09

- Youth Soccer Camp, Youth Center
- Family Zumba, 0930, McAdoo Fitness Center
- Operation Homefront: Back-To-School Brigade, 1100-1300, Youth Center
- Board Game Making Camp, 1500, Minot AFB Library
- America's Kids Run – Color Run, 1100-1300, Youth Center
- Friday Flicks, 1630-1930, Rockers Bar & Grill
- Crazy for Grazing, 1730-1930, Rockers Bar & Grill
- History Walk on the Base, 1800, Minot AFB Library

## SATURDAY 10

- Zumba, 0900, McAdoo Fitness Center
- Board Game Making Camp Competition, 1500, Minot AFB Library

## AUGUST 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: trawberries & 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.

**Crazy for Grazing**  
 ROCKERS BAR & GRILL  
 9 August 2024 • 5:30pm-7:30pm  
 BE A HOSTESS WITH THE MOSTESS!  
 OUR ARTS & CRAFTS INSTRUCTOR WILL HELP YOU CUSTOMIZE YOUR OWN CHARCUTERIE BOARDS. WHILE IT DRIES, OUR ROCKERS BAR & GRILL CHEFS WILL TEACH YOU THE ART OF CREATING A CHARCUTERIE ARRAY WITH DELI FLOWERS, CRACKERS, CHEESES, & MORE!  
 Cost: \$30pp  
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 4 PERSON TEAMS, HANDICAP REQUIRED  
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