

# northern sentry

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WHATS INSIDE THIS WEEK:



69TH BOMB SQUADRON HELPS TO REVIVE HISTORIC LEGACY

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ENJOY HEART-PUMPING, FEEL-GOOD MUSIC AT SUMMERFEST!

**A7**



SPOUSES WELCOME ON THE ROAD, EVERYTHING YOU NEED TO KNOW

**A10**



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing (BW) commander (left), and Chief Master Sgt. Wayne Sharp, 5th BW command chief (right), host their inaugural 5th BW all-call at Minot Air Force Base, North Dakota, July 30, 2024. During the all-call, the team introduced themselves, their leadership philosophies, and their goals for their time at Minot AFB. See more on page A6.

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



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**DELTA VACATIONS**



# 69th Bomb Squadron Helps to Revive Historic Legacy

MASTER SGT. ANDREW SINCLAIR, 101ST AIR REFUELING WING

Loring Air Force Base, ME – When the former Strategic Air Command (SAC) superbase closed its gates in September 1994, approximately 3,500 employees left, leaving a significant void. However, thanks to the Loring Museum and its dedicated volunteers, the “Sleeping Giant” awoke for a few days to honor the cherished 42nd Bomber Wing nearly 30 years after its closure.

After considerable effort, the museum secured a B-52 Stratofortress from Minot Air Force Base to land at Loring on July 31st for the 2024 Loring Open House Event. Fans and former Loringites traveled from far and wide to witness the event, meet the aircrew, and relive fond memories.

The Minot crew was ecstatic to be

part of this historic event, engaging with locals and witnessing firsthand what the 42nd meant to Aroostook County.

“Being able to bring this jet here and meet with everyone is a pretty cool experience,” said Captain Matthew Siebert, a Weapons Systems Officer for the 69th Bomb Squadron and a crew member aboard the Minot B-52, affectionately known as the B.U.F.F. (Big Ugly Fat Fellow). “Loring was the last wing to house the 69th before it moved to North Dakota. The history and heritage here are very noticeable, especially when talking with the veterans who served here. It’s great.”

Loring AFB, once the northeasternmost base in the United States, was a vital asset due to its proximity to Europe and the Arctic.

During the Cold War, it played a crucial role in national defense against the Soviet Union.

The Loring volunteers, mostly former personnel stationed at the base, still hold immense pride in Loring’s role in national defense. When the opportunity arose to have a Stratofortress land at the old SAC base, it was all hands on deck for the former Airmen.

For SSgt Kaylie LePage, a Flying Crew Chief originally from Winterport, the Loring Open House was a homecoming. Inspired by her mother, who joined the MAINEiacs in 2016, LePage joined Active Duty. “I love my job. I love working on planes. This is a 70-year-old aircraft, and here I am in 2024 doing the same thing that some of these crew chiefs did when Loring was open.

It’s pretty amazing,” LePage said. “You can feel the history here.”

The event featured several ceremonies and activities to honor the former wing and its Airmen. There were food, activities for kids, base tours, and live music, breathing life back to the dormant superbase.

The MAINEiacs supported the event with top-notch customer service. The 101st ARW A.G.E. (Aerospace Ground Equipment) Shop provided the necessary equipment to support the B-52. Operations conducted a spectacular flyover with a KC-135, and maintenance troops supported an Arizona ANG tanker that was scheduled to be on display, but didn’t quite make it to Loring due to mechanical issues.

Perhaps the most notable MAINEiac team were the Defenders from the 101st ARW Security Forces Squadron sent to secure the aircraft around the clock. For one Defender, this job was especially meaningful because his grandfather served at Loring. “When I was younger, my grandfather would bring me here to show me the base. It meant a lot then and it means a lot now,” Senior Airman Matthew Burgess said. “He

taught me a lot about the history and what went on here and that’s pretty special to me.” Burgess has been in Security Forces for roughly three and a half years and it’s clear after talking with him that he takes that seriously and wears his uniform with pride.

The 101st Air Refueling Wing has always emphasized family and values. The volunteer crews, former Loring Airmen, and their families coming together for the 30-year reunion demonstrated that Loring Air Force Base held the same ethos.

The 2024 Loring Open House Event was more than a nostalgic reunion; it was a powerful tribute to the enduring legacy of the 42nd Bomber Wing and the men and women who served at Loring Air Force Base. As former airmen and new generations came together to celebrate the history and camaraderie that defined this pivotal base, it became clear that Loring’s spirit remains alive and well. This gathering not only honored the past but also inspired hope for the future, demonstrating that the bonds formed in service to our country are timeless and unbreakable.



The Airmen in uniform at the former Loring Air Force Base in Limestone, Maine, pose for a group photo. A handful of events are scheduled to take place at the former Strategic Air Command superbase, welcoming all as they recognize 30 years since the closure.

U.S. AIR FORCE PHOTO | MASTER SGT. ANDREW SINCLAIR

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# A Little, Well Actually a Lot of, Nuts



## A VIEW FROM OUR SIDE

ROD WILSON

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### A TRUE STORY

When I was a kid on the farm we would clean out grain bins getting them ready for the fall harvest. Usually in one corner, or in a randomly placed pail, there would be a pile of grain left by the mice who occupied the grain bin during the summer. Also common was to open a glove box in one of the grain trucks and sure enough, there would be a pile of grain stored in the glove box for future use. Those mice were creative little varmints, as they would also make nests out of the material from the seat cushions. But, we don't live on the farm anymore.

### THE DISCOVERY

We live in NW Minot and once in a while we have the odd deer wander through our yard. One evening last spring we had 3 or 4 young deer occupy our back yard for a while. Fun to watch. We have an apple tree that (except for this year) has supplied them with many, many apples. We also have several squirrels that have made our yard their home. Many of our friends tell us they feed peanuts to the squirrels, so we decided we would join the neighborhood trend and provide 15-20 peanuts a day to the squirrels. Yeah, I know. A lot of people are not big fans of squirrels because they tend to overextend their stay, and even chew holes in buildings to gain access. But they are cute, and eventually become very friendly.

Up until this week, I was thinking

those were other people's squirrels that chewed holes in buildings and made themselves a menace. Ours were well behaved. They would share the peanuts we put in the feeders with the birds, mainly blue jays.

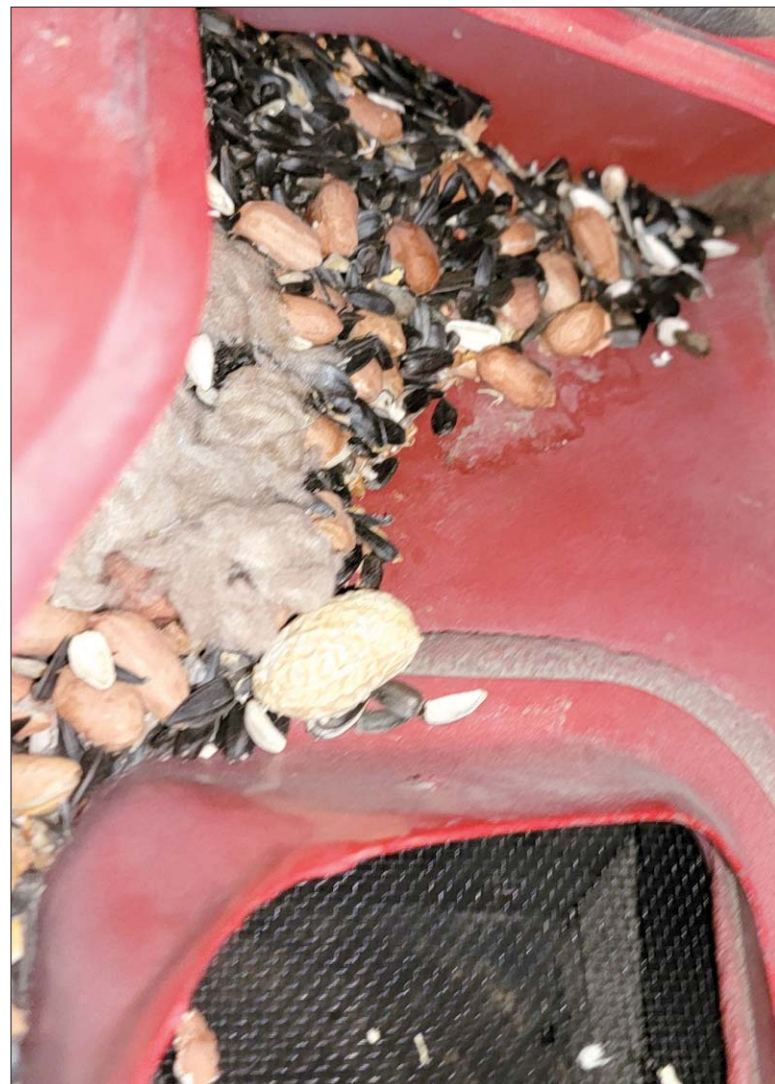
My perception quickly changed last Saturday when my sons were doing some minor repairs on my wife's car. Quickly a text message appeared on my phone. Dad, you aren't going to believe this... the engine in Mom's car is full of peanuts, bird food and sunflower seeds. What? Peanuts, you say? Several text messages later I joined the rest of the family members in the garage. No kidding, almost every opening in the engine compartment was filled with peanuts, bird food and sunflower seeds. And, if not peanuts, fiberglass insulation. Peanuts, bird food and sunflower seeds were part of our daily routine for feeding the birds and squirrels in the back yard. I stored insulation in the garage attic for those miscellaneous woodworking projects. How, and why?

### THE ANSWER

I am not Sherlock Holmes, but I quickly surmised that the squirrel(s) gained entrance to the garage. We think they probably went in through an open garage door. They decided to build a nest with the fiberglass insulation. That nest would be built in the fender well of our car. And then, to make sure they were secure for any weather ahead, they chewed a hole in the bag of reserve peanuts and started to store them away... somewhat like the mice did on the farm, in the engine compartment, fender wells, air conditioning vents and even behind the headlights. It was a true mess. It took us a couple of hours in the evening, and an hour the next day to clean out all of the areas where food had been stored. Finally, the job was done.

### In The Future

OK squirrels, here is a warning. This type of behavior will no longer be tolerated. Going forward everything will be stored in squirrel proof containers. The garage doors will be secured. In case they didn't



One of the many areas in my wife's car that was being used for food storage by our friendly back yard squirrels.

get the message, I dug out my old varmint trap (one of those humane types) just in case we need to trap a couple of squirrels and transport them to Oak Park. I sit back and think what would have happened if we had taken the car on the road in the condition it was. It's a story I'll probably share multiple times, and I'll get a lot of shaking heads for sure.

### BEST KEPT SECRET

The Minot Park District has expanded the Minot Outdoor Recreation area trails. The new

trails are pretty much rustic trails "so if they are wet, they will be muddy" according to Juan Vadell from the Minot Park District. To find this area, go to the trail maps area of the Minot Park District web site. Basically, it's located just west of Minot on 4th Avenue NW, on the north side. Maps of the area are located at the trail head.

### TODAY'S CHUCKLE

Evidently the evolutionary purpose of fingers was so we could spend all day tapping on our cellphones.

# What's happening with the dairy industry...



## UPSIDE DOWN UNDER

MARVIN BAKER

A couple of weeks ago KFYT-TV in Bismarck reported North Dakota now has only 29 grade A dairy farms, down from 53 in 2020.

That seems unusual given that milk is the official North Dakota beverage. The number of dairy farms has been sinking for many years with no recourse to keep the industry from spiraling out of control.

Back in the 1950s there were thousands of dairy farms in the state. Thousands might be a little misleading because back then, any farm with 10 or more milk cows was considered a dairy. And, let's face it, there were a lot more farms in the '50s.

In a recent announcement, Riverview Dairy of Morris, Minn.,

hopes to build a 25,000-cow dairy near Hillsboro and a 12,500-cow dairy near Wahpeton. Despite the number of cows that would bring back to the state and the amount of milk they would produce, mathematically it's only two new dairy farms.

The bigger issue may be that these dairies, should they come to fruition, would be considered confined animal feeding operations (CAFOs). That type of farming has been met with a lot of skepticism and controversy in the state.

You might remember a hog CAFO just to the west of Larimore a number of years ago. That was tied up in litigation a long time before the facility was actually built. It has now been operating several years with little dissent.

Since that time, other hog CAFOs have been built across the state near Cando, Tower City and Westhope. You don't hear a lot of complaining, at least not in the news. I can just imagine how the residents of Larimore must feel when there is a northwest wind blowing.

The owners of these new dairy

farms will surely see the same dissent that surfaced when the other CAFOs were built, even though these aren't about hogs.

This has traditionally been a state of family farms and even though Riverview is bringing a lot of economic development, jobs and new money into two of our counties, it reeks of corporate farming.

That's why there's going to be protests when this thing gets under way. It may be OK in Minnesota, but North Dakota's thinking is quite different. But last year, Gov. Doug Burgum had a goal to loosen corporate farm ownership for the 2023 legislative session.

Then, during the session, the Legislature passed a bill that made it easier to bring in outside capital in modern livestock operations.

That upset some people across the state, and without naming names, existing dairy farmers have something to say about Riverview upsetting the apple cart.

There are a number of subsequent pros and cons to this scenario. Where is the feed going to come from to feed 37,500 cows? Where is the water going to come

from to keep the cows from getting thirsty, number one, and number two, if you've ever been on a dairy farm, you know a lot of water is needed to keep the cows and barn clean so the milk can pass inspection.

Then, there's the processing. Who is going to process the milk? Who is going to make cheese? who is going to separate it into milk and cream? Will it have to be shipped?

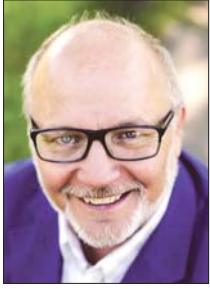
The bigger issue, perhaps, is where is the manure going to go? It can certainly be put onto farm fields which is a natural fertilizer, something that was done before processed fertilizers came along.

We also have to consider that both of these new dairies would be expected to employ 150 people. That's great, but are there 150 people who would be willing to work on a mega dairy given that just about any place that employs people is currently shorthanded.

The good news, and the bottom line is, these dairies would more than quadruple the amount of fluid milk the state now produces.

Maybe then can we feel good about calling milk our official state beverage.





**DEAR MINOT**  
TOM ROSS, MAYOR  
CITY OF MINOT

# Your opinion about the 2025 budget is important

- Estimated property tax per \$100,000 of home value is \$517.82, down \$21.87 from 2024 budget
- Roughly 71 percent of property taxes goes towards police, fire, traffic, and streets

What are the next official steps in the process?

Aug. 19: Council President Mark Jantzer delivers his budget message

Sept. 16: First reading and public hearing on 2025 budget

Oct. 7: Final adoption of 2025 budget

But there are plenty of opportunities for members of the public to be involved in the process. The City Council meeting at 5:30 p.m. on Sept. 16 includes a public hearing, where residents can share their thoughts and opinions on the budget with me, Council members, and City leaders and department heads. I know not everyone is comfortable getting up at a City Council meeting, so you can always contact us in a variety of other ways.

Our contact information is available on the City of Minot website at <https://www.minotnd.gov/252/City-Council>

You can submit questions to the Council through the City's public portal here: <https://www.minotnd.gov/FormCenter/City-Council-Meeting-Feedback-Form-16/Council-Feedback-Form-74>

We've also planned several virtual budget discussions where the public can submit questions to a variety of City departments. These sessions will be held in Council Chamber at City Hall, but will also be broadcast on the City's

Facebook page, YouTube channel, and on local cable channel 19.

Aug. 14 at noon: Public works utilities, operations, and engineering

Aug. 15 at noon: Police and fire departments

Aug. 16 at noon: City manager, finance department, and grants

I'd encourage residents who have questions for Council members or department heads to let us know their opinion. Creating and adopting a City budget is a long, complicated, and arduous process. There will be disagreements among Council members, and among City staff and leaders. There will be disagreements among Council members and members of the public. There's no way around that fact.

I guarantee you not everyone will agree with the final budget, and that's okay. In any municipal budget, there will be give-and-take among departments, and disagreement among Council members. That's all good. That's how the process should work. In the end, we'll pass a budget that will in all likelihood not be perfect, but will represent the best document we can create to balance the needs of the community with the realities of the funds that are available.

*You can find more about what's happening at the City of Minot at [minotnd.org](https://www.minotnd.gov), or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.*

The preliminary City budget of 2025 was approved this week by the City Council, but the budget is a long way from being final.

City Council members held a special meeting on July 30 to question City department heads and others, including City Manager Harold Stewart, about aspects of the proposed budget. The meeting generated a lot of good back-and-forth discussion. Ultimately, the Council approved the preliminary budget, but there will almost surely be changes before the document is finalized.

And that's a good thing. The budget process is a long one, but it's open and transparent by law and by necessity. These discussions are held during public meetings, and Council members took part in several budget tours that included trips to various City departments and meetings with City officials, department heads, and employees.

By law, the total budget cannot go higher than the preliminary figures we just approved; the budget can be reduced, but it cannot exceed the approved total. Some of the details of the proposed 2025 budget:

- \$227.7 million budget, up from \$199.29 million in 2024
- Estimated 115.07 mill levy for property taxes for \$28.52 million; 2024 budget included a 119.93 mill levy for \$28.7 million

# All About Pets

Teaching cooperative care



Cooperative care involves training animals to tolerate and even become willing participants in their own care procedures. Training pets in cooperative care is an effective way to make life easier and less stressful when it comes to vet visits, grooming, and other handling. When animals are put in situations where they are uncomfortable or fearful, it is not only traumatizing for the pet but it can be a dangerous situation for the humans involved. Here are some ways you can begin to teach your pet cooperative care!

- Pick an activity that your pet may not be fond of: this could include brushing, baths, handling paws, nail trimming, etc. As an example, many dog owners know how difficult nail trimming can be for certain dogs, so this is something they may want to work on. Dogs can be sedated or medicated to trim nails, and some may think it's easier for humans to just trim their nails and "get it over with", but if you can work with your dog to desensitize them and counter-condition (change a negative emotional response to a positive one) those reactions, then why not give it a try for their emotional wellbeing?
- Give your pet the opportunity to say no: many pets have different fear thresholds, meaning that there is a certain amount of exposure to their triggers that they can handle before it becomes too much. In the example of nail trimming, be sure to start desensitizing slowly with indirect motions, like touching your dog's paw or having your pet hold their paw still in your hand. If you leap right into the triggered activity, it can put your pet over threshold very quickly and without the option to stop, it can set back your training progress. If your pet is showing signs of discomfort (pulling back a paw, yawning, lip licking, running away), stop the activity and try again later or find a less stressful way to begin. You can also teach your pet a "start button" cue, such as laying down on a mat in order to be brushed or offering a paw for nail trimming. Because we want our animals to offer consent and feel comfortable with these activities, training is often a lengthy process. You may only be able to train for 4 minutes before your pet is ready to be done for the day, but with time and persistence, you can work your way up.

- Mark the successful moments: high value rewards are KEY to cooperative care! When your pet performs even one action, such as offering a chin rest or sniffing the nail clippers that they may be scared of, mark the behavior with a clicker or a "yes" and give them a reward. I prefer to use hot dogs or freeze

dried treats for triggers, because they are the highest value to my dogs. But some animals are motivated by praise, others by toys. Find out what your pet likes best and reward them for even the smallest success.

- Be consistent: for some animals, cooperative care training is not an easy process. It may take months for your animal to make progress, especially if they already have prior negative experiences with the activities you are training for. Do not give up! Practice daily, and continue to mark their success even after they make significant progress. Also, practicing outside of the context of necessary situations is an important part of cooperative care. Train your pet to feel comfortable with the movements of an ear exam or putting on a muzzle so that when those become necessary, everyone is prepared.

While cooperative care actually has a list of guidelines and even a certification course developed by Deborah Jones, Ph.D, I like to use it on a broader scale. For my dogs and I, cooperative care goes hand in hand with basic training. Teaching my dogs to get in and out of the bathtub when it's time for grooming is just as important and stress-reducing as training for the actual grooming itself. Teaching an "up" command for our couch or any raised platform helps my dogs get up on vet tables and on the scale to be weighed. From there, we work on the actual cooperative care essentials:

- 1) Chin Rest (or Bucket Game)
- 2) Lie on Side
- 3) Restraint
- 4) Wear a Muzzle
- 5) Foot Handling
- 6) Mouth Handling
- 7) Taking Medication
- 8) Injection or Blood Draw
- 9) Eye Exam
- 10) Ear Exam

[www.whole-dog-journal.com/training/cooperative-care-giving-your-dog-choice-and-control/](http://www.whole-dog-journal.com/training/cooperative-care-giving-your-dog-choice-and-control/) is a great resource for learning about cooperative care, as well as [www.cooperativecarecertificate.com](http://www.cooperativecarecertificate.com) for the actual course. While these resources are meant for dogs, cooperative care principles can be applied to all sorts of animals from tigers to elephants in zoo settings! Cooperative care is a great way to strengthen the bond with your pets through training and trust building, and offers a healthy alternative to more stressful practices.

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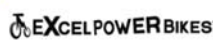
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# Warbirds get to know new leaders during 5th BW all-calls

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

MINOT AIR FORCE BASE, N.D.

Col. Jesse Lamarand, 5th Bomb Wing commander, and Chief Master Sgt. Wayne Sharp, 5th BW command chief, hosted a series of all-calls here, July 30.

The all-calls were Lamarand and Sharp's first as the new 5th BW command team. The team took advantage of the occasion to introduce themselves, their leadership philosophies and their goals to the Warbirds of the 5th BW.

The new 5th BW leadership has an extensive and accomplished history in the Air Force. For one of them, this isn't their first time serving in Minot.

Lamarand has served 24 years in the Air Force, bouncing around serving in Florida, Louisiana, California, Washington, D.C., Kansas, Qatar, and Alabama. Before serving as the 5th BW commander, Lamarand was the commander of the 2nd Operations Group at Barksdale AFB, Louisiana.

During the all-call, Lamarand

spoke about the importance of teamwork and while the coach was important, it was his teammates and supporters that got him through the game.

"Teamwork is the basis for everything we do," said Lamarand.

One teammate Lamarand relies on a lot is Sharp.

Sharp has served 26 years in the Air Force, and being a child of an Air Force family himself, he has much more Air Force experience than most.

Like Lamarand, Sharp has done a fair share of moving. He has also served in many ways for the Air Force being a defender, an instructor, a 1st Sgt., the command chief of the 325th Fighter Wing, at Tyndall AFB, Florida and now the command chief of 5th BW.

This is not the first time Sharp has led Airmen of Minot.

From September 2017 to March 2019, Sharp was the 1st Sgt. for the 5th Maintenance Squadron, and from March 2019 to September 2019, he served as the superintendent of

plans and programs for the 5th Security Forces Squadron.

Sharp shared his enthusiasm for rejoining Team Minot, this time as the 5th Bomb Wing command chief.

"I came here because I care about the Airmen at Minot Air Force Base," said Sharp. "This is a tough base to work at, but boy y'all kill it every day and so I wanted to be a part of that."

As warriors of the Air Expeditionary Force, the 5th BW and its fleet of B-52H Stratofortress bombers are a part of the Air Force's conventional and strategic combat force. The members of the wing are capable of flying anywhere around the world and delivering a wide variety of precision-guided munitions.

With such an important mission, the 5th BW cannot fail. So how can its new leaders guide the wing to succeed with the pressures of the missions and the harsh conditions?

The new 5th BW leadership emphasized the phrase "fortitudine vincimus."

"By endurance, we conquer," said Lamarand. "The way we get through this is by the people sitting to the right and to the left of you."

With the pressure of being a part of the 5th BW mission, to have the endurance to get through it, one must have their first line of defense be the friendships forged in the workplace and the family at home.

Team Minot welcomes the new 5th BW leadership, hopeful for the future success they will bring to this wing.



U.S. Air Force Chief Master Sgt. Wayne Sharp, 5th Bomb Wing (BW) command chief, speaks at his inaugural 5th BW all-call at Minot Air Force Base, North Dakota, July 30, 2024. During the all-call, Sharp and Col. Jesse Lamarand, 5th BW commander, introduced themselves, their leadership philosophies, and their goals for their time at Minot AFB.



Airmen assigned to the 5th Bomb Wing (BW) attend an all-call at Minot Air Force Base, North Dakota, July 31, 2024. This all-call marked the first for Col. Jesse Lamarand, 5th BW commander, and Chief Master Sgt. Wayne Sharp, 5th BW command chief, as the new 5th BW command team.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing (BW) commander, hosts his inaugural 5th BW all-call at Minot Air Force Base, North Dakota, July 30, 2024. Lamarand explained his leadership philosophy during the all-call, emphasizing the importance of interpersonal connection.

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# Enjoy Heart-Pumping, Feel-Good Music at Summerfest!

MARTINA KRANZ, NORTHERN SENTRY

Are you ready to tap your toes, rock out, sing along, and feast your ears on some heart-pumping, feel-good music? Yes? Well then, the 5th Force Support Squadron will bring Summer Fest to Minot AFB. Perfect for the whole family and making Minot AFB an awesome base to be, Summer Fest is a free concert that everyone can enjoy, making their time here memorable and fun.

That said, on August 16, 2024, come to Base Theater parking lot by 6:00 p.m. for a true Summer Fest given by Air Force Entertainment LIVE STAGE! LIVE STAGE seeks to bring quality, free entertainment to our service members and their families. In the past, LIVE STAGE has brought magicians, comedians, and musicians to provide a night of family-friendly entertainment to the Air Force family.

In 2022, Minot AFB hosted a "sister" event called Rockfest with the groups Skillet and Hoobastank. Summer Fest is going to be more of a variety show with pop, rap, and alternative music. The Summer Fest stars line-up includes Andy Grammar, Bryce Vine, and 3OH!3. Andy Grammar is an American singer, songwriter, record producer, and one of the memorable voices behind the country hit "Honey, I'm Good" with the Eli Young Band. "Honey, I'm Good" was one of the ten best-selling songs of 2015 from the album *Magazines and Novels* and another certified gold single "Good to Be Alive" (Hallelujah) from the same album. Bryce Vine is an American rapper, singer, and songwriter. His songs, "Drew Barrymore" from the album *Night Circus* in 2017 and the song "La La Land" from the album *Carnival*

in 2019, hit the chart on the US Billboard Hot 100. 3OH!3 is an American hip hop duo of Sean Foreman and Nathaniel Motte. The duo is best known for their single DON'T TRUST ME, which reached #7 on the Billboard Hot 100. Foreman and Motte worked with artists Katy Perry on the song "Starstrukk" and Kesha on the song "My First Kiss."

The opening musical act will open Summer Fest at 6:00 p.m., but local food trucks, a kid's zone, go carts, and more will be open at 4 p.m. across the street in the front of the Bowling Center. Along with the food trucks, private organizations with booths will offer their dishes for the crowd to enjoy. Over on their Facebook page, @5thForceSupportevent, they will be giving away Meet & Greet wristbands for Andy Grammar, Bryce Fine, and 3OH!3.

Minot AFB will be one of only four bases to host this year's Summer Fest series. The first Summer Fest was at Mountain Home AFB in Idaho on August 3rd, and the second will be at Malmstrom AFB in Montana on August 10th. Summer Fest will stop here on August 16th, and then Grand Forks AFB on August 17th to wrap up the tour. According to Hannah Snelling, Marketing Director, at the 5th Force Support Squadron, "Based on our experiences from past AFE events, we know this is going to be BIG. They always know how to bring the party!"

If the weather doesn't cooperate and it rains, 5th Force Support Squadron will bring the music indoors to the Base Theater. So, rain or shine, come on out to the Base Theater to enjoy Summer Fest!



A very happy customer during Skillet's set at Rockfest. (2022)

U.S. AIR FORCE PHOTO | MINOT AFB PA



A shot from the crowd during Hoobastank's set for RockFest. (2022).



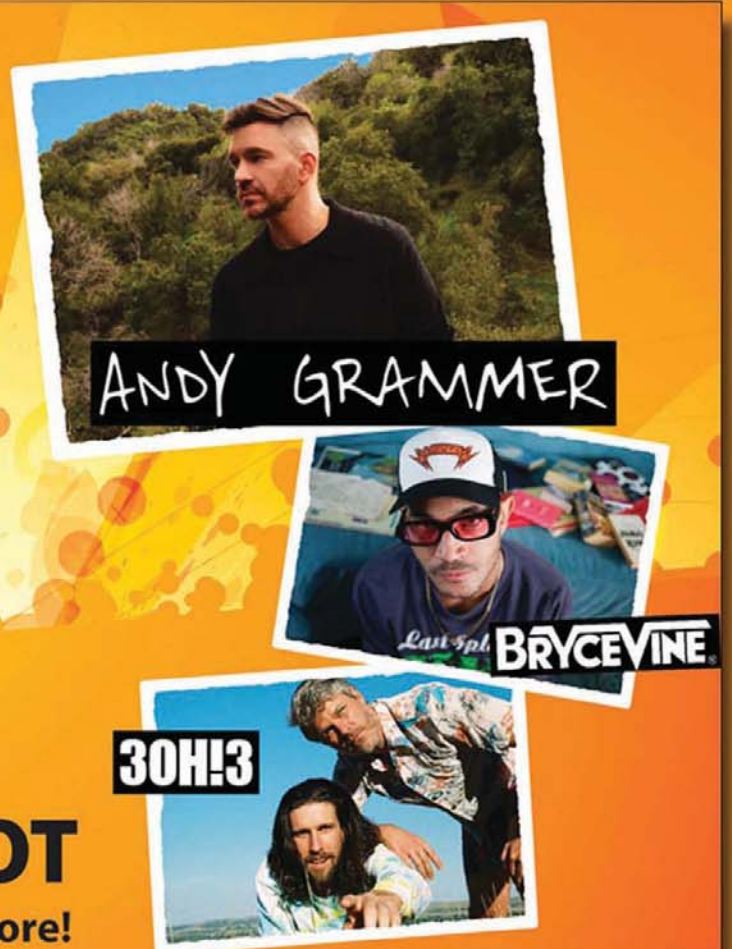
A backstage shot of Skillet performing for RockFest (2022).

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# North Dakota National Guardsman Rescues Woman from Sinking Car

NORTH DAKOTA NATIONAL GUARD

Devils Lake, ND – U.S. Army 2nd Lt. David Hooge, 231st Quartermaster Platoon, North Dakota National Guard, rescued a woman from a sinking car in Devils Lake, North Dakota, July 29, 2024.

While driving south of the city of Devils Lake, Hooge noticed a car behind him swerving back and forth before going off the road into the water of Devils Lake. He pulled over and went to help the woman. When he reached the vehicle, the water was already up to her waist. According to Hooge, the woman seemed to be frozen. She could not unlock the car doors and the front door was too damaged to open. Hooge had grabbed a rock before entering the water and used it to break the back window. He unlocked the door, and the woman was able to exit the sinking vehicle from the back door. Hooge estimates that the vehicle was completely submerged in about five minutes.

“I’m glad I was able to step up and help,” said Hooge. “I joined the National Guard because I want to make a difference in my community and do what I can to make the world a better place. This is concrete evidence that I have made a difference in this world. Being able to respond when a crisis happens and help those in need is incredibly fulfilling. It’s

an honor to serve and protect my community, and I hope to inspire others to do the same.”

Hooge enlisted in the North Dakota National Guard as a wheeled vehicle mechanic in April 2007, serving in the 3662nd Maintenance Company until 2016. He then served in the 816th Engineer Company, for eight months before transferring to the 141st Maneuver Enhancement Brigade as a behavioral health technician. He commissioned through the Officer Candidate School program in September 2022 and currently serves as the commander of the 231st Quartermaster Platoon. Hooge’s awards include the Army Achievement Medal, the North Dakota State Commendation Ribbon, and three North Dakota National Guard Emergency Service Ribbons.



U.S. Army 2nd Lt. David Hooge

“We are incredibly proud of the actions Hooge took to save a life,” said Command Sgt. Maj. Eric Binstock, North Dakota National Guard state command sergeant major. “His quick thinking and willingness to risk his own safety to help another person in need are a testament to his character and dedication to service. Hooge’s actions reflect the highest standards of the National Guard.”



## Neighborhood HERO

*DeAnn Fylling*

First Sergeant DeAnn Fylling assumed command of the of the North Dakota National Guard’s 188th Army Band.

DeAnn has been a member for the North Dakota National Guard for 23 years, the last 16 as a member of the 188th.

DeAnn is originally from Minot.



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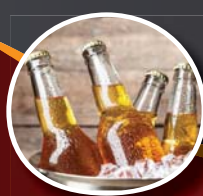
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### NOTES ON BEING SAFE

## Camping... Tips on How to Play it Safe!



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



As summer starts to dwindle and the warm weather suppresses to a comfortable temperature, our tendency to spend time outdoors becomes more often since winter is around the corner. From beaches to lakes to high mountain trails, packing up the family for a trip into nature proves a wonderful warm-weather venture. Special health and first-aid precautions, however, are necessary, especially when kids are involved, and especially if you plan to camp. While the following advice may ring familiar, read on: The value of a jogged memory is well worth the effort.

#### THE ESSENTIALS

- Take along plenty of water, especially when traveling to remote areas or those with a hot climate.
- Always carry a small first-aid kit, even when taking day hikes.
- Kids get hungry quick, especially with the open energy of the great outdoors. Pack plenty of non-perishable, calorie-dense food, such as granola bars, trail mix, hard fruit (apples are especially good), chocolates, and nuts.
- Make sure you know the route, and bring detailed maps of the area.

#### CAMPGROUND BASICS

Scope out the surrounding area for any potential hazards, and identify a “kid-safe” zone that is within eyesight of your main camping area. Tell everyone that an adult must always accompany younger children when going further out, and older kids must leave notice of where they are heading.

Protect yourself and your kids against potential hazards of the woods: Wear long pants, closed shoes, and socks to avoid contact with poisonous plants and stinging creatures. Never let kids run barefoot in the woods, as this leaves the skin vulnerable to insect and snakebites, ticks, poison oak, and the general hazard of stepping on sharp objects. Always protect yourself and your children against the sun with sunscreen, hats and sunglasses, keeping in mind that harmful rays can penetrate even thick cloud covers. As with all other camping rules, be sure to explain to children why it is important to follow these safety procedures, instead of simply requiring them to do so.

Keep all food in tightly sealed containers to avoid attracting unwanted flies and other insects. Also keep your food stash out of reach of prowling animals. Emphasize to your children the importance of not leaving any food out in the open, and of cleaning up after themselves in the woods (remind them--and yourself--never to carry out less than you carry in; this includes all trash).

Ensure to keep the campfires at minimum circumference to where it won’t spread. Always keep a bucket of water close by and always ensure the fire is out before you leave the camp grounds.

#### HIKING

When hiking with children, make frequent stops to rest, have a snack and water, and to observe the various plants and wildlife of the surrounding area. Make a game out of trying to identify the most unusual-looking species of the wild (by sight, never by touch!).

Encourage children to carry their own daypack and water. Also equip each child with a whistle, which can be used in case of separation from the group.

#### OUTDOOR SAFETY

Poison Oak: Teach your kids this simple rule: “Leaves of three, let it be.” Poison oak leaves grow in groups of

three, almost like a largely overgrown clover. Another poison oak indicator is the roughness of the leaves’ edges, which look like a small child has cut them.

If you think poison oak has come into contact with the skin, wash the area with soap and cold water (hot or even lukewarm water will open pores and increase absorption of the irritant).

Cuts and Scrapes: Any cut that punctures the skin may become infected; this tendency only increases in hot, humid weather. Make it a general rule to treat any cut or graze with an antiseptic, and refrain from using creams or ointments, as they merely keep the wound greasy. Also remove bandages and Band-Aids after bleeding has stopped; they keep wounds wet and prevent healing. If you don’t have antiseptic on hand, clean and sterilize the wound by washing it with salt water.

Insect Stings: Bee, yellow-jacket, and wasp stings are generally more painful than dangerous. To relieve pain and swelling, use Calamine lotion or ice packs (ice wrapped in cloth will do just fine).

Mosquitoes: In addition to wearing protective clothing, avoid highly perfumed products and dark or brightly colored clothes, as strong fragrances and colors attract insects. Always make generous use of insect repellent, especially once dusk arrives. Remember to reapply repellent every few hours, and after swimming or exposure to rain.

U.S. Department of Agriculture studies indicate that the most effective repellent ingredient against mosquitoes, ticks, fleas, and biting flies is diethyl-meta-toluamide, commonly known as DEET. Look for DEET in topical insect repellents, and avoid repellents with a DEET content that is higher than 20 percent (10 to 15 percent for children);

no more is necessary, and higher concentrations can irritate the skin.

Non-chemical alternatives for warding off mosquitoes include Avon Skin-Soft body oil and pure vanilla extract.

Ticks: Ticks are efficient transmitters of disease; always check your kids’ and your own body after walking through a tick-infested area. If you do find one or more ticks on your own or your child’s body, follow these simple steps.

The best way to remove a tick is to pull it steadily away with blunt, curved tweezers. If you don’t have any tweezers, protect your hand with a plastic bag and grasp the tick with finger and thumb tips as close to the skin as possible. Do not jerk or twist the tick. When removing ticks make sure its body stays intact and is removed entirely. Any part left behind in your skin will cause inflammation and infection.

Other remedies such as Vaseline, alcohol, chlorine bleach, or oil will often persuade a tick to let go, as will a lighted cigarette end (but be careful not to burn the skin). Another removal method is to coat the tick with fingernail polish (clear or colored), which will cause it to suffocate and die. Afterward, it will either fall off or can be brushed away or gently pulled with a pair of tweezers.

Once a tick has been removed, disinfect the affected skin with alcohol and wash hands with soap and water.

Snakes: When hiking or walking through undergrowth where snakes may be present, be sure to dress yourself and your children in boots or thick shoes with socks and long pants. Warn children not to stick their hands into holes or cracks in the ground, and always be careful while exploring. If a poisonous snake does bite someone, don’t panic (snakebites don’t cause instant death), but do seek medical help immediately.



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# A Kid at Heart at the NDSF!

MARTINA KRANZ, NORTHERN SENTRY

Every year, I feel sad when the North Dakota State Fair (NDSF) ends. It means August is approaching and summertime will soon be over. Not to mention, another birthday, and for me, this birthday is my last one in my 50's. I always love going to the NDSF with my grandchildren every year. This year, we took 6-year-old Aurora, who lives out of state. Seeing the fair through a child's eyes makes me feel young again. The options at the NDSF are practically limitless when it comes to food, rides, and experiences, perfect for the inner kid in all of us.

Are you not into motion-intense rides like the Death Drop, Ring of Fire, or Down Draft either? Maybe you enjoy the Merry-Go-Round (Carousel), fun houses, Big Surf slide, or the Fun Slide. There are also games like the game where a player shoots the pop cans with a cork "bullet" to knock them over and win a stuffed animal. NDSF offers all kinds of shows to watch too. Circus show artists and bands perform free shows on the west side of the 4H Hall, such as the Moto Circus. Moto Circus combines both action sports and circus thrill acts. With riders performing high flying jumps and dangerous stunts on dirt bikes and BMX bikes.

Are you a foodie who can't get enough of that fried food? You have almost unlimited options. There's fry bread, chicken fingers, French fries, corn dogs, hamburgers, hot dogs, pizza, noodles, Italian sausage, Chinese food, Thai food, cheese curds, funnel cakes, poutine, iced coffee, shaved ice, ice cream, lemonade, and many other choices. A visitor can come to the NDSF every day and eat different foods.

This year, I had my face painted for the first time. (Last year, I asked for only a mustache, but that doesn't count.) As I sat in the chair and the artist painted my face, some children, including my granddaughter, gathered around and watched. I loved the smiles on their faces. It must have been funny watching a lady with gray hair getting her face painted. I felt such joy for giving them some happiness. Aurora held the mirror for me when the artist finished my face so I could look at his nice work.

Earlier in that week, on Tuesday, we walked to the 4H Hall to see the results of the writing contest held by Minot State University. I felt pleasantly surprised and happy that I placed second in the Division C (Adult: 21 or older) category. I've placed in past writing contests, but this time, I asked for the size of a NDSF sweatshirt, the prize given to everyone for a contest placement, that Aurora could wear in cooler weather back in Pennsylvania. Athena has won a few of her own too from her artwork. Hopefully when Aurora wears her sweatshirt, she will think of her time with her



On Saturday, July 27, 2024, the last day of the NDSF, Aurora and I with our faces painted.

grandparents at the NDSF.

I didn't want to leave the fair without a picture of my second-place ribbon. So, on Saturday, the last day of the fair, and when I had my face painted, I asked a lady to take my picture in front of the writing contest board with my ribbon. The lady smiled when she looked at my face. I felt more joy. I made an adult, besides my husband, smile too. After she took my picture, she said that she admired writers.

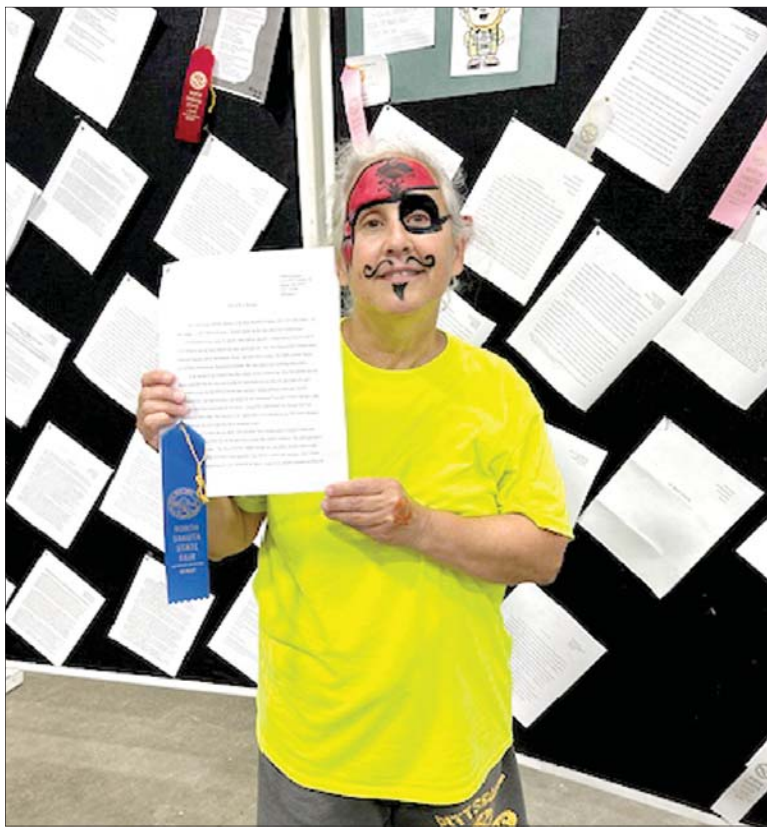
"Thank you," I said. "I enjoy it a lot."

"Then don't stop," she said and returned to her work dismantling a display.

I walked out of the 4H Hall with a pep in my step. Then I knew. I'm not too old for such things. Memories, like the memories made with my

grandchildren at the NDSF, are precious. I'm not too old to compete either. Well, I take that statement back. When the competition involves a pen, I can compete, but don't ask me to complete a physical fitness test. I'll leave that to our brave men and women in the armed services. As a grandmother, now I can feel like a kid.

Every year since 1976, people living in North Dakota have had an opportunity to enter their writings in the ND State Fair Writing Contest. If I can find the confidence to enter, you can too. Details about how to enter the writing contest and others can be found in the NDSF exhibitor handbook found online at <https://ndstatefair.com/wp-content/uploads/2024/05/2024-OC-book.pdf>. See you again next year, NDSF!



Martina with her second-place ribbon for her story "The Stuff of Wonder" on the last day of the NDSF, Saturday, July 27, 2024.

A colorful poster for the SVAS (Souris Valley Animal Shelter) Fundraiser Festival Day. It features a QR code, a list of activities including Super Fun Djs!, Balloon Animals, Face painting, Axe Throwing, and Bouncy House, and a Mermaid Princess. The event is a 5K+1 Mile Color Run/Walk/Roll held at Oak Park on Saturday, August 10, 2024. It also promotes bringing friendly service animals and mentions Total Nutrition sponsorship.

An advertisement for N.D. Asia Restaurant &amp; Lounge. It features images of various sushi and lunch specials. The text includes "UNDER NEW MANAGEMENT", "LUNCH SPECIALS MONDAY-FRIDAY 11AM to 3PM (except holidays)", and a "\$5 OFF with Minimum Purchase of \$30" coupon. It also lists a "GET FREE" offer with the purchase of a signature sushi roll. The address is 3400 16th St SW, Minot, and the phone number is 701-852-1240.

An advertisement for Typical Brewery &amp; Barrelworks. It features a large stylized letter 'A' with the word "Typical" written in cursive across it. The background is blue with various icons like lemons, beakers, and atoms. The text at the bottom says "CHEERS ♥ MAFB!" and "FOLLOW US ON" with social media icons for Facebook, Instagram, and Twitter.

An advertisement for the "Walk With Us to Prevent Suicide" event. It features the text "WALK WITH US TO PREVENT SUICIDE" in large, bold letters. Below it, it says "Minot Out of the Darkness Walk Sunday Sept 8, 2024 Oak Park Shelter 7 Register at afsp.org/minot". Logos for the American Foundation for Suicide Prevention and Out of the Darkness Community Walks are also present.



# Spouses Welcome on the Road, Everything You Need to Know

SABRINA MULRAIN, NORTHERN SENTRY

Are you a spouse who just moved to Minot AFB? Do you wish there was a way for you to get all the important information about the base without having to put pressure on your Active Duty spouse to relay everything back to you? We all know PCS'ing to a new place can be stressful and sometimes also extremely overwhelming, especially because you don't always know much about the base you are moving to. Luckily for you there is a fantastic event coming up on August 28th that will give you, the spouses, a chance to find out the what's what here at Minot AFB.

The Spouses Welcome on the Road event gives spouses the chance to ask all the questions they might have regarding their family's move to Minot AFB. The hope of this event is to give spouses the tools and knowledge to make your move to Minot AFB as welcoming and stress free as possible. There are so many benefits to attending this event, from meeting the Wing Leadership and being able to bring up any concerns you have, to getting valuable information from the TriCare Office briefing about how to navigate the Base clinic, to touring some of the amazing facilities on base and uncovering all the hidden gems that are just waiting for you to discover and explore. This event can help remove some of the fear of the unknown by providing you with the knowledge of what to do and where to go when you need something from one of the base agencies. For example, with the Air Force Ball coming up soon you may find yourself in need of a formal gown, well the tour of base facilities includes stopping by Cinderella's Boutique where dresses can be rented for just the cost of dry cleaning. Attending this event would be invaluable to you because all your questions would be answered by getting the correct information directly from the source rather than having to rely on Facebook groups to give you uncertain and varying answers.

The event covers more than just what's happening on the base, it also gives some insight into what the community of Minot offers. The Minot Area Chamber of Economic Development Corporation (EDC), a nonprofit organization that works hard to advance the economic growth of the Minot community, will also be there to give a briefing about what events are happening around Minot and present a slide show on all other opportunities for things to do around the surrounding community. This extraordinary event really is just too good to pass up.

The tour of base facilities will include four stops: Arts & Crafts Center, Outdoor Recreation, the Fitness Center, and the building that houses the Airman's Attic, Thrift



The Airmen's Attic/Thrift Shop and Cinderella Boutique (an Amazing FREE dress rental service) is tucked behind the base Post Office. These shops can help you save money while stationed at Minot AFB! Come to the Spouses Welcome on the Road and discover even more hidden gems on the base!

Store, and of course the Cinderella's Boutique.

You might be thinking 8:30 am is brutally early for an all-day information function, and we get that. We really do, which is why you will be getting a FREE continental breakfast for attending! You'd be crazy to say no to a free meal plus all sorts of valuable information.

Are you really wanting to attend but you have little ones at home with you? Well don't fret because childcare is provided free of charge for this event. The childcare is on a space available basis so make sure you register prior to the event by reaching out to the 5th Force Support Squadron by August 21st. You can register by calling 723-3950 or emailing the 5th Force Support Squadron at

5fss.family.support@us.af.mil .

Remember communication is a key component in setting yourself up for success. So don't miss this chance to familiarize yourself with the ins and outs of being apart of the Minot AFB community. And who knows maybe you will even make a new friend or two who will all be in the same boat of being new to Minot AFB. And with the long winter months not to far off, having a few new friends to check out the thrift store with sounds like exactly what you would need to beat away any winter blues. Or perhaps you will even find that the Arts & Crafts center offers art classes that cover something you've always wanted to try. You never know what you will discover unless you give it a go!

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# Hot Tots And Honeybees Auction Off Alternate Jerseys for a Good Cause

MINOT HOT TOTS

Jerseys featuring the stars and stripes, a nod to the Air Force, and even LEGO pieces made their way onto Corbett Field this summer, worn by the Minot Hot Tots and Honeybees, and maybe you even snagged one for yourself in the jersey auction. 110 alternate jerseys were put up for auction at the end of each specialty game, won by fans and families of the Hot Tots and Honeybees. Here is a breakdown of the jersey auction results and insight on where the winning bids are going.

A colorful and creative alternate jersey early in the season, the LEGO Night uniforms were a hit. Whether you are a retired builder or still engineering creations of the imagination with plastic blocks, the LEGO jerseys have a deep-rooted connection with the crowd. The jersey design was simply LEGO, with a brick-by-brick design, the Hot Tots added green and gold to their color scheme to pull off the look. The 40 hot commodities were sold for a combined \$2,930. The money collected in the auction was all donated to The YMCA and Prairie Grit, two organizations striving to get everyone active and included.

Just two nights later, the Hot Tots went patriotic, sporting camouflage tops with an American flag design in the wordmark. Donning the look on Military Appreciation Night at Corbett Field, even the players agreed these were some good-looking shirts, and the auction numbers tell the same story. Following a whopping 163 total bids, the 40 Military Appreciation jerseys went for \$4,670. The funds were split between On The Water, a fishing program specifically for veterans, and Minot Disabled American Veterans (DAV).

On the last day of July, the Minot Honeybees had to get in on the fun, taking on an entirely new identity: the Bombshells. A



nickname coming right out of the Air Force, the Honeybees wanted to make sure they honored the large Air Force community of Minot. The jerseys were dark green with camo sleeves and a unique back-number design, incorporating player numbers into an American flag. The jerseys seemed to have some luck in them as the Bombshells won the game in their new-look outfit 10-0. Fans and families, wanting in on the good luck charms, ran up the

auction bidding to \$3,425 for 30 jerseys. Proceeds from the auction went to the North Dakota Veterans Cemetery near Mandan, North Dakota.

Over the course of the season, fans were able to get their hands on some sweet, game-worn jerseys, all while supporting great causes. Keep up to date with the Hot Tots and Honeybees so you don't miss out on next year's jersey auction opportunities.



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**TRIVIA NIGHT**  
Wednesday, August 14 at 7:00pm


**FREE NACHOS**  
Thursday, August 15 at 4:00pm-Close

**ST. PATRICK SWAYZE DAY**  
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**HOURS**

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

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## WEST AFRICAN CROWNED CRANE

### CREATURE FEATURES

- West African Crowned Cranes are named for their striking straw colored bristle-like feathers on the top of their heads.
- West African Crowned Cranes are the only cranes that will roost in trees. While on the ground, they spend 50 to 75% of their waking hours foraging.
- Their booming call, that sounds like a honk, is made by inflating their red, gula sac.
- Their spectacular dances are for mating and an expression of joy.

#### Fact File

Life Span	25 years
Weight	6 - 8 pounds
Height	3 ½ feet
Wing Span	6 ½ feet
Wild Diet	Omnivore Carnivore Herbivore Insects, Reptiles, Small Mammals, Grasses, Grains

## GREAT OUTDOORS WORD FIND

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T	W	I	L	D	L	I	F	E	A	H	N
C	O	A	S	T	A	E	R	E	I	L	G
J	V	T	G	T	N	J	C	K	Z	G	R
S	P	I	N	L	D	O	I	J	A	L	S
Z	F	U	S	A	S	N	E	K	K	X	X
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## UPCOMING EVENTS

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**GRANDPARENTS DAY**  
**AT THE ZOO**

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## Oil Change Tips

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

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

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

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

**What About The Oil Filter?**  
 To reduce the costs of vehicle ownership and maintenance, many car makers say the oil filter only needs to be replaced at every other oil change. Most mechanics will tell you this is a false economy. The oil filters on most engines today have been downsized to save weight, cost, and space. The "standard" quart-sized

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

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

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

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

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

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

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# Sensational Summer PHOTO CONTEST

## HOW TO ENTER

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



Camping at Fort Stevenson.

SUBMITTED BY TAYLOR BANAHAN



How many kids does it take to reach the length of an Edmontosaurus?? — North Dakota Heritage Center, Bismarck (pssst....there's no admission fee)

SUBMITTED BY SARAH WEIDMAN



Enjoyed our first time at a Hot Tots game.

SUBMITTED BY MCKYNZIE THOMPSON



Soaking up the summer in ND!

SUBMITTED BY AMANDA YOUNG



Beautiful rainbow pulling into base!!

SUBMITTED BY SARAH WEIDMAN



Camping at Dakota Waters.

SUBMITTED BY MCKYNZIE THOMPSON



Photo Op.

SUBMITTED BY BETH SMITH



Camping at Lake Sakakawea State Park.

SUBMITTED BY DANA BERGER



Enjoying some time at the Discovery Center in Minot.

SUBMITTED BY JESSICA SHANNON



Spending a nice summers day at Strawberry Lake

SUBMITTED BY JESSICA SHANNON



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Dr. Matthew Hanson

Dr. William Fielhaber

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 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





# 5TH COMMUNICATIONS SQUADRON



The 5th Communication Squadron's Communications Focal Point oversees, controls, and provides customer service for all communications issues here. They are responsible for the prioritization and direction of all squadron activities including coordinating with higher headquarters and Integrated Network Operations and Security Centers. They also provide the first line of defense in resolving repair tickets, degradations, and outages for our 6,000 customers.

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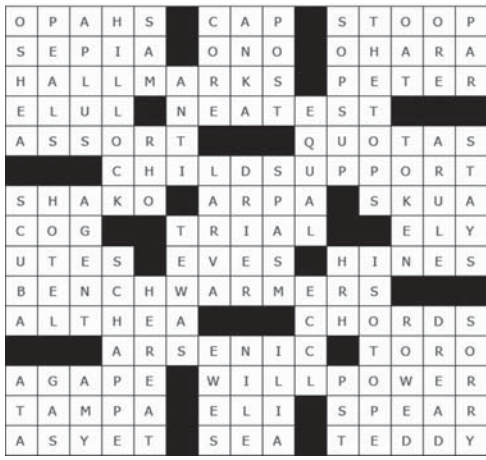
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**CROSSWORD SOLUTION**

Solution to last week's Crossword puzzle.



**SUDOKU**

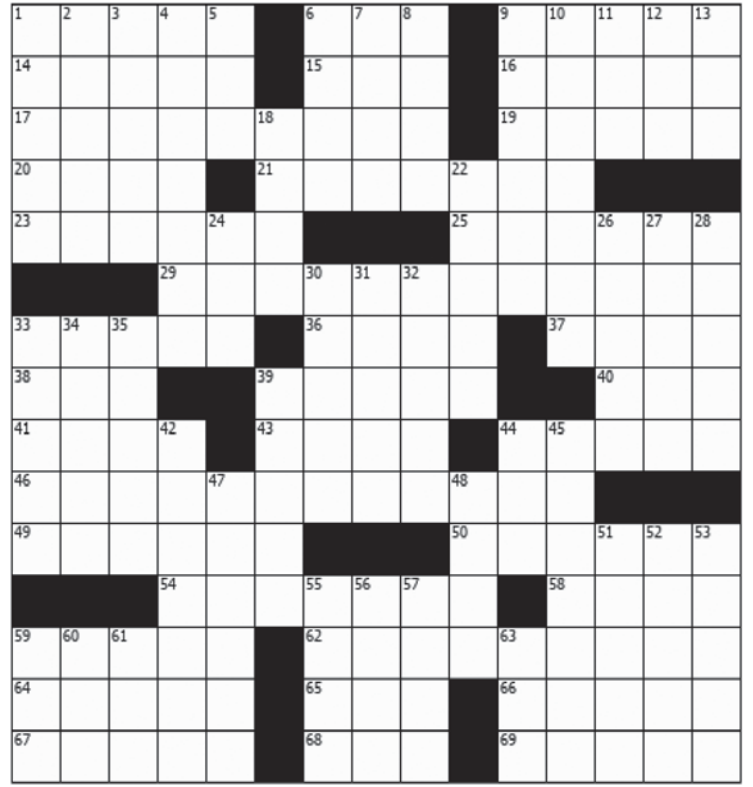
Solution to puzzle on page B9

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

**CROSSWORD PUZZLE**

**Across**

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

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**Sunday School**  
9:45am



## Vincent United Methodist Church

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

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

**Contact Duane Deckert:**  
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[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  
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Sunday Worship  
9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
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[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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*Meets monthly*

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



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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.

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Pastor David Miller



## Cross Roads Baptist

**Southern Baptist Convention**

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

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

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



## West Minot Church of God

*Family Worship Center*

**1105 16th St. NW • 839-1407**

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

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



## St. Mark's Lutheran Church

*Missouri Synod*

**Sunday Divine Service**  
9:30 AM

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

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

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

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

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

## Apostolic Faith Church, UPCI

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

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Sunday Worship ..... 3:30 p.m.  
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## USSTRATCOM CHAPLAIN VISITS MINOT AFB

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



U.S. Air Force Col. Darren Duncan, U.S. Strategic Command command chaplain (center left), attends a mission brief at Minot Air Force Base, North Dakota, July 30, 2024. Chaplains from the 5th Bomb Wing and 91st Missile Wing convened with Duncan to assess the current status and advancements of the Chaplain Corps mission.



U.S. Air Force Col. Darren Duncan, U.S. Strategic Command command chaplain, speaks during a mission brief at Minot Air Force Base, North Dakota, July 30, 2024. Chaplains from the 5th Bomb Wing and 91st Missile Wing convened with Duncan to assess the current status and advancements of the Chaplain Corps mission.



U.S. Air Force Col. Darren Duncan, U.S. Strategic Command command chaplain (left), is given a tour of the Northern Lights Chapel at Minot Air Force Base, North Dakota, July 30, 2024. Duncan is the principle advisor for one of 11 unified commands under the Department of Defense regarding the role of religion as it affects the operations across the competition continuum and to provide for the free exercise of religion for authorized personnel.

## A LOOK BACK THIS WEEK IN USAF HISTORY

**CAPT. JOSEPH KITTINGER BREAKS WORLD RECORDS DURING PROJECT EXCELSIOR**  
AUGUST 16, 1960



An automatic camera captured Capt. (later Col.) Joseph Kittinger just as he stepped from the balloon-supported Excelsior Gondola on Aug. 16, 1960, at an altitude of 102,800 feet. (USAF Photo)

In 1959 and 1960, Air Force Capt. Joseph Kittinger performed a series of high altitude parachute jumps as a part of Project Excelsior, which tested the parachute system that would be used for pilots ejecting from high altitudes. Excelsior III was the final test on Aug. 16, 1960. Kittinger ascended to 102,800 feet by way of a helium balloon and unpressurized gondola. The ascent took over an hour. Kittinger free-fell from the gondola for 4 minutes and 36 seconds, setting the record for longest free-fall at the time. He reached speeds up to 614 miles an hour. Falling over the New Mexico desert at

17,500 feet, Kittinger deployed his parachute and drifted down for the remaining 9 minutes and 9 seconds. He also set the record for the highest parachute jump and highest speed of a human in the atmosphere.

Information courtesy of: [afhistory.org/](http://afhistory.org/) | [pbs.org](http://pbs.org)

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by Patricia Stockdill

### Fishing:

Lake Sakakawea elevation, Aug. 5: 1,841.7 feet above mean sea level (MSL).

Devils Lake elevation: 1,450.01 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.92 MSL.

- N.D. Game & Fish Dept. game wardens: Better success on Lake Sakakawea remains from Deepwater Bay to the west. Devils Lake OK for walleye with some nicer fish coming from Stump Lake working Jig-N-Raps in the trees. No north-central lake reports.

- Devils Lake, Ed's Bait Shop, Devils Lake: North area lakes above main Devils Lake fair to good for walleye. Much of Devils Lake itself remains fair for walleye with East Bay still slow.

- Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for walleye using spinners with bottom bouncers and nightcrawlers. Try 15 to 25 feet with lots of activity on the west side of the lake around Fox Bay, Howard's Bay, Pelican Lake, Mike's Lake, or Minnewaukan Flats.

- Lake Darling, Karma C-Store, Ruthville: Midsection of Lake Sakakawea remains fair for walleye. Lake Darling becoming weedy with slow walleye success.

- Lake Metigoshe, Four Seasons, Bottineau: A few more walleye starting to show up in the late evening dusk hours. Continued fair to good bluegill success in the shallows.

- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Some walleye activity in 8 to 10 feet working down to 20 feet on the east end of Lake Sakakawea. No new Lake Audubon reports.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Slow walleye bite on the east end of Lake Sakakawea. Try west of Garrison Bay in 25 to 40 feet with lindy rigs and bottom bouncers tipped with minnows or nightcrawlers. Bigger fish coming up on #9 Jig-N-Raps. Decent salmon bite using blue and pink flashers in 60 to 80 feet. Lake Audubon producing decent walleye bite along the weed lines in 25 to 35 feet. Try slow death hooks with nightcrawlers or spinners with nightcrawlers or leeches. Good smallmouth bass activity. Some muskie

Thanks to Woodland Resort, our Outdoors Report sponsor, for helping keep readers up-to-date on happenings throughout the region. For complete details about fishing Devils Lake and its array of recreational opportunities visit their website, ([www.woodlandresort.com](http://www.woodlandresort.com)), Facebook at ([facebook.com/woodlandresortDL](https://www.facebook.com/woodlandresortDL)), telephone (701) 662-5996, extension 1, or email ([woodlandresort@gondtc.com](mailto:woodlandresort@gondtc.com)). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301.

- Registration now open for Sept. 13 through 15 Wild Outdoor Women event, Lake Metigoshe State Park. Details and registration available at <https://bit.ly/LMSPShowClix>.
- Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route and 2 Souris River canoe trails open for the summer.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam near Riverdale open for free tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.
- 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.
- Aug. 17: Fall crow season opens.
- Aug. 17: Evening Hike Series, Sensory Hike, Fort Stevenson State Park, Garrison, 9:30 p.m.
- Aug. 17: Aw Shucks Corn Fest, Garrison City Park.
- Aug. 21: Swan applications due. Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)), for information and online application.

### TOURNAMENTS:

- 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.
- Aug. 16: Lake Sakakawea, Indian Hills Resort.
- Aug. 17: Lake Sakakawea, Lewis & Clark Bridge.

success on the east end of the lake.

- Lake Sakakawea, Indian Hills Resort, Garrison: Steady walleye bite with better success in the late evening. Some larger fish starting to show up. Try plastics or crankbaits.

- Lake Sakakawea, New Town: Fair walleye success with fish becoming more scattered.

- Lake Sakakawea, Van Hook Bait & Tackle: Van Hook Arm remains fair for walleye with a bit tougher bite. Crankbaits producing larger fish in 18 to 30 feet. Also try live bait presentations and nightcrawlers. Fish becoming more scattered with anglers working farther south as well as the north end of the Arm.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye using jigs and minnows or lindy rigs and nightcrawlers from boats. Scattered and occasional catfish during the day. Try the boat ramp area or rocks from shore but still somewhat slow. Best shore success remains at night. Lake Sakakawea producing scattered walleye success off points or drop-offs in 15 to 25 feet. Try crankbaits. Work 60 to 90 feet for salmon with flashers and squids or herring. Some nice fish showing up. Try Government Bay or face of the dam. Consistent smallmouth bass success from shore. No Lake Audubon reports.

- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea hit-and-miss for walleye but Missouri River clearing

around the pump house with more anglers heading to the river.

- Lonetree WMA area lakes, Harvey: No new reports.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on the Souris River or area lakes.

### Blue-green algae advisories, N.D. Dept. of Environmental Quality:

- Advisory: Buffalo Lodge Lake, McHenry Co.; Epping-Springbrook Dam, Williams Co.; Lake Brekken, McLean Co.; Devils Lake.

- Warning: Cottonwood Lake, Williams, Co.

### Paddle sports river elevations:

- Little Missouri River, Watford City, Long X Bridge: River stage, 6.91 feet; streamflow, 20.2 CFS.

- Missouri River, Williston: River stage, 14.85 feet.

- Missouri River Washburn: River stage, 10.4 feet.

- Pembina River, Walhalla: River stage, 2.15 feet; streamflow, 176 CFS.

- Souris River, Foxholm: River stage, 5.76 feet; streamflow, 24 CFS.

- Souris River, Minot Broadway Bridge: River stage, 41.54 feet.

- Yellowstone River, Sidney, Mont.: River stage, 2.5 feet; streamflow, 4,470 CFS.

### Numbers to know:

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

- Report All Poachers: (701) 328-9921.

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# YOUTH IN ACTION

## Thriving into the 2024-2025 School Year

School is in session and our Minot AFB students! This summer has been filled with long days, outdoor activities, and occasional sightings of the Northern Lights. Over the last month, I was privileged to visit local education agencies in the Minot area, attend orientations, open houses, and teacher convocation. A common theme and thread from these experiences was creating a safe space for our MAFB students to thrive during the 2024-2025 School Year.

Adjusting to new and ever-changing environments present challenges for students. However, our agencies, especially the School Liaison Office (SLO) at Minot Air Force Base, are incredible resources. For example, when you reach out to the School Liaison Office, not only will we provide information on the programs we



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



manage, but will also connect you to incredible resources at Family Child Care (FCC), the Youth Center (YC), Military & Family Readiness Center (M&FRC), the Resident Advocate and so much more.

Each day, week, month, and year, our goal is to be student focused driving positive outcomes for Minot AFB students. Education is an essential when considering quality

of life and Mrs. Sharene Brown, spouse of the Chief of Staff of the Air Force established the "Five and Thrive" initiative to address this.

Read more about the "Five and Thrive" Initiative here: <https://sites.google.com/view/fivethrive/home?authuser=0>

In what ways are you encouraging others especially students to thrive?

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### 2024-2025 MPS CALENDAR

**IMPORTANT UPCOMING DATES**

**August 21**  
First Day of School

**September 2**  
Labor Day - No School

**September 3**  
Prof. Devel. Day  
No School for Students

**September 11**  
Early Release Day

August 2024							8 days
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

September 2024							19 days
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

- PD Days - contracted days
- Vacation Days - not contracted day
- Early Release Days - 1:15pm
- Holidays
- Parent/Teacher Comp Days

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# Junior Journalism Appreciation Night

ERIN BEENE, NORTHERN SENTRY

Last Sunday, the Northern Sentry Jr. Journalists were awarded FREE party patio tickets to the Minot Hot Tots game for themselves and their families! These MAFB youngsters enjoyed food, fun and friends for the price of researching, constructing and writing an article published in the Northern Sentry this past year. Although some had since PCS'd

out of Minot, the Jr. Journalists in attendance were Leon Rivera, Waylon Cooper, Tristan Noel, Laurel-Elaine Smith and Luke Smith.

The Jr. Journalism program allows any Minot AFB dependents (under 18) the opportunity to have a story published in the Northern Sentry free of charge. The program,

developed in 2022, hopes to encourage writing, research and the love of learning within the kids at Minot AFB.

To get more information about how your child can become a published journalist and to read all our Jr. Journalist stories, check out our website: <https://northernsentry.com/jr-journalism/>



Jr Journalists Leon Rivera, Waylon Cooper, Tristan Noel, Laurel-Elaine Smith, Luke Smith and some of their siblings enjoyed a free Minot Hot Tots Game for publishing a written article in the Northern Sentry.

**JR. JOURNALISM PROGRAM**  
northernsentry

## Coming up

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## TRAINING FOR COMBAT READINESS: 5TH SFS IN ACTION AT MINOT AFB

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



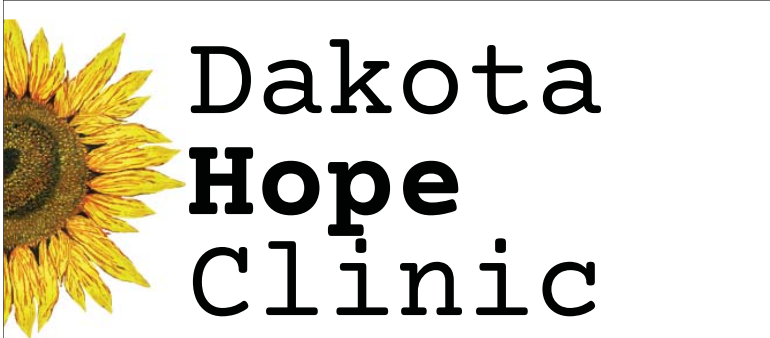
Three HUMVEEs convoy toward a force-on-force training scenario at Minot Air Force Base, North Dakota, July 31, 2024. Force-on-force scenarios are valuable training in which Airmen assigned to the 5th Security Forces Squadron work together to fulfill a singular mission.



A 5th Security Forces Squadron defender returns simulated fire to opposing forces during a force-on-force training scenario at Minot Air Force Base, North Dakota, July 31, 2024. To uphold a high level of security on Air Force bases, every defender must be properly trained and equipped to handle any situation they may come across, which makes constant training important.



A 5th Security Forces Squadron exercise controller gives feedback to a team of defenders during a force-on-force training scenario at Minot Air Force Base, North Dakota, July 31, 2024. Security Forces Airmen are responsible for missile security, defending air bases around the globe, law enforcement on those bases, combat arms and handling military working dogs.






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# NORTHERN CELEBRATIONS

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## THE ESSENCE OF THE NORTH DAKOTA OUTDOORS THROUGH A CAMERA LENS

Patricia Stockdill

It began innocently enough: The 1987 North Dakota legislature established the Watchable Wildlife Checkoff.

It enabled residents to contribute a portion – or all – of their tax refund to the N.D. Game and Fish Department's Watchable Wildlife Program.

Hmmm, Watchable Wildlife – the critters that might not get a lot of people's attention.

Critters like little brown birds flitting across a pasture or nesting in one's yard. Critters that bring life to a marsh, like frogs, salamanders, and dragonflies.

Critters that pollinate a vast majority of food consumed by humans.

They're out there but they're easy to overlook.

The Watchable Wildlife Checkoff is a funding opportunity boosting their importance.

What better way to highlight it than with a catchy photo on a poster?

That's what launched the Game and Fish Watchable Wildlife Photo Contest in 1989. One winner was selected to be featured on an annual promotional poster.

But in a short few years, some things caught the attention of contest coordinators. First, a lot of good photographers – amateur camera buffs and seasonal professionals, alike – were photographing the Great North Dakota Outdoors.

Secondly, there are too many good photos to pick just one. "We were getting so many good photos we decided to expand it and set up the three categories," described Game and Fish Department Conservation Biologist Patrick Isakson – nongame (non-hunttable wildlife species), game (the hunttables), and plants/insects.

In other words, showcase the diversity of North Dakota's wildlife, its fish, plants, and insects.

The caveat is they can't be anything domestic. So, yes, big bluestem native grass waving in the breeze is a possible subject. Nope, Karl Foerster

feather reed grass growing in the yard down the street is a definite "no".

The gorgeous palomino horse in western North Dakota's Badlands doesn't make the qualifying species list but a short-horned lizard, least chipmunk, or bushy-tailed woodrat (yes, that's a New World species found in southwestern North Dakota) would. So, too, would a hoary bat, barn owl, sphinx moth, prairie coneflower, and any of numerous insects flying and running around the state. "One year we picked an underwater photo of a fish," Isakson described.

And, yes, pronghorns, pheasants, bighorn sheep, and any other legally hunttable species qualify in the game category.

Isakson said the contest continues to gain popularity, averaging about 375 entries in recent years. "It's definitely expanded," he added.

He attributes part of the increased interest to today's high quality digital cameras, including wireless phone quality. "I think digital photography has helped a lot," Isakson suggested.

Some of the basic rules – complete details are available on the Game and Fish Department website, ([gf.nd.gov/wildlife/watchable-photo-contest](http://gf.nd.gov/wildlife/watchable-photo-contest)), include:

- First – and perhaps most importantly – photos must be taken in North Dakota.
- Oct. 1, 2024 deadline.
- Digital photos in tiff, jpg, or jpeg format with a maximum size of 50 megabytes per image.
- Limit of five entries per contestant.
- Submit entries online, including photographer's name, telephone number, and email address.
- Photographers are granting the Game and Fish Department permission to use winning entries in the agency's magazine, website, and its social media channels.

Some of the most popular subjects include deer – especially whitetails – backyard birds, and fox pups (tough to pass up those adorable photogenic faces at a den). "Things that are very accessible to people," Isakson described.

However, photographers are creative. "A bobcat won it last year," he added. And more amphibians are catching photographer's eyes, although Isakson would like to see more entries featuring some of the state's lesser known inhabitants.

Some of those flying and running insects, perhaps.

Maybe a snake, although admittedly trying to photograph a prairie rattlesnake probably doesn't rank high on people's list of things they need to, want to, or should do in life.

Understandable. How about a green snake instead? They're not poisonous.

Photographers of all skill levels are invited to check out the contest rules and tips. And above all, Isakson encourages people to get outdoors. "This is a great time to be outdoors... get out with your camera," he suggested.



Lisa Buchweitz, Langdon, took this amazing photo of a bobcat – typically a shy animal – to win the 2023 N.D. Game and Fish Department Watchable Wildlife Photo Contest. The 2024 entry deadline is Oct. 1.

PHOTO: LISA BUCHWEITZ, LANGDON



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**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

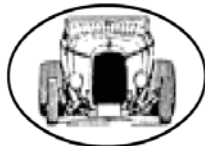
**3035 Valley St., Minot, ND 58701**  
**701-838-3733 or 1-800-210-8995**

## 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

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

## ACCOUNTANT

### BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS

24 W. Central, Minot • 852-0196

www.bradyartz.com

## 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.*

Today is a great day for a walk, boys!

Remind me, Joe, is this a fun walk or that walk to help fight suicide?

**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.



## TEAM MINOT AIRMEN ATTEND 3F5 ALL CALL

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



U.S. Air Force Chief Master Sgt. Tameka Hannibal, Air Force Installation and Mission Support Center 3F5X1 (Administration) Major Command functional manager, delivers a message to Minot Airmen at a 3F5X1 all call at Minot Air Force Base, North Dakota, July 30, 2024. Hannibal is responsible for managing the 3F5X1 manning across the Air Force.



U.S. Air Force Master Sgt. Cassandra Woodard, 5th Bomb Wing Staff 3F5X1 (Administration) base functional manager, speaks at a 3F5X1 all call at Minot Air Force Base, North Dakota, July 30, 2024. Woodard spoke about updates in the administration career field.



U.S. Air Force Chief Master Sergeants Tameka Hannibal, Air Force Installation and Mission Support Center (AFIMSC) 3F5X1 (Administration) Major Command (MAJCOM) functional manager (left), and Kiosha Mitchell, (AFIMSC) 3F5X1 MAJCOM functional manager (right), coin Senior Airman Jessica Noel, 891st Missile Security Force Squadron command support staff technician (center), at a 3F5X1 all call at Minot Air Force Base, North Dakota, July 30, 2024. Noel was coined due to her exemplary work in the administration career field.

# BADLANDS RESTAURANT BAR

## Upcoming Events

**10 AUG** LEND-A-PAW 5K COLOR RUN  
10:30 AM - 4:00 PM  
1300 4th Ave NW, Minot

A round-of-a-paws please for all the suPAWstar pets and service animals out there!!! We are hosting our first ever 5K Color Run this summer! Our mission firstly, is to raise mental health awareness! We also want to support the difference loving pets as well as service animals make in the everyday hustle and bustle of life. Mental health balance and psychiatric care is often overlooked in the 'busyness' of our culture. In our constant state of 'doing' we can easily forget to slow down and take care of ourselves. Video: How to register as a 'fundraiser': <https://youtu.be/LonDdt57EX0> Video: How to register just for the event: <https://youtu.be/PkcWgC9fNK1> Registration Page Link: <https://secure.qgiv.com/event/svaslendapaw5k/>



**For more information:**  
Facebook / Souris Valley Animal Shelter / Events

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

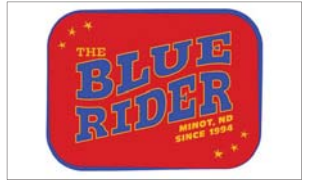
We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down!



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

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

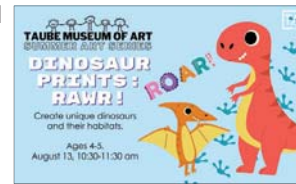
Bring your quarters and leave your ego at the door! Come enjoy good times with good people. Live questions - free popcorn - win free drinks! Bring your friends so your team can also go for the coveted, "Not Last Place" award!



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

**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

## ROASTED PORK TENDERLOIN WITH GARLIC AND HERBS



- INGREDIENTS**  
2 (1 LB EACH) PORK TENDERLOINS  
6 CLOVE GARLIC, PEELED  
1 LEMON, JUICE AND ZEST OF HALF, REMAINING HALF THINLY SLICED  
2 SPRIG FRESH THYME, STRIPPED, PLUS MORE FOR GARNISH  
1 SPRIG FRESH ROSEMARY, STRIPPED, PLUS MORE FOR GARNISH  
1 TABLESPOON SOY SAUCE  
2 TEASPOON COARSE SALT  
1 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER  
1 PINCH RED PEPPER FLAKES (OPTIONAL)  
1/4 CUP EXTRA-VIRGIN OLIVE OIL, PLUS MORE AS NEEDED

Using a sharp knife, trim both tenderloins of extra fat or silver-skin.

In the bowl of a mini-food processor or a blender jar, combine the garlic, lemon juice and zest, thyme, rosemary, soy sauce, salt, pepper, and red pepper flakes. Pulse until the garlic and herbs are finely chopped. Slowly drizzle in the olive oil while the machine is running until a paste forms.

Rub the garlic paste over both tenderloins, covering all surfaces. If desired, cover the pork tightly with plastic wrap and refrigerate for up to 8 hours before grilling.

When ready to cook, set Traeger temperature to 500°F and preheat with the lid closed for 15 minutes. Arrange the tenderloins directly on the grill grate and roast for 15 minutes.

Using tongs, turn the tenderloins and continue to roast until the internal temperature in the thickest part of the meat registers at least 145°.

Let the meat rest for 5 minutes before carving into slices. Enjoy!



Ryan Davy - GM Minot

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

## 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/)

## NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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





# WHAT'S GOING ON MINOT AFB

## 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, 1530-1630, Youth Center
- 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

## SUNDAY 11

- B-52 Bomber Scramble, 0800, Rough Rider Golf Course

## MONDAY 12

- Senior TAP Overview, 0800-1600, M&FRC
- Family Zumba, 0930, McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Intramural Flag Football Coaches Meeting, 1330, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library

## TUESDAY 13

- Cycle & Strength, 0515, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Senior TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Zumba, 1800, McAdoo Fitness Center

## WEDNESDAY 14

- Senior TAP (DoL) Overview, 0800-1600, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center — Room 211
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

## THURSDAY 15

- Cycle & Strength, 0515, McAdoo Fitness Center
- Senior TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Notice Pre-Separation Counseling, 0830-1130, M&FRC
- Family Zumba, 1000, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Zumba, 1730, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library

## FRIDAY 16

- Senior TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Family Zumba, 0930, McAdoo Fitness Center
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Summer Fest, 1600-2100, Base Theater Parking Lot

## SATURDAY 17

- Minot AFB 1964 Murder Mystery Game Ends, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center
- Summer Reading Program Wrap Up Party, 1300, Minot AFB Library

## SPECIALS

Bomber Bistro Featured Item

### Taco Pizza

Red sauce base, cheese, seasoned ground beef, topped with lettuce, tomatoes, and onions. Served with salsa and sour cream.

The B-Fifty Brew Featured Item

### Mexican Candy Red Bull Burner

Sugar free watermelon Red Bull with lime and watermelon flavor topped with lemonade and tajin.

Rockers Bar & Grill Featured Item

### Asian Sesame Boneless Wings

8 deep fried boneless wings tossed in a sweet chili sauce plus your choice of dipping sauce served with fries and a drink.

## SUMMER READING PROGRAM WRAP UP PARTY



MINOT AFB LIBRARY  
17 AUGUST 2024 • 1:00PM

"Read, Renew, Repeat"  
Join us for an afternoon of special events as we wrap up the Summer Reading Program!

- Featuring:
- An activity with our base Natural Resources section
  - Crafts and other themed activities
  - The presentation of the Squadron Trophy.
  - The grand-prize winner drawings.
  - Announcement of the Pages for Pizza winners.

To learn more about this year's Summer Reading Program, call the Minot AFB Library at 723-3344 or visit our website at [5thforcesupport.com/base-library](http://5thforcesupport.com/base-library)



MSC

The Federal Government of Special Interest



AIR FORCE LIBRARIES

FORCE 5THFORCESUPPORT.COM

## SNOW GLOBE TUMBLER CLASS

ARTS & CRAFTS CENTER

19 AUG 2024

4:30PM - 6:30PM

REGISTER BY 15 AUG

ADD YOUR OWN FLAIR TO A DOUBLE WALLED TUMBLER! CHOOSE THE SHAPES AND COLORS OF YOUR GLITTERS!

PLEASE STOP BY OR CALL THE ARTS & CRAFTS CENTER TO SIGN UP 723-3649

COST \$10

YOUR CREATION MAY DIFFER FROM THE PICTURES DISPLAYED

FORCE 5THFORCESUPPORT.COM



## INDOOR POOL HOURS

EFFECTIVE 2 AUGUST 2024

TUESDAY - FRIDAY  
1200 - 1900

SATURDAY  
1100-1700

TWO LANES WILL BE AVAILABLE FOR LAP SWIM DURING OPERATIONAL HOURS. FIRST COME, FIRST SERVED.

FORCE 5THFORCESUPPORT.COM



## QUALITY HEALTHCARE FOR ALL

Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

- Ob/Gyn Care
- Newborn Care
- Well Child Visits
- Pediatrics
- Free Pregnancy Tests
- Geriatric Care
- Preventive Healthcare
- Full Service Pharmacy



UND SCHOOL OF MEDICINE & HEALTH SCIENCES  
UNIVERSITY OF NORTH DAKOTA



1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | [cfmminot.UND.edu](http://cfmminot.UND.edu)

People you know.  
Experience you trust.



firstwestern.bank

