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WHATS INSIDE THIS WEEK:



GETTIN' AROUND DOWNTOWN: A GROWING NEED

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SUMMER FEST 2024

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MINOT AFB NEWEST Staff Sergeants



Team Minot hosted a party to celebrate the newest Staff Sergeants at Minot Air Force Base, North Dakota, Aug. 16, 2024. See more on page A8.

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A Growing Need

Sometimes a personal need creates the drive to start a business and that is just what happened when Val Stadheim opened Grow With Me in 2013. When traveling with her daughter and granddaughter, who were both pregnant, a stop at a second hand kids' clothing store was always on the list. There was nothing like it in Minot and through a lot of discussion and talking with others, she realized that there was a real need. She is now in her 11th year of business and has been a part of the lives of many families throughout those years.

HOPE ANDERSON



Grow With Me prides itself with exceptional customer service. Whether a customer is selling clothing, toys, baby items, and more to them or shopping for the next size clothes for the kiddos, a feeling of welcome and local feel is always evident. Stadheim believes in supporting community causes and loves the feel of downtown. When asked why she chose downtown for her shop, she said that it has a homey feel and she loves being a part of the downtown community. She is involved in the Downtown Business and Professional Association and participates in events hosted by the organization.

The shop is set up as a buy-sell store, which means that people can bring in their gently used, clean items and they will sort through the items, set aside what they would like to purchase, and then offer the seller a price to purchase. What is not purchased is given back to the seller. It is a great way to declutter and make some money on clothing or goods that no longer fit.

The care and commitment to what they do is clearly evident by the set up of the store with its boutique feel and the effort they put into making sure that every item is nicely displayed and presented. When a shopper walks into the store, the clothing is organized by size and it is very easy to find just what is needed. From toys to onesies and shoes to school aged kids clothes, you can find it all at Grow With Me.

They offer a military discount, have Trivia Tuesday, and bag sales a few times a year. These are just a few ways that they set themselves apart. Being a locally owned shop and Stadheim's husband being retired military, they understand the needs of military families. Their support of the MAFB community is strongly felt and is a true passion for them.

Coming up in the next couple of months, Grow With Me will once again be offering their Ugly Christmas Sweaters promotion. Shop for your ugly sweaters for those holiday events at Grow With Me and all the proceeds from the sales are donated back to the community. It is their



way to help support nonprofit organizations in Minot and provide a place to purchase those ugly sweaters. Keep a watch on their social media to find out when the promotion begins to get the best selection.

Grow With Me is located at 106 Main St. S. and their hours are Monday-Friday from 10-6 and Saturdays from 10-4. You can find them on Facebook at growwithmeminot.

With the new school year starting and after a summer of kids growing like weeds, now is the perfect time to stop into Grow With Me to sell those gently used clothing that is taking up space in your closets and to pick up some new items just in time for the changing of the season.



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Historical profile: AFGSC's modernization keeps U.S. safe with 24/7 global presence

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

While every command has a proud history and heritage, Air Force Global Strike Command's legacy - and the medical professionals who have supported its mission - has been of special consequence to the defense of the United States.

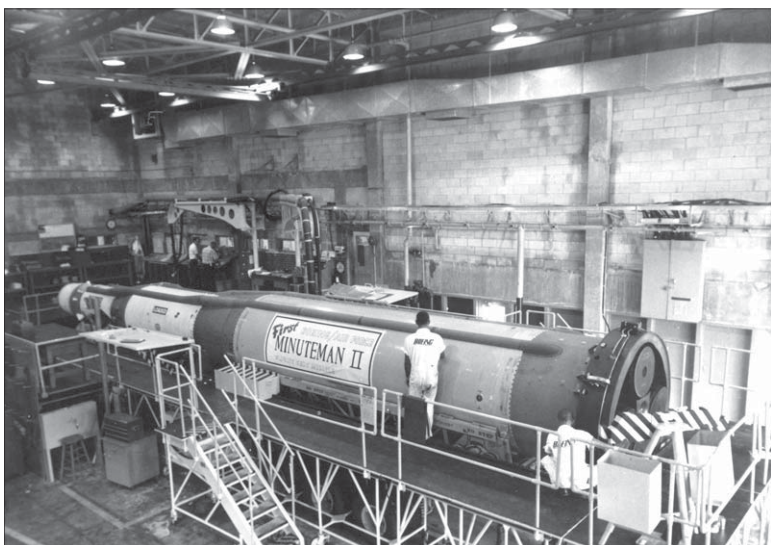
Nuclear assets that fall under the Global Strike umbrella have deterred rivals, keeping adversaries at bay through a 24/7 global presence unlike any other platform on Earth. However, with unique platforms come unique challenges.

Ensuring the medical needs of Airmen, who must be ready at a moment's notice, requires the highest standard of care, as well as a whole-body approach, which medical professionals have worked to achieve from the earliest days of this command's existence.

During World War II, doctors and nurses in the Eighth Air Force - an air armada that earned a reputation for its great warfighting capabilities - established rest homes for pilots to provide safe havens in between long deployment stretches, ensuring crews sent back into the fight were more alert and had a better chance of survival. Maj. Gen. Malcolm Grow, the Eighth Air Force Surgeon at the time, was recognized for his development of electrically heated clothing, and casualty bags for wounded; wind and fire-resistant face and neck protectors; and, a special combat ration for use on long bombing missions.

This idea evolved into the Comprehensive Readiness for Aircrew Flying Training, a scientific, holistic program at Barksdale Air Force Base for B-52 Stratofortress aircrew to ensure that pilots and combat systems officers can function at maximum cognitive and physical capacity.

On the missileer side, when the Minuteman program first came into service in the 1960s, missile crews could be assigned 24, 36 or 40-hour shifts. When it became clear that longer shifts were detrimental to crew health and wellness over time, medical professionals advocated for a change. In July 1977, missile crew shifts became a standardized 24 hours.



Boeing completed assembly of the first advanced Minuteman II missile at Plant 77 at Hill Air Force Base, Utah, Aug. 1, 1965.

U.S. AIR FORCE PHOTO

Today, the AFGSC Command Surgeon team continues to advocate for crew health and wellness through the ongoing Missile Community Cancer Study, a multi-year effort to address specific cancer concerns raised by missile community members across related career fields. This study has led to in-depth cleanings of missile alert facilities and coordination with the U.S. Department of Veterans Affairs to ensure former missileers are receiving the medical care they need and deserve.

In the coming years, AFGSC will continue to modernize by bringing new bombers, missile systems, weapons and facilities into use. New demands and challenges will be placed on Airmen supporting these systems, and it will be our charge to adapt care to those new needs.

Units are only as strong and healthy as their personnel. For a command whose mission exists in perpetuity and is entrusted with the maintenance and operation of nuclear weapons, excellent medical care is not just a goal; it's the only option.

Editor's Note: The Air Force Medical Service was established July 1, 1949. To celebrate AFMS's 75th Anniversary, this article is one in a series of articles highlighting the contributions of medics to their major command or field command.



The B-52 Stratofortress, more popularly known as "BUFF", is one of the oldest military aircraft still in service today, and is still one of the most impressive. The first Boeing B-52 became operational on June 29th, 1955 at Castle Air Force Base in California. Since then, B-52s have played a key role from the Cold War and the Vietnam War, to Desert Storm and the Global War on Terror. It is a long-range heavy bomber capable of flying at high subsonic speeds at altitudes of up to 50,000 feet and can carry nuclear or precision-guided conventional ordnance with worldwide precision navigation capability while boasting an unrefueled combat range in excess of 8,800 miles. The B-52 has made an indelible mark on American pop culture, being shown and referenced in Hollywood movies as well as having a band and hairstyle named after it. Today, there are plans in place to keep the aircraft (with design maintained and updated throughout the years) in service until the 2040s.

U.S. AIR FORCE GRAPHIC BY SENIOR AIRMAN KEVIN LONG

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- Prince Hall - 2nd Saturday at 9:00AM

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**A VIEW FROM
 OUR SIDE**
 ROD WILSON



The Magic City Lions are an active group of people. They meet on Tuesday mornings at 7:30 AM at the Parker Senior Center in Downtown Minot. The room is always filled with bright smiles and generally good natured conversation between members. About a month ago a sign-up sheet was passed around to help with a vision screening event on Minot Air Force Base at the annual Backpack Brigade. Perfect, I thought. I can help out at the vision screening and take

Thank You For Your Service We Can't Say It Enough

some photos for the paper. Kill 2 birds with one stone.

The Magic City Lions have access to a small machine that does quick vision screening and gives you a recommendation whether or not to schedule a more advanced vision checkup.

We set up in a back room of the youth center. There were 3 of us, 2 running the screening and Dr. Josh Meschke of Vision Source. All of us were donating our time, but as one of the parents said to me, only in Minot would an eye doctor like Dr. Meschke give their time to screen young kids for possible vision issues.

This was my first screening event, and I quickly learned how to run the screen tool. In a dark room you ask the person being screened to look straight into the machine. There's even a pair of eyes and a smiley face to look at to assist getting the attention of

younger kids.

We did around 20 screenings, with well over 1/2 being advised by Dr. Meschke to probably schedule the advanced checkups. I want to note that Dr. Meschke did not recommend his own business, instead he would say there are several competent Drs. Of Optometry in Minot, and most would certainly take new patients.

After their short conversation, all of those who visited with Dr. Meschke would thank him for his time. Me, I am a journalist with a few extra hours to donate for a good cause. The other 2 Magic City Lions, Dr. Meschke and the other participant, Muriel, well they both work in the eye care world. It was truly a pleasure to offer the screenings at no cost, and moreover to give parents access to experts like Josh and Muriel.

Which brings me to the Ah-Ha moment I had at the vision screening. As parents were standing there in their uniforms, it was pretty easy to be friendly with their kids, and then look up at them and say, "Thank you for your service." Number one in their life is being a parent, but all of them had the same connection, either serving, or having a member of their family serve in the Air Force. I followed a couple of active duty Moms out to direct them to Dr. Meschke. One Mom was explaining to the other that "getting thanked for their service will happen all the time up here." The conversation continued with some of the other courtesies extended to service members, like military discounts and military appreciation days and even free vision screening. From my point of view, it was just plain being North Dakota Nice!

A bit of a story to tell about our vision screening. One of the folks that wandered in was Natalie Lamarand, wife of 5th Bomb Wing Commander, Col. Jesse Lamarand. After talking with us for a few minutes, she insisted that she and her husband would be back for a vision screening, later. Sure enough, Col Lamarand showed up at the end of his shift at the registration table for the Backpack Brigade, and we did indeed perform a vision screening on him. No secrets revealed here. We were glad to provide the service to Minot Air Force Base personnel and their dependents. All the way from a 1 year old baby, to the commander of the Minot Air Force Base.

So, one final thought. Hey Minot, keep up the good work. Make the folks at Minot Air Force Base feel welcomed, and of course, thank them for their service.

BEST KEPT SECRETS

Community Rocks is a great event, and it's this weekend! There is a lot of information on their web site communityrocksnd.org. You won't want to miss it.

TODAY'S CHUCKLE

One of those real life experiences. My grandson asked me "BePa, were you alive when Niel Armstrong walked on the moon. I replied "sure I was. We watched it live on TV." To which he replied "They had TV's way back then?" The joke isn't over quite yet. Grandson #1 then put the icing on the cake "Charlie, TV's were invented back when BePa was a young boy...it's just that they hadn't invented color back then!" Enough said...



A Vision Screening instrument much like the one we used at Minot AFB.



**UPSIDE DOWN
 UNDER**
 MARVIN BAKER

I'm sure we've all been in Bismarck at one time or another. But, if you don't live near Bismarck and don't get there very often, the next time you do, you'll most likely notice changes.

The city of Bismarck seems to defy just about all of the rest of North Dakota and continues with a robust growth that has now pushed the city to 75,000 in population.

I'm sure it doesn't hurt that the state capitol is located there, but it also sits in a strategic location in North Dakota which makes it a natural hub for the region.

Just to put into perspective how the city has changed, I found a chart showing Bismarck's population since 1920. Records have been kept since the 1870s but I was unable to locate statistics prior to 1920.

Anyway, Bismarck was the state capital in 1920 and it had a population of 7,122. That is about the same size that Devils Lake is right now. Each decade the city grew at a much bigger rate than other communities across the state.

By 1930, the population had grown to 11,090, and this appears

Bismarck's metamorphosis...

to be significant that during the Great Depression and Dust Bowl years of the 1930s when people were leaving the state in droves, Bismarck continued to grow, jumping to 18,640 by 1940.

The pace slowed a bit from 1930 to 1940, but there was still an increase, and by 1960, the population had grown to 28,000.

A 1973 newspaper article stated Bismarck was the second fastest growing city in the United States behind only Denver. That may have been true for a short time because by 1980, Bismarck's population was 45,000, a jump of 10,000 since 1970.

Today, Bismarck is comparable in population to other places in the United States that include Wilmington, N.C., Redwood City, Calif., Danbury, Conn., Boca Raton, Fla., Los Cruces, N.M., St. Joseph, Mo., Livermore, Calif., Pawtucket, R.I., Wilmington, Del., and Yakima, Wash.

Well known places that aren't as big as Bismarck include Muncie, Ind., Sparks, Nev., Osh Kosh, Wis., Santa Fe, N.M., Saginaw, Mich., Rapid City, S.D., Palo Alto, Calif., Dubuque, Iowa and Missoula, Mont.

Having grown up near Bismarck, it seemed that everytime my family would go to Bismarck, there was construction going on. Even as a little kid, I remember construction projects around town.

You have to hand it to the city planners and architects for doing a tremendous job in keeping the city neat and organized. Often

times when a place grows rapidly, you'll see chaos and unorganized subdivisions. We've seen that in Williston and Watford City in recent years and in Dickinson, Beulah and Hazen in the 1980s.

Even more interesting is that Bismarck can only grow in three directions. It can't go west because of Mandan, but Bismarck's neighbor has seen substantial growth in its own right and is now well over 20,000 in population.

Business, industry, retail, housing, warehouses, colleges, medical and even entertainment like baseball and concerts, have all either grown or become more frequent.

If you've seen the photograph of the construction of the state capitol in 1932, there's nothing else around it except a horse or two grazing off in the distance. Now, that's about

the middle of town.

I can recall driving around Bismarck as a teenager and almost nothing existed north of Century Avenue, not even Bismarck Century High School. There may have been a few things north of Century along U.S. Highway 83, but nothing else. It was farmland.

Parts of the city are hardly recognizable because they are either brand new neighborhoods or existing ones that have changed drastically. The state prison used to be an island southeast of town. Now, it is surrounded by the hustle and bustle of a rapidly growing community.

Regardless of the ups and downs in population across the state, it appears Bismarck will continue to grow at a generous rate for the foreseeable future.

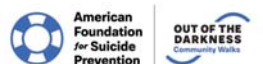


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Oak Park Shelter 7

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In Minot, school year offers unprecedented opportunities



DEAR MINOT
TOM ROSS, MAYOR
CITY OF MINOT

I know it's not something teacher or students really want to hear right now, but the 2024-25 school year is already upon us.

Area students and teachers will return to the classrooms in the next week or so, and some have already started. In the Minot Public School District, this year will be a little bit different.

This school year, we'll welcome two new groups of students and staff to Minot: The Bulldogs from Central Middle School, and the Sentinels from Minot North High School.

I've lived in Minot my entire life, and I don't remember another time when we've had the ability to improve our local educational opportunities like we do in 2024. The openings of the new Minot North and the renovated Central Middle School represent two big victories for our community. As Minot has grown, so has the need for a second public high school, and I'm glad that our residents finally recognized that need in approving the expansion plan a few years ago.

But I consider the two new schools even bigger victories for our children and future leaders. The educational and extra-curricular opportunities that are now available will be life-changing for students and staff alike. The addition of Minot North allows students to be spread out over two high school campuses, alleviating growing concerns about potential overcrowding in classrooms.

Educational opportunities and extra-curricular options play an important role in the lives of our students, and adding Central Middle School and Minot North High School enhances those options. Of course, we didn't build a second high school simply because of sports, speech, drama, and other extra-curricular activities, but there will be endless

opportunities for more students to be involved in these activities than ever before.

And that's a good thing for our students – and for our community as a whole. Active and engaged students at all levels is key to them growing and maturing into active and engaged adults.

One of my favorite activities as mayor is visiting classrooms to speak about city government, and about Minot's future as a community. I'm always amazed at how much even our young students already know about municipal government, and how willing they are to absorb new information about how their local city government operates on a daily basis. It's one of the best parts of my job as mayor. One main item of discussion I like to have when I'm in local classrooms is to get students thinking about civic engagement and how they can serve their community from a very young age.

I'm a firm believer in giving back to your community whenever possible, even in small ways. When you give back, whether it's to your neighbor by helping

them shovel a sidewalk or getting involved in your church or your school, the result is a feeling of pride, and an enhanced feeling of community spirit. Giving back to your community, and even being on the receiving end of those efforts, can send a powerful message to other residents in Minot.

This school year, I hope to visit as many schools and classrooms as possible, sharing a message of engagement, positive energy, and the power of a smile. So don't be surprised when you see some active and hard-working students, whether they're Bulldogs, Sparks, Mystics, Magicians, Patriots, Sentinels, or Rockets, out in our community making it a better place to live, work and thrive.

I hope everyone – from teachers to students to parents to staff members – has a great school year.

You can find more about what's happening at the City of Minot at minotnd.org, or find us on Facebook and Twitter. We'd also encourage you to sign up for our monthly electronic newsletter on our website.

MINOT THEATRE BUFFS

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All About Pets

Preparing your dog for a baby

Having a baby can be a big change for the entire family, and your dog is no exception. Especially if you are having your first child, your dog may experience a number of new sights, sounds, and smells, some of which may be stressful to your fur-baby. Here are a few tips for preparing your dog to meet the baby so that everyone stays happy, safe, and healthy.

- Make sure your dog is trained before the baby arrives—teach your dog basic obedience skills such as sit, down, place, leave it/drop it, etc. It is very important to make sure your dog has a firm grasp on bite inhibition and how to be gentle around humans. Teaching your dog not to jump on you is also a good idea so that you don't run the risk of your dog accidentally knocking you over while holding the baby. If you have a dog that is extra mischievous, you can train them to leave baby belongings/toys alone and play with their own toys instead. Also, training your dog to stop barking on command can be a very useful tool that will come in handy down the road (wouldn't want to wake up the baby!).
- Socialize your dog—spend more time with your neighbors, walk your dog near the local playground, and make sure your dog starts to get a feel for being around children and babies. If your dog has not already been socialized to children, it would be a good idea to recruit a professional dog trainer who can help you learn the proper ways to safely introduce and socialize dogs to children.
- Expose your dog to new things—before you bring home your baby, you want to expose your dog to the new sights, sounds and smells that they will encounter. Let your dog see the diapers and wipes, sniff your baby's crib or stroller, let your dog spend time in baby's room around all the toys, clothes, and whatever else. Try taking your dog for a walk alongside the stroller. If you know someone with a baby or children, you can ask if you can bring your dog by their house to sniff and look around. There are also a variety of online resources where you can find common baby noises to play for your dog to familiarize them.
- Change your dog's routine if need be—if you anticipate your dog's routine changing due to your new baby, get your dog started on that schedule beforehand. Maybe you'll need to feed them or go for walks at a different time. Make sure you're getting your dog used to the new routine.
- Prepare your house—give your dog a special place that they can go when they need a break from baby, such as the bedroom, a crate away from the chaos, etc. If you have rooms that you would like to be off limits to your dog once baby arrives, go ahead and buy gates and familiarize your dog with them.

There are a million-and-one things that you can do to prepare your dog for a new baby, but the moment of truth will come when you bring baby home. It's incredibly important to prepare your dog for that moment not only for the health and safety of your dog, but for the child as well. If you have any safety concerns, contact a trainer immediately to work through them beforehand. And just like anything else with your dog, make sure to take it slow and give them time to adjust to a new way of life.

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Commanding the 91st Col James "Jimmy" Schlabach

ROD WILSON, NORTHERN SENTRY



COLONEL JAMES L. SCHLABACH
91st Missile Wing
Commander

For Col. James "Jimmy" Schlabach and his family, this is their second 4 year assignment to Minot Air Force Base, their first being in 2000 to 2004 when a then 2nd Lieutenant Schlabach would be in 91st MW operations. It was 2004 when the Schlabach's left Minot. In between 2004 and their arrival back in Minot in 2020 Minot would experience the 2011 flood and the latest of the oil booms that would change the landscape of Minot, and northwest North Dakota.

Col Schlabach would become the commander of the 91st Operations Group with an office just down the hall from the office occupied at that time by then 91 MW Commander, Col Kenneth McGhee. Even though Col Schlabach was an integral part of the operations of the 91st, the move down the hall to become Commander came with new challenges and now Col Schlabach says that he realizes the difference, in that some of the final decisions are his to make. But in his words "that comes with the job".

And what changes when you become the Commander?

"The gravity of the job. And by that I mean there's no going up to anyone in the wing. So ultimately all of the decisions in this wing rest in this position." Col Schlabach highly reveres the position of Wing Commander "and I am very cognizant that the job I do is very important because of that responsibility. Not because of me. Not because of who I am, but because of what the Airmen need this position to do. The Airmen need a wing commander to advocate, to speak for them; because there are so many ways that the only advocacy the receive is through the Wing Commander" Col Schlabach continues "and it's something that I didn't expect, but it kind of hit me one day, and there's a level of weight with that, but that's OK, because when I do things, I know I am doing it for Airmen. I'm a firm believer that if we take care of Airmen, the Airmen will take care of the mission." Schlabach goes on to describe what taking care of the Airmen entails. "Taking care of them means personally, as well as getting them the resources they need to do their job. In the environment they work in; it can mean enclosed shelters when it's minus 20 degrees out, and giving them the gear and the equipment, all of those things. This position has the benefit and the privilege of knowing that when a Wing Commander says something, more people listen than the positions I used to hold. There is a responsibility to that, and a responsibility to the Airmen and the mission. The gravity of that changes. I didn't realize that before, and I was 75 feet down the hall." (in his former office.) And with a smile Col Schlabach continues "it was surprising to me, the shift in a meeting by moving one chair over to the head of the table. I didn't expect it. I should have, in hindsight, I should have seen it coming, but it is the privilege of a lifetime, that's

for sure."

Col Schlabach started in Officer Training School in October of 1999 and "I've been wearing blue ever since" he says.

So, comparing the mission and challenges today vs. the mission and challenges back in 1999?

"The biggest difference is that we were at the end of the cold war, we were drawing down, and we didn't have a peer to peer potential adversary. It was kind of like Michael Jordan and the Bulls, no one could really touch us. It was different, especially with nuclear and especially ICBM operations. There were a lot of questions back then that don't apply today. Why are we pouring resources into this mission? Why are we here? Why do we continue to do this? When the former Soviet Union dissolved, we shut down 5 or 6 wings and kind of got down to bare bones. Today, you know Michael Jordan, Scottie Pippen, those guys retire, right, and so the game changes. The same thing with us. The global landscape has changed with potential adversaries, and this is not a one world power anymore. We have to look at things differently. Today's Airmen when coming in to work in operations? There is a difference between 2024 and 1999. 25 years later, same weapon system. It's like getting in a 1971 Buick. The 1971 Buick you started back in 1999 is a much different car than if you jumped in that Buick today and started it up in 2024.

But asked to do that mission against more and better equipped potential adversaries than there were in 1999. Just through age, and just through time we have a weapons system that is having more challenges today, but yet is asked to do more. So, for today's Airmen coming into ICBM operations, whether that's maintainers, defenders, or operators, they are being asked to do more with bigger challenges. Not only that, the same type of computer system that we had in 1999, we still have in 2024. In the capabilities scale of what we had in 1999 and was possible in 1999 verses what is possible and what we have in 2024, there's a magnitude of difference. Back in 1999, personal computers were pretty much all that we had, you know AOL, dial up, that's what we had to deal with, where today I have a magnitude thousands of times faster in the palm of my hand on my cell phone, and yet we are operating essentially with the same hardware in 2024 that we were in 1999, and in a lot of aspects (the same hardware we had) back in the 70's. There's a lot of capability that we don't have down there from a technological aspect because we've maintained a weapons system that long. For an Airmen entering this world of combat capabilities, it's a challenge because the infrastructure is so aged compared with everything else."

Today's Airmen?

"Well today's Airmen have to unlearn a lot of things, where when I operated the weapons system originally, it made a lot of sense. It's much more similar to what I grew up on. Today's Airmen have to take everything and flush it out. For example, the screen we have downstairs (for training) is not a touch screen. Where most of your laptops and for sure your phone is all interactive with a touch screen. For us it's a little rectangle instead of a pointer, and its very text based, almost like MS DOS. There is a lot of unlearning that Airmen must do and then re-learn based on today's needs. What I can say is that this generation and their ability to adapt, and be flexible, and the creativity that they have is immensely higher than my generation. Without millennials

and Gen Z, we would be dead in the water. Because all of the challenges I talked about. This generation with their attributes of flexibility, adaptability, and creativity, they are able to overcome things that I wouldn't have even thought possible, even with an old weapons system. It's eye watering to watch these folks deal with a 50 year-old weapons system but work with it using a modern mentality and to squeeze every last ounce of combat capability out of this weapons system. It's really inspiring to watch. Without this generation we would lose the combat edge that we have. Really, they (this generation) are the combat edge. And that goes from our junior Airmen to our NCOs to our CGO's, they are the combat edge that we have."

Let's discuss special moments in Col Schlabach's career.

"The first one, and it seems like it was just yesterday. It was at Echo capsule here in Minot because this was my first base as a Lieutenant. My very first alert, when my crew partner went to get some rest, and he shut the curtain, and I can remember staring at that screen and thinking oh boy, this is real, and there are live ICBMs on the other end of that. That weight hits, and it hits every missileer the first time you do it, and it hits every maintenance technician the first time you do it. And every time anybody sees the live weapon in person, whether it's on the screen, or in the launch facility, wherever it is...there is a gravity, and it's kind of indescribable, because it hits" says Schlabach.

When trying to describe the true gravity of the situation that young Airmen find themselves in; "it's August and we have missileers pulling their very first alert. It happens a lot this time of year. A lot of them graduated from college in May of 2023. A typical timeline is they generally get commissioned a few months after graduation, go to training, which is about 6 months, and then you PCS out to Minot, and you get some more training. In



U.S. Air Force Col. James Schlabach, 91st Missile Wing commander celebrates the annual North Dakota State Fair with onlookers at Minot, North Dakota, July 20, 2024.

U.S. AIR FORCE PHOTO | MINOT AFB PA

about 12 months' time from when you graduate from college, you are in command and control of up to 10 nuclear weapons. 12 months is a short time frame, and that's a huge amount of responsibility. But the process we have is refined to develop them and have them ready day one" says Schlabach.

So, what about Sentinel, the upgrade project for the ICBM's nationwide, do we have a new timeline? What can the Minot community expect?

Schlabach shares "The message that I am giving folks, and that includes everybody, everybody from the oldest person here to the newest Airmen. Expect to operate Minutemen III in Minot your entire career, until we retire. Now there are new Airmen who will see Minot transition, and see it go from 100% Minuteman and through a gradual process that takes them up to 100% Sentinel. But I really expect that anyone who is at Minot today, and if they come back to Minot later in their career, they will still be operating Minuteman III here. The point behind that message is that if we have things that we need to be fixed, and things that we need addressed, don't expect Sentinel to fix them. We need to fix it with Minuteman. So, we need to advocate for resources, equipment, and for everything that goes along with maintaining our combat capability with Minuteman for the foreseeable future. We are going to operate Minuteman for years and years to

come. We need 3 legs of the nuclear triad to maintain deterrence and to make sure we have that deterrence. The need to maintain Minuteman III is here. Do we need Sentinel? I believe we do; we can see that through what our potential adversaries and what they are doing with their capabilities. Today I am OK defending what we do because that holds us accountable and makes sure that we just don't keep doing what we are doing just because we want to keep doing it. We operate Minuteman III, and we operate the ICBM leg of the nuclear triad because there is an absolute need to have that combat capability. Not because it's what we want to do, but because we absolutely have to do."

And what's the message that Col Schlabach gives first term Airmen, or even first-time personnel coming to Minot?

"You need to be an activities chameleon wherever you go. Learn to do the things in Minot, that can only be done in Minot. Learn to fish, hunt, and curl. Interact with the people of North Dakota. When you see young Airmen get involved with their local community, their outlook changes immensely. They see how awesome the community is, and how good the people are and how much the people want to pour into them. And when they feel part of where they live, it's just not somewhere that I work, it's somewhere that I live. There's a lot of goodness here."

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Col. Jesse Lamarand The Reception Has Been Incredible

ROD WILSON, NORTHERN SENTRY



COLONEL JESSE W. LAMARAND
5th Bomb Wing
Commander

The Lamarand family, Col. Jesse Lamarand, spouse Natalie and daughters Kamryn (26) and Eva (13) arrived in Minot in June.

Kamryn would stay for the change of command ceremony but has not lived with the family since her graduation from Colorado State University. “Kamryn was very impressed with the area” says Col. Lamarand “and is looking forward to coming back and visiting. She’s a veterinary technician in Vernfield, Colorado.” Col Lamarand says that daughter Eva is his best friend, and they share special interests like soccer and just hanging out. Eva will be an 8th grader and will spend one year at Memorial Middle School on base. Next year she hopes to transition to Minot North.

The Lamarand family has been through many schools, and that’s always a concern according to Col Lamarand. But “there are a lot of positives. My oldest (Kamryn) said that being a military child actually helped her in college. It taught her to become pretty independent pretty early. Some of those parents out there who are concerned, give them a chance, they’ll surprise you. I have, of course, the 3 basic needs of food, water & shelter, but I consider education to be the 4th critical need. Ensuring that my children have the best opportunities for education. Not just STEM. I am talking about liberal arts, language... and I am talking about music and about sports. All of that has to be a comprehensive program within a local school district in order for them to succeed and get the good grades from my perspective” says Col Lamarand “and not all schools can do that. From what I’ve seen and heard so far Minot schools fit the youth very, very well in taking care of kids that are on base and off base.”

The family would not be complete without the person that Col Lamarand describes as “the perfect mother and the perfect base spouse. “So, from an outside perspective it seems like there is a lot more activity now with the bombers and the 5th BW?” Col Lamarand: You are spot on. The bomber is the visible leg of the nuclear triad, but it’s also the visible leg of conventional and kinetic power. So, when you have a hot spot in Iran, when you had a senior leader of Hamas killed in Tehran and Iran says that we are

going to reciprocate at some point, or North Korea continues on its path of oppressing its people and building more weapons; one of the most effective ways to send a message is to fly bombers, specifically the B-52, because it’s dual capable, into that area. What you are seeing is that when the enemy is doing something that we are not comfortable with, we will send bombers, and we’ll park them within striking range, and it absolutely changes the decision calculus of the enemy, which is why you are seeing a bit more movement with the bombers. On the friendly side of the house, you are seeing more movement of the bombers because of what we call agile combat employment. It’s a strategy that the United State Air Force is re-invigorating in order to ensure what we like to call making multiple dilemmas for our enemy. If we can move fighters, and tankers to more air bases, faster, we are capitalizing on the principle of war called movement and maneuver. It also complicates the security of the enemy. We present them more targets, targets that can move and be effective in different locations around the planet and can project combat power faster and stay inside of their targeting and decision movement. So, that’s why you are seeing more movement from bombers, specifically at this base. On the missile wing side of the house, they are going through a difficult and much needed transition from Minuteman III to Sentinel. Outwardly, you aren’t moving missiles around, but inwardly the amount of time it takes to properly manage, maintain, and ensure those aging weapon systems are viable is astronomical. Couple that with bringing the most complex upgrade in weapons systems in history on top of that, you’ll see a lot more activity. Two ingredients make up deterrence. Capability and credibility. If we don’t have the credibility, if we don’t have the willpower and if we don’t have a base that can support the Airmen that need to project on that power, then we don’t have the capability and our enemies can see right through us. They’ll know that we don’t have the capability. We have to ensure that with new weapon systems while we are at a time of peace. We are building the capability necessary here with the new buildings, new structures, and newer capabilities in order to project power 4 years, 5 years, 6 years into the future. You make investments now to ensure peace in the future. The best way to be prepared and ensure peace is to be prepared for war, and you are seeing that happen at Minot Air Force Base.

Our sit down interview took place just 5 weeks after Col Lamarand took command of the 5th Bomb Wing. The time he shared with the Northern Sentry was much appreciated, and the answers to my questions were comprehensive.

“Well to be honest” says Col Lamarand “it’s been overwhelming. An incredible and heartwarming experience both on the base side of the house and also the folks in the community”. Of course, being the Wing Commander will bring a lot of special moments like a greeting at the gate when I arrive, but along with that are familiar faces that continue to make me, and my family, feel welcome. You know, the smiles of the new Airmen in the parking lot,

they are excited to be here” according to Lamarand “and so are we. I’m originally from Michigan, so it’s good to get back up north...all 4 seasons, lower humidity, quite a bit more isolated obviously; but the people who live and work here more than make up for that.”

“And on the community side of the house, I think I’ve gotten to know the community well. We had the North Dakota State Fair and leading up to that the 4th of July and the State Fair parades” said Lamarand “we’ve had several dinners hosted by folks, and then there’s the business community, the Mayor (Tom Ross), civic leaders and Task Force 21 and senior representatives; across the board they’ve all opened their arms to me and my family. And I have seen that every day.”

Can we review some of the comments you made at a recent Military Affairs Committee meeting. They were certainly interesting to those non-military folks like me in attendance.

Col Lamarand: Currently, it is probably the most complex and dangerous environment that we have seen in a decade. We have multiple conflicts around the globe; both political and military; the world is at a precipice and tipping point right now. Israel, Hamas, the Gaza Strip, it’s not just the big players that are affecting war there. There are a lot of smaller groups that like to take advantage of weaknesses and misdirection, so, a spark within a fully tinderized environment can expand that. For example, in Russia/Ukraine, a second hot spot. Over the past couple of days Ukraine has made some significant territorial gains against Russia. Over the past year, it’s been a little bit of a stalemate. Russia had tried to do a spring offensive earlier this year and didn’t make many gains. Now that Ukraine is making gains, that backs Russian into the corner. So, what do you do when you are backed into a corner? You lash out and do things that are a little unexpected. That is a reason why right now it feels quite a bit hotter than it’s ever been. Now that the Olympics are over, because the Olympics have always been somewhat of a unifying force around the planet, the focus will go back on the economics and the trade issues we’ve been having, and the supply chain issues we’ve been having. What you’ll see is more cooperation between our adversaries, more than what we’ve seen in the past. While we are isolated, we are the most strategic and important Air Force base in the U.S. arsenal. So, if something happens, it will have an affect here, no doubt.

So, from an outside perspective it seems like there is a lot more activity now with the bombers and the 5th BW?

Col Lamarand: You are spot on. The bomber is the visible leg of the nuclear triad, but it’s also the visible leg of conventional and kinetic power. So, when you have a hot spot in Iran, when you had a senior leader of Hamas killed in Tehran and Iran says that we are

going to reciprocate at some point, or North Korea continues on its path of oppressing its people and building more weapons; one of the most effective ways to send a message is to fly bombers, specifically the B-52, because it’s dual capable, into that area. What you are seeing is that when the enemy is doing something that we are not comfortable with, we will send bombers, and we’ll park them within striking range, and it absolutely changes the decision calculus of the enemy, which is why you are seeing a bit more movement with the bombers. On the friendly side of the house, you are seeing more movement of the bombers because of what we call agile combat employment. It’s a strategy that the United State Air Force is re-invigorating in order to ensure what we like to call making multiple dilemmas for our enemy. If we can move fighters, and tankers to more air bases, faster, we are capitalizing on the principle of war called movement and maneuver. It also complicates the security of the enemy. We present them more targets, targets that can move and be effective in different locations around the planet and can project combat power faster and stay inside of their targeting and decision movement. So, that’s why you are seeing more movement from bombers, specifically at this base. On the missile wing side of the house, they are going through a difficult and much needed transition from Minuteman III to Sentinel. Outwardly, you aren’t moving missiles around, but inwardly the amount of time it takes to properly manage, maintain, and ensure those aging weapon systems are viable is astronomical. Couple that with bringing the most complex upgrade in weapons systems in history on top of that, you’ll see a lot more activity. Two ingredients make up deterrence. Capability and credibility. If we don’t have the credibility, if we don’t have the willpower and if we don’t have a base that can support the Airmen that need to project on that power, then we don’t have the capability and our enemies can see right through us. They’ll know that we don’t have the capability. We have to ensure that with new weapon systems while we are at a time of peace. We are building the capability necessary here with the new buildings, new structures, and newer capabilities in order to project power 4 years, 5 years, 6 years into the future. You make investments now to ensure peace in the future. The best way to be prepared and ensure peace is to be prepared for war, and you are seeing that happen at Minot Air Force Base.

Is Minot Air Force Base on a faster pace?

Col Lamarand: Yes, absolutely. We have more world threats to respond to than we have had in the past. We’ve had to change the way we operate the B-52s in order to make them a bit more agile. And then at the same time, it’s an aging aircraft, so there are problems with maintaining it and flying it, and with certain components that break, that



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander (front), and Chief Master Sgt. Wayne Sharp, 5th BW command chief (back), are cheered in at the wings quarterly awards at Minot Air Force Base, North Dakota, August 5, 2024.

U.S. AIR FORCE PHOTO | MINOT AFB PA

weren’t breaking in the past. It’s creating more difficulties fixing the aircraft on the ground. So yes, it is a faster pace on all levels.

There are many more threats to the base than there were in the past. Just because Minot is in the middle of nowhere, so to speak, doesn’t mean that it is safe from our enemies. We have a higher cyberspace and space threat than we’ve ever had before. And we also have an increasing unmanned aerial system threat to the base. It’s getting easier and cheaper for people to park outside of the base, just a couple of miles away and probe defenses with unmanned aerial systems. We have to be ready for those types of threats. We also have to be on our guard. Our enemy is always probing us.

One Final question. Has the community of Minot lived up to your expectations?

Col Lamarand: They have overwhelmingly exceeded my expectations. I’ve never seen a community so connected, and so selfless in the way that they embrace the Airmen and embrace leadership and embrace not just the local challenges that they have here, but the national challenges. Coming in here myself and Col Schlabach spent 6 hours with the North Dakota

State Military Commission focusing on how we can make the military connection stronger, how we can support the military within this state.

Task Force 21 meets regularly. These are local citizens that have regular jobs, but outside of that they take extra time out of their day and their evenings with their families to study the operational and strategic environments, to figure out how we can best meet the enemy. They don’t have to be there. The military is not paying them. They do it out of the love and kindness of their own heart. They raise money for Airmen to go home for the Holidays. And then there’s the Prairie Warrior Auction which raises thousands of dollars to benefit the Airmen and their families at Minot Air Force Base...I’ve just never experienced the support that they give, and it’s really, really genuine. Military Appreciation days, my wife and I went to the Hot Tots game and really enjoyed the military folks there connecting with the community, and the appreciation they have for us. And let me tell you, we appreciate them just as much. We hope that we can add to and enrich their lives in the short time we are here at Minot Air Force Base. They really have exceeded my expectations. I love ‘em to death and want to thank them every opportunity I get.

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STAFF SERGEANT RELEASE PARTY 2024
Team Minot hosted a party to celebrate the newest Staff Sergeants at Minot Air Force Base, North Dakota, Aug. 16, 2024. Full album can be found on Minot AFB PA Flickr page.

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NOTES ON BEING SAFE

Labor Day Holiday
Think Before You Drive



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



Labor Day weekend is here, and even with the increasing costs of fuel drivers will be taking to the nation's roadways in record numbers this year. But this is not the usual drive safely article like you see every year, one filled with statistics of how many millions of drivers will drive billions of miles over this holiday weekend. Instead, this article focuses on you. When you are on the road, what is the one and only thing you can control? You!

Why is it that when we drive we tend to blame everything on someone else? Why do we say things like, "Look at that guy! What a jerk! Why does he drive like an idiot? Why doesn't everyone else drive like me? Why is there so much traffic? Why are all these cars in my way and blocking me from getting where I want to go?"

The only thing you control is your own actions. You make the decisions where to go, when to go, how fast or slow and whether to break the rules or obey the rules. When you drive, you are making the choices that affect your safety, your family's safety and the safety of drivers around you. Your actions affect the "driving community," the drivers sharing the road with you.

If you make the choice this holiday weekend to drive long distances in very short time frames, be aware of the choices you make and how they can be "life" decisions. Are you planning on driving more than 1,000 miles in just three days? Do you think you can drive through the night to return from leave and get back to duty on time? What type of risk assessment are you making regarding your driving? Use risk management tools that can make the difference between positive risk taking and negative risk taking. Do you realize that the highest risk behavior you take is driving your car? The leading cause of death to age 34 is auto fatalities. Not combat. Not

other types of accidents. Not disease. Auto fatalities are the greatest risk to human life, with 42,000 lives claimed each year.

One last thought for driving over the Labor Day weekend. Our nation is now stronger and ready for all the challenges that terrorism presents. Our nation is very proud of all the firefighters, law enforcement officers and military personnel who serve their country and have saved countless lives over the past twelve

months. And when it comes to driving this weekend, remember that our nation looks to you to set an example of leadership, discipline, training and standards at all times, on- or off-duty.

Save lives and be a part of the driving community this Labor Day and always. It is up to you to set the example for others to follow. Drive safely and have a great Labor Day weekend!

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Sentinel: The History of the DAF Modernizing the Backbone of America's National Security

AALIYAH BEVERLY, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS



The Air Force Nuclear Weapons Center conducted its first full-scale static test fire of the LGM-35A Sentinel stage-one solid rocket motor at the Northrop Grumman test facility in Promontory, Utah, March 2, 2023. The Air Force plans to replace the fielded Minuteman III intercontinental ballistic missile with the next-generation Sentinel system currently in development. The Sentinel acquisition program represents the modernization of the land-based leg of the U.S. nuclear triad.

BARKSDALE AIR FORCE BASE, La. --

The United States Air Force is replacing the 54-year-old LGM-30G Minuteman III intercontinental ballistic missile (ICBM) weapon system with the LGM-35A Sentinel ICBM. Rejuvenation of ICBMs has been under way for years despite news of this modernization effort recently ramping up due to its increased relevance and estimated budget.

Nuclear deterrence is the backbone of America's national security and is supported by the U.S. Nuclear Triad. Air Force Global Strike Command's ICBMs make up the land-based leg of the Triad and are the most responsive leg, having stood around-the-clock alert since 1959.

Minuteman ICBMs have been around for more than six decades, with the current model first becoming operational in the early 1970s. A number of the system's original components have been upgraded over the last 50 years, but a majority of the system's infrastructure is made up of the original equipment.

While proactive maintenance, small upgrades, and routine testing techniques allow Minuteman ICBMs to continue providing responsive nuclear deterrence, upgrading to Sentinel ICBMs ensures the land-based leg of the nuclear Triad remains safe, secure and effective.

As implied by the name, the Minuteman III ICBMs have a quick-launch capability, with the ability to launch within minutes of receiving a valid launch order. Before the Minuteman III, the Air Force utilized liquid-fueled rockets, which required more preparation time and posed more safety risks due to their volatile nature. Solid-fuel Minuteman missiles were simpler to maintain and easier to produce.

Minuteman III ICBMs are the fourth model of Minuteman missiles (IA, IB, II and III), and many upgrades over the decades have improved their efficiency and capabilities. While this process allowed for effective strategic deterrence for over 50 years, the system needs to be modernized.

In October 2006, Congress passed the National Defense Authorization Act for Fiscal Year 2007, with Section 139 directing the Secretary of the Air Force to modernize the Minuteman III.

From this point on, modernization of the Minuteman III became a top priority for the Department of

Defense.

On September 8, 2020, the Department of Defense and the Secretary of the Air Force announced that the Department of the Air Force awarded an Engineering and Manufacturing Development contract of \$13.3 billion for a tested and fully qualified design of the GBSD to Northrop Grumman.

"Modernizing the nuclear strategic Triad is a top priority of our military," said Former Defense Secretary Dr. Mark Esper. "It's key to our nation's defense. It provides that strategic nuclear deterrent that we depend on day after day – that we've depended on decade after decade."

In April 2022, the Secretary of the Air Force announced that the Air Force's new GBSD ICBM was given its official weapon system name, the LGM-35A Sentinel.

"The name Sentinel recognizes the mindset that thousands of Airmen, past and present, have brought to the deterrence mission, and will serve as a reminder for those who operate, secure, and maintain this system in the future about the discipline and responsibility their duty entails," said Secretary of the Air Force Frank Kendall.

In 2023, Air Force Global Strike Command stood up a new directorate, the Intercontinental Ballistic Missile Modernization Directorate (AFGSC/A10), at Barksdale Air Force Base (AFB), Louisiana. This new directorate is responsible for overseeing and coordinating the activities of the Air Force in support of the deployment of the LGM-35A Sentinel ICBM weapon system and the retirement of the LGM-30G Minuteman III ICBM weapon system.

"Section 1638 of the [Fiscal Year 2023 National Defense Authorization Act] directed the establishment of the Sentinel Intercontinental Ballistic Missile Site Activation Task Force within Air Force Global Strike Command," said Gen. Thomas A. Bussiere, AFGSC Commander. "Brig. Gen. Colin Connor will lead the ICBM Modernization Directorate [AFGSC/A10], which organizationally consists of a Sentinel Operating Location team, a Sentinel Requirements Division, and a Sentinel Operations Division. I have absolute confidence that he and the entire A10 team will prepare the command for one of the most critical upgrades to our nation's deterrence capabilities in history."

At the beginning of this past July, the Under Secretary of the Air

U.S. AIR FORCE PHOTO | R. NIAL BRADSHAW

Force Melissa Dalton, Chief Master Sgt. of the Air Force David Flosi, and several other senior leaders visited F.E. Warren AFB to discuss nuclear modernization and better understand the vital role of the ICBM force with the Striker Airmen of AFGSC's Twentieth Air Force and 90th Missile Wing.

"After meeting these Airmen, and learning about their creativity and innovation, I've never been more confident in our military's ability to deter threats to the U.S. and our allies," Dalton added. "We owe it our Airmen to ensure that we modernize the force."

That same month, the Department of Defense announced the results of the Sentinel Nunn-McCurdy Review.

In the announcement, it was reiterated that the 2022 Nuclear Posture Review concluded that a modernized Triad remains necessary to deter strategic attack, assure allies and partners, and achieve U.S. objectives if deterrence fails. The Sentinel program was established to modernize and replace the land leg of the Triad, currently comprised of the Minuteman III ICBM weapon system.

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

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

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



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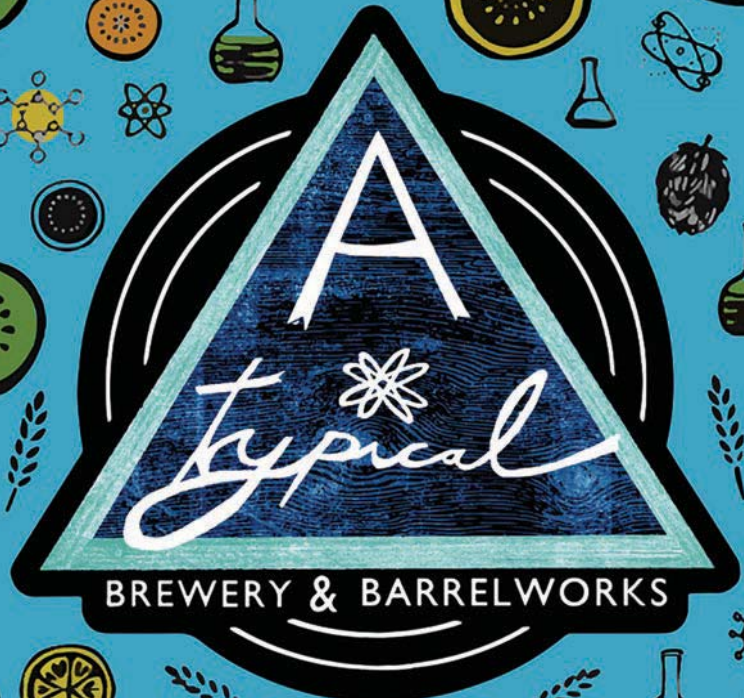
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NORTH DAKOTA LIEUTENANT GOVERNOR VISITS MINOT AFB



Airmen from the 5th Bomb Wing greet North Dakota Lt. Gov. Tammy Miller at Minot Air Force Base, North Dakota, Aug. 15, 2024. Miller received a tour of a B-52H Stratofortress to familiarize her with the deterrence mission at Minot AFB.



Team Minot leaders and distinguished visitors pose for a group photo in front of a B-52H Stratofortress at Minot Air Force Base, North Dakota, Aug. 15, 2024. The tour encapsulated the Minot AFB mission and its importance as the only dual-wing nuclear capable base in the Air Force.



U.S. Air Force Staff Sgt. Coy Glidewell, 373rd Training Squadron, Detachment 23 instructor, explains Minute Man III intercontinental ballistic missile maintenance to North Dakota Lt. Gov. Tammy Miller at Minot Air Force Base, North Dakota, Aug. 15, 2024. Miller was briefed on how Minot Missile Maintenance teams are responsible for maintaining a fleet of 150 Minuteman III missiles.



An instructor from the 373rd Training Squadron, Detachment 23 provides a tour of a simulated launch facility to North Dakota Lt. Gov. Tammy Miller and other local leaders at Minot Air Force Base, North Dakota, Aug. 15, 2024. Miller and local leaders learned the importance of the 91st Missile Wing mission as one of the Air Force's three intercontinental ballistic missile wings.



Team Minot leaders and distinguished visitors pose for a group photo at a simulated launch facility at Minot Air Force Base, North Dakota, Aug. 15, 2024. The tour encapsulated the Minot AFB mission and its importance as the only dual-wing nuclear capable base in the Air Force.

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

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BABY BOY BORN ON THURSDAY, AUGUST 08, 2024 TO: JASMINE AND MICHAEL WASHINGTON JR MINOT, ND

BABY GIRL BORN ON FRIDAY, AUGUST 09, 2024 TO: REBEKKAH WEBB WILLISTON, ND

BABY BOY BORN ON THURSDAY, AUGUST 15, 2024 TO: MARISSA AND JESSE SANDERS GLENBURN, ND

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Vietnam War - U.S. Air Force

Hilliard Almond Wilbanks

Rank: Captain

Conflict/Era: Vietnam War

Unit/Command:

21st Tactical Air Support Squadron,

Nha Trang Air Force Base, Vietnam

Military Service Branch: U.S. Air Force

Medal of Honor Action Date: February 24, 1967

Medal of Honor Action Place: near Dalat, Republic of Vietnam



CITATION

For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. As a forward air controller Capt. Wilbanks was pilot of an unarmed, light aircraft flying visual reconnaissance ahead of a South Vietnam Army Ranger Battalion. His intensive search revealed a well-concealed and numerically superior hostile force poised to ambush the advancing Rangers. The Viet Cong, realizing that Capt. Wilbanks' discovery had compromised their position and ability to launch a surprise attack, immediately fired on the small aircraft with all available firepower. The enemy then began advancing against the exposed forward elements of the ranger force which were pinned down by devastating fire. Capt. Wilbanks recognized that close support aircraft could not arrive in time to enable the rangers to withstand the advancing enemy onslaught. With full knowledge of the limitations of his unarmed, unarmored light reconnaissance aircraft, and the great danger imposed by the enemy's vast firepower, he unhesitatingly assumed a covering, close support role. Flying through a hail of withering fire at treetop level, Capt. Wilbanks passed directly over the advancing enemy and inflicted many casualties by firing his rifle out of the side window of his aircraft. Despite increasingly intense



antiaircraft fire, Capt. Wilbanks continued to completely disregard his own safety and made repeated low passes over the enemy to divert their fire away from the rangers. His daring tactics successfully interrupted the enemy advance, allowing the rangers to withdraw to safety from their perilous position. During his final courageous attack to protect the withdrawing forces, Capt. Wilbanks was mortally wounded and his bullet-riddled aircraft crashed between the opposing forces. Capt. Wilbanks' magnificent action saved numerous friendly personnel from certain injury or death. His unparalleled concern for his fellow man and his extraordinary heroism were in the highest traditions of the military service, and have reflected great credit upon himself and the U.S. Air Force.

Accredited to: Atlanta, Fulton County, Georgia

Awarded Posthumously: Yes

Presentation Date & Details: January 24, 1968

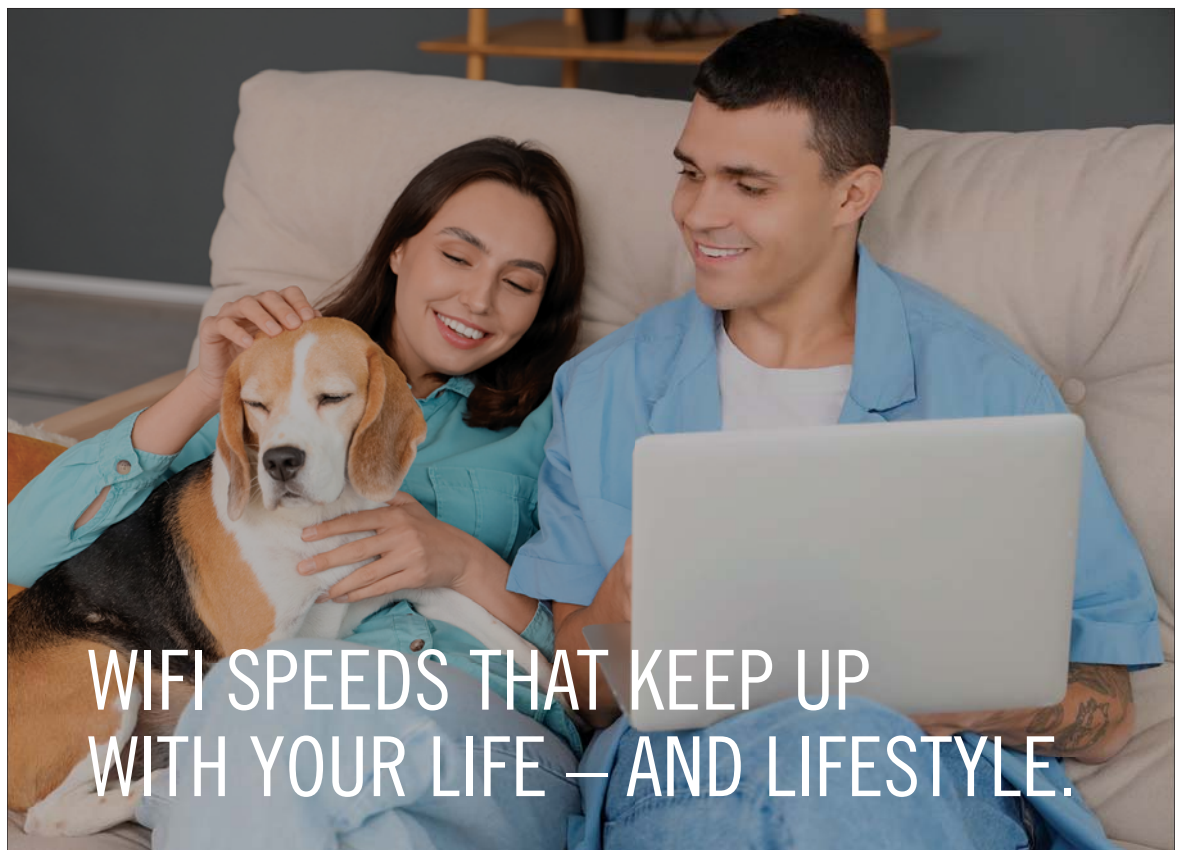
The Pentagon, presented by Sec. of the Air Force Harold Brown to his widow

Born: July 26, 1933, Cornelia, Habersham County, GA, United States

Died: February 24, 1967, Republic of Vietnam

Buried: Fayette Methodist Cemetery (MH), Fayette, MS, United States

Location of Medal: Hilliard A. Wilbanks Middle School, Demorest, GA



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SOUTHERN GROUND HORNBILL

CREATURE FEATURES

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

Fact File

Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore Carnivore Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents

Photo by Amanda Cline

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Car care checklist for summer road trips • Part 2

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

Check belts and hoses

Reinforced rubber drive belts power the engine water pump and accessories such as the alternator and air conditioning compressor so you should inspect and replace any that are cracked, glazed or frayed.

Note that modern multi-rib or drive belt materials do not show easily visible signs of wear. As a general rule, replace drive belts every 60,000 miles. Inspect and replace worn, brittle, bulging or excessively soft radiator hoses. Check for leaks around hose clamps and at the radiator and water pump.

Replenish emergency kit supplies

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

Plan ahead for vehicle service

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

Keep the AC running cool

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



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Sensational Summer PHOTO CONTEST



We love picking books from the Minot Public Library!

SUBMITTED BY JESSICA SHANNON



the kids loved being able to have the trampoline back up after moving into our house

SUBMITTED BY MCKYNZIE THOMPSON



Having fun with the family at the NDSF! The sea lions show was awesome!

SUBMITTED BY DION DORSEY

HOW TO ENTER

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Favorite reading spot at the Minot Public Library.

SUBMITTED BY SARAH WEIDMAN



Kids with face paint at the ND State Fair.

SUBMITTED BY CHRISTINA GOODWIN



ND State Fair 2024!

SUBMITTED BY TAYLOR BANAHAN



Tubing as a family up at Northgate Dam.

SUBMITTED BY TENA HOLMGREN



Movie time at the Oak Park Theater!

SUBMITTED BY JESSICA SHANNON



Yummy treats at the mall.

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Roosevelt National Park.

SUBMITTED BY JOHNNY MARTINEZ



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Commentary: Macho men make mortal mistakes

TOM CONNING, PUBLIC AFFAIRS OFFICE,
U.S. ARMY CORPS OF ENGINEERS (USACE)

Tom Conning is a public affairs specialist for the U.S. Army Corps of Engineers (USACE) and these views are his own. He also believes sarcasm and dark humor will resonate more with the intended audience.

Every year, USACE publishes updated statistics for water safety (or lack thereof) at its project locations throughout the country. In the eight years I've been working for USACE, the statistics on drownings have not significantly changed (that I can recall), regardless of the amount of focus and messaging the enterprise has published. Again, it's no surprise that USACE data from 2023 shows that drowning victims at our locations are 88 percent male and 89 percent who weren't wearing life jackets.

This is an important topic for many of our staff in the natural resources management (NRM) field but our primary message about wearing life jackets in and around water doesn't appear to be resonating with men. Why? *Probably because us men (yes, us - I'm in the middle of the worst offenders of this demographic) are good swimmers, strong, capable, manly and ... men (I get the irony of me man-splaining this*)*. The attitude most adult (18-60-year-old) men have is why I've typically been ambivalent about trying to help the NRM field communicate about this topic.

For the past three years, I (*since I'm manly and can accomplish anything**) have approached this challenge a bit differently (as I hope you can tell by the tone of this commentary). I've increased the focus of speaking directly to the demographic that needs to hear these things the most. In 2021, I wrote, "last year, 27 Oregonians died in recreational boating-related incidents - the most in three decades." In 2022, I was more direct, saying "men, especially between 17-65 years of age, are the worst about wearing life jackets due to several things, including their arrogance about swimming abilities." Last year, I ended up saying, "men are especially arrogant about their swimming abilities and strength."

Not that it's helped as men within this age group continue to drown.

If you do some research (which I did), you will see that men are pretty good at killing ourselves accidentally. According to the National Safety Council statistics (from 2021), men make up the majority of most deaths that we could likely avoid if we weren't so, cool, macho, strong, etc. For instance:

- struck by or against (84% male)
- drowning (75% male)
- motor vehicle (72% male)
- poisoning (71% male)

Before you get defensive and



Ed Conning navigates his way down a slalom course, Aug. 22, 2015. Conning drowned while kayaking on Rock Creek near Red Lodge, Montana, May 27, 2018, even though he was wearing a life jacket. He was a water safety advocate, understood the importance of personal floatation devices and knew the dangers associated with water-based sports.

point out that you can still drown while wearing a life jacket, this too, I understand and have personal experience for an example. My dad was an extremely experienced whitewater kayaker, who took safety seriously, wore his life jacket and still drowned. He got caught in a snag that the group he was with couldn't see. It still and always will happen but that doesn't mean we can't reduce that number and avoid the trauma of those deaths on the

victims' families. My point is, everyone should wear their life jacket - but especially men; however, I bet you (yes, YOU, the macho man) won't. Finally, this doesn't absolve me from my past decisions that were stupid or dangerous, nor does it mean I won't make some dumb or dangerous decisions in the future. For, I am only a man.

**The asterisk and italics indicate sarcasm.*

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A LOOK BACK

THIS WEEK IN USAF HISTORY

HURRICANE KATRINA RELIEF OPERATIONS BEGIN

AUGUST 30, 2005



A pararescueman lifting a child to safety was deployed to New Orleans for Hurricane Katrina search-and-rescue operations. (USAF Photo)

Military and civilian services began relief operations on Aug. 30, 2005, after Hurricane Katrina devastated the southern U.S. First Air Force commander Maj. Gen. M. Scott Mayes, the task force's joint forces air component commander, set up 1st Aerospace Expeditionary Task Force-Katrina at Tyndall Air Force Base, Florida. The task force set up various air expeditionary groups for a massive disaster relief operation, and 8,000 Air Force, Air Force Reserve, and Air National Guard were deployed by September 7. Helicopters (including a UH-1N Huey from Minot AFB) flew 648 sorties and rescued 4,322 people. Other USAF aircraft from bases all over the country flew 4,095 sorties. The AF evacuated 26,943 displaced people and provided aeromedical evacuations for 2,602 patients. AF medical personnel at the New Orleans International Airport treated 16,714 patients, and transport personnel airlifted 11,450 tons of relief supplies.

Information courtesy of: media.defense.gov/ / afhstory.af.mil

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CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

CROSSWORD PUZZLE

Across

- 1. Date maker
- 5. Get the meaning
- 10. Portliest president
- 14. Type of code
- 15. Bring down
- 16. It may be laid on thick
- 17. Revolver catch
- 18. Secretly unite
- 19. See 20-Across, maybe
- 20. BIG DIPPER
- 23. Even if, briefly
- 24. Inc. overseas
- 25. Toothpaste tube abbr.
- 28. Sign of summer
- 29. Egg holder
- 33. Cried loudly
- 35. Entertainment form
- 37. Baseless
- 38. BIG DIPPER
- 43. Sneaking suspicion
- 44. Rose high
- 45. Type of engine
- 48. "My life ___ open book"
- 49. Spots before your eyes
- 52. Kind of Xing
- 53. Feel poorly
- 55. Be silent, in music
- 57. BIG DIPPER
- 62. Kind of appeal
- 64. Hillary's successor
- 65. Fourth dimension
- 66. Helpless?
- 67. A lot of sass?
- 68. Gloamings
- 69. Every family has one
- 70. Calibrate anew
- 71. Rose's men

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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			57	58			59	60	61			
62	63					64				65		
66						67				68		
69						70					71	

Down

- 1. French mathematician
- 2. Botanical ring of color
- 3. Rough shelter
- 4. Bayou feature
- 5. Euphoric feeling
- 6. Craps play
- 7. Caught off base?
- 8. Calyx segment
- 9. Considerably
- 10. Lomé is its capital
- 11. 35-Across legend
- 12. Moroccan city
- 13. Tootsie
- 21. Picker-upper
- 22. Swear words?
- 26. Submarine base
- 27. Gulf off Somalia
- 30. Numerical suffix
- 31. Vet's pride, perhaps
- 32. "Anger Management" actress
- 34. Minnesota athletes
- 35. Toronto paper
- 36. Degrees, of a sort
- 38. Smoke trace
- 39. ___ fixe
- 40. Bogart in "Casablanca," e.g.
- 41. Stat for Martinez
- 42. Last name in fashion
- 46. "East of Eden" character
- 47. Oscar winner Wendy
- 49. Type of voice
- 50. Judged
- 51. Emphasis on a syllable
- 54. Pad paper?
- 56. Fall flower
- 58. Bassoon's kin
- 59. Tamblin of "Seven Brides for Seven Brothers"
- 60. Canadian Indian
- 61. Malt kiln
- 62. Concorde, e.g.
- 63. Hide-hair link

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

Pastor Mark Ehrmantraut
www.vincentumc.com



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www.faithumcminot.com

Pastor Rick Craig
701-838-1540

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Sunday Coffee Fellowship: 10:30 a.m.
Worship Services: Sunday 11 a.m.

Cornerstone Presbyterian Church

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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

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www.griefshare.org

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838-0916
MinotBibleFellowship.org



Immanuel Baptist Church

1615 2nd St. SE
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

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



First Lutheran Church - ELCA

120 5th Ave. NW
852-4853

Sunday Worship
9:30 am

www.firstlutheran.tv
(Live Stream & Recorded)
Radio Broadcast KRRZ 1390AM
Sunday 9:30 am
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11:00 am

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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

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www.minotcbbc.org
email: minotcbbc@gmail.com
Gabe McCormick- Pastor

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Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal..... 5:30p.m.
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Missouri Synod

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9:30 AM

Adult Bible Study and Sunday School
11:00 AM

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839-4663
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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

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Jesse Starr, Pastor



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Pastor Heath Trampe

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Email: jschultz@orcsknights.org
Website: www.orcsknights.org



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James W. Henderson
Anna B. Henderson

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

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

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www.orcsknights.org

Fuel for the Mission Fruits, Vegetables, and Fiber

AFMS - MINOT - 5TH MEDICAL GROUP

Mission readiness requires a properly fueled body and mind. Eating a well-balanced diet rich in whole foods with plenty of fruits and vegetables can boost your mental and physical performance. Don't skip your meals -- make time to fuel!

The American Heart Association suggests filling half your plate with fruits and veggies as a way to meet the recommendation of 4½ cups of each every day.

Fiber is an essential nutrient. However, many Americans fall short of the recommended daily amount in their diets.

Women should aim for about 25 grams of fiber per day, while men should target about 38 grams.

Dietary fiber contributes to health and wellness in a number of ways:

- Helps with fullness after meals
- Can help to lower cholesterol
- Prevent constipation and diverticulosis

-Helps keep blood sugar levels within a healthy range

Tips: Fiber is found in plant foods.

-Eating the skin or peel of fruits and vegetables provides a greater dose of fiber

-beans and lentils, whole grains, nuts and seeds.

For example, one medium apple with the peel contains 4.4 grams of fiber, while ½ cup of applesauce contains 1.4 grams, and 4 ounces of apple juice contains no fiber.

Breakfast, choose steel cut oats with nuts and berries instead of a low-fiber, refined cereal.

Lunch, have a sandwich or wrap on a whole-grain tortilla or whole-grain bread and add veggies, such as lettuce and tomato, or serve with veggie soup.

Snack, have fresh veggies or whole-grain crackers with hummus.

Dinner, try brown rice or whole-grain noodles instead of white rice or pasta made with white flour.

Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- ½ medium avocado (5 grams)
- 1 ounce almonds (3.5 grams)
- ½ cup cooked black beans (7.5 grams)

- 3 cups air-popped popcorn (3.6 grams)
- 1 cup cooked pearly barley (6 grams)

When increasing fiber, be sure to do it gradually and with plenty of fluids. As dietary fiber travels through the digestive tract, it is similar to a new sponge; it needs water to plump up and pass smoothly. If you consume more than your usual intake of fiber but not enough fluid, you may experience nausea or constipation.

Before you reach for the fiber supplements, consider this: Fiber is found naturally in nutritious foods. Studies have found the same benefits, such as a feeling of fullness, may not result from fiber supplements or from fiber-enriched foods. If you're missing out on your daily amount of fiber, you may be trailing in other essential nutrients as well. Your fiber intake is a good gauge for overall diet quality. Try to reach your fiber goal with unrefined foods so you get all the other benefits they provide as well.

Easy ways to add in fruits and vegetables into your day:

-Grab carrots instead of chips for a snack

-Add vegetables into your pasta dish

-Substitute a carb side like rice for roasted vegetables

-Double the ratio of vegetables in your soup recipe

-Have fruit already washed and ready to grab in your fridge

-Add veggies to your pizza

-Drink a smoothie (watch the sugar though) made with fruits and spinach

-Try zucchini noodles or cauliflower rice

-Make lettuce wraps

-Eat the rainbow of colors in fruits and vegetables and vary your diet. When humans eat plant foods, phytonutrients protect us from chronic diseases. Phytonutrients have potent anti-cancer and anti-heart disease effects. Here is a rundown of fruits and vegetables sorted by color, along with the phytonutrients they contain, and which foods you'll find them in.

Phytonutrients: Paint your plate with the colors of the rainbow - Harvard Health



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, Aug. 19: 1,840.92 feet above mean sea level (MSL); 22,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.05 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.49 MSL.

• N.D. Game & Fish Dept. game wardens: Lake Metigoshe producing some bluegill success but limited activity on most other north-central area lakes. Activity slowed on Devils Lake but try the south shore around Fort Totten. No Lake Sakakawea reports.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued walleye activity in the Chain of Lake north of Devils Lake.

• Devils Lake, Woodland Resort, Devils Lake: Walleye activity slowed with most success on spinners or crankbaits with increasing success with jigs and minnows in 20 to 24 feet.

• Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling or around Grano with the lake weedy.

• Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success with scattered walleye activity in the early morning or late evening hours.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea continues producing some small walleye activity. Work 25 feet but be prepared to keep fish coming from that depth. No reports from Lake Audubon.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea producing a few walleye with better success west towards Douglas Bay. Try 5 Fingers. No Lake Audubon reports.

• Lake Sakakawea, Indian Hills Resort, Garrison: Try jigs and nightcrawlers, Jig 'n Raps, or plastics in deeper water for walleye. Angler numbers beginning to slow down.

• Lake Sakakawea, New Town: Walleye success somewhat slow with fish moving in deeper water. Try jigs and nightcrawlers.

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

- Keep any fish coming from 25 feet or deeper – their swim bladders can't handle coming up quickly from deep water and they typically won't survive.

• N.D. Game & Fish Dept. free PLOTS, Private Land Open to Sportmen, guides with maps available for download on their website, (gf.nd.com). Printed copies available at select vendors and Game & Fish Dept. offices in late August.

• 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>.

• 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. 23: Movie in the Park, Oak Park, 9:30 p.m.

• Aug. 24: Souris Valley Pheasants Forever meeting, Badlands Restaurant, Minot, noon.

• Aug. 26: Zumba in the Park, Oak Park, 7 p.m.

• Aug. 29: Free Youth Outdoor Festival, 5:30 p.m. to 7:30 p.m., N.D. Game & Fish Dept. Conservation & Outdoor Skills Park, N.D. State Fairgrounds, Minot.

• Aug. 30: Archery deer and pronghorn seasons open.

• Aug. 31: Evening Hike Series, Lantern Hike, Fort Stevenson State Park, Garrison.

• Sept. 1: Dove season opens.

TOURNAMENTS:

• Aug. 24: Lake Sakakawea, Sakakawea State Park; Lake Sakakawea, Beulah Bay; Lake Sakakawea, White Earth Bay.

• Lake Sakakawea, Van Hook Bait & Tackle: Best walleye success remains in the southern end of the Van Hook Arm. Anglers working harder but still finding some spotty walleye success in the north end of the Arm. Try nightcrawlers in 28 feet. Fair smallmouth bass success from shore.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing nice catfish success using smelt or nightcrawlers. Try the spillway channel for walleye but they're still on the small size. No reports of a salmon night bite but some nice-sized walleye showing up. South shore along the east end of Lake Sakakawea producing salmon throughout the water column with most success in the 80 to 90 foot range. Work points in 20 to 30 feet for walleye. Move around to locate active fish using lindy rigs and nightcrawlers or vertical jigging. Smallmouth bass success continues in the shallows of the bays.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone River muddied up after recent Montana rains, slowing walleye activity but catfish success remains good. Upper end of Lake Sakakawea producing mixed walleye success. Work deeper water with fish occasionally moving shallower using nightcrawlers but try minnows in the morning hours. Montana's Fort Peck Dam good for nice-sized salmon.

• Lonetree WMA area lakes, Harvey:

No new reports.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Antelope Lake producing some walleye activity.

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

• Advisory: Buffalo Lodge Lake, McHenry Co.; Clear Lake, Pierce 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, 7.8 feet; streamflow, 245 CFS.

• Missouri River, Williston: River stage, 14.59 feet.

• Missouri River Washburn: River stage, 10.44 feet.

• Pembina River, Walhalla: River stage, 2.1 feet; streamflow, 165 CFS.

• Souris River, Foxholm: River stage, 6.22 feet; streamflow, 52 CFS.

• Souris River, Minot Broadway Bridge: River stage, 41.57 feet.

• Yellowstone River, Sidney, Mont.: River stage, 2.58 feet; streamflow, 4,610 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.



Doug Rathburn



Doug from the 5th Med Group found a \$40 Golden Ticket in the Northern Sentry he picked up at work. Doug reads the Sentry every week and this is his second Golden Ticket. Thanks Doug!

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

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SUMMER FEST 2024

Last week, Minot AFB hosted the annual Summer Fest. The festival consisted of food trucks, go-carts, a mechanical bull, a bounce house, and performances from Andy Grammer, Bryce Vine, and 3OH!3

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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SUMMER FEST MEET & GREETS

Meet and greets with Andy Grammer, Bryce Vine, and 3OH!3 at Summer Fest, August 16, 2024 at Minot Air Force Base, North Dakota. See Minot AFB PA Flickr page for more photos.

U.S. AIR FORCE PHOTOS | MINOT AFB PA



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Tuesday (9/17)..... 6:30 pm
Wednesday (9/18)..... 6:30 pm
Wednesday (9/18)..... 7:00 pm

WOMEN
4 Person Teams
Tuesday (9/17)..... 6:30 pm
Thursday (9/19)..... 6:30 pm

YOUTH
Thursdays (Ages 7 and up)..... 3:45 pm
• Start Day, 9/12

Saturdays (Ages 5 and up)..... 9:30 am
• Registration Day 9/7
• Bumper League Available for ages 5-6
• Start Date, 9/14

Sundays (Ages 12 and up)..... 6:00 pm
• Start Day, 9/15

Mondays (Ages 12 and up)..... 5:00 pm
• Start Day, 9/16

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Friday (9/20)..... 6:30 pm
Sunday (9/22)..... 7:00 pm

SENIORS
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Wednesday..... 10:00 am
• Starts 9/13
Friday..... 1:00 pm
• Starts 9/15

DAYTIME COFFEE
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MENS & WOMENS LEAGUE WILL HAVE LEAGUE MEETINGS THE WEEK BEFORE START DATE!

YOUTH IN ACTION

Back-to-School Safely at Minot AFB



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



Backpacks, calculators, pencils, notebooks, oh my! It is Back-to-School time and our families, students, and schools are ready and prepared for an incredible 2024-2025 School Year!

Though this time is filled with excitement and joy, we much consider the importance of following safety protocols to ensure this school year is safe.

The following are a few tips for our drivers, walkers, and bus riders to make this school year a safe one!

DRIVERS:

-Please adhere to school zone signals and always obey the speed limit

-Always stop for school buses loading or unloading children.

-Never pass, change lanes or make U-turns while driving in the school zone

-Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in parking lots.

WALKERS:

-Walk on sidewalks, if one is available.

-Before you cross the street, stop, and look left, right, and left again to see if cars are coming.

-Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections.

-Stay alert and avoid distracted walking.

BUS RIDERS:

-Go to the bus stop with your child to teach them the proper way to get on and off the bus.

-Stand 6 feet (or three giant steps) away from the curb. If your child must cross the street in front of the bus,

-Teach him or her to walk until they are 10 feet ahead of the bus

-Your child and the bus driver should always be able to see each other.

For more Back-to School Safety Tips, please visit the Air Force Safety Center or National Safety Council websites. These websites are incredible resources as we prepare for an extraordinary school year.

2024-2025 MPS CALENDAR

IMPORTANT UPCOMING DATES



September 2
Labor Day - No School

September 3
Prof. Devel. Day
No School for Students

September 11
Early Release Day

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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A MORNING DRIVE

Patricia Stockdill

The morning sun creases the sky; the calm air allows morning dew to trickle from the grass, glistening like diamonds against the vivid green vegetation.

It's a perfect morning for wildlife – especially upland game birds as hens busily try to keep track of their broods, leading them to roadside edges to dry developing young feathers, find an unsuspecting insect for a breakfast snack, and peck at a little gravel, so important to their digestive system. It's also a perfect morning for N.D. Game and Fish Department biologists – waterfowl and upland specialists, alike – and game wardens to conduct annual brood surveys.

The Game and Fish Department has some of the longest running brood survey data for upland game birds in the United States, dating back to 1960. The surveys began based on a study in Iowa in 1958 that determined counting broods observed along specific routes could help determine hatching and survival success.

Given its longevity, North Dakota's upland brood survey data is some of the most extensive in the country.

Proper weather conditions are critical with calm mornings making it easier to hear the birds. The sun helps draw birds out of the grass so they can dry off and warm their bodies. It also makes insects more active.

Biologist head out on specific 20-mile routes at sunrise from late July through August, traveling about 15 to 20 miles-an-hour until they see an upland game bird.

They stop, take a GPS waypoint, get out of the vehicle, and try to count all the birds they can see as they clap their hands to make noise in an effort to roost them from the heavy grass and field edges.

Oh, and at the same time they estimate their age based on size, ability to fly, and feather development.

While brood surveys may seem to focus only on pheasants – especially given their popularity among hunters – biologists count all upland species

they see. It doesn't matter if it's a pheasant brood, sharp-tailed grouse, turkeys, or partridge.

And it's not limited to feathered huntables. Biologists don't neglect other huntable species, either, taking counts on cottontails, jackrabbits, and even tree squirrels. In other words, if it's an upland critter they can observe, it's duly noted.

Brood survey routes mirror the same routes driven in the spring when biologists conduct rooster crowing counts. Hunter harvest surveys, wing collection data from hunters submitting wings and feathers so biologists can get age estimates of harvested birds, spring crowing counts, and brood surveys all combine to provide population trend information.

That, in turn, helps guide biologists in making hunting proclamation recommendations for gubernatorial approval of each hunting season.

In the short-term, the information also helps hunters get an idea of what they can expect for the upcoming upland game season. Brood surveys are one of the key factors upland biologists use in determining fall population estimates.

In the long-term all of the information combines to establish a "toolbox" of information in making recommendations for things such as roadside haying on public highway right-of-ways. It also helps underscore the importance of habitat and its correlation to federal Farm Bill conservation programs, especially in North Dakota where more than 90 percent of the land is in private ownership.

Plus it helps track land use changes and its role in habitat and wildlife populations.

Routes have generally stayed consistent over the 60-plus-year history of the brood surveys, although they've moved at times as things such as roads and land use changes. Sometimes they've been flooded out.

But over the years, it's been a constant and the information is something upland game bird hunters eagerly await to hear when the numbers are tallied and announced in early September.



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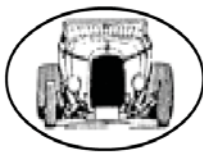
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9	2	3	4	6	1	7	5	8
1	6	8	7	4	2	5	9	3
2	3	9	5	1	6	4	8	7
4	5	7	8	3	9	2	1	6

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MINOT AFB ANNOUNCEMENTS

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

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

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

SCHOOL BOARD MINUTES

UNOFFICIAL MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 ANNUAL MEETING MINUTES JULY 31, 2024

The School Board of Minot Air Force Base Public School District No. 160 held an annual meeting on July 31, 2024. The meeting was conducted at the Library of Memorial Middle School.

Board Members Present: Eric Fileccia, Anthony Foerster, Wesley Hoffman

Board Members Absent: None

Call to Order: Superintendent Dr. Scott Faul called the meeting to order at 5:00 p.m.

Pledge of Allegiance: The pledge of allegiance was recited.

Preview of the Agenda: Motion by Foerster, seconded by Fileccia to approve the agenda as presented. Roll call vote carried 3-0.

Accept Board Member Resignation: Motion by Foerster, seconded by Hoffman to accept the resignation from school board member Shavana Jones. Roll call vote carried 3-0.

Appointment of Board Member: Motion by Fileccia, seconded by Foerster to appoint Chris Tilstra to the Minot Air Force Base School District #160 school board. Roll call vote carried 3-0.

Reorganization of the Board, Elections: Superintendent Dr. Scott Faul called for nominations for President of the Minot Air Force Base School District #160. Foerster nominated Fileccia for School Board President, Hoffman seconded the nomination. There were no other nominations. Roll call vote carried 4-0. President Fileccia took over as chair of the meeting. President Fileccia called for nominations for Vice President of the Minot Air Force Base School District #160. Foerster nominated Hoffman for School Board Vice President, Tilstra seconded the nomination. There were no other nominations. Roll call vote carried 4-0.

Appointment of Liaison for the MPS Board meetings: There was consensus to have a rotating schedule, so all MAFB board members have the opportunity to be at a MPS Board meeting in the Liaison seat.

Approval of Consent Agenda: Motion by Foerster, seconded by Tilstra to approve the Consent Agenda to include the March 26, 2024 MAFB PSD #160 regular school board meeting minutes, the April 3, 2024 special school board meeting minutes, the May 2, 2024 school board retreat minutes and the March, April, May and June 2024 financial reports as presented including the accounts payable in the amount of \$277,309.70. Roll call vote carried 4-0.

MAFB School Liaison Officer Report: The Board reviewed a report from MAFB School Liaison Officer, Joy-Nicole Smith.

Federal Impact Aid Authorized Representative: Motion by Hoffman, seconded by Foerster to appoint Business Manager Laura Dokken as the 2024-2025 Federal Impact Aid Authorized Representative. Roll call vote carried 4-0.

Pledged Securities: Motion by Foerster, seconded by Tilstra to approve the pledged securities as of June 30, 2024 as presented. Roll call vote carried 4-0.

Designated Depositories: Motion by Foerster, seconded by Tilstra to approve the designated depositories for school district funds as presented. Roll call vote carried 4-0.

2024-2025 School Board Meetings: Motion by Foerster, seconded by Hoffman to set the 2024-2025 board meeting schedule as the third Tuesday of the month, with the exception of October 29, 2024 at 5:00 p.m. at Memorial Middle School Library as the regular date and time. Roll call vote carried 4-0.

2024-2025 School Board Visits: Motion by Foerster, seconded by Hoffman to approve the schedule as presented for School Board visits to schools for 2024-2025. Roll call vote carried 4-0.

Appoint CTE Center Representative: President Fileccia appointed Chris Tilstra to the Minot Area Workforce Academy CTE Center Board.

Set 2024-2025 MAFB School Board Member Pay: Motion by Foerster, seconded by Hoffman to set the 2024-2025 MAFB school board member pay at \$100 per month and also \$100 per MPS #1 meeting attended as Liaison. Roll call vote carried 4-0.

2024-2025 Budget: Business Manager Laura Dokken presented the 2024-2025 MAFB School District #160 General Fund and Building Fund budgets. Motion by Foerster, seconded by Hoffman to approve the 2024-2025 MAFB School District #160 General Fund and Building Fund budgets as presented. Roll call vote carried 4-0.

MAFB Fund Balance, CD Investments: Business Manager, Laura Dokken, informed the school board of CD Investment options for the MAFB School District #160 Fund Balance.

Military Installation Construction Funding: The Board reviewed information on potential construction funding for Military Installation Schools.

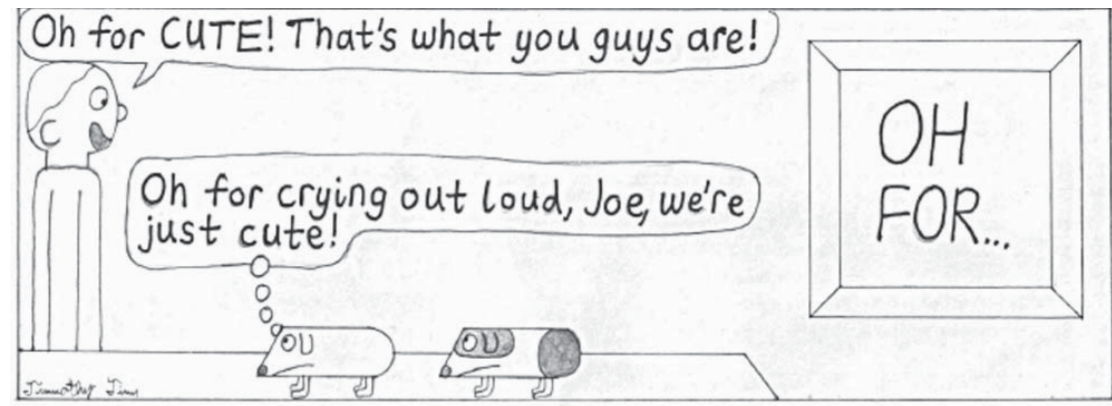
Facility Assessment: The Board was informed MPS School District #1 will be conducting facility assessments on district schools and facilities which includes the MAFB School District #160 schools. Once the assessment is complete it will be presented to the board for review.

Minot North Construction Update & Budget: Superintendent Dr. Scott Faul and Business Manager Laura Dokken updated the board on the Minot North construction and budget.

Announcements:
 1. New Teacher Orientation - August 14, 15
 2. Teaching Staff Back - August 19
 3. First Day of School – August 21
 4. MAFB School Board Meeting – October 29, 2024

Adjournment: The meeting was adjourned at 6:40 p.m.

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



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

TIMOTHY TIMM



RESTAURANT & ENTERTAINMENT GUIDE



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Winners Announced for Magic City Discovery Center's 701 Day Postcard Contest

MAGIC CITY DISCOVERY CENTER

MINOT, N.D. – The Magic City Discovery Center is thrilled to announce the winners of its first-ever 701 Day Postcard Contest, celebrating the unique charm and character of North Dakota. The contest, which invited participants of ages 2-18 to create their very own North Dakota-themed postcards, was a resounding success, with over 100 entries showcasing the creativity and spirit of our community.

After careful consideration, the winning postcards were selected for their originality, artistic expression, and connection to North Dakota's unique features. The designs from all the winners are available in the Magic City Discovery Center's Gift Shop!

And the winners are...

- AGES 2-7:**
1st Place-Riley Vetter
2nd Place-Jaxon Youngquist
- AGES 8-11:**
1st Place-Olivia Wisthoff
2nd Place-Lyla Sawyer

- AGES 12-18:**
1st Place-Jurnee Rust
2nd Place-Anna Dangerfield
- MCDC STAFF:**
1st Place-Chance Brentrup
2nd Place-Ashley Chabot!

"We were blown away by the creativity and talent displayed by all the participants," said Tessia Samuelson, Educator & mastermind of the postcard contest. "It was so exciting to see all the entries come in and how much pride the kids have in our little community! We are so excited to start selling the postcards in our giftshop."

The Magic City Discovery Center would like to thank everyone who participated in the contest and made it a success. Stay tuned for more information about our Lego Building Contest coming up in September!

To see all the winning designs, visit the discovery center gift shop or follow us on social media.

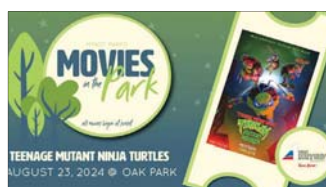


1st Place design by Jurnee Rust, in the 12-18 age category.



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

Teenage Mutant Ninja Turtles. All movies start at sunset (around 9:30 pm). *This movie is rated PG so please plan accordingly.



For more information:
Facebook/ Minot Parks/ Events

24 AUG **ARTIFICIAL AI'S**
7:00 PM
Blue Rider
118 1st Avenue SE, Minot

Join the Artificial AI's for an outdoor show from this unique band! Always bringing you live music and supporting the arts in Minot - Blue Rider is the place to be!



For more information:
Facebook/ Blue Rider/ Events

26 AUG **2024 FALL MEET THE BEAVERS**
6:30PM
Scheels parking, 2400 10th St. SW
Dakota Square Mall

Come on out to our 2024 Fall Meet the Beavers! There will be free food, giveaways, games, free tickets to our football home opener on Aug. 29th, and...the unveiling of our NEW Buckshot mascot! We look forward to seeing you there!



For more information:
Facebook/ Minot State University Athletics/ Events

28 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

26 AUG **ZUMBA IN THE PARK**
7:00 PM - 8:00 PM
Various Locations
Downtown Minot

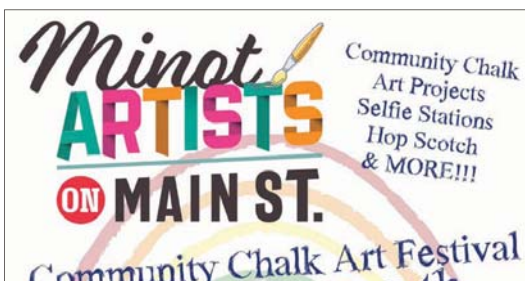
Join Minot Parks at Oak Park and enjoy upbeat music and the energetic Latin-inspired dance environment at our Zumba in the Park classes! This event is free to the public. All ages and experiences are welcome. We will have "Chair Zumba" available at the same time and place for those who need it. All classes will be at the Oak Park Amphitheater at 7:00 pm.



For more information:
Facebook/ Minot Parks / Events

29 AUG **CHALK ART FESTIVAL**
5:00 PM - 8:00 PM
Various Locations
Downtown Minot

Grab a piece of chalk and start creating at the Chalk Art Festival during Thursdays Downtown on August 29th. Find these chalk art stops in front of: The Taube Museum of Art, Prairie Sky Breads, Chaos Games, Margie's Art Glass Studio, and Magic City Sweets. Enjoy live local music, featured artists, and vendor booths on Main Street in Downtown Minot. This event is part of the Minot Artists on Main Street program with the ND Department of Commerce.



For more information:
Facebook/ Wkimbleart / Events

POT ROASTED BEEF BRISKET



- INGREDIENTS**
- 2 1/2 POUND FLAT CUT BEEF BRISKET
 - TRAEGER PRIME RIB RUB
 - 1 LARGE YELLOW ONION, SLICED
 - 1 CLOVES GARLIC, MINCED
 - 2 1/2 MEDIUM CARROTS, CUT INTO 2 INCH SLICES
 - 1/2 STALK CELERY, DICED
 - 1/4 CUP DRY RED WINE
 - 1/2 TABLESPOON TOMATO PASTE
 - 1/2 TABLESPOON WORCESTERSHIRE SAUCE
 - 1/2 TEASPOON DRIED THYME
 - 1/2 CAN (14.5 OZ) DICED TOMATOES
 - 1 CUP LOW SODIUM BEEF BROTH
 - 1 BAY LEAF
 - CHOPPED PARSLEY, FOR GARNISH

When ready to cook, set the Traeger temperature to 350°F and preheat with the lid closed for 15 minutes. Trim the fat cap on the brisket to 1/4-inch. Season all sides generously with Traeger Prime Rib Rub. In the bottom of a large roasting pan, add the onions, garlic, carrot, and celery.

In a small bowl, add the wine and whisk in the tomato paste, Worcestershire sauce, and thyme. Pour the wine mixture over the vegetables. Add the tomatoes and beef broth, and bury the bay leaves in the vegetables.

Lay the brisket fat-side up on top of the vegetables. Cover tightly with aluminum foil. Place the roasting pan directly on the grill grates. Close the lid and cook for 3 1/2-4 hours, or until the meat is fork-tender. Halfway through the cooking time, carefully lift the foil and turn the meat over. Replace the foil.

Remove the brisket from the grill, and let the brisket rest for 30 minutes. Remove and discard the bay leaves from the vegetables and skim any visible fat from the liquids. Transfer the brisket to a cutting board and slice into 1/4-inch-thick slices. Garnish with parsley, as desired. Enjoy!



Ryan Davy - GM
Minot

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WHAT'S GOING ON MINOT AFB

FRIDAY 23

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- TAP (DOL) Employment Workshop, 0800-1600, M&FRC
- Summer Games, 0800-1630, McAdoo Fitness Center
- Burgerfest, 1130-1300, Jimmy Doolittle Center Parking Lot
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Let's Glow & Roll Into School Skate Night, 1800-2000, Youth Center

SATURDAY 24

- Club Championship, 0800, Rough Rider Golf Course
- Zumba, 0900, McAdoo Fitness Center

SUNDAY 25

- Club Championship, 0800, Rough Rider Golf Course
- Sunday Escapes Book Club, 1330, Minot AFB Library

MONDAY 26

- Sponsorship Training, 0900-1100, M&FRC
- Family Zumba, 0930, Turf, hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Thrift Savings Plan for Military Members, 1300-1500, M&FRC

TUESDAY 27

- Cycle & Strength, 0515, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Newbery Book Club, 1600, Minot AFB Library
- Vehicle Maintenance Classes – Intro to Vehicle Maintenance, 1730-1930, Auto Hobby
- Zumba, 1800, McAdoo Fitness Center

FRIDAY 30

- AFGSC Family Day
- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Family Zumba, 1000, Turf, hosted by McAdoo Fitness Center
- Tabletop Gaming Starts, 1600-2200, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 01

- For a full listing of Labor Day holiday facility hours, visit 5thforcesupport.com
- Zumba, 0900, McAdoo Fitness Center

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.

INTRO TO VEHICLE MAINTENANCE
AUTO HOBBY SHOP
10 SEPTEMBER 2024
\$10 FOR CLASS • 5:30PM – 7:30PM
SIGN UP BY THE FRIDAY PRIOR TO CLASS. SCAN QR OR VISIT
[HTTP://WWW.MEMBERPLANET.COM/5MINOTAFBCLUBS/AUTOHOBBYCLASSES](http://www.memberplanet.com/5MINOTAFBCLUBS/AUTOHOBBYCLASSES)
WOMEN'S EXCLUSIVE WORKSHOP



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WEDNESDAY 28

- Base Right Start, 0730, Jimmy Doolittle Center, hosted by M&FRC
- Spouses Welcome on the Road, 0830-1430, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 29

- Cycle & Strength, 0515, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Zumba, 1730, McAdoo Fitness Center

Piasta Fridays!
FREE Salsa Lessons & Dance Nights at Rockers Bar & Grill
2024 6pm-10pm
Every 2nd Friday, join us for lessons with Jarrick Chappell, no registration needed!
6pm-7pm Beginner Salsa • 7pm - 8pm Intermediate Salsa
8pm - 10pm Open Dance • Banners must be 18+



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77TH AIR FORCE BIRTHDAY FREEZIN'S THE REASON
ROUGH RIDER GOLF COURSE
21 SEPT 2024 • 0800
REGISTER BY 14 SEPT • 1700
CELEBRATE THE AIR FORCE'S 77TH BIRTHDAY WITH A 2-PERSON TOURNAMENT!
COST \$40 PER PERSON GREEN FEES & CART FEES ARE WAIVED
TO SIGN UP SCAN QR CODE OR VISIT
[HTTP://WWW.MEMBERPLANET.COM/5MINOTAFBCLUBS/77BIRTHDAY2024](http://www.memberplanet.com/5MINOTAFBCLUBS/77BIRTHDAY2024)
723-3164



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QUALITY HEALTHCARE FOR ALL
Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

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

Center for Family Medicine
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



Fuel the Fight



ARCO
DAKOTA SQUARE

Saturday, September 7, 2024

To Enter:

- Purchase 8 gallons of fuel at Fuel the Fight
- Take your receipt inside to enter the drawing for
 - Free gas for a year courtesy of First International Bank and Trust
 - \$1,000 from Farstad Oil
 - Autographed Mason Morelli Las Vegas Golden Knights jersey

Fuel the Fight raises funds to provide gas vouchers for Trinity Health CancerCare Center patients traveling for treatments.