

northersentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 57 • ISSUE 30 | MINOT AIR FORCE BASE | FRIDAY, JULY 26, 2019

WHATS INSIDE THIS WEEK:



LT. COL.
STANLEY
RETIREMENT **6**



STATE FAIR
PARADE &
FOOD FRENZY **8**



AN
OUTDOOR
WOMAN **12**

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8TH AIR FORCE VICE COMMANDER VISIT



Col. Richard Collins, 8th Air Force vice commander, visits Minot Air Force base, July 19, 2019. During the tour Col. Collins visited the 5th Medical Group, the Security Forces Squadrons, and went to a missile alert facility (MAF) and a launch facility (LF). More photos on page 2.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN DILLON J. AUDIT

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8th Air Force Vice Commander Visit

U.S. AIR FORCE PHOTOS | SENIOR AIRMAN DILLON J. AUDIT



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AUGUST 2

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Good July 1 - August 31, 2019

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Spring Grouse Counts Reported

NORTH DAKOTA GAME & FISH

North Dakota Game and Fish Department upland game biologists have summarized the spring survey results for sharp-tailed grouse, ruffed grouse and sage grouse.

Statistics from the spring sharp-tailed grouse census indicate a 9 percent increase in the number of male grouse counted compared to last year.

Statewide, 2,267 sharp-tails were observed on spring dancing grounds this year compared to 2,088 in 2018. Male grouse recorded per square mile increased from 2 to 2.2. Nearly 800 square miles were covered.

"Sharp-tails are beginning to rebound after the 2017 drought," said Jesse Kolar, upland game management supervisor. "Historically, grouse populations have rebounded within three to five years after reaching low points in the population cycle."

Survey results indicate a 25

percent decrease in the number of ruffed grouse drums heard compared to 2018. The number of drums heard per stop was 0.53, down from 0.71.

"The majority of the trend was due to declines in the Turtle Mountains, which was down 41 percent," Kolar said. "The number of drums heard per stop in the Pembina Hills this year was nearly four times higher than in 2018."

A total of 29 male sage grouse were counted on eight leks this spring, a 7 percent increase over the 27 males counted on five leks in 2018. North Dakota does not offer a hunting season on sage grouse due to a low population.

"The count was a little higher than last year, but the population and number of active leks remain far below the population objective of 250 males," Kolar said.

Game and Fish plans to continue translocating sage grouse to

North Dakota through next year, Kolar said, and will determine a path forward after observing the outcomes from the two remaining translocation seasons.

"It is unlikely we will reopen the sage grouse hunting season in the foreseeable future," he said.

The spring grouse census serves

as relative indices of breeding populations and are largely representative of production and recruitment from the previous year. For sharp-tails, they can be used in combination with reproduction data – brood surveys are completed in late summer – to predict fall populations.



NORTH DAKOTA GAME & FISH PHOTO

Nominations sought for 2019 Main Street Awards

BISMARCK, N.D. -- Nominations for the 2019 Main Street Awards, a program of North Dakota's Main Street Initiative, are now being accepted through August 30.

The Main Street Awards honor communities that show excellence in applying the principles of Main Street Initiative by actively working to differentiate and enhance the quality of life for their present and future residents.

The Main Street Awards are a collaborative effort of the Office of Governor and the North Dakota Department of Commerce. A selection committee made up of the collaborating agencies and partners judge the entries to make final awards.

This year's award categories include:

ND Legendary Heritage Award – This award recognizes

communities focused on preserving and protecting the historical assets of their towns.

ND Arts and Culture Award – This award recognizes communities that promote and celebrate the arts and culture.

Revitalizer Award – This award recognizes communities that take empty or dilapidated lots or structures and revitalize them with updated infrastructure, mixed-use retail, residential, parks or other unique assets.

Legendary Young Leader Award – This award recognizes a young North Dakota leader who has shown exemplary leadership in their community by speaking up, getting engaged and/or motivating others to invest in their community.

Vibrancy Award - This award recognizes communities that have activated space by investing

in shared public space, cultural experiences and/or community events which draw residents and visitors.

Livability for All Ages Award – This award recognizes a community, organization or project that has taken steps to ensure their community can provide a high quality of life for people of all ages.

Differentiator Award – This award recognizes a community, organization, individual or specific project that has found an innovative and/or unique way to attract businesses, workforce and visitors or enhance local quality of life by leveraging their unique assets or qualities.

Future Leaders Empowerment Award – This award recognizes a community that seeks to engage students in creating a healthy, vibrant community

through leadership development, community planning or workforce exploration in local industries.

Main Street Excellence Award – This award will be presented to multiple communities in categories separated by population. These awards will recognize communities whose efforts emulate all three pillars of Main Street success: Smart, Efficient Infrastructure; 21st Century Workforce; and Healthy, Vibrant Communities.

For additional details on how to apply visit: <https://www.nd.gov/living-nd/main-street-nd/main-street-awards>



CONTACTUS

Ted Bolton
 Publisher | Advertising
 bagroup@srt.com

Rod Wilson
 Business Development | Marketing
 sentrysales@srt.com

Nikki Greening
 Creative Services
 nsads@srt.com or
 nsgraphics@srt.com

MINOT AIR FORCE BASE PUBLIC AFFAIRS

Chief of Public Affairs

Maj. Natassia Cherne

Public Affairs Officer

2nd Lt. Gabriel Cushing

2nd Lt. Victoria Palandech

Superintendent

Master Sgt. Jeremy Larlee

Civic Outreach

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5th Bomb Wing Vice Commander:

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Col. Glenn Harris

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NEWS SUBMISSIONS

Northern Sentry Office

nsads@srt.com | 701.839.0946

MAFB Public Affairs Office

v35bw.pa@us.af.mil

701.723.6212

MAIL & FAX

315 South Main Street, Suite 202
 Minot, ND 58701 | 701.839.1867

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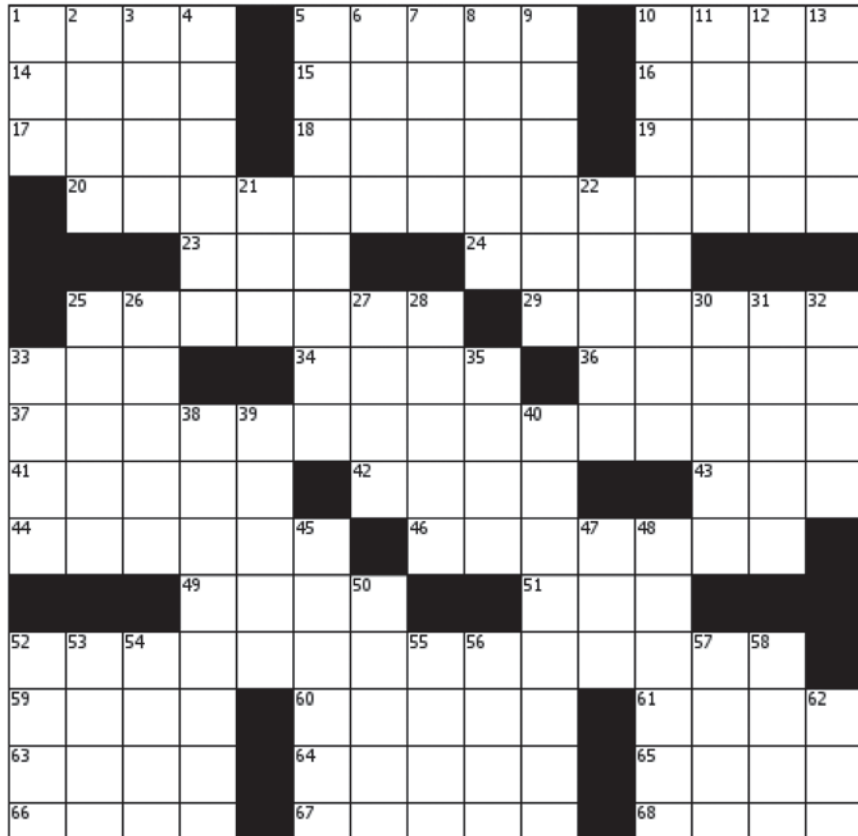
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CROSSWORD PUZZLE

Across

- 1. Storm preceder
- 5. Lamb or veal items
- 10. Waist band?
- 14. Moises in the majors
- 15. Condor's digs
- 16. Piedmont wine center
- 17. Kind of drum
- 18. Lariat in the Southwest
- 19. Fiction enthusiast?
- 20. French, to some
- 23. IV x XIII
- 24. Sean Connery, among many
- 25. Put aside
- 29. "Bragh" preceder
- 33. Radical '70s org.
- 34. Sitting on
- 36. Prepare for knighthood
- 37. Mae West's asset?
- 41. Kuwait biggie
- 42. He jumps through hoops
- 43. Apt. grouping
- 44. S. England county
- 46. Places of "action"
- 49. "___ Mia"
- 51. Brew holder
- 52. 1979 Doobie Brothers hit
- 59. Tommy of Mets' history
- 60. It's projected
- 61. Off course
- 63. Show fury
- 64. "Awake and Sing!" playwright
- 65. Mudville group
- 66. Is off the mark
- 67. Action after an alarm



Down

- 1. It'll take you for a ride
- 2. Cry of dismay
- 3. Diet successfully
- 4. Flexor or extensor
- 5. Traveling amusement show
- 6. Take, as advice

- 7. Kind of contract
- 8. Pocket breads
- 9. Meeting with a medium
- 10. Greeting an officer
- 11. It covers plenty of ground
- 12. Type of beetle or party
- 13. Take on

- 21. Black gold
- 22. Russian author of "The Lower Depths" (Var.)
- 25. Replay effect, briefl
- 26. Rutger ___ of "Blac Runner"
- 27. Frat letters
- 28. Prescription data
- 30. Kind of surgeon

- 31. Lysol targets
- 32. Matador boosters
- 33. Food fish
- 35. HS junior test
- 38. Nick-of-time types
- 39. "Wunderbar!"
- 40. Most subject to chance
- 45. Earth mover
- 47. Home in the hills
- 48. Spiny lizard
- 50. Living quarters
- 52. Colt's kin
- 53. Operatic prince
- 54. Kind of miss
- 55. Part of YSL
- 56. Wee pest
- 57. Half a matched set
- 58. Shore prospector
- 62. Arrow wood

SUDOKU Solution to puzzle on page 10

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

Solution to last week's Crossword puzzle.

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



THE LION KING (PG)
FRIDAY, JULY 26 • 1800

“ After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery. ”



Lemon Blueberry Muffins



Recipe courtesy of: www.ihomemagazine.net/lemon-blueberry-muffins/

INGREDIENTS:

- 1/3 cup milk
 - 1/3 cup vegetable oil
 - 1 egg
 - 3/4 cup sugar
 - 1/3 cup lemon juice, 2 lemons
 - 1/2 teaspoons vanilla or almond extract
 - 1 Tablespoon lemon zest
 - 2/3 cup sour cream
 - 1 3/4 cups flour
 - 1/2 teaspoon salt
 - 2 teaspoons baking powder
 - 1 cup blueberries
- GLAZE:**
- 1/2 cup powdered sugar
 - 1/2-1 Tablespoon lemon juice

INSTRUCTIONS:

- Preheat oven. Preheat oven to 375° and fill cupcake pan with liners (or use cooking spray).
- Whisk together wet and dry ingredients. In a large bowl, whisk together milk, vegetable oil, egg, sugar, juice, vanilla, lemon zest and sour cream. In a separate bowl, combine flour, salt and baking powder.
- Combine ingredients and fold in blueberries. Mix the dry ingredients in with the wet ingredients and stir until smooth. Then fold in blueberries.
- Fill cupcake pan and bake. Fill cupcake liners about 2/3 the way full, then bake for 20-25 minutes until lightly browned. Remove muffins from pan and let cool.
- Drizzle with glaze. In a small bowl, combine powdered sugar and lemon juice. Then drizzle over muffins.

GLAZE FOR LEMON BLUEBERRY MUFFINS

- To make the glaze, simply mix together 1/2 cup powdered sugar and 1/2-1 Tablespoon lemon juice in a small bowl. Then drizzle the glaze over the muffins with a spoon.



26 JULY
BREAKFAST FOR VETERANS
 8:00AM-10:00 AM
 Location: The Wellington
 601 24th Ave SW, Minot, ND 58701
 Honoring Veterans who have proudly served in the military - in war time or peace time. We welcome all veterans to join us at The Wellington for breakfast on the last Friday of each month at 8:00am. **For more information: Facebook event/ The Wellington**

VETERANS BREAKFAST
 Last Friday of Each Month

27 JULY
TRESTLE VALLEY LONGSHOTS HOSTS BUFFALO GUN MATCH
 8:00 AM - 9:00 PM
 Location: Minot Rifle & Pistol Club
 1600 62nd St SW, Minot, ND 58701
 Come put your long range precision to the test! Registration Opens: 8:00 AM. Practice starts: 8:00 AM. Safety Briefing: 10:00 AM. Match Begins: 10:05 AM
For more information: Facebook event/ Trestle Valley Longshots



29 JULY
ROOSEVELT PARK ZOO HOSTS INTERNATIONAL TIGER DAY
 10:00AM - 2:00PM
 Location: Roosevelt Park Zoo 1219 Burdick Expy E, Minot, ND 58701
 Join us for a roaring good time as we celebrate International Tiger Day at the Roosevelt Park Zoo! **More information: Facebook event/ Minot Area Council of the Arts**



30 JULY
THE EAST END BAR OPEN MIC NIGHT
 7:30PM - 11:00 PM
 Location: The East End 400 Central Ave E Ste 102, Minot, ND 58701
 Join us for Open Mic Night every Tuesday from 7:30 to close! All performers welcome to take the stage. All talents get their second drink on the house
For more information check out: Facebook event/ The East End Minot



31 JULY
SOURIS VALLEY SABRE DOGS BASEBALL VS HUB CITY HOTSHOTS
 7:05 PM - 9:00 PM
 Location: Corbett Field 1124 E Burdick Expy, Minot, ND 58701
 The Souris Valley Sabre Dogs a wood bat summer collegiate baseball team that offers a fun, inexpensive, family-friendly environment full of food, fun, and baseball. **For more information check out: Facebook event/ Souris Valley Sabre Dogs**

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STATE HISTORICAL SOCIETY OF NORTH DAKOTA
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"Birds, Bugs, and Slugs" Featured at the Former Governors' Mansion

BISMARCK, N.D. — Join the staff at the Former Governors' Mansion State Historic Site in Bismarck on Friday, July 26 from 1 to 3 p.m. for "Birds, Bugs, and Slugs," an urban safari on the grounds of the mansion. The free event is geared toward young children and will encourage bird watching, bug hunting, and animal observations. All children should be accompanied by an adult. Staff will assist with finding, drawing, and identifying

species that make the mansion their home. Cookies and lemonade will be served. Summer hours at the Former Governors' Mansion State Historic Site, 320 East Avenue B, Bismarck, are Monday-Friday, 10 a.m.-5 p.m., and Saturday-Sunday, noon-4 p.m. For more information, call 701.328.9528. Find upcoming educational programs sponsored by the State Historical Society of North Dakota at history.nd.gov/events or call 701.328.2666.

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 Grano Lakeside Lounge - Grano
 Drinks - Mohall

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NODAK ARMS

OUTDOOR

REPORT

OUTDOOR NOTES:

PATRICIA STOCKDILL

Fishing:

Lake Sakakawea elevation, July 23, 1,852.22 feet above mean sea level (MSL); 46,200 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.86 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.9 MSL.

• N.D. Game & Fish Dept. game wardens: Devils Lake continues generally fair for walleye with most success along the Minnewaukan Flats or Golden Highway. No reports from north-central area lakes or Missouri River System.

• Devils Lake, Ed's Bait Shop, Devils Lake: Continued good for small walleye. Most activity still around Minnewaukan Flats jigging with slip bobbers and leeches. Also try spinners with nightcrawlers. Work 15 to 30 feet. Try wind-blown shorelines for bass.

• Devils Lake, Woodland Resort, Devils Lake: Fair to good for walleye trolling with spinners and bottom bouncers along the highways in 10 feet out to 18 feet. Work 25 to 35 feet for larger fish. Good white bass success scattered throughout the lake.

• Lake Darling, Karma C-Store, Ruthville: Fair to good walleye success on Lake Darling, Grano, and Greene with better success on nightcrawlers.

• Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Activity slowed for both angler numbers and success with bullheads dominating the catch.

• Lake Metigoshe, Four Seasons, Bottineau: Nice bluegill and walleye success.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Fair walleye success on the east end of Lake Sakakawea. Work deeper from 18 to 30 feet with a variety of presentations. No reports from Lake Audubon.

• Lake Sakakawea/Lake Audubon, 6-Mile Bait & Tackle, Garrison: Fair to good walleye success in 5 to 25 feet with depth varying depending on the wind from Highway 83 to Douglas Bay. Try spinners or Lindy rigs with

nightcrawlers or leeches. Continue working main lake sunken humps with spinners and nightcrawlers for walleye on Lake Audubon.

• Lake Sakakawea, Indian Hills Resort, Garrison: Lots of small walleye so sort through for the keepers, which are there for those putting in the time. Try 15 to 30 feet using Lindy rigs or spinners and bottom bouncers and leeches or nightcrawlers along the south shore.

• Lake Sakakawea, Scenic 23, New Town: Fair walleye success throughout the Van Hook Arm.

• Lake Sakakawea, Van Hook Resort, New Town: Fair to good walleye success in 17 to 22 feet using spinners or Lindy rigs with leeches or nightcrawlers. Move around throughout the Van Hook Arm with fish scattered day-to-day with lots of small fish but nice keepers mixed in.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues produces walleye and catfish in the spillway channel. Also try down river with Lindy rigs or slow death hooks and nightcrawlers or plastics. Best success is before 10 a.m. Chutes producing a mix of species. Decent walleye success from shore from the rocks or boat ramp area. Lake Sakakawea producing walleye with best success also before 10 a.m. Try crankbaits in 16 to 20 feet and Lindy rigs or spinners with bottoms bouncers with live bait. Work main lake points along Steinke or Governments bays or Sakakawea State Park. Best success remains west in the midsection, though. Try 65 to 80 feet for salmon with a variety of presentations north of Government Bay.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success on the upper end of Lake Sakakawea is around Lund's Landing and Hofflund Islands with water clearing. Try jigging with minnows or pulling nightcrawler harnesses. Also try crankbaits in 30 feet around Van Hook. Kota-Ray Dam continues producing panfish. Missouri and

Dates to Know:

- Aug. 3: Club de Skinautique and Lighted Boat Parade, Fort Stevenson State Park.
- Aug. 7: Ages 10 to 12 Youth Day Camp, Lake Metigoshe State Park. Call Schimetz at the park, (701) 263-4514 for information and registration.

Tournaments:

- July 26 & 27: Lake Sakakawea, Beulah Bay.
- July 27: Lake Sakakawea, Littlefield Bay; Lake Sakakawea, New Town Marina; Devils Lake (2).
- Aug. 3: Lake Sakakawea, 4 Bears; Lake Sakakawea, Elmer's Point; Devils Lake (2).
- Aug. 3 & 4: Lake Sakakawea, Indian Hills Resort; Devils Lake.

Yellowstone rivers remain high with little activity.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited reports with area lakes generally slow.

N.D. rivers:

• Des Lacs River, Foxholm: River stage, 5.4 feet; streamflow, 6.58 CFS.

• Little Missouri River, Watford City: River stage, 0.28 feet; streamflow, 609 CFS.

• Missouri River, Washburn: River stage, 14.27 feet.

• Pembina River, Walhalla: River stage: 1.92 feet; streamflow, 81.1 CFS.

• Souris River, Foxholm: River stage, 5.75 feet; streamflow, 23.8 CFS.

• Souris River, Minot: River stage, 4.25 feet; streamflow, 23.9 CFS.

• Yellowstone River, Sidney, Mont.: River stage, 8.81 feet; streamflow, 24,600 CFS.

Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (800) 472-2121 or (701) 328-9921.



AIRFIELD REPAIRS

The weather cooperated Sunday, July 21 for the MSG warriors to be able to make airfield repairs, in order to put the B52s in the air!

5TH BOMB WING MISSION SUPPORT GROUP PHOTOS

Minot AFB resident named to UMass Lowell dean's list

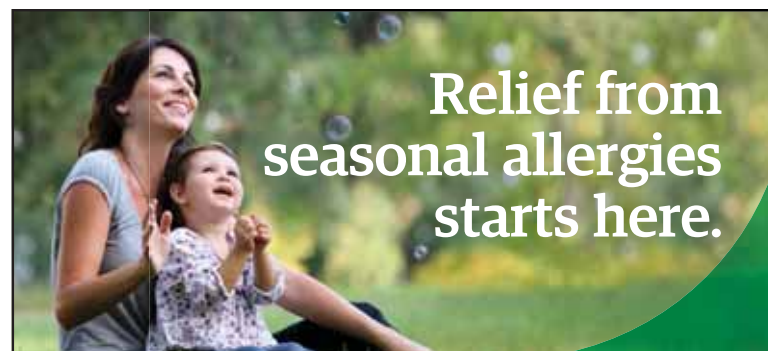
LOWELL, Mass. (Grassroots Newswire)

Anthony Carreon of Minot Afb, N.D., has been recognized for achieving academic distinction at the University of Massachusetts Lowell.

Carreon, majoring in mechanical engineering, was named to the dean's list at UMass Lowell for the spring 2019 semester.

To qualify for the dean's list at UMass Lowell, a student must have completed no fewer than 12 graded credits for the semester and earned at least a 3.25 grade-point average with no grade lower than C and without any incompletes.

UMass Lowell is a national research university located on a high-energy campus in the heart of a global community. The university offers its more than 18,000 students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers high-quality educational programs, vigorous hands-on learning and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. www.uml.edu



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North Dakota State Fair Parade Winners



Grand Marshal Award - Overall winner MHS Class of 1969 Entry # 187 sponsored by Farmers Union Insurance-Ressler, Sipma and Beuchler Agency



Flickertail Award - Burdick Job Corps Entry # 49 - sponsored by Keller Paving



Chairman's Award - Farstad/Superpumper Entry # 70 - sponsored by Verendyre Electric



Rough Rider Award - Roosevelt Park Zoo Entry # 80 sponsored by Prairie Federal Credit Union

NORTH DAKOTA STATE PARADE PHOTOS

State Fair Food Frenzy Winners Announced

NORTH DAKOTA STATE FAIR

Minot, ND - July 21- The North Dakota State Fair Food Frenzy competition winners were chosen on Friday, July 19 at the conclusion of the event.

The competition consisted of three possible categories for vendors to enter. The winners are the following:

- Most Creative: Jalapeno Popper Pizza from Leimon's Pizzeria
- Best Bites-Savory: Pit Master Fries from Minnesota Wing King
- Best Bites-Sweet: Brownie Waffle Stick from Waffle Chix

Nine judges tasted a variety of foods and critiqued them on categories of uniqueness, visual appeal, taste, and overall impression. The judging panel was represented by KX News, KMOT, iHeart Media Bismarck, First Western Bank and Trust, Programmers Broadcasting, Visit Minot, Dakota Chappy, and one Fairgoer.

The winner of the People's Choice Award will be announced Monday, 22. Other new food products this year are: S'mores funnel cake, cream cheese wonton roll on a stick, berries and cream Nordic waffle, turkey chipotle Nordic waffle, deluxe grilled cheese sandwich, deep fried greek pie, spicy bacon pops, bacon pops, turtle pops, s'mores lolly, Bones BBQ signature pulled pork, and bread pudding on a stick.

For more information about Fair Food and locations of vendors, visit our Food Finder page at <https://ndstatefair.com/food-finder/>



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BROWNIE WAFFLE STICK



PIT MASTER FRIES

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Director, Physician and Retention

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Visit www.perimeterhealthcare.com/facilities/piney-ridge-behavioral/


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Little Flower Catholic Church
 800 University Avenue West
 838-1520

Summer Mass Schedule
 Saturday 5:30 pm
 Sunday 9:30 am

Fr. Fred Harvey, Pastor
www.littleflowerminot.com

St. Peter The Aleut Eastern Orthodox Church



109 6th St. SE Minot • 838-3094

Sunday Liturgy 10 a.m.
 Saturday Vespers.... 6 p.m.

The Very Reverend Father Anastassy

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www.trinitychurchminot.org



Worship Service at 10:45am Sundays
 Sunday School at 9:45am

**1720 4th Ave NW, Minot
 838-0916**

MinotBibleFellowship.org



Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Tom Sumers
 701-838-1540

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

Minot Baptist Church

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

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

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

Cornerstone Presbyterian Church

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

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

Wednesday Evening Schedule
 Community Dinner 5:30-6:30pm
 Contemporary Worship 6:30pm
 Youth Group & Small Groups.. 7:15pm

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Congregational UCC
 430 N. Broadway • 839-1064

Sunday Worship 11am
 Sunday School 11am
 Tuesday Bible Study 12pm
 Saturday Noah's Breakfast ..9:30am

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Missouri Synod

Sunday Worship 9:30 am

**2209 4th Avenue NW Minot, ND
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Reverend Philip Beyersdorf
www.stmarksminot.com
 Call or check out our website for more information.



Immanuel Baptist Church

**1615 2nd St. SE
 Minot • 839-3694**

Sundays:
 Worship 10:00 a.m.

Wednesdays:
 Soup Kitchen 11:30 a.m. - 12:30 p.m.

Brian T. Skar, Pastor
www.ibcminot.org

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor

St. John the Apostle Catholic Church



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

Daily Mass Schedule:
 Tuesday 7:00 p.m.
 (3rd Tuesday 7:00 a.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

Summer Worship Schedule
 Saturday Worship..... 5:00 pm
 Sunday Worship..... 9:30 am



www.firstlutheran.tv
 (Live Stream & Recorded)
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 Sunday 9:30 am
www.flcminot.com
 Pastor Brandy Gerjets • Pastor Ellery Dykeman



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

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

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

Bethany Lutheran

215 3rd Ave. SE, Minot, ND
 Phone: 838-5196
 A Member of the ELCA

Sunday Worship.....9:00 am
 Sunday Fellowship.....10:00am
 Wednesday Worship.....6:45 pm

Website: www.bethanylutheranminot.com
 Email: bethanylutheran@srt.com
 Live Streaming: bethanylutheran.tv

**Pastor Janet Hernes Mathistad
 Pastor Gerald Roise**

First Baptist Church



200 3rd St. SW • 852-4533
www.fbcminot.org

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

Rev. Kent Hinkel, Senior Pastor
Rev. Barry Seifert, Associate Pastor
Pastor Josh Huseby, Worship Arts
Pastor Sam Kautzmann, Student Ministries
 Elaine Carlson, Children's Ministry Director

Cross Roads Baptist



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

www.minotcrbc.org
 email: crbc@srt.com

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



West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot

**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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1024 2nd St. SE • 838-4425
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Saturday Informal Worship.. 5:00 p.m.
 Sunday School 9:00 a.m.
 Sunday Worship Service 10:00 a.m.
 Fellowship..... 11:00 a.m.

Pastor Jennifer McDonald
www.vincentumc.com



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www.ourredeemers.org

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Contemporary Service
 Sunday Worship 1000



Gospel Service
 Sunday Worship 1130

Catholic Mass (Northern Lights Chapel across from Rockers)
 Sunday 1000 & 1700
 Daily Monday-Thursday at 1200

First Assembly of God

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

Morning Worship 8:30 a.m.
 Sunday School 10 a.m.
 Morning Worship 11 a.m.
 Wednesday Family Night..... 6:30 p.m.

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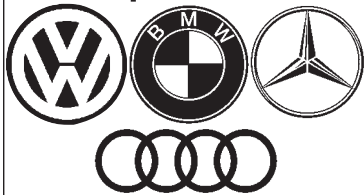
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ANSWERS

SUDOKU ANSWERS

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

Answers to puzzle from page 4

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 <p>\$275,000</p> <p>UPDATED! Fully refinished 4 bedroom, 3 bath ranch home. Quiet cul-de-sac. Laminated and pergo flooring in the main area. Chestnut tone birch cabinets. Stainless appliances. Breakfast snack bar and dining area that opens into living room. Season room with bar. Newer windows. Widened concrete driveway. Front concrete landing. Fenced backyard. 2 car garage with epoxy floors. New paint on exterior of house. Sprinkler system.</p> <p>MLS #191618</p>	 <p>\$119,900</p> <p>LOOK HERE!- Roomy 3 bedroom, 2 bath condo on north hill. Newer dishwasher and nice appliances. Association fee covers water, sewer, garbage, lawn, and snow. 2 car garage.</p> <p>MLS #191642</p>	 <p>\$205,500</p> <p>GREAT LOCATION!- 2 bedroom, 1.75 bedroom townhouse. 2 car garage. Over 1400 sq. ft.. Quiet cul de sac. Close to shopping, restaurants, and schools. Open kitchen, dining room, and living room area. Lots of counter space and cabinet storage. Master bedroom walk in closet. Maintenance free porch. Sprinkler System. New Shingles!</p> <p>MLS #191540</p>
 <p>\$69,900</p> <p>INVESTMENT OPPORTUNITY!- 3 bedroom, 1.5 bath with a lot of potential. Attached 2 car garage with new shingles. New windows. New deck boards and railing. Some new drywall. Building materials included in sale. SOLD AS IS</p> <p>MLS #191630</p>	 <p>HAPPY RETIREMENT GARY KRAMLICH! Watne Realtors would like to thank you for your 26 years of service in our office.</p>	 <p>\$289,900</p> <p>BEAUTIFUL!- 4 bedroom, 3 bath split foyer home in Stonebridge Farms. Attached 2 car garage. Large entry way. 9ft ceilings upstairs. Breakfast bar. Fenced backyard. Master bedroom has full master bath. Finished basement with second living room.</p> <p>MLS #191566</p>
 <p>Leigh Ann Perdue 641-0150 LeighAnn@minothomes.com</p>	<p>Check our site for weekly dates and times of Open Houses</p> <p><small>one click printout of weekly open houses</small></p>	 <p>Lenora Stevenson 263-7757 lenora@minothomes.com</p>

BASE ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

is now registering for the Fall 2019 term (5 Aug-6 Oct). You can enroll in classes for CCAF, classes towards Undergraduate degrees such as: AS/BS Aeronautics, AS/BS Aviation Maintenance, AS/BS Technical Management and Graduate degrees: MS Aeronautics, MBA Aviation & MS Management. Please stop by the ERAU office, located inside the Minot AFB Education Center Bldg, Room 223 or email your registration request & any inquiries to minot@erau.edu. To apply to the University, please go to: <https://worldwide.erau.edu/admissions/apply/> and select Minot as the Campus location. Our course modalities include Eaglevision class onsite, online and Eaglevision video. If you have any questions, please call 701-727-9007.

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Earn your degree on your terms; now enrolling for Fall 1 with classes starting August 19. At Park, we believe everyone who strives to earn a degree should have that opportunity. Earn your CCAF credits, AU-ABC, and/or your Bachelor degree with Park, helping to maximize your prior military experience. Find out how many credits you can get for your military experience by going to military.park.edu and confirm 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 for my military experience?" She will even tell you your graduation date. Park University. Minot AFB @ the Education Center (upstairs from the library in room 222). 844-884-8612; mino@park.edu. Park. You.



Kim Albert Agency
701-852-1460
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WHAT'S GOING ON MAFB

TODAY	TUESDAY	UPCOMING EVENTS:
<ul style="list-style-type: none"> • TAP GPS Workshop, 0730-1600, Held at the Education Center and hosted by the A&FRC • Youth Programs Summer Paintball Camp, 0900-1200, Youth Center • Boot Camp, 1145, Fitness Center • Torch Club, 1600-1700, Youth Center • Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Rough Riders Pizza) • Free Salsa Dance Lessons, 1900, Ground Zero Lounge in the Jimmy Doolittle Center • Salsa Dance Social, 2000-2300, Ground Zero Lounge in the Jimmy Doolittle Center • Karaoke Night, 2100, Rockers Bar & Grill • Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes 	<ul style="list-style-type: none"> • Run 4 Fitness, 0600, Fitness Center • Pre-Separation Counseling, 0800-1130, A&FRC • Game Day, 1000-1930, Base Library • Cycle, 1130, Fitness Center • Family Night Kids Eat Free with Adult Club Member Entrée Purchase, 1700-2000, Rockers Bar & Grill • Fit to Fight, 1800, Fitness Center • Swerk, 1900, Fitness Center 	<div style="background-color: white; padding: 5px; border-radius: 5px; margin-bottom: 10px;"> <p style="text-align: right; font-weight: bold; color: #007060;">2 Aug</p> <ul style="list-style-type: none"> • Run 4 Fitness Intervals, 0600, Fitness Center • Nerd 5k Run, 0630, Fitness Center • Boot Camp, 1145, Fitness Center • First Friday, 1600-2200, Jimmy Doolittle Center • Torch Club, 1600-1700, Youth Center • Friday Fun Members Buffet, 1630-1830, Rockers Bar & Grill • Club Members \$\$\$ Drawing, 1730-1830, Rockers Bar & Grill (name of Club Member drawn also announced at the Jimmy Doolittle Center and Rough Riders Pizza) • Keystone Meeting, 1800, Youth Center • Karaoke Night, 2100, Rockers Bar & Grill • Lights & Strikes Bowling, 2100-2400, Rough Rider Lanes </div> <div style="background-color: white; padding: 5px; border-radius: 5px;"> <p style="text-align: right; font-weight: bold; color: #007060;">3 Aug</p> <ul style="list-style-type: none"> • Jump -n- Fly presented by Minot AFB EFMP, 0800-1000, held at High Air Ground and hosted by A&FRC • Cycle, 0900, Fitness Center • Powerlifting Competition, 0930, Fitness Center • Swerk, 1000, Fitness Center • Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center • Mini-Golf, 1800-1930, Base Library • Country Night, 2000-2300, Rockers Bar & Grill • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes </div>
SATURDAY	WEDNESDAY	
<ul style="list-style-type: none"> • Cycle, 0800, Fitness Center • Zumba, 0900, Fitness Center • EFMP Zoo Series, 1000-1200, Held at Roosevelt Park Zoo and hosted by A&FRC • Swerk, 1100, Fitness Center • Game Night at the Ground Zero Lounge, 1600, Ground Zero Lounge at the Jimmy Doolittle Center • Fight Night UFC 240: Holloway vs Edgar, prelims begin at 1900, main event begins at 2100, Rockers Bar & Grill • Lights & Strikes and Saturday Unlimited Bowling, 2000-2400, Rough Rider Lanes 	<ul style="list-style-type: none"> • Last Day to Register for July Photo Scavenger Hunt at Base Library • Circuit Training, 0600, Fitness Center • Kids Summer Bowling Ends, 0900-1400, Rough Rider Lanes • Club Member Benefit, 0900-1400, Rough Rider Lanes • Story Time, 1030, Base Library • Boot Camp, 1145, Fitness Center • Pre-Deployment/Remote Readiness Training, 1300-1400, A&FRC • Mug Club Special, 1600-1800, Rockers Bar & Grill • Boss & Buddy \$1 off Draft Special, 1630-1830, Rockers Bar & Grill • Members Wind Down Wednesday Buffet, 1630-1830, Rockers Bar & Grill • Pitch Hit & Run with the Souris Valley Sabre Dogs, 1630, Held at Corbett Field, hosted by Youth Center • Yoga, 1830, Fitness Center • Swerk, 1930, Fitness Center 	
SUNDAY	THURSDAY	
<ul style="list-style-type: none"> • Sunday Escapes Book Club, 1330, Base Library • Family Zumba, 1400, Fitness Center 	<ul style="list-style-type: none"> • Last Day to Register for Powerlifting Competition at Fitness Center • Winter Bowling League Registration Begins at Rough Rider Lanes • Cycle, 0600, Fitness Center • Barre, 0915, Fitness Center • Back to School Bash - Operation Home Front Back to School Brigade, 1100 -1400, Base Exchange • Cycle, 1130, Fitness • Reintegration Briefing, 1300-1400, A&FRC • Back to School Bash - Youth Programs Bash, 1400 -1600, Youth Center • Trivia Registration, 1600-1845, Ground Zero Lounge in the Jimmy Doolittle Center • Fit to Fight, 1700, Fitness Center • Club Members' 1/2 Price Appetizers (with purchase of adult entrée), 1700-1900, Rockers Bar & Grill • Olympic Weightlifting, 1730, Fitness Center • Trivia Night, 1900-2100, Ground Zero Lounge in the Jimmy Doolittle Center 	
MONDAY		
<ul style="list-style-type: none"> • Tactical Fit Express, 0600, Fitness Center • Swerk, 0915, Fitness Center • Boot Camp, 1145, Fitness Center • Reintegration Briefing, 1300-1400, A&FRC • Zumba, 1800, Fitness Center 		<div style="background-color: white; padding: 5px; border-radius: 5px; margin-bottom: 10px;"> <p>Rough Riders Pizza</p> <p>July Special: Chicken Caesar Wrap Enjoy a twist on this classic salad with grilled chicken, shredded lettuce, parmesan cheese, croutons, and caesar dressing in a flour tortilla! Try it today for \$9.75 - includes chips and a drink!</p> <p>August Special: Monday Lunch Special: Chicken Marsala Don't miss this special featuring grilled chicken and sautéed onions & mushrooms with pasta in a creamy marsala sauce! Served with garlic bread and available only while supplies last! Try it on Mondays during lunch for \$9.25 - includes a drink!</p> <p>The B-Fifty Brew</p> <p>July Special: Spinach Frittata Add some variety to your day and dig in with a medley of eggs, parmesan cheese, onion, garlic, spinach, and swiss cheese for only \$4!</p> <p>August Special: Ultimate Breakfast Sandwich You can't go wrong with this classic! Enjoy crispy bacon, tomato, egg, and roasted peppers on a bagel or croissant for only \$4!</p> </div> <div style="background-color: white; padding: 5px; border-radius: 5px;"> <p>Auto Hobby</p> <p>July Special July 16-31: Oil Change Special Purchase oil and filter from Auto Hobby and use the lube rack free for up to one hour! After one hour, if customer is not finished, vehicle will be charged lift per hour price of \$6. *Must mention advertisement to receive special price*</p> <p>August Special August 1-30: Tire Balance Special Mount 4 tires and Auto Hobby staff will balance them for just \$3.50 per tire! *Must mention advertisement to receive special price*</p> </div>

COVER GIRL:

Wendy Ross Naturally, An Outdoor Woman



STEPHANIE FONG

The American naturalist and author Enos Mills wrote, "Within National Parks is room — glorious room — room in which to find ourselves, in which to think and hope, to dream and plan, to rest and resolve." His words seem to be written for Wendy Ross, a woman whose entire life is virtually woven into the fabric of our national parks.

Wendy, the superintendent of Theodore Roosevelt National Park since 2015, regularly immerses herself into the glorious room that is the North Dakota Badlands to recharge her batteries, ponder her challenges, and grow her dreams for the national park under her care.

BORN INTO SERVICE



Wendy has been surrounded by the beauty of our national parks her entire life — her father was a climbing ranger at Mount Rainier National Park near Tacoma, Washington, when she was born.

From there, her father's career took the family to Grand Teton, Yosemite, and eventually Cape Cod National Seashore. When her parents relocated to the Great Smoky Mountains toward the end of her high school career, she was allowed to stay with family friends at Cape Cod through graduation.

Whatever park she and her family were living at, volunteering within the parks was a big part of her youth.

"I volunteered through all of my high school years," Wendy shares.

She participated in such projects as beach grass revegetation and fish studies for anoxic conditions.

"Anything that was a scientific research paper or project, I was involved in," Wendy says.

In a time when national park employees were more often male than female, two strong female mentors, both resource management specialists, helped spark her interests and inspire career goals.

"They really showed me how cool it was to get outside and get dirty and do things like trap mosquitoes for different disease testing or look at Lyme disease on Cape Cod," Wendy says.

Her natural scientific tendencies and childhood experiences led her to major in arctic and alpine biology at Middlebury College in Vermont. After graduation, she began a lifelong career in government service. First, with a two-year commitment to the Peace Corps in Sri Lanka followed by 25 years (and counting) with the national park service.

Starting at the entrance station at Yellowstone National Park, she grew her experience and responsibilities at each new park she was assigned — from Shiloh National Military Park to North Cascades National Park, from Glacier National Park to Knife River Indian Villages National Historic Site, and eventually Theodore Roosevelt National Park.

She smiles at the thought of her work out in the field in her earlier assignments.

"I'd do so much hiking. I love to be outside. At North Cascades, I was doing grazing studies out on backcountry trails, flood studies, and large-scale landform mapping."

Even her memories of national events are shaped by where the parks have taken her.

"I was actually in the wilderness of North Cascades for a week, and 9/11 happened. We were in the flyway between Seattle and Minneapolis, and you would see contrails constantly when we'd be out camping, and all of a sudden, no airplanes. It was the most surreal thing. Silent. We came out of the back country a week later, and my husband met us at the trailhead and told us what happened. We had no clue."

COMING FULL CIRCLE



During her college years, Wendy's father became the superintendent at the Theodore Roosevelt National Park (TRNP). From 1990-1995, he lived and worked in Medora, North Dakota.

After her junior year of college, raw from a breakup with a boyfriend, Wendy spent the summer in Medora hiking and biking the Badlands.

"I healed my broken heart, volunteered in the park, and had a great time," she recalls with a chuckle.

Life moved on, and so did she — growing her career and moving up in levels of responsibility. Some 25 years later, she was thrilled to be named superintendent of Theodore Roosevelt National Park, a place she sees as a true treasure and a source of endless possibilities.

Having lived and worked in so many of our national parks, TRNP still stands out to Wendy as uniquely wonderful.

She points out one of her favorite wonders as the sudden change from grassland to Badlands near the Painted Canyon Visitor Center along Interstate 94.

"That drive from Dickinson into the Badlands — for me, every time, 'falling off the edge of the earth' there into the Badlands — is one of the experiences that never fails to surprise me.

"Here, the landscape is constantly in motion. It is constantly changing. You never know what you're going to encounter," Wendy adds.

She also knows how valuable and unique the lack of crowding is for TRNP and its

visitors.

While many of the park's 700,000+ annual visitors traditionally drive the paved loop, Wendy recommends a different route.

"I would encourage people to get off the beaten path, either on a trail or off a trail, because this is one of the few parks in which you can actually go off trail. You can go with horses; you can hike," Wendy says. "You come over horizons and you encounter scenery and you wonder when the last time people last saw that."

She describes winter as an incredible time to visit the park. "People think we're closed in the wintertime, but we're open all year, 24/7. One of my favorite things to do is to ski on the river with two inches of snow on the (frozen) river — that's all you need on the river to ski."

Asked if she has a favorite spot to visit in TRNP, her eyes light up as she declares, "I really don't! Every day, every condition, every different kind of light — it's all magical. And it extends for me to the larger Badlands area outside the park. There's a lot of country to get lost in, and there's so much history here."

A SEED-PLANTER OF IDEAS

There is something about Wendy that shows she is completely comfortable in her own skin. As she approaches her 50th birthday this fall, she says she loves the place she is in her life.

"When I was in grade school, maybe 8 or 9 years old, I had these goals in my life: to go to Middlebury College, become a resource management specialist in the national park system, go to Alaska, and go into the Peace Corps, and I did all of those things before I was 30. It was really goal-oriented up until then.

"I've definitely evolved. I'm dream-oriented," Wendy says. "I love to think about the big picture. I've come into this place in my life where I love to move to new places and look at huge-scale — I'm talking ecosystem-scale — possibilities. 'What can be done in this place that has never been done before and what is something that is so universally huge that nobody else would even think about going there?' Those are the kinds of challenges that move me now."

Wendy didn't always dream of being a park superintendent, but her excitement for relationship-building, the art of listening, 12 and showing respect to everyone has naturally led her into a leadership role.

As superintendent, Wendy is tasked with taking care of the park's resources, taking care of her staff, and leveraging the park's partnerships.

She considers herself a seed-planter of ideas, giving the framework and encouragement to the many entities at play in Western North Dakota to create a future that benefits everyone.

"Western North Dakota is an ecosystem of recreation and resource protection," Wendy says. "With the energy industry poised to produce two million gallons per day, and the communities having grown the way they have grown — Dickinson, Williston, Watford City, even Medora — I feel that Western North Dakota is in this place where we can rethink our relationship with the earth and how we recreate with the earth, how we use the earth, how we live in communities and how we expand our values to the larger ecosystem. TRNP is right at the core of that, as a core protected area."

Wendy recognizes the value each cultural and economic group brings to our region.

"There are various different uses outside of our core protected area that are all relevant, all necessary, all exciting. And there's so much collaboration potential there that if we all worked in different ways, I think we could have a model in Western North Dakota that's not been seen anywhere else in the world."

CHALLENGES IN TODAY'S NATURAL PARKS

With three distinct units and 70,000 acres, challenges facing Wendy and other park leadership today range from the practical to the big-picture.

They plan long-term solutions for issues like managing genetic diversity within their bison population, proactively anticipating what chronic wasting disease could do to the elk herd and park resources, and working with an erosive landscape (an example just this year is having to close off a portion of the park loop drive due to the massive slumping that destroyed a stretch of road.)

But, from Wendy's big-picture mindset, the biggest challenge today is successfully reconciling the dual mission of the national park service.

"The National Park Service was created to protect and preserve the natural and cultural resources for this and future generations," Wendy explains, "So, there's a resource protection mandate, and it's for the benefit and enjoyment of the people."

Part of her role at TRNP, then, is constantly assessing and analyzing what the public wants, whether that means more hikeable trails, more ranger-led programs, or more collaborations with community organizations and educational institutions.

And beyond what people say they want in surveys, Wendy also reflects on what people deeply need that our national parks can offer.

"Fundamentally, whether they know it or not, people are looking for the same exact same thing. They're looking for a beautiful place. They're looking for an experience they've never had before in a place that's a little outside of their comfort zone, whether that's going on a mile hike when you don't usually hike, or going on a really strenuous backpacking trip.

"But I think people are also looking for solace — a place to lose oneself."

Stephanie (Tinjum) Fong is a North Dakota native. She worked in Medora for a decade, first during her college summer breaks, and then on a year-round basis for seven years. She now lives in Dickinson with her husband and children, and they love to visit Medora several times a year.



PHOTOS BY RACHAEL NEVA PHOTO