

northern sentry

FREE | WWW.NORTHERNSENTRY.COM | VOL. 61 • ISSUE 23 | MINOT AIR FORCE BASE | FRIDAY, JUNE 9, 2023

WHATS INSIDE THIS WEEK:



TEAM MINOT RECOGNIZES MAINTENANCE PROFESSIONALS OF THE YEAR

A9



AIRMAN OF MINOT: LAMMY VONG

A6



GROUPS CHAT: COLONEL AND MRS. SCHLABACH ABOUT THE 91 OG

B1



Defenders Launch Police Week 2023

Airman from the U.S. Air Force 5th Security Forces Squadron, and 91st Security Forces Group come together, Minot Air Force Base, Minot, North Dakota, June 5, 2023. The Airman huddled up in honor of the ones they've lost in celebration of 2023 National Police Week. National Police Week usually takes place during the week of May 15 and offers remembrance, honor, and peer support to law enforcement and family members. The 5th Security Forces Squadron & 91st Security Forces Group Airmen kicked off National Police Week at Minot with a ruck march and memorial ceremony. See page Page B14 for more on the event.

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

FLAG DAY ★ JUNE 14TH ★ 11 AM - 1 PM

★ VETERANS ★ APPRECIATION EVENT

 RYAN CADILLAC MINOT



HOME OF THE GLOBAL STRIKER

Only The BEST Come North!


WWW.MINOT.AF.MIL

CONTACT MINOT AFB PUBLIC AFFAIRS

701.723.6212 • V35BW.PA@US.AF.MIL

Minot AFB Videos



Find us on  Minot Air Force Base

**JOIN US TO HONOR OUR
NORTH DAKOTA MILITARY VETERANS**

FLAG DAY ★ 2023

JUNE 14TH ★ 11 AM - 1 PM

OPEN TO THE PUBLIC

LUNCH PROVIDED

**IN-PERSON FOOD SERVICE 11 AM - 12:30 PM
DRIVE-THRU FOOD SERVICE 11 AM - 1 PM**



SHORT PROGRAM

**PUT ON BY THE DISABLED AMERICAN
VETERANS AT 12:30 PM**



**FREE WILL DONATIONS BENEFIT
THE LOCAL DAV CH. 4**



RYAN CADILLAC MINOT



Exceptional Distinguished Public Service Secretary of the Air Force Honors Mark Jantzer

ROD WILSON, NORTHERN SENTRY

His term as a member of the Air and Space Force Civic Leader program appeared to be coming to an end for Mark Jantzer. After 12 years of service, Mark would transfer to an emeritus status, but not before being presented with the Secretary of the Air Force Distinguished Public Service Award by Col. Daniel Hoadley, commander of the 5th Bomb Wing.

Recently the Northern Sentry was able to sit down with Mark and talk about his history of civilian service to the U.S. Air Force that earned him this prestigious award, the highest award to be presented to a non-employee civilian.

"I arrived in Minot in 1977. We fell in love with Minot immediately. To us (he and his wife Mary) it was like a big, small town. Besides work, I got involved in the Chamber of Commerce. I was on the ambassadors committee for a while" according to Mark. Soon the Jantzer family was rooted in the community, which would involve taking kids to activities "we started making friends and getting involved in the community, it was a good transition."

Mary Jantzer was originally from the New Ulm, Minnesota area, and according to Mark "was a little reluctant to get that far away from her family, but she acclimated well" continues Jantzer.

Mark's first involvement with Minot Air Force Base was joining the Military Affairs Committee, and ended up being chairman of that committee in the late 80's.

In the 90's communities with military bases would soon learn about the BRAC (Base Re-Alignment & Closure) process. Keeping Minot off of the list of base closures became a major focus of the Minot community, and the group that was organized would end up being the predecessor

to the now Task Force 21. 1996 would be a key year, as a majority of the base closures would be announced by then. "Even though the BRAC rounds were over in 1996, there was no guarantee that there wouldn't be another one" according to Jantzer "but there were also all of the decisions on budgets by the department



Mark Jantzer

of defense that could potentially affect Minot Air Force Base, so we decided that we needed to keep going. The new name that was chosen, Task Force 21, meant that we wanted to be around through the 21st Century, not just passed 1996." Then Chairman Buzz Syria and Mark Jantzer would make a trip to Washington, DC where Buzz introduced Mark to Senator(s) Kent Conrad and Byron Dorgan and Representative Earl Pomeroy, and "so the torch, I guess, was officially passed to the next generation, and that was kind of daunting at that time."

Mark shared that the next day (Tuesday, June 6th) he would be travelling to Camp Grafton as part of Task Force MIND (Military Issues in North Dakota). Mark and fellow Task Force 21 members Pete Hankla and Brekka Kramer were appointed to this group. "The purpose of this group is to make sure that there are leaders in the state that are informed about the military and what they were doing not only in our city,

but other cities where the military existed" continues Jantzer "and the goal there is to make North Dakota one of the most military friendly states that folks can come to." Jantzer points to the recently passed legislation that eliminates state income tax on retirement pay for veterans.

As far as the Distinguished Public Service Award, it states that Jantzer "served as a Department of the Air Force advocate, connecting his regional and professional communities to the Air and Space Force through his expertise in military operations and civilian socioeconomic issues. He conscientiously advised senior Air and Space Force leaders on the development of national and international military programs as well as facilitated cooperation between civilian communities and Department of the Air Force entities to ensure each program's success. He openly communicated information about Air and Space Force missions and requirements to the American public, increasing awareness and understanding among local, regional, national and international audiences. Mr. Jantzer's concern for Airmen, Guardians and their families, as well as his desire to facilitate communities' service to those service members, was essential



Mark Jantzer accepts Department of the Air Force Distinguished Public Service Award from Col. Daniel Hoadley, commander of the 5th Bomb Wing.

U.S. AIR FORCE PHOTO I MINOT AFB PA

to his stewardship of an enduring relationship between the Department of the Air Force and the Nation. The distinctive accomplishments of Mr. Jantzer reflects the highest credit upon himself and the Department of the Air Force."

For Jantzer, being recognized was certainly an honor "that I didn't expect."

Besides his commitment to the mission of Minot Air Force Base, Jantzer has been active in the Minot community serving on the Minot City Council as well as being active in the Minot Chamber/EDC.



Task Force 21



SRT Annual Meeting

Thursday, June 15

North Dakota State Fair Center / Minot, ND

Registration and Dinner / 5:30-7:00 p.m.
Business Meeting / 7:00 p.m.

During the business meeting, a report to the members will be given, financial updates presented, and election results announced. We look forward to seeing you there.

Registration and voting officially close at 7:00 p.m.

Don't forget! Bring your postcard for a chance to win prizes - including \$500 cash!

701.858.1200 / SRT.COM/ANNUALMEETING

welcome baby

BABY BOY BORN ON FRIDAY, MAY 26, 2023 TO:
THEA BARNUM AND RYAN MARTIN
MINOT, ND

BABY GIRL BORN ON WEDNESDAY, MAY 31, 2023 TO:
BRITTANY WINTERMUTE AND ERIC ROHN
MINOT, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby. Baby listings will come from Trinity Health.

CONTACTUS

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

Rod Wilson
 Business Development | Marketing
 sentrysales@srt.com

GRAPHIC DESIGN BY
Nikki Greening
 nsads@srt.com or
 nsgraphics@srt.com

MINOT AIR FORCE BASE
PUBLIC AFFAIRS
Chief
 Maj. Jhanelle Haag
Operations Officer
 1st. Lt. Christopher Thibeaux-Moore
Superintendent
 Technical Sgt. Rusty Frank
Community Relations
 Mrs. Abigail Kinder

Staff Photojournalists
 Tech. Sgt. Zade Vadnais
 Tech. Sgt. Ryann Holzapfel
 Master Sgt. Ryan Bell
 Staff Sgt. Brendan Miller
 Senior Airman Caleb Kimmell
 Senior Airman China Shock
 Senior Airman Zachary Wright
 Senior Airman Evan Lichtenhan
 Senior Airman Taylor Hendrickson
 Airman 1st Class Alex Nottingham
 Airman 1st Class Trust Tate
 Airman Kyle Wilson

COMMANDERS
5th Bomb Wing Commander:
 Col. Daniel S. Hoadley
5th Bomb Wing Vice Commander:
 Col. Christopher G. Cain
91st Missile Wing Commander:
 Col. Kenneth C. McGhee
91st Missile Wing Vice Commander:
 Col. Johnny L. Galbert

NEWS SUBMISSIONS
Northern Sentry Office
 nsads@srt.com | 701.839.0946

MAFB Public Affairs Office
 v35bw.pa@us.af.mil
 701.723.6212

MAIL
 315 South Main Street, Suite 202
 Minot, ND 58701

VIEW ONLINE
 www.northernsentry.com
 www.minot.af.mil

FIND US ON FACEBOOK

Minot Air Force Base - Northern Sentry. The Northern Sentry is published by BAG, LLC., a private firm operating independently of the U.S. Air Force. Contents of the Northern Sentry are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. The official news source for Minot Air Force Base is www.minot.af.mil. The appearance of advertising in this publication, including inserts or supplements, doesn't constitute endorsements by the DoD, the Department of the Air Force or BAG LLC., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchasers, users or patrons. We welcome your stories and photos of interest to the readership of the Northern Sentry. Minot Air Force Base Public Affairs reserves the right to not authorize publication. The Northern Sentry deadline for submission of materials is at noon the Tuesday before publication date.

I Guess I Was An APG

I was standing in line at Rocker's waiting to place an order for my noon lunch, when I noticed three young Airmen ahead of me with an APG insignia on their sleeves. I am the curious type, and after trying to think of what APG could stand for, I finally had to ask.

One of the young men, with a very southern accent, chuckled and said, well out there on the flight line we're All Purpose Grunts. With a little push back to his buddy, one of the other three said "can't you see, he works for the Northern Sentry. We don't want to give him the wrong impression. Sir, APG really stands for Airframe, Powerplant & General." The third member of the group then added that they worked on the B 52's.

So, I joked with them that when I worked on our farm, I, too, would be labeled as an All

Purpose Grunt. If there needed to be oil changed on a tractor or truck, it was my job. If we had to run to town to get parts, it was drop everything and be on your way because something needed to be repaired because the activity at hand; seeding, harvest or hauling grain, had come to a halt.

While in line, I learned about how a B-52 could need repairs to the "skin" of the aircraft. That means removing a piece, repairing it in the shop, and then replacing it on the aircraft. You just don't run to the parts store and get a new piece on a B-52. I am thinking these three young men were probably mid-20's, which means they were born in 2000-ish. A bit of quick math and I was able to tell them that the planes they are working on are 60 years old. Way over than twice their age. They went into a lot of other repairs that they were responsible for taking care of; some I understood, and some not.

I shared with them the jobs that were common to the most unskilled farm hand, that being me. Sure, I worked on a farm most of my life. But when it came to the new, high tech equipment



UPSIDE DOWN UNDER
 MARVIN BAKER

Back in the 1960s, the United States Department of Agriculture produced a map of the nation with a number of hardiness zones to help guide gardeners and landscapers with better planting advice.

However, those early maps don't reflect the same zones as today's maps. There are no doubt, warmer, albeit slightly, patterns that are moving farther north. In fact, when you take North Dakota into account, there have been some major changes since 1990.

It's the same with Manitoba and Saskatchewan, which border North Dakota to the north. Their zones, created in 1970, have changed one hardiness zone.

Here in the United States, hardiness zones are categorized from zero to 12 and within each zone there is an A and B zone. All of North Dakota is within either zone 3 or zone 4. But what is interesting about this is there are small pockets of the state that might surprise you.

We all know it can get what we call "bitter cold" in the winter. Since February 1996, I've seen three mornings drop to 40 and 41 below zero without the wind chill. I remember these mornings because extreme cold fascinates me more than I'm afraid of it. Two of those mornings were consecutive when I lived in Langdon and the other happened on a trip from Bismarck to Carpio.

But we also know that North Dakota can have wild swings in temperatures. I've also witnessed an extreme high of 114 above zero, which was in Hazelton when I was

northern sentry

A VIEW FROM OUR SIDE
 ROD WILSON



with computers and GPS screens, it was better for me to go back to changing oil or moving a truck from one field to the other. I can operate the small garden tractor and keep the three acres of lawn mowed around the buildings on the farm. There was always a satisfaction with finishing those jobs and moving on to the next. These three shared that someday they would like to work on a newer airplane. I guess if you are working on a B-52, you really have nowhere to go but newer.

As we got closer to the ordering point, I asked them about the reengining process about to take place on the B-52's. I expected them to be excited, but it was more of a "I'll believe it when I see it" type of attitude. "They've been looking at doing that for a long time" said one of the Airmen. "And maybe this time they'll get it done."

From my standpoint, what I did on our farm was as much a part of the necessary process to success in farming as anything. And next time I see those APG

guys, I'll think the same of what they do. My Dad used to say that there are many moving parts in a watch. But take even the smallest one out, and the watch no longer works. Congrats to all of those who wear the APG on their sleeve. It (whatever "it" is) doesn't work without you. Enough said....

BEST KEPT SECRET

On a hot day, (like last Sunday), the marina store at Fort Stevenson sells a lot of ice cream. Pontoons loaded with kids and adults stop and tie up to the dock in the marina and head up the steep ramp for dishes or cones of the now famous Pride Dairy ice cream. It's a great place to cool down and enjoy a Sunday afternoon treat.

TODAY'S CHUCKLE

Being right isn't always the most important thing. Agreeing with your boss is.

Hardiness Zone changes...

growing up in the late '60s.

Many of us talk about these extremes and make the assumption that if we have an unusually cold winter or extremely hot summer, That's our zone. We have to remember, those are extremes and our hardiness zone isn't based solely on the bottom of the Fahrenheit scale, although that's part of the equation.

The coldest zone in North Dakota is Zone 3A, which is almost exclusively in Bottineau County. Long-term extremes are listed as 35 to 40 below zero. It tends to follow the Souris River valley south, just touching the northern tip of McHenry County. There's also a 3A pocket in the southeast corner of Bottineau County, in the Willow City area.

Nearly all of the rest of the northern tier of North Dakota, at least above U.S. Highway 2, is Zone 3B, which is listed at 30 to 35 below, meaning every winter will probably drop to those temperatures.

The gooseneck of Ward County is interesting because that narrow piece of property takes in two

hardiness zones. Carpio and Minot are considered Zone 4A, but just eight miles up the road from Carpio, in Donnybrook, we fall into Zone 3B. Kenmare is also 3B.

Again, there are pockets of 3B elsewhere in the state surrounded by Zone 4, which encompasses most of the rest of the state. Southeast of Williston, nearly all of Nelson County, a small area south of Beulah, and here's a real surprise, the extreme southern part of Morton County, south of Flasher, are all Zone 3B.

What makes that spot south of Flasher really interesting is that less than 30 miles south of there, near Fort Yates which is in Sioux County, there is a pocket of Zone 4B, which is described as 20 to 25 below for long-term extremes.

Another 4B pocket exists west of there, straddling the Sioux/Adams County line, which is just to the east of Hettinger. There is one more 4B pocket and that is in western LaMoure County, which is the Edgeley area, but not reaching Kulm, 15 miles west or LaMoure, 20 miles east.

There are no Zone 5A areas in

North Dakota, but by the time you get south of Pierre, S.D., most of that part of South Dakota is Zone 5A, including Rapid City and Sturgis.

Back to those early maps; most of northeastern North Dakota, starting from Minot east to the Minnesota border and south into the Devils Lake Basin, was all Zone 2, with the rest of North Dakota being Zone 3.

By 1990, all of that had changed. The entire Red River Valley, including Pembina and Drayton, were now classified as Zone 4, with a couple of more spots around Jamestown and Cooperstown and the U.S. Highway 83 corridor, north almost to Minot.

Changes in Alaska are also quite dramatic. Up until 1980, nearly the entire state was 2A or below. By 2010, nearly the entire state, including Prudoe Bay and Point Barrow along the North Slope, had become 3A and 3B, with a large swath north of Anchorage now 4B. That means most of northern Alaska has the same growing conditions as northern North Dakota.

TITUS & PHILEMON

Everyday adventures of Titus and Philemon and their owner Joe.



TIMOTHY TIMM

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

Memories of Main Street



SLICE OF LIFE
KIM FUNDINGSLAND

for a rapidly growing community emerging on the fading frontier.

Of course, over the years there's been lots of changes. More people. More businesses. More opportunities. Expanded city limits.

Interestingly though, are the buildings on Main Street where almost all city activity was funneled for many years – banking, shopping, medical services, entertainment, restaurants, railroad passengers. A surprising number of those early day buildings still overlook downtown. No, not the earliest ones that succumbed to fire or were torn down, but certainly several that easily surpass 100

years.

One of the anchors of early day Main Street remains in place today – the former 1st National Bank building at the north end of the street. The first bank on that location was the Great Northern, established in 1897.

“That building stood until it was demolished in 1929 to make room for a new bank,” said Dave Lehner, creator and historian for Minot Memories. “There’s been a bank on that corner for well over 100 years.”

A bank in the center of business in a growing community was quite fitting. Across the street to the east in those early days was the Leland Parker Hotel, Minot’s first hotel with electricity and its own septic system.

One of the older structures on Main Street is the Scofield Block building constructed in 1905. It was built by James Scofield, Minot’s first mayor.

The Fair building, originally



built by the Ellison brothers, still stands on a corner of south Main. It housed Ellison’s Department Store which had expanded from its 25-foot-wide location to 50 feet by annexing an adjacent business.

There’s something about walking the sidewalks on Main Street today, thinking about all the history associated with the

early days of Minot. It really wasn’t very long ago when horses watered from a fountain on Main, and cars mixed with horses and wagons and people.

Those days are gone now, but many of the buildings that played important roles in Minot’s history remain in use today.



There are many connections to the early days of Minot all along Main Street.

KIM FUNDINGSLAND

30TH ANNIVERSARY • 30TH ANNIVERSARY • 30TH ANNIVERSARY • 30TH ANNIVERSARY

Don Felder

JULY 15
7 PM

READY TO SEE A ROCK AND ROLL HALL OF FAME LEGEND? Don Felder, a former lead guitarist of The Eagles, is set to play a show at 4 Bears on July 15 at 7PM. Come hear hits like "Life in the Fastlane," "Take it Easy" and "Hotel California."
Tickets on sale now!

JAMMIN' IN JAMAICA

VACATION GIVEAWAY

Sign up to receive email updates from 4 Bears Casino for your chance to win a JAMAICAN GETAWAY. 5 NIGHTS 16 DAYS

June 16

FATHER'S DAY FRENZY

One promotion per person on June 16. While supplies last.

PLAY & EARN

REV THIS VETTE

July 29 Giveaway!

Qualify May 1 - July 28

NOW HIRING 4 FUN!

\$2000

Sign-on Bonus*

*for select positions

Guests entering the casino and lodge are not required to wear a mask, but we highly encourage wearing one.

4bearscasino.com

[f](#) [t](#) [i](#) [i](#)

800.294.5454

NEW HOURS CASINO: Mon-Thurs 10 AM-2 AM; Fri and Sat open 24 hours; Sun 8 AM- 2 AM
CENTER BAR HOURS: Sun- Thurs 10 AM-1 AM; Fri and Sat 10 AM-2 AM
POCKET ACES BAR HOURS: Sun-Thurs Noon- 1 AM; Fri and Sat Noon- 2 AM

When gambling is no longer a fun hobby, but an addiction, know there is help. Call the 2-1-1 Hotline today for help and guidance. 4 Bears Casino & Lodge cares about you and wants you to know that help is available.

SAVE TIME AND TUITION

We'll show you how

Southern New Hampshire University

Cole Gonchar
SNHU Graduate

SCAN HERE

Scan the QR code or visit

snhu.edu/military to learn more

CornerStone Chiropractic

BUSINESS HOURS

Monday: 7:30am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:30am – 6:00pm
Thursday: 7:30am – 6:00pm
Friday: 7:30am – 4:30pm
Saturday: 2 a month by appt
Sunday: Closed

(701) 852-2800

1350 20TH AVE SW, MINOT, ND 58701

Dr. Matt Hanson

Dr. Shad Froseth

Dr. Crystal Long

Dr. Willy Fielhaber

Airman of Minot: Lammy Vong

SENIOR AIRMAN CALEB S. KIMMELL, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.
- One of the greatest strengths of the U.S. Air Force is the diversity of the men and women that serve. Airmen from all over the world come together to accomplish a single mission: keep our country safe.

Airman 1st Class Lammy Vong, financial operations technician from the 5th Comptroller Squadron, came to the United States when she was just ten years old. She was born and raised in Vietnam, and moved to New Jersey with her family as a young girl.

Vong says communities in Vietnam were very small and close-knit. However, she remembers the transition to life in the U.S. being very challenging as she was growing up, which led to many hardships that she had to overcome. She learned to grow and work hard from a very early age, as many responsibilities such as helping her grandmother and family were given to her.

Vong feels that if you hold responsibility, respect will soon follow. She learned to respect her elders and those above her. This is a very high-held value in Vietnamese culture.

"Through the respect I gave my elders came the great honor to learn from them and their vast experiences" said Vong.

Recalling her strong family values, she believes she is open minded to learning from other Airmen who may be able to teach her something new. She has learned the strengths a close community can have, whether in Vietnam, New Jersey, or Minot. She has learned




U.S. Air Force Airman 1st Class Lammy Vong, 5th Comptroller Squadron financial operations technician, poses for a photo at Minot Air Force Base, North Dakota, May 25, 2023. Vong was born and raised in Vietnam, and moved to the United States when she was just ten years old.

how to handle responsibility, and who you are," said Vong. "It will create a better you for tomorrow." "Everyday decisions build upon



U.S. Air Force Airman 1st Class Lammy Vong, 5th Comptroller Squadron financial operations technician, works on financial forms at Minot Air Force Base, North Dakota, May 25, 2023. Vong says that her upbringing in Vietnam taught her discipline, and was influential in enabling her to scan through documents for errors.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ALEXANDER NOTTINGHAM



STORYTIME

and activity with Miss Kristi
Tuesday and Friday 11 am

MILITARY ID DISCOUNT!
10% Off Everything, Every Day!
WITH A MILITARY ID

TRADE YOUR LIKE-NEW USED BOOKS FOR STORE CREDIT - DETAILS ONLINE AND IN-STORE!

OPEN: Monday - Saturday: 10am - 6pm • Sunday: 12m - 4pm
8 Main St S • Downtown Minot • 839-4050 • www.mainstreetbooksminot.com • mainstreetbooks@srt.com

Military Appreciation Day at Roosevelt Park

KELI ROSSELLI-SULLIVAN, WORKFORCE DEVELOPMENT/MILITARY LIAISON
MINOT AREA CHAMBER EDC

Last Friday, I had the honor of serving up shredded beef sandwiches and hot dogs to 1,500 of our airmen and their families for the annual Military Appreciation Day at Roosevelt Park! The beautiful day included free lunch and yard games as well as free entry into Roosevelt Park Zoo. There was

also free skating at the Maysa Arena. This event is hosted yearly by the Minot Area Chamber EDC. A big thanks goes out to Verendrye Electric Cooperative and Northrop Grumman Corporation for being presenting sponsors. Thanks also goes out to our partners at Minot Park District and the numerous

volunteers that helped make this event a success. Next up for military appreciation will be Tuesday, July 25th at the North Dakota State Fair. Stay tuned for more details!

**No Federal Endorsement of Sponsors Intended*



@hottotsbaseball



COMING UP AT THE BALLPARK



THURSDAY, JUNE 8
Come out for Napoleon Dynamite Night at the ballpark powered by Schultz Property Maintenance. Check out the most requested theme night by fans and watch the battle against the Minnesota Mud Puppies. Fans dress up like your favorite character from the movie to for a chance to win a free jersey, tacos, and "Vote For Tate" shirt!

FRIDAY, JUNE 9
If you want to see a guy juggle chainsaws, then you're in luck, check out this exciting game featuring Mad Chad! His show is an unbelievable sight, you will definitely not think you're at a baseball game! Get a show with your game powered by Jerome's Collision. AND we're bringing back the ONLY DISCOUNTED TICKETS of the summer with the McDonald's Friends and Family Deal. (4 tickets, 4 hats, 4 McDonald's combo meals). for more than half the dollar value!

SATURDAY, JUNE 10
It's Self Care Saturday thanks to our friends at Minot Health Clinic. There's no better way to take care of yourself than letting go and having fun from time to time, plus talk to the experts in self care about the best ways to keep you happy and healthy

SUNDAY, JUNE 11 - TUESDAY, JUNE 13
Pick a night, any night come out to the ballpark to watch the Hot Tots battle against the Eau Clair Express to finish up their 6 game home stand!

**The Best Baseball.
The Best Entertainment**

Call or Click Today
701-838-8687
www.hottotsbaseball.com

Take Me Out to the Ballgame

ERIN BEENE, NORTHERN SENTRY



Tate R. Tot, the Hot Tots mascot, greets everyone with a high five and a permanent smile.

Baseball is a classic part of an American summer, and the Hot Tots do their part to continue this enjoyable pastime right here in Minot. In their first season in the wood bat Northwoods League, the Minot Hot Tots have taken this small community by storm. Under new general direction this season, the Hot Tots have exhibited an immense amount of promotions, marketing and general awareness for their team and have managed to pull off a rather spectacular experience. Everything, from the employee's demeanor to the new and improved promotional deals to the fun zone for kids, baseball games this summer may be the place to be. Hot Tots baseball is what Minot has been waiting for.

And as luck would have it, the second home game of the year turned out to be rather eventful at Corbett Field. First to note is the friendliness of the staff. Everyone from the general manager to the ticket counter to the beer tent servers to the food tent attendants was extremely kind, helpful and willing to answer questions. Tate R. Tot, the sunglasses spud mascot, was also overly fun and waved and high-fived kids at every turn no matter how many times they passed by without the slightest hint of hidden annoyance.

While on the subject of the staff, early in the game there was a flash thunderstorm which caused a rain delay. The storm quickly turned into a fast and furious hail storm. Guests seated in the first 10 rows of the grandstand scrambled to the upper levels to avoid getting pelted and soaked. While a little chaotic for a few minutes, the staff was playing music, dancing around and keeping the guests safe and pumped up. After a few minutes of hard rain passed, guests returned to their seats to wait out the rain delay. Even though no one likes waiting around, the Hot Tots staff opened the beer and food tents and even started preparing the kid zone as soon as the weather was safe. The sense of calmness paired with the sense of urgency of the staff made it a rather enjoyable waiting period. It was impressive!

Also new to the Minot baseball minor league experience this year is the range of seat choices available, which was an unexpected perk and well worth the money. Some of the upgraded tickets like the Suite Seats and Party Patio include food, beer, some Hot Tots swag — which was really a fun addition—

and even some passes to the Kid Zone for the kids at heart! The prices for all ranges of seats are surprisingly affordable and offer an extra element of enjoyment to a summer's night out.

The Hot Tots baseball team is formed of mostly collegiate level players looking to either level up in the minor league system or get more notoriety and experience before returning to play for their university next season. The Northwoods League covers seven different states and even one Canadian province, totalling 22 teams. This league is one of the largest, and also is proud to offer

family friendly atmosphere and fun.

As this game went into the 7th inning stretch, the time was nearing 9:30pm and the sun was still shining with a cool breeze blowing. The overall experience was a friendly, exciting, and tasty small town magic that is unrivaled at larger city minor or even major league baseball games. The prices and quaint homestyle feel of the Hot Tots environment was one of the most pleasant experiences in this Minot summer. The Minot Hot Tots, like the Minot Minotauros hockey team, know how to do wholesome sports entertainment.

NORTHERN SENTRY PHOTOS | ERIN BEENE



The food is home-cooked, delicious and plentiful at the Hot Tots' games.



Even as the weather took a turn, the Hot Tots' staff was engaging the crowd and keeping everyone safe. Picture shows staff members surprised but still getting the crowd to safety as it started to rain and hail heavily during the game.



Vintage City
2001 8th Ave. SE, Minot
701.720.0215
701.720.4494

Minot's Hotspot for all things
Antique, Vintage, & Repurposed!
2100 SQ. FT.

Open THURSDAY-SATURDAY
JUNE 8-9-10
10AM-5PM

Buying and Selling everything
antique, vintage and retro!



Simonson
STATION STORES

1310 South Broadway, Minot N.D.

JUNE
MILITARY DISCOUNTS

10 CENTS OFF
PER GAL.*

\$4.00 OFF
PREMIUM CAR WASH*

*Minot Location Only



TRINITY HEALTH
MAKING MORE POSSIBLE

NOW OPEN

Our expert surgeons are using the most advanced surgical and robotic techniques in brand new, state-of-the-art surgical suites. Imaging, pharmacy and subspecialty services are also on campus for coordinated care. [Learn more at trinityhealth.org/hcmd.](http://trinityhealth.org/hcmd)



**TRINITY HEALTH
HEALTHCARE CAMPUS &
MEDICAL DISTRICT**

**More life changing
LEADING-EDGE
TECHNOLOGY**



2023 MAPI LUAAU

This month is Asian American and Pacific Islanders Heritage Month. The club held a flying lantern lighting festival on May 9 at the youth center, is selling patches, and hosted a luau May 31 featuring food and music.

U.S. AIR FORCE PHOTO | MINOT AFB PA

★ Hotel ★

REVEL

MUSIC • ART • COFFEE • BEER • WINE

MINOT, ND

1510 26th Ave SW
Former Kelly Inn, Next to the Mall
www.revelnd.com

Pool Side Rooms Weekend Specials

★ Perks Include: ★

- Heated Salt Water Pool & Hot Tub
- Full Hot Breakfast
- PAC-MAN Arcade Machine for Free Use
- Late Check Out - Up to 3:00pm upon request
- Mention Kenny the Duck to receive Snack and Soda Swag/Welcoming Gift

*Based on Availability

Call us now at (701) 852-4300 or 800-735-5868

DREAMS

ONE STOP HIPPIE SHOP

- Cigars & Smoking Accessories
- Hookahs & Accessories
- Humidors • Tapestries
- Incense • Candles

Hours 11 AM to 7 PM Monday-Saturday
1933 South Broadway, Suite C
701-214-5655

OUTDOOR

REPORT



by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, June 5: 1,833.46 feet above mean sea level (MSL); 21,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,450.67 feet above mean sea level (MSL).
Stump Lake elevation: 1,450.56 MSL.

•N.D. Game & Fish Dept. game wardens: Lake Audubon quieted down with more anglers switching focus to Lake Sakakawea. Improving walleye activity in Steinke and Douglas bays but best success remains from Deepwater Bay to the west. Look for success to continue improving east as water temperatures warm. No reports from area lakes or Devils Lake.

•Devi's Lake, Ed's Bait Shop, Devils Lake: Devils Lake chain lakes remain fair to good for walleye with generally nice success throughout much of Devils Lake, including East Bay or west along the Minnewaukan Flats, including Howard's Bay. Try pitching crankbaits.

•Devi's Lake, Woodland Resort, Devils Lake: Try slip bobbers or crankbaits around the north end of Creel Bay as well as 6-Mile Bay for walleye.

•Lake Darling, Karma C-Store, Ruthville: Increasing walleye activity for easter fish around Grano and Lake Darling. Not many Lake Audubon reports.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: No new reports.

•Lake Metigoshe, Four Seasons, Bottineau: Hit-and-miss walleye and pike success with bluegill still generally quiet. Look for them to move into shallow water as spawn gets underway.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Improving walleye activity on the east of Lake Sakakawea with nice fish showing up. Try a variety of presentations throughout a variety of depths with overall fair to good success. Not many reports from Lake Audubon with anglers focusing more on Lake Sakakawea.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea improving for walleye. Try Steinke and Centennial bays in 5 to 10 feet using slow death hooks and bottom bouncers or jigs and minnows. Try leeches or nightcrawlers with slow death hooks for walleye on Lake Audubon.

•Lake Sakakawea, Indian Hills Resort,

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), telephone (701) 662-5996, extension 1, or email (woodlandresort@gondtc.com). They're located at 1012 Woodland Drive, Devils Lake, N.D. 58301

- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours Memorial Day through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- Registration now open for Bike the Border Bicycle Tour June 16 – June 18. Register online, (www.bikereg.com/59393).
- Registration available for Women's Wing Shooting Clinic, Capital City Sporting Clays. Register at, (pfqf.myeventscenter.com).
- June 10; Nat'l. Marina Day, 1 p.m., Fort Stevenson State Park, Garrison,
- June 15: Fort Union Rendezvous, Fort Union Nat'l. Historic Site, Williston.
- June 16: Monster Mash weekend, Lewis & Clark State Park east of Williston.
- June 16 & 17: Missouri River Bluegrass Festival, Cross Ranch State Park, Hensler.
- June 17: Festival of Flight, Dakota Territory Air Museum, Minot.

TOURNAMENTS:

- June 9 & 10: Lake Sakakawea, Van Hook Arm.
- June 10: Hiddenwood Lake, Lake Audubon; cabin sites, Devils Lake, Spirit Lake Casino.
- June 11: Devils Lake, Grahams Island State Park.
- June 17: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Beulah Bay; Devils Lake, 6-Mile Bay.
- June 18: Lake Sakakawea, Parshall Bay.

Garrison: Improving walleye activity with generally fair to good success, including several limits. Most anglers generally working around the resort.

•Lake Sakakawea, New Town: Improving walleye activity throughout the Van Hook Arm.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Walleye success improving with generally fair to good activity scattered throughout the Van Hook Arm. Work 14 to 24 feet with nightcrawlers in shallower water and minnows in deeper water. Some pike and walleye success from shore yet, as well.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace starting to improve for walleye from boats. Not big numbers yet but those taken are nice. Try jigs and minnows or plastics with better success at night in the chutes. Some success continues from shore yet. East end of Lake Sakakawea also improving for walleye. Try casting jigs towards shore with some crankbait success in 10 to 20 feet. Better success seems to be along the north shore or south shore points. Shore success slow for walleye. Work rocky points for a mix of bass.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Continued good walleye activity between White Earth Bay and New Town on the upper end of Lake Sakakawea with fish moving deeper into 10 to 15 feet. Improving walleye activity east in the Van Hook

Arm. A bit of a crappie spawn in some of the back bays in the upper end of Sakakawea. Trenton Lake producing a few crappie, trout, and walleye. Bluegill success somewhat improving on Blacktail Dam.

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

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake producing a few walleye with generally less winter fish kill losses than anticipated. Souris River somewhat slow.

N.D. river data:

• Des Lacs River, Foxholm: River stage, 7.81 feet; streamflow, 182 CFS.

•Little Missouri River, Long X Bridge: River stage, 8.1 feet; streamflow, 265 CFS.

•Missouri River, Williston: River stage, 20.84 feet.

•Missouri River, Washburn: River stage, 9.68 feet.

•Pembina River, Walhalla: River stage, 4.23 feet; streamflow, 871 CFS.

•Souris River, Foxholm: River stage, 7.34 feet; streamflow, 278 CFS.

•Souris River, Minot Broadway Bridge: River stage, 42.38 feet.

•Yellowstone River, Sidney, Mont.: River stage, 10.88 feet; streamflow, 38,200 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

Devils Lake's only full service lakeside resort and fishing destination facility

701-662-5996

WOODLANDRESORT.COM

Team Minot recognizes Maintenance Professionals of the Year

AIRMAN FIRST CLASS KYLE WILSON & AIRMAN 1ST CLASS TRUST TATE
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

On May 25, the 5th and 91st Maintenance Groups hosted their Maintenance Professionals of the Year awards banquets. The events were held to recognize and honor outstanding Airmen assigned to the 5th and 91st MXGs who demonstrated exceptional performance and achievement during the previous year.

Col. Patrick Baum, 91st MXG commander, delivered the opening remarks for the 91st MXG's MPOY awards banquet. He expressed his admiration for all the Airmen and everything they achieved over the past year in spite of obstacles they faced.

"I'm just in awe of all the Airmen here and what you've been able to achieve," said Baum. "You've faced adversity on a daily basis and you just keep going after it every single day."

Retired U.S. Air Force Col. Andrew Kovich, former 91st MXG commander, also attended the event and addressed the crowd. He stressed the importance of the 91st MXG's mission and commended the Airmen for their efforts in accomplishing it.

"You all are an asset of national importance and your expertise is essential to defending our country," said Kovich. "Millions have served before you, millions will serve after you, and you all are doing your part right here and now."

Just a few hours later, Airmen and families from across Minot Air Force Base came together for the 5th Bomb Wing's MPOY awards banquet.

The event honored maintenance members at the Group and Air Force Global Strike Command level with awards for their contributions to the mission.

"Whether it be on a Bomber Task Force somewhere across the globe, or at home station preparing for the daily sortie with minus 47 degree wind chill," Senior Airman Johnathan Latham, 5th



U.S. Air Force Chief Master Sgt. Kalandus Morgan, 5th Maintenance Group superintendent, conveys the weight of the Minot mission at the 5th Maintenance Group's Maintenance Professionals of the Year awards banquet at Minot Air Force Base, North Dakota, May 25, 2023. Morgan stressed how possessing two thirds of the nuclear triad meant that the entire world was watching.

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



U.S. Airmen attending the 5th Maintenance Group Maintenance Professionals of the Year awards banquet prepare for a foam dart gun battle at Minot Air Force Base, North Dakota, May 25, 2023. The theme of the event was "all out war," and was organized to boost morale while honoring outstanding achievers in the aircraft maintenance field.

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

Maintenance Squadron, Aerospace Ground Equipment Apprentice, said. "The men and women of the 5th MXG stand as a living, breathing personification, that only the best come north."

"The moment you received the Air Force Personnel Center notification informing you of your

permanent change of station orders to the Magic City, I can only imagine the range of emotions you went through," Latham said. "However, what you might not have realized is that you were joining a 66-year legacy of maintenance professionals that have maintained not only our nation, but the world."



The 91st Maintenance Group (MXG) Maintenance Professionals of the Year awards are displayed during the 91st MXG's Maintenance Professionals of the Year awards banquet at Minot Air Force Base, North Dakota, May 25, 2023. The awards were given to Airmen assigned to the 91st MXG who demonstrated outstanding performance.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON



Retired U.S. Air Force Col. Andrew Kovich, former 91st Maintenance Group (MXG) commander, gives remarks during the 91st MXG's Maintenance Professionals of the Year awards banquet at Minot Air Force Base, North Dakota, May 25, 2023. The event was held to recognize the outstanding performers assigned to the 91st MXG.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON



U.S. Air Force Col. Jeffrey Anderson, 5th Maintenance Group (MXG) commander, delivers a speech to the crowd at the 5th MXG's Maintenance Professionals of the Year awards banquet at Minot Air Force Base, North Dakota, May 25, 2023. Anderson spoke on how vital the mission is at Minot, and thanked everyone for their contribution.

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



U.S. Air Force Col. Patrick Baum, 91st Maintenance Group (MXG) commander, gives opening remarks at the 91st MXG's Maintenance Professionals of the Year awards banquet at Minot Air Force Base, North Dakota, May 25, 2023. The event was held to recognize the outstanding performance and achievements of Airmen assigned to the 91st MXG.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON

<p>EVERYDAY HAPPY HOUR - 3PM - 6PM</p> <p>\$2 off All Apps</p> <p>\$3 House Wine & Domestic Pints</p> <p>\$4 Rail Drinks, ND Brewery Pints & 22oz Domestic Taps, 4 Lettuce Cups</p> <p>\$5 Moscow Mule</p> <p>\$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps</p> <p>½ Flat Bread Pizza</p>	<p>DAILY SPECIALS</p> <p>Monday \$5 Moscow Mules (all day)</p> <p>Tuesday \$4 ND breweries (all day)</p> <p>Wednesday ½ Price Wine by the glass/bottle (all day)</p> <p>Thursday \$1 up for all Tall Taps (all day)</p> <p>Sunday BRUNCH (11am-2pm)</p> <p>\$7 TSR Bloody Mary & Caesars</p> <p>\$12 Bottomless Mimosas</p> <p>\$6 Breakfast Shots</p>	<p>FAMILY PACKS</p> <p>Monday Pizza Pack Combo</p> <p>Tuesday Sandwich Pack</p> <p>Wednesday Chef Creation*</p> <p>*Changes Weekly - Check our Facebook Page</p> <p>Thursday Pasta Pack</p>
---	---	--

MILITARY DISCOUNT 10% OFF

thestarvingrooster.com

FLOWER Central

Voted Minot's #1 Flower Shop

405 Central Ave. E. • 701.852.6224



explore experience

discover

bring out your inner artist!

Drop-In Paint Your Own Pottery Studio

(No Appointment)

Gift Shop • Coffee & Smoothie Bar
• Ceramic & Glass Studio

MARGIE'S

109 South Main St. Minot • 701.837.8555

margiesartglass.com

E-3 to CC

SENIOR AIRMAN EVAN LICHTENHAN, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND

In 1984, there was a young man freshly graduated from high school who had only dreamt of one thing; to serve his country just like his father.

As soon as that young man could, he signed an active-duty contract with the United States Air Force and shipped off to Basic Military Training.

"I joined at 17 and had my 18th birthday in basic training," said Lt. Col. Stanley Grodrian, 5th Operational Medical Readiness Squadron commander. "I didn't really have a preference on what I did, I just wanted to serve."

Grodrian's first duty location was a Security Forces defender was K. I. Sawyer Air Force Base, Michigan. He enjoyed being a defender, and found value in his service to the United States Air Force.

After completing his 4-year contract, he decided to make the Air Force a career. Unfortunately, the Air Force had other plans for him.

"They called all of us first term Airmen at that point," Grodrian said. "Essentially the message was: closing bases, cutting the force, we don't need your services, have a nice life."

Due to base realignment and closures of 1988, Grodrian separated from active duty. Although he was discharged, his desire to serve did not vanish. He decided to join the Indiana Air National Guard and pursue a career in law enforcement.

"I thought I was set up pretty well for a law enforcement career," explained Grodrian. "I had a degree, I had been on our base hostage negotiation team, was trained by the FBI, I thought I was set up. But in the late 80's, the economy had taken a downturn. Every department I applied for had a two to three year waiting list."

After applying to multiple police departments with no luck, one of Grodrian's friends convinced him to take a security job at a local hospital. Another friend encouraged Grodrian to take an EMT course, which ultimately started him down the path of medicine. Grodrian's passion for the medical field bloomed from there on.

He started working as a technician in the local emergency room, where he eventually found out the nurses he worked side by side with made twice the amount of money as paramedics, for only one more year of school. This helped him make the decision to stay in school and pursue a nursing degree.

"I still liked that prehospital environment," said Grodrian. "I was a flight nurse for ten years and traveled all over the country. I had a blast. But there was always something that I didn't finish in uniform."

It had been 14 years since Grodrian was on active duty and in 2009, right before he turned 40 years old, he decided he had one more shot to rejoin the Air Force.

"I started talking to a recruiter, all of the stars aligned," said Grodrian. "They took me back, and I'll stay until they kick me out again. Civilian flight nursing was the best job ever, but this is the best career."

Grodrian returned to active duty as a Captain, working in the emergency room at Wright-Patterson Air Force Base as a bedside nurse. He found the transition from civilian to military emergency rooms to be challenging. In his civilian life, he



Lt. Col. Stanley Grodrian, 5th Operational Medical Readiness Squadron commander, poses for a photo at Minot Air Force Base, North Dakota, May 12, 2023.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN EVAN LICHTENHAN

worked his way up to leadership positions, and returned to working as a bedside nurse when he re-enlisted.

Grodrian says he had one main objective for his second enlistment. He decided he needed to join a critical care air transport team (CCAT). Unfortunately, he never deployed with a CCAT, but he did get the opportunity to do so with a forward surgical team.

Eventually, after many years of hard work and four deployments, Grodrian found himself in command of the 5th Operational Medical Readiness Squadron at Minot Air Force Base, North Dakota.

"Squadron Command has been

fantastic," Grodrian said. "Not that it's all been a bed of roses, but it has been fantastic to help our folks grow."

Additionally, he has two sons who decided they wanted to follow in their father's footsteps. One is an Army Intelligence officer, and the other is an Air Force Recruiter.

Grodrian is now taking command of the 39th Operational Medical Readiness Squadron, Incirlik Air Base, Turkey.

With a surplus of hardships and challenges, Grodrian managed to remain resilient and take control of his future, starting from an Airman 1st Class walking the flightline, to becoming a Medical Readiness Squadron commander.

COOKIES FOR YOU!
and cupcakes too
A Cookie Gift + Bouquet Company

- Cookie & Candy Bouquets
- Cookie Pizzas • Sweets Trays
- Assorted Cupcake Flavors
- Homemade Fudge & Caramels
- Assorted Artisan Truffles
- Pop, Beer & Wine baskets - with a little sweet & salty too!

117 S Main Street
701-839-4975
www.cookiesforyou.com

Culver's
Welcome to delicious.

10% DISCOUNT FOR ALL MILITARY PERSONNEL
(with valid ID and cannot combine with other offers/discounts)

CULVER'S OF MINOT
3000 S Broadway Minot, ND 58701
701-852-4800

2 Winners Every Week!

BADLANDS RESTAURANT & BAR

WE'LL BUY YOU DINNER!

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

\$25.00 Gift Certificate From Badlands Restaurant & Bar

No Limit, Enter As Many Times As You Wish!

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

Local Cravings Restaurant Guide

Applebee's Grill & Bar 2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com	Badlands Restaurant & Bar 1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com
Bone's BBQ Smokehouse & Grill 1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbqminot.com	28 Tastes & Taps 1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps
Culver's Restaurant 3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com	Ironhorse Kitchen + Bar 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
Jamaican Vybz Kitchen Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen	Pink's Bar & Grill 102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill
Prairie Sky Breads 3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com	Noodles & Company 304 4th Ave NW Minot 701.491.9103 www.noodles.com
Mi Mexico 3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomino.nd	Primo Restaurant 1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com
Souris River Brewing 32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com	The Starving Rooster 30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com
Whiskey Nine 109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninenod.com	




5TH MISSION SUPPORT GROUP CHANGE OF COMMAND

Col. Michael Maginess, outgoing 5th Mission Support Group (MSG) commander, gives his final remarks at the 5th MSG change of command ceremony at Minot Air Force Base, North Dakota, June 2, 2023. Col. Jerry Ottinger assumed command of the 5th MSG during the ceremony.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN EVAN LICHTENHAN

MINOT AIR FORCE BASE

Finest



A1C STEPHON REINA
A1C Stephon Reina surpassed his peers as a propulsion apprentice. He is fully certified on three tasks that are normally reserved for SSGts: blade blending, engine borescope and engine Inlet and exhaust inspections. A1C Reina also excelled when he led a shift of 10 personnel, managing both the launch schedule and daily maintenance requirements due to low manning. Furthermore, he led a team to perform engine phase inspections on three occasions with ease.



MINOT'S Finest COLLISION CENTER

Proudly Serving MAFB for over 30 years!

701.839.0989

www.minotfinest.com

524 31st Avenue SW • Minot, ND

SPONSORED BY



NORTHERN CELEBRATIONS

EMBRACING OUR NORTH DAKOTA LIFESTYLE

ODE TO DANDELIONS

Patricia Stockdill

It's time to finally admit it – I am at peace with dandelions.

I am OK with dandelions.
I have accepted dandelions.
In other words – I give up.

The dandelions have won. A little yellow non-native plant has beaten me into submission.

It's really no different than how the multitude of squirrels dominating the four-legged Hunting Maniacs of the household. While the dogs remain on high alert, they have essentially resigned themselves to the fact they can't open doors and windows to launch a full-scale attack on what they consider the scourge of the earth.

It's only when they're outside conducting secret missions on errant squirrels too intent on eating flowers and the garden goodies that they've been successful in scurrying them away.

Even so, usually Garnet, the middle Hunting Maniac, comes out with blood – hers, not the squirrel's. Of course the bunnies rule, as well, even though rabbit fever disease set their numbers back a few years ago. In typical cottontail fashion, their population rebounded quickly.

Part of why the determination has been made that dandelions rule is the realization one day that they provide early season food for pollinating insects.

That realization finally hit one day while conducting the first-of-the-season mowing expedition, a project that even with a whip-and-turn, zip-and-go ZTR 50-inch mower still takes almost two hours.

Dodging trees and perennial gardens, it became quite apparent that dandelions deserve to rule because I'm convinced they have ears and can hear a mower zeroing in on them.

They also have amazing gymnastic capabilities. How I determined this is because I swear they absolutely, positively duck their little happy yellow faces (OK, technically its flower petals) and stems, only to pop back up after going over it with sharp, rapidly rotating mower blades.

They pull back up and smile those happy yellow flower petals.

And oftentimes an equally happy insect of some type is sitting on those yellow flower petals having

survived its own whirling ride.

A book on edible wild plants, "Wild Seasons, Gathering and Cooking Wild Plants of the Great Plains" popped into my mind as I thought about dandelions as a food source for pollinators.

Hmm, dandelions as a food source for humans. Yum.

There is dandelion wine.

But the member of the sunflower family – yup, dandelions are related to another food source for wild critters and humans alike, the sunflower – is more than something to drink.

According to the book's author, Kay Young, young dandelion leaves can be eaten uncooked or cooked. Older leaves can be enjoyed cooked, as can buds and flowers.

Dandelion roots can be roasted or even brewed for a hot drink.

One huge caveat comes with using dandelions – or any wild or domestic plant, for that matter – never, ever consume plants from areas that were potentially treated with any chemical, including insecticides or herbicides. Also avoid areas frequented by animals.

Another caveat is that dandelions contain tannin and some research indicates drinking high levels of tannin can be harmful.

Spring is the best time to collect young leaves but roots, older leaves, buds, and flowers are good to collect whenever they're found – just remember to avoid areas sprayed with chemicals.

Leaves are best when picked in the morning and before the plant flowers. They're still edible on flowering plants, just more bitter. Look for light-colored leaves, too, for less bitterness.

Dandelion leaves have an array of uses – in soups, stews, quiche, or scrambled eggs.

As a salad green, look for young leaves and serve with a little toss of vinegar. Add some bacon pieces and maybe a sliced hard-boiled egg, salt and pepper and a little sugar to taste. Simply boil the leaves about four minutes, fry the bacon, carefully add the boiled leaves, season, and add the eggs when removed from the pan and ready to serve.

Yup, it's OK to be at peace with dandelions.



BEST SMOKED RIBS & BRISKET IN TOWN!
FRESH SMOKED MADE FROM SCRATCH RECIPES

1412 2ND AVE, SW. MINOT 701.839.9140
BONESBBQMINOT.COM

VACATION READY CAR CARE

Stock up on vehicle breakdown supplies

Unforeseen situations can crop up at any time. Anyone who has had a roadside breakdown in their car understands this. A flat tire or an engine malfunction is something no driver wants to experience, but those with a well-stocked vehicle emergency kit and breakdown strategy can get through most situations rather easily.

A 2017 survey from AAA found that 40 percent of drivers in the United States are not ready to handle a typical roadside emergency breakdown. The organization estimates it helps some seven million motorists get back on the road each summer. A well-equipped roadside emergency kit may help drivers get their vehicles back on the road on their own.

• **First aid kit:** The first aid kit will celebrate its 133rd birthday in 2021. The Johnson & Johnson company began commercializing first aid kits in 1888. Having a first aid kit in the car to treat minor injuries can be helpful in the event of an accident or even after injuring oneself during a breakdown.

• **Fire extinguisher:** Cars are full of various mechanical parts and are susceptible to catching on fire. The National Fire Protection Association says vehicle fire extinguishers need to be rated for Class B and C fires.

• **Jumper cables:** A weak or dead battery is often the culprit in breakdowns. Jumper cables enable drivers to get a charge from another motorist, and may help get a person back on the road quickly. If possible, get a set of cables that also comes with safety gloves and heavy duty clamps, offers Defensive Driving Online, a defensive driving course.

• **Mobile phone/charger:** A mobile phone is essential for calling for assistance, but the phone is only useful if it's charged.

• **Blanket:** Keep a blanket in the trunk or another storage area. Should the vehicle die in cold weather, that blanket can help keep passengers warm until assistance arrives.

• **Basic tools:** Tools like a screwdriver, ratchet set and wrench may enable drivers to complete minor repairs. Tools also should include tire-changing gear, such as a jack and lug nut remover.

• **Traction aid:** Non-clumping kitty litter or sand can provide the traction needed to get off of a slippery area of roadway.

• **Flashlight:** A flashlight can help keep you visible and able to see your surroundings in dark conditions.

• **Flares:** Should a breakdown occur in the dark, flares can alert other drivers.

• **Snacks and water:** Water and food that stores well, such as emergency rations, granola bars or trail mix, can quell hunger pangs and provide an energy boost while waiting for help.

• **Rope/bungee cords/tarp:** These items can be used in various situations to secure a vehicle.

While drivers can gather these items separately, many companies offer all-in-one vehicle emergency kits. A safety kit is essential for all drivers.



Auto Care - Valvoline Instant Oil - Tires
 Minot AFB | 61 Missile Ave | 701-727-4141
 Minot | 1301 20th Ave SW | 701-837-1301





\$10 off
VALVOLINE OIL CHANGE

OIL & FILTER SERVICE


OIL, LUBE AND FILTER SERVICES CONSIST OF:

- REPLACING THE OIL FILTER
- CHECKING THE AIR FILTER
- INSPECTING AND TOPPING OFF ALL FLUIDS UNDER THE HOOD
- OILING ALL FITTINGS
- CHECKING ENGINE FOR HOLES
- CHECKING BELTS AND HOSES
- INSPECTING TIRE PRESSURE
- CHECKING ENTIRE UNDERCARRIAGE





AFRICAN BLACK-FOOTED PENGUIN



Fact File

Life Span	10 - 11 years
Weight	5 - 9 pounds
Height	24 - 28 inches
Top Swimming Speed	3 - 5 mph
Wild Diet	Omnivore (Carnivore) Herbivore Fish, Crustaceans, Squid

CREATURE FEATURES

- A warm weather penguin, they are found in the subtropical climate, in waters of 41 to 68 degrees F, on the coast of South Africa.
- They are characterized by their erect posture, torpedo-shaped body, webbed black feet, hazel eyes, and stiff wings.
- Black-Footed Penguins have evolved to both survive in cooler water and the heat of the sun. Their body is covered by 70 - 80 waterproof feathers per square inch and a subcutaneous layer of fat helps fend off cold in the water. On land, they raise their feathers and hold their wings away from their bodies to release heat. The bare patch above their eyes also allows heat to escape.







**HOURS:
OPEN DAILY
9AM-6PM**

FOLLOW US ON FACEBOOK
 1219 BURDICK EXPY EAST MINOT, ND
www.RPZoo.com • 701-857-4166

UPCOMING EVENTS
FATHER'S DAY AT THE ZOO
 JUNE 18

MILITARY DISCOUNT
 \$5.00 off a \$85.00
 Annual Family Pass



Conversations with Colonel and Mrs. Schlabach about the 91 OG

ERIN BEENE, NORTHERN SENTRY



Colonel James L. Schlabach
91st Operations Group
Commander

In order to understand the essential functions of each group in the 91st Missile Wing and get an in-depth life and career perspective from Team Minot's senior leaders, the Northern Sentry is running a series of articles talking to the people who understand the most about the importance of their group: the Group Commanders themselves.

The third and final in this series of interviews is Colonel Jimmy Schlabach, Commander, 91st Operation Group. In order to get a more personalized view of the mission, he and his spouse Monica Schlabach agreed to be interviewed and share some of their personal aspects of what the 91st Operations Group is about, why it's important and what they have both gone through to get to this position in their Air Force journey.

Northern Sentry: Please explain in your own words what the 91 OG does and how each of the squadrons work together:

Col Schlabach: The mission that we have is to conduct operations. The analogy I would use with it is if you think like a NASCAR team. The operations group would be the drivers of the car. We rely on the support of mechanics and the crew chief, pit crew, and all the hundreds of others to get the mission done. What we do is we execute. The 91st Ops Group folks are the ones that are going to be doing the actual command and control, and the launch of the missiles themselves.

We have four squadrons, the 740th, 741st and 742d Missile Squadrons. And then we have the 91st Operational Support Squadron. The "7-4 Club's" job primarily is to go on to work and operate the missiles. We do that in a three-week rotation. The OSS, they support the [missileers] by making sure of a myriad of logistics are taken care of that those squadrons need.

NS: How has everyone adapted to the relatively new one-week rotation schedule? Do you think they will ever switch back to the 24 hour alert?

Col Schlabach: For the foreseeable future we are going to continue this deployment. In my opinion, the

positive tradeoffs vastly outweigh some of the negative, which is why we are continuing. We've seen growth and our proficiency in currency which means we are able to focus better on how we execute the mission not only during the week, but during our training cycle too.

NS: What would happen to the base if your group could not perform its functions?

Col Schlabach: We provide one third of the ICBMs here. So essentially, a third of the nuclear deterrent provided by ICBMs would be gone. That would have a major impact on the nation's ability to operate deterrence.

NS: What is the most important foundation of your command leadership philosophy?

Col Schlabach: Most important foundation is service. Service to the Nation. But my personal philosophy as a commander is service to the Airmen in the 91 OG, to include our civilians as well. In my role, we are focused on the mission while also ensuring we take care of Airmen. So with that in mind trying to balance all of those things [is difficult] because sometimes one tugs a little harder. It's kind of a push and pull at times but it's that balance of serving the mission, which we need, but also serving the Airmen.

NS: When in your Air Force career did you realize being a group commander was a goal?

Col Schlabach: I'll be honest, I never made being a group commander a deliberate goal. At some point I really wanted to be a squadron commander, but after that it was never something that I purposefully drove towards.

NS: So what comes next in your career?

Mrs. Schlabach: We don't know. We haven't been informed. We're just at that stage of life where we are up for anything. We've finally matured in our Air Force lives enough to realize that pretty much anything can happen at any time, and we'll adjust to and enjoy whatever is next.

Col Schlabach: Whatever the AF needs us to do right now is what's next.

NS: What do you want spouses and families in the 91 OG to be aware of or prepare for when at Minot AFB?

Mrs. Schlabach: I would say that they should be prepared to be surprised. I think sometimes because of the northern location people get an idea that it might not be a preferred base. But having been here before in the beginning of our career and then coming back, we have a unique perspective of seeing what being stationed at Minot did for our family. And now that we have been everywhere, we can really see that people liken Minot to the overseas experiences. They are such a close-knit community.

Col Schlabach: Having come from FE Warren, where you have Ft Collins and Denver, folks tend to dissipate more. You'll have people live all over. Just the geography, the proximity here, folks tend to congregate together, which builds the family atmosphere. Also, I would like to impart to not take advice from anyone who hasn't been here.

NS: Looking back on your AF career, what is something that you wish you had known, personally or professionally?

Mrs. Schlabach: I wish that I had worried less about the future. I was very preoccupied with what base we would go to next and what the schools would be like. I put pressure on [Col Schlabach] to get us where I thought our children would flourish. As I look back, we were fine.

Col Schlabach: I would inform my younger self that your leaders take care of you and are personally invested in you. When you're early in your service you just don't see it. Everybody, every leader, whether it's senior enlisted leader or a commander, they are personally invested in every single Airman under their care. I never really appreciated that fact. It's one of those things where unless you have someone explain it to you, you just don't know.

NS: Has there been anyone in the past that has specifically influenced you for the better?

Col Schlabach: I've been fortunate to have been able to work with many, many folks who have influenced me over my career. However, the one person who influenced me the most, was my good friend, Lt Col (Retired) William Bragg. He was a prior-enlisted officer who was in the same OTS class as me, and we spent the first 8 years of my career together. He mentored me countless times. He also didn't shy away from telling me when I needed to do

better, but he did it as a servant leader who knew I needed to hear the tough feedback. He fought cancer for over 5 years, and we lost him last Fall. I miss him like crazy, and I hope my service is something that makes him smile.

continued on next page



Mrs. and Col. Schlabach this past February at the Minot AFB Annual Awards Ceremony.



The Schlabach Family in 2020 at Yellowstone National Park. L-R: son Andrew, wife Monica, daughter Lilliana & Col. Jimmy Schlabach.



Jerome's
COLLISION CENTER

Military Friendly and Proud to Serve Our Active Duty Military & Veterans

Closest Full Service Collision Center to Minot AFB

2705 North Broadway, Minot, ND 58703

(701) 852-5126

jeromescollision.com



MAGIC CITY
CAR WASH

619 NORTH BROADWAY
HOURS: 8 AM TO 9 PM DAILY

WELCOME TO THE CLEAN ZONE

10% MILITARY DISCOUNT

MONTHLY PASSES AVAILABLE

FREE VACUUMS WITH WASH PURCHASE

ADVANCED WASH TECHNOLOGY



continued from previous page

NS: What sacrifices have you made over the AF career? Personally or professionally?

Mrs. Schlabach: The year before we came here [Col Schlabach] had to go to school in DC and it was our son's senior year of high school. We had [previously] made a pact that if at all possible we would keep the family together unless he was deployed and we were not allowed to go. We had decided for us, the best way was to always stay together. But then came this situation where our son would have been about to finish all four years [in one place]. He was settled in school, so I stayed back with my son for the senior year and it was a tough year. I'm glad we made the decision; it was the best decision at the time and it worked out. But it was hard. You learn to pivot and celebrate [holidays] when you can too, not on specific dates.

Col Schlabach: I've used the phrase tradeoffs because sacrifice yes, but it's also a choice. The other tradeoff is when the Airmen need me and [my family] get put on the secondary. Where we had plans, but then it just didn't happen. It's easy to say 'family always comes first,' well actually it's not and acknowledging that is tough because you feel like an awful person, but at the same time it's kind of a reality. It's hard because nobody wants to have to make those sacrifices.

NS: Being a group commander and spouse often has been said to come with a certain level of perks and expectations. What has been your experience in this role so far and what do you like or find

challenging about it?

Mrs. Schlabach: I think it's been an adjustment for me in his new position. Coming from watching him in squadron command, we knew every family in his squadron. I love knowing everybody in the unit and it has been a hard transition because we now serve four times as many families as we did when he was a squadron commander. A couple of people introduced themselves to me and they work in this group and I didn't recognize them, which breaks my heart.

Col Schlabach: It's just a different role, so you have to kind of find a new you. It's been a challenge as a group commander and a colonel because I have to be mindful of my

initial reactions during challenging situations. How I react sets a tone for the whole group. It's reacting to situations in a way that is best, not necessarily the way that is natural. That can happen for both positive and negative situations. It's a bigger microscope. However, a benefit is that I get to interact with the community much more in this position. I say the community wraps its arms around and they love our Airmen, almost as much as we do. That is a really cool perk to see.

Col & Mrs. Schlabach spoke candidly about their past 23 years in the service and whole-heartily gushed about how Minot holds a special place in their hearts because

of friendships and community, which they claim is unrivaled at any of the other missile bases. They were both touchingly vulnerable when mentioning the loss of their dear friend, Lt Col (Ret) William Bragg, and how this loss affected their perspective in life and the Air Force. It was evident from their conversations that friendships maintain an important and steady aspect to their lives.

The Schlabachs talked about what it was like to be empty nesters and how despite all their worry about how their two kids would grow up in the military community,

they have adjusted amazingly, and they think it is in part to always be taught at a young age to adapt to different situations. Col Schlabach encouraged younger missileers to give Minot a shot for what it is and not take the multitude of advice floating around out there from people who never lived here.

One of the most fascinating observations during the 91 MW Group Commander interviews was the candor in which each of them approached even the trickier topics, which is something this reporter appreciated immensely—and hopefully you readers do too!



In 2007, Col Schlabach spent time with long time friend and mentor Lt Col (Ret) William Bragg attending a San Francisco Giants game at Oracle Park.

All About Pets

Pets have allergies too!



Just like their humans, pets can have allergies too, and they are no fun for your furry friends! Pet allergies can be triggered by a variety of things including food ingredients, bug bites/stings, seasonal, prescriptions, chemicals, and more. Did you know that protein sources (including chicken, beef, or lamb) are some of the most common allergens for dogs? Here are some of the symptoms of allergies in your cats and dogs:

- Itchiness
- Hives
- Swelling—in the face, ears, lips, eyelids, etc.
- Red, hot, and inflamed skin
- Diarrhea
- Vomiting
- Sneezing
- Runny eyes
- Constant licking or other restlessness

If you suspect that your pet might be having an allergic reaction, its best to contact your vet immediately. They can administer quicker solutions for more severe reactions and can also give you advice on how to prevent future allergy attacks. Sometimes it's as easy as cutting out a specific trigger (such as chicken in the diet or a certain dog shampoo), but sometimes it may

take a lot of trial and error to narrow down a culprit. Make sure you keep accurate tabs on which products you use on and around your pet, as well as all the foods that they ingest and what they are around when outside.

If your pet is showing severe signs of allergic reaction and even anaphylaxis (swelling, hives, itching, excessive salivation/drooling, vomiting, diarrhea, pale gums, seizure, wheezing or trouble breathing, etc.) drop everything and get your pet to the emergency vet immediately! One of the closest emergency vets to Minot Air Force Base is Pinkerton Animal Hospital.

In more mild cases, Benadryl is usually the go-to at home remedy, but do not give your pet any medication or remedies without consulting your veterinarian first as you can potentially do more harm than good without the guidance of a professional.

In order to help our pets live their best lives, it's important to keep an eye on them, their habits and their reactions to catch any allergies as soon as possible. If you got sick every time you ate chicken, you probably wouldn't want to keep eating it every day, would you? Neither does your pet!

- Bait & Tackle
- Green Mountain Grills
- Toro Mowers
- T & E Tools

Tool Surplus Center
Best prices on tools in the state!

Rental Equipment Available!

Full-Time Outdoor Power Equipment Mechanic On-Site!
Small equipment in need of repair?
Call us!

EXCEL POWER BIKES 26" Step-Thru Fat Tire
• up to 50+ mile range
• max speed 20 MPH



1619 HWY 83 NW, GARRISON, ND
Intersection of Hwy 83 & Hwy 37

701.337.2500

find us on facebook

www.hwy83llt.com

HOURS:

Monday - Friday:
5:30 a.m. - 5:00 p.m.

Saturday:
5:30 a.m. - Noon

Now Open Sunday
8:00 a.m. - 2:00 p.m.

Your favorite neighborhood store serves up big fun.



Join Our Pack!

Sign up in store or online today.

Preferred Pet Club Benefits Include:

- Freebies, exclusive coupons,
- member only pricing,
- birthday gift for your pet.



PET SUPPLIES PLUS.

Minus the hassle.

2215 16th St NW, Minot, ND
701-857-4070
HOURS Mon-Sat: 09:00 AM - 09:00 PM
Sun: 10:00 AM - 06:00 PM

Stay Connected with Pet Supplies Plus



Minot Hot Tots Weekly Recap

MINOT HOT TOTS

It's been a crazy opening week for the Minot Hot Tots. On their home opener presented by KMOT, the Hot Tots played a game for a completely sold out crowd. This was the first sold out crowd at Corbett Field since the 1990s. On top of that, the Hot Tots made history by selling more merchandise in one game day than any other Northwoods League team ever! While the game was close, the Tots lost to the St. Cloud Rox, 5-3.

The first pitch was thrown out by Mayor Tom Ross and KMOT Sports Reporter, Zach Keenan. The crowd got their first look at the Alison Assisted Living Hot Totties, the crazy on-field games, and of course the toughest spud around, the mascot, Tate R. Tot.

The second game, powered by 28 Tastes and Taps, was also electric for the Hot Tots. While this game wasn't quite sold out, it was extremely close. Fans still got the same experience with high quality entertainment given by the BNSF Promo Conductors the entire Tot team. The crowd also experienced some interesting weather delay while fighting against rain and hail. While the energy was high, the Hot Tots were still working to get in a groove as a team and fell to another loss to the St. Cloud Rox, 11-0.

The game on Sunday, June 4 welcomed many walk up fans to their first Hot Tot experience. The team played 4 previous games on the road prior to being back at Corbett Field, this time against the Willmar Stingers. More weather delays made the overall game last a whopping 5 hours, but the delay was definitely a party, from dance battles, to hot dog eating contests, to player and crowd karaoke. The Tots kept up with the stingers until the end of the game but eventually ended the game with a loss of 11-8.

The Monday, June 5 game

powered by North American Coal was a celebration for many kids around Minot. The Hot Tots started their reading program in March of this past year and incentivized kids to reach their reading goals. The ultimate home run prize was a free ticket to this game. Students roamed the grand stands with excitement as they participated and watch fun on-field games and skits as well as watch the future greats of baseball. The Tots once again lost to the Willmar Stingers 12-0.

The June 8 game powered by Schultz Property Maintenance was a game that kept the whole crowd laughing. It was the first theme night of the year for the Tots and they chose to honor the suggestions given by fans on social media and went with a Napoleon Dynamite theme night. This night was full of movie references and really brought the spirit of "tots" to life.

Coming up for the Hot Tots are some extremely crazy games, the next game for the Hot Tots will feature juggling stuntman, Mad Chad. Fans will get to watch the Tots take on the Eau Claire Express while also getting circus-like entertainment as Mad Chad juggles chainsaws, live tasers, and more. Fans can also get in on the only ticket discount the team provides, the McDonald's Friends and Family Deal. This deal comes with 4 tickets to the

game, 4 Hot Tot hats, and 4 combo meals from McDonald's for more than half of the original value.

On Saturday June 10, the Hot Tots want fans to sit back and relax for Self Care Saturday powered by Minot Health Clinic. The experts at Minot Health Clinic will provide fans with tips and tricks to keep themselves happy and healthy while enjoying a fun night out at the ballpark.

June 11 through June 13 will be the final games for the Hot Tots before hitting the road and will round out the 6 day homestand for the team! To catch all of the action and excitement of the inaugural season of Minot Hot Tots baseball in the Northwoods League, go to <https://minot-hot-tots.nwltickets.com> to get your seat.

**No Federal Endorsement of Sponsors Intended*



HAVE FUN AS A VOLUNTEER AT

ROOSEVELT PARK ZOO

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

FOLLOW US ON FACEBOOK

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

DON'T RISK IT ALL!
IF THERE IS ANY DOUBT CALL

AIRMEN AGAINST DRUNK DRIVING

Free and Confidential

Saving Lives and Careers



Available to ALL Minot AFB Military Members and Spouses

CONTACT US AT:
(701) 727-2233
(701) 727-AADD

- ▶ Call AADD
- ▶ Notify location and destination
- ▶ State the amount of people that need a ride
- ▶ Give a description on an easily identifiable article of clothing
- ▶ Verify member's military/dependent status by showing identification

THURSDAY, FRIDAY & SATURDAYS
09:00 PM - 02:00 AM

HOLIDAY WEEKENDS
08:00 PM - 03:00 AM

PROUD SUPPORTERS OF MINOT AADD



Donating Car Washes to the AADD Drivers



Donating the Phone Services for AADD



Supplying Calling Cards and Posters to Local Establishments



Supplying Gas Cards to AADD Drivers

FINANCIAL SUPPORT PROVIDED BY

THE SPOT

MARGIE'S ART GLASS STUDIO

ROD & SUE WILSON

DRIVER OF THE MONTH AWARDS PROVIDED BY

- COOKIES FOR YOU
- THE MINOT MINOTAUROS
- REVEL HOTEL
- MAGIC CITY SWEETS & HOAGIES

- HIGHAIR GROUND
- MINOT DOWNTOWN BUSINESS & PROFESSIONAL ASSOCIATION

GOLDEN TICKET WINNER!

Pick up a copy of the Northern Sentry for your chance to win!

MSgt Ryan Bell found a \$45 Golden Ticket in the Northern Sentry he picked up at his workplace.

FULL SERVICE CATERING

Holiday & Office Parties, Corporate & Private Events and Celebrations

10% OFF ALL MILITARY PERSONNEL WITH MILITARY I.D.

ORDER NOW! 701-838-9140

BonesBBQMinot.com 1412 2nd Ave, SW, Minot

Bones BBQ SMOKEHOUSE & GRILL Locally Owned

Free and Confidential **Saving Lives and Careers**

Available to ALL Minot AFB Military Members and Spouses

CONTACT US AT:
(701) 727-2233
(701) 727-AADD

▶ Call AADD
▶ Notify location and destination
▶ State the amount of people that need a ride
▶ Give a description on an easily identifiable article of clothing
▶ Verify member's military/dependent status by showing identification

THURSDAY, FRIDAY & SATURDAYS
09:00 PM - 02:00 AM

HOLIDAY WEEKENDS
08:00 PM - 03:00 AM

PROUD SUPPORTERS OF MINOT AADD

MAGIC CITY CAR WASH Donating Car Washes to the AADD Drivers

SRT Donating the Phone Services for AADD

northern sentry Supplying Calling Cards and Posters to Local Establishments

ON the RUN Supplying Gas Cards to AADD Drivers

FINANCIAL SUPPORT PROVIDED BY

THE SPOT MARGIE'S ART GLASS STUDIO ROD & SUE WILSON

DRIVER OF THE MONTH AWARDS PROVIDED BY

- COOKIES FOR YOU
- THE MINOT MINOTAUROS
- REVEL HOTEL
- MAGIC CITY SWEETS & HOAGIES
- HIGHAIR GROUND
- MINOT DOWNTOWN BUSINESS & PROFESSIONAL ASSOCIATION



5TH MAINTENANCE PROFESSIONAL OF THE YEAR

On May 25, the 5th Maintenance Group hosted their Maintenance Professionals of the Year award banquet. The event was held to recognize and honor outstanding Airmen assigned to the 5th MXG who demonstrated exceptional performance and achievement during the previous year. More photos can be found on Minot AFB PA Flickr page.

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



GOT A DIRTY CAR?

10% MILITARY DISCOUNT

619 NORTH BROADWAY
HOURS: 8 AM TO 9 PM DAILY

91ST MAINTENANCE PROFESSIONAL OF THE YEAR

On May 25, the 91st Maintenance Group hosted their Maintenance Professionals of the Year award banquet. The event was held to recognize and honor outstanding Airmen assigned to the 91st MXG who demonstrated exceptional performance and achievement during the previous year. More photos can be found on Minot AFB PA Flickr page.

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS KYLE WILSON




JAMAICAN VYBZ KITCHEN

Authentic Jamaican Food

Hours
 Tuesday-Thursday 11 AM – 4 PM
 Friday-Saturday 11 AM to 6 PM
 Closed Sunday & Monday

**SUITE 200, 315 S MAIN STREET
 MAIN MEDICAL BUILDING, MINOT**

 Check out our Facebook Page for Special Events!

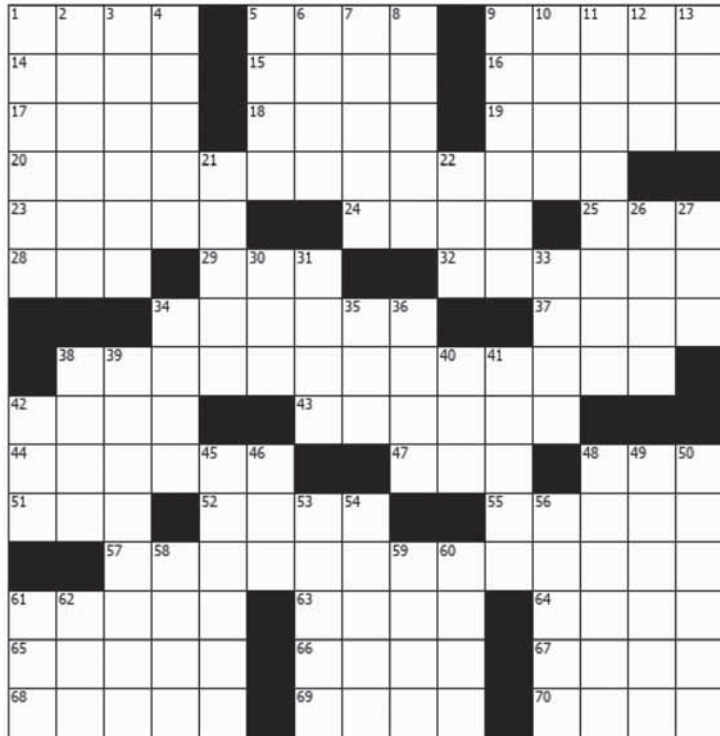
TAKE OUT OR DINE IN



CROSSWORD PUZZLE

Across

- 1. Astonishes
- 5. Trips around the track
- 9. Take action at an auction
- 14. "I smell _!"
- 15. Nautical adverb
- 16. Casual
- 17. Kicking back
- 18. Wherever you are
- 19. Hosni's predecessor
- 20. AARP member
- 23. Prominent pachyderm feature
- 24. Traditional knowledge
- 25. Pollen spreader
- 28. Former JFK visitor
- 29. Pose a poser
- 32. Permission
- 34. Cast forth
- 37. Mauna Loa output
- 38. Future first-stringers
- 42. Himalayan legend
- 43. Uprising
- 44. Folk-blues singer
- 47. Rolling Stones label
- 48. Vermont hrs.
- 51.
- 52. Scandinavian capital
- 55. Donnybrook
- 57. Second-year pro's bad luck
- 61. Computer command
- 63. Renown
- 64. Annual checkup
- 65. "Amadeus" star
- 66. Compared to
- 67. Give as a reference
- 68. "Ghosts" writer
- 69. Sensible
- 70. "Jurassic Park" beast

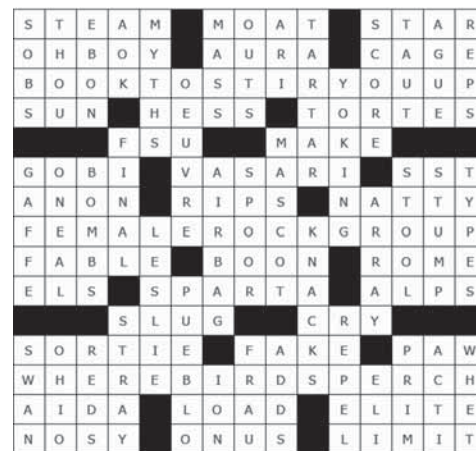


Down

- 1. Belted areas
- 2. Things to fill
- 3. Waldorf-salad ingredient
- 4. "The Autobiography of Alice B. Toklas" author
- 5. Cowardly Lion portrayer
- 6. Sir __ Guinness
- 7. Jeopardy
- 8. Be responsible for
- 9. Raging fires
- 10. Actress Skye
- 11. Jazz magazine
- 12. NAFTA signatory
- 13. __ capita income
- 21. Giraffe cousin
- 22. Writer Levin
- 26. Green feeling
- 27. LAX info
- 30. Sign of success
- 31. "The King and I" actress
- 33. Skirt feature
- 34. Bad mood
- 35. "__ Maria"
- 36. Letterman nickname
- 38. Luke Skywalker, for one
- 39. Spoon, fork and knife
- 40. CD-__
- 41. Gunky stuff
- 42. __ Kippur
- 45. "Billboard" list
- 46. Bat wood
- 48. Magic potion
- 49. Capitol group
- 50. Spicy cuisine
- 53. Art workshops, often
- 54. Cornhusker State city
- 56. Throw out
- 58. Without repetition
- 59. Middle East sultanate
- 60. Russo of "Tin Cup"
- 61. Upsilon follower
- 62. Difficulty

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B12

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

STARTS FRIDAY AT OAK PARK THEATER
FOR SHOWTIMES VISIT WWW.OAKPARKTHEATER.NET

THE SUPER MARIO BROS. MOVIE
(2023) Animation, Action, Comedy (PG)

INCREDIBLES 2
(2018) Animation, Action, Adventure (PG)

ARE YOU THERE GOD? IT'S ME, MARGARET
(2023) Comedy, Drama, Family (PG-13)

1500 4TH AVE NW, MINOT, ND

RENT THE THEATER FOR EVENTS!
CHECK OUR WEBSITE FOR MORE INFO

FREE! Faith Family Food Fun Day

brought to you by **BF Break Forth BIBLE CHURCH**

SATURDAY JUNE 17TH
OAK PARK 10AM-8PM

10am - 2pm
INFLATABLES + PUPPETS **Food**

4:30pm - 8pm
LASER TAG **Prizes**
[AGES 6TH GRADE + UP] *Must be present to win.

THE IRONHORSE KITCHEN + BAR

HOURS:
MONDAY - THURSDAY 11AM - 12AM
FRIDAY & SATURDAY: 11AM - 1AM

21 E CENTRAL AVENUE
DOWNTOWN MINOT

701.852.8183

2023 Class of

The families and members of the Minot Air Force Base Graduating Class of 2023 are proud to honor their hard work and dedication to get to this point of their lives. Graduation is a time honored tradition for any student, but means more to a military student. Countless schools and teachers have taught them but more often than not they are afforded an experience that not all students have. We have nurtured, taught, and encouraged these amazing young men and women in preparation for them to head out into the world.

Minot AFB Graduating Class of 2023, We Salute You!

Blake, Paris
 Bonsu, Jordan
 Bradford, Gabriel
 Bratton, Ethan
 Brown, Aubrey
 Brown, Zaccharius
 Calhoun, Jillian
 Campbell, Chester
 Carulli, Anthony
 Chabot, Brandon
 Clements, Gregory
 Cook, Jasmyne
 Dodgen, Zayla
 Donnell, Julia
 Drabek, Paige

Graham, Kaydee
 Hall, Israel
 Hill, Ethan
 Johnson, Gabrielle
 Kennedy, Gracy
 Kryvenia, Daniel
 Layman, Logan
 Mayer, Emily
 McCauley, James
 Michaud, Kaylee
 Morrison, Jesse
 Novo, Christian
 Perez-Coleman, Nevaeh
 Rawls, Harley
 Reynolds, Antonella

Rich, Alexis
 Richmond, Solan
 Siedschlag, Kelsey
 Siembida, Glen
 Smith, Jaric
 Smith, Nathan
 Snyder, Michael
 Steen, Brookelynn
 Storm, Cambria
 Toliver, Kyan
 Van Pelt, Kaedance
 Vance, Emma
 Wall, McKade
 Walters, Kate
 White, Akira



Nathan Smith

Parents: Ryan and Danielle Smith

Future plan:
 Electrician Apprenticeship



Emma Vance

Parents: Eric and Heidi Vance

Future plan: Emma will be attending
 Minot State University and majoring in
 communication sciences and disorders.
 She plans to become a speech and
 language pathologist.



Kate Walters

Parents: Michael and Carri Walters

Future plan: Will be attending
 Syracuse University.



Bishop Ryan Catholic School Fourth Quarter Honor Roll

HIGHEST HONORS (3.667-4.000+)

SENIORS: Ajah Braun, Haley Buck, Braelyn Deeter, Mikel Green, Emily Hanson, Raymond Hawk, Braden McCurry, Christopher McMahon, Carson Merck, HayLee Ritzke, Sabryn Ronning, Magee Rovig

JUNIORS: Gabriel Alexander, Brayden Howe, Brekken Johannes, Gwynnie Johnson, Blake Kaylor, Chuka Osuala, Gianmarco Renda, Chinelo Udekwe, Tyanna Weeks

SOPHOMORES: Emma Brandt, Leah Charley, Teagan Coonrod, Rylie Deeter, Olivia Demars, Violet Demars, Boden Erck, Eva Hernandez, Alena Johannsen, Aidan Kelly-Binkoski, Jett Lundeen, Taylor Lundeen, Margaret O'Riley, Autumn Steckler, Ramsey Walz, Riley Weeks, Drew Zwak

FRESHMEN: Annyka Anderson, Ella Boyle-Clark, Mia Braunberger, Kirstin Brunner, Katherine Castaneda, Claire Fegley, Anne Fricke, Bentley Schneider, Tochi Udekwe

EIGHTH GRADE: Charles Anderson, Lauren Burns, Seth Finley, Lilly Jundt, Dani Martinez, Hailey O'Farrell,

Thomas Postula, Michael Prough,

Adelynn Selk

SEVENTH GRADE: Tatiana Coronell, Viosa CUMANI, Hayden Deeter, Sage Feininger, Joshua Franks, Caleb Haverstock, Cecilia Johannsen, Helen Kamba, Gryphen Leier-Wangler, Justice Lundeen, Izabella Mocko, Russell Norman, Akasha Pacheco, Francesca Renda, Cohen Schneider, Paxton Schwan, Zachary Spain, Cambree Zwak

SIXTH GRADE: Luke Anderson, Ella Brandt, Liam Finley, Paige Hale, Liam Hulm, Penelope Morales, Afton Ost, Kene Osuala, Sladen Pfeifer, Jack Prough, Hannah Schaefer

HIGH HONORS (3.333-3.666)

SENIORS: Caina Dauphinais, Ian Johnson, Joey Johnson, Christian Lormejuste, Brett McKay, Conner Thompson

JUNIORS: Peyton Beeter, Jaydyn Crossett, Arwen LaVallie, Coy Okeson

SOPHOMORES: Tyler Burns, Cambrie Johannes, Bennet Warren

FRESHMEN: Elsie Braun, Carmyn Durand, Celia Martinez, Lilly McGough, Haylee Schwan, Hayden Seay, Jason Spain, Ella Zaback

EIGHTH GRADE: Jaidyn Braunberger, Tytan Lundeen, Chisom Osuala, Blake Page, Elijah Penton

SEVENTH GRADE: Anjo Allison, Taylor Brintnell, Calvin Olson

SIXTH GRADE: Graham Gaddie, Samuel Haverstock, Grady Keyes, Sasha Kowalczyk, Bailey Weigel

HONORS (3.000-3.332)

SENIORS: Slestia Walkup

JUNIORS: Tayler Christianson, Connor Harvey, Katelyn O'Farrell, Sienna Ronning, Christopher Willson

SOPHOMORES: Parker Baier, Conner Brintnell, Clay Fegley, Cassandra Feller, Wyatt Hanson, Emily Plessas, Macksen Shean

FRESHMEN: Ashlyn Burgardt, Jeremy Miller, Cade Okeson

EIGHTH GRADE: Jose Castaneda, Abigail Frey, Bill Mokua, Peyton Seay

SEVENTH GRADE: Violet McGough, Lily Palumbo, Dylan Walther

SIXTH GRADE: August Bice, Branson Bosch, Lucas De Vera, Ty Murphy



www.whiskeyninend.com 701-837-1090 109 West Central Avenue Minot, ND

15% Military Discount
Dine In or Take Out Only*

304 4th Ave NW Minot
Open Daily 11:00 AM to 8:45 PM

www.noodles.com

Memorial Middle School

2022-2023 Quarter 4

Honor Roll

Highest Honors

Grade 8

- Aiden Finney • Dylan Graham • Khylah Jacinthe • Layton Kelly
- Sadie Tilstra • Taylor Toro • Jonas Turner • Keira Venable

Grade 7

- Isabelle Brown • Sophia Cain • Eden Curtis • James Elizondo
- Evelyn Filiowich • Ian Finney • Sara Garver • Ariana Gonzalez
- Henry Karabelski • Hailey Kennedy • Ilyana Lavalais • Krishal Mahat
- Luciana Mason • Asher Muhs • Stella Prebble • Penelope Reed
- Leilani Smith

Grade 6

- Chloe Bailey • Aidan Beaton • Tucker Black • Olivia Calo Santiago
- Isaiah Coon • Caitlyn Cummock • Zaire Dorsey • Tyson Hann • Mason Lee
- David Maginness • Jayden Whitfield

High Honors

Grade 8

- Parker Bailey • Kayla Bates • Gabriel Montgomery • Elizabeth Patton
- Davinity Perez-Williams • Samiya Shoemaker • Caion Stoner

Grade 7

- Addison Ayers • Moses Ellis III • Mason Foerster • Wesley Hoadley
- Mckenna Jackson • Charlee Morris • Frank Prebble • William Rector
- Jacob Smith • Lilith Straut • Nichelle Williams

Grade 6

- Milania Gomez • Aria Jeong • Brandon Judge • Melanie Monson
- Nora Turner • Thor Winn

Honors

Grade 8

- Olivia Jones • Madilynn Knupp • William Morgan • Joshua Myers Jr
- Braivyn Patterson • Evangelina Reed • Madelyn Rivera • Ayden Schuetz
- Kaylee Thorn • Brendon Weber

Grade 7

- Kenai Alicea • Michael Carriker • Mason Culver • Jose De La Rosa Torres
- Kendalyn Hansen • Jack-Tyler Karst • Anthony King • Ava Loucks
- Melanie Loving • Jandiel Melendez-Ortiz • Christian Mendoza • Nicole Szabo
- Jonathon Thompson • Miles Wheeldon • Olivia Workman

Grade 6

- Yara Boscarino • Elena Catahay-Soles • Vaeh Geske • Robert Gomez
- Alexandra Guzman Munoz • London James • Cameron Kozak
- Samuel Martinez Jr. • Madison Palmer • Braelynn Ramirez • Keegan Roth
- Michael Scheller • Chloe Stitt • Colton Terral • Nayeli Umana
- Alexander Vadala • Landon Wilson

The North Dakota Purple Star Award

YOUTH IN ACTION



JOY-NICOLE SMITH
SCHOOL LIAISON PROGRAM MANAGER, GS-11
DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



Did you know the average military-connected child will experience 6 to 9 different schools during their K-12 education experience? This is a challenge for many of our military connected students. However, there are organizations and agencies such as the DAF School Liaison Program focused on the quality education of military connected students across the United States and Overseas.

With more than 1.1 million military connected students attending public institutions, issues surrounding quality education are a top priority for the Department of the Air Force. As a result, the North Dakota Purple Star Award is an incredible opportunity to help

schools respond to the educational and social-emotional challenges military-connected children face to keep them on track to be college, workforce, and life-ready.

The North Dakota Purple Star Award for military-friendly schools recognizes schools that show a major commitment to serving students and families connected to our nation's armed forces. Applicants for the Purple Star Award are selected by The Purple Star Advisory Board which is formed by representatives of the North Dakota Department of Public Instruction, Minot and Grand Forks AFB, ND National Guard, school districts, school counselors and military-connected

stakeholders.

This past school year at an assembly at a Minot AFB School, a slide stated, "We will make this place your home." This statement was powerful and moving and shows how essential our schools are in creating environments for our students and families to thrive. With this, I believe our Minot AFB Schools and other schools and districts are poised and well positioned to serve our military connected students.

The hope of the MAFB School Liaison Office, is that as we prepare for the upcoming 2023-2024 School Year, we see Purple Star Awardees in North Dakota.

3816 SOUTH BROADWAY MINOT, ND
701-858-0777

CALL AHEAD AND TAKE OUT DELIVERY AVAILABLE!

MON-THUR 11 AM TO 10 PM
FRI-SAT 11 AM TO 10:30 PM
SUN 11 AM TO 9 PM

WWW.MIMEXICOMINOTND.COM

Birthday PARTIES

X-TREME OR OPEN BOWLING

SUPER PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• Pop and Ice Cream
\$165+tax
\$12 for each additional person

MEGA PARTY

• 2 Hour Party for up to 10 People
• Shoe Rental
• 2 - 16" Pizzas, Pop and Ice Cream
\$195+tax
\$15 for each additional person

ALL PARTIES INCLUDE:
Plates, Cups, Napkins, Utensils, Invitations & Balloons.
Birthday Child will receive a "Happy Birthday" Bowling Pin or a coloring T-Shirt.
You bring the cake and the kids!
NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

1901 NORTH BROADWAY MINOT, ND
NORTHHILLBOWL.COM

FOR RESERVATIONS PLEASE CALL **852-4108**

LET'S PLAN YOUR PARTY!

BOOK YOUR PARTY!

BIRTHDAYS, GAMING PARTIES, PRIVATE MOVIE EVENTS, FAMILY GATHERINGS

Monday-Thursday
Time Slots Available:

- 10 AM-12:30 PM
- 1 PM-4 PM
- 6 PM-10 PM

Email for details:
alatoakpark@gmail.com
WWW.OAKPARKTHEATER.NET

High Air Ground

• TRAMPOLINE PARK •
1210 4th Ave NW / Minot, ND 58703
701-837-JUMP

FAMILY NIGHT

\$55.00

Includes:

- 4 Jumpers
- Marco's Pizza
- Four 16 oz. Drinks
- Additional Jumpers Only \$10!

www.highairground.com

Party Room

FROM KID'S BIRTHDAY PARTIES TO GIRLS NIGHT OUT, OR TEAM BUILDING!

We have a party space available for all of your fun!
Call for details!

109 South Main St. Minot **701.837.8555**

New at Cookies For You Birthday Parties!

Your party will include: two hours of time which includes one hour of cookie decorating time with one of our talented decorators, up to 6 cookies to take home, and a drink for up to 8 kids for \$200. Available weekdays after 5:00pm and Saturdays after 3:00pm.

For more details or to schedule, call Cookies For You at 701-839-4975.

COOKIES FOR YOU® and cupcakes too
A Cookie Gift + Bouquet Company

TEAM MINOT CELEBRATES LGBTQI+ PRIDE MONTH



Team Minot Airmen pose for a group photo with Col. Daniel Hoadley, 5th Bomb Wing commander, and Col. Kenneth McGhee, 91st Missile Wing commander, at the LGBTQI+ Pride Month opening ceremony at Minot Air Force Base, North Dakota, June 1, 2023. LGBTQI+ Pride Month is celebrated annually in June to honor members of the LGBTQI+ community.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS KYLE WILSON



Col. Daniel Hoadley, 5th Bomb Wing commander, gives remarks at the LGBTQI+ Pride Month opening ceremony at Minot Air Force Base, North Dakota, June 1, 2023. The ceremony was held to commemorate the beginning of LGBTQI+ Pride Month.



Bracelets are displayed at the LGBTQI+ Pride Month opening ceremony at Minot Air Force Base, North Dakota, June 1, 2023. LGBTQI+ Pride Month is celebrated annually in June to honor members of the LGBTQI+ community.



Col. Daniel Hoadley, 5th Bomb Wing commander, and Col. Kenneth McGhee, 91st Missile Wing commander, sign a proclamation at the LGBTQI+ Pride Month opening ceremony at Minot Air Force Base, North Dakota, June 1, 2023. The ceremony was held to commemorate the beginning of LGBTQI+ Pride Month.



Tour our HOUSING OPTIONS



701.852.5028
CREATIVEMINOT.COM

20% Military Discount


Primo

RESTAURANT

1505 N Broadway, Minot, ND 58703
(701) 838-7746

Grand HOTEL

Closed Mondays
Tuesday - Saturday
7:00 am - 1:00 pm
Thursday - Saturday
5:00 pm - 9:00 pm
Sunday
7:00 am - 1:00 pm



Welcomes you to Minot AFB

Checking & Savings
Online Banking for those on the go!
Loans for Autos, RV's, Life in General

ATM conveniently located at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive
Minot • 1819 S Broadway

nscu.com

NCUA LOCAL CREDIT LENDER

A LOOK BACK

THIS WEEK IN USAF HISTORY

THE WOMEN'S ARMED SERVICES INTEGRATION ACT PASSED IN CONGRESS

JUNE 12, 1948



For your country's sake today -
For your own sake tomorrow

Poster advertising opportunities for women to serve in four special units during WWII. (National Archives and Records Administration Photo)

Since America's conception, women have played an integral role in the military. Whether it was as nurses, spies, soldiers disguised as men, or officially recognized service members, women have always served vital, often unrecognized, roles in the nation's defense. The United States officially allowed women to join the military on June 12, 1948 with the passing of the Women's Armed Services Integration Act. After they had served in the Women's Army Corps, Navy Women's Reserve, Marine Corps Women's Reserve, and the Coast Guard Women's Reserves under special legislation during WWII, the United States finally realized the importance of integrating females, who have historically made up about half of the US population, into the military. Section 502 of the act still excluded women from aircraft and Navy vessels that might engage in combat, but it was a step in the right direction towards a more modern, inclusive military.

Information courtesy of: visitthecapitol.gov / cgc.edu

CELEBRATE LIFE

SERVING YOU SINCE 1926



304 S MAIN ST
MINOT, ND

THOMAS FAMILY FUNERAL HOME

CALL 701-838-2832

WWW.THOMASFAMILYFUNERALHOME.COM

CHURCH DIRECTORY

Chapel Services at MAFB

North Plains Chapel in Base Housing

Protestant Liturgical Service
Christ Chapel
0900


Protestant
Sunday Community Service
1030
(Holy Communion 1st Sunday)
Children's Church during school year

Wicca, Pagan, and Neopagan Services
Open Circle
1000 on the 1st and 3rd
Saturdays of every month

Northern Lights Chapel across from Rockers

Catholic Mass
Sunday 1000
Daily Monday-Thursday at 1200

St. Peter The Aleut Eastern Orthodox Church

 **109 6th St. SE Minot • 838-3094**

Saturday, June 10
5PM, No Vespers

Sunday, June 11
10AM, Congregational Prayer Service


Break Forth BIBLE CHURCH

Wednesdays 7:00pm
and Sundays 10:30am

1821 W Burdick Expressway
For More Information:
701.838.2665 | www.bfbc.tv


An Evangelical Free Church
3500 4th St. SW • 839-5127
(Just North of Super Wal-Mart)

Sunday School
& Fellowship 9:00 a.m.
Worship 10:30 a.m.

www.trinitychurchminot.org


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

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

To Advertise your Church in this space.

Call 839-0946

Only \$9.00 a space / per week


Faith United Methodist Church

5900 Highway 83 N, Minot
www.faithumcminot.com

Pastor Ken Mund
701-838-1540

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

Cornerstone Presbyterian Church
1000 NE 3rd Street 852-0315

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

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


St. Mark's Lutheran Church
Missouri Synod

Sunday Worship 9:30 AM

2209 4th Avenue NW
Minot, ND
839-4663

Reverend Philip Beyersdorf
www.minotmarks.com
Join us on facebook

Immanuel Baptist Church
1615 2nd St. SE • www.ibcminot.org
701-839-3694



SUNDAYS: 9:00 AM FELLOWSHIP
9:15 AM SUNDAY SCHOOL
10:30 AM WORSHIP

WEDNESDAYS: 11:30 AM SOUP KITCHEN
5:30 PM FAMILY SUPPER
6:30 PM PRE-K/KIDS' CLUB /
ABY & ADULT BIBLE STUDY


Christ Reformed Church

Worship 11:00 a.m. Sunday
234 14th Ave SE
www.chistreformedchurchminot.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
www.flcminot.com

Pastor Brandy Gerjets • Pastor Ellery Dykeman


Gospel Tabernacle Community Church

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.


JOURNEYCHURCH
ASSEMBLY OF GOD

1805 2nd St. SE 838-1111

Sunday Services
9:00 AM & 11:00 AM

Wednesday 6:30 PM

Minot Baptist Church

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

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

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


Cross Roads Baptist

Southern Baptist Convention

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

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

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


West Minot Church of God
Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
facebook.com/westminot

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

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

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

Apostolic Faith Church, UPCI

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

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

Jesse Starr, Pastor


Grace Baptist CHURCH OF MINOT
A Reformed Baptist Church

Sunday Service: 4:00 p.m.
Wed. Prayer: 5:30 p.m.
at Living Word Lutheran bldg
710 46th Ave NE, Minot

Web: gracebaptistminot.com
E-mail: gbcminot@gmail.com

RADIO BROADCAST
KFLK 95.9 LPFM 8:30 a.m./p.m. Sat/Sun


OSLC
where faith & life meet

OUR SAVIOR LUTHERAN CHURCH
3705 11th St. SW
Minot, ND 58701
701-852-6404
www.oslcminot.com

Rev. Heath Trampe
Rev. Brian Doel

Sunday Worship
8:15am Traditional Service
9:30am Contemporary (w/ livestream)
9:30am Sunday School & Adult Bible study
11:00am Contemporary Service

Wednesdays 6-7pm
Adult Choir
OSKids (age 4-5th gr.)
Bible Class (6th gr.)
High School Youth Group (6-8pm)

To Advertise your Church on this page,

Call 839-0946

Only \$9.00 a space / per week


OUR REDEEMER'S CHURCH
A Church of the Lutheran Brethren

Sundays:
Worship 9:00 a.m. & 11:00 a.m.

700 16th Ave SE • 701-838-0750

For more information visit us on the web at:
www.ourredeemers.org


ORCS KNIGHTS



Our Redeemer's Christian School
700 16th Avenue SE
Minot, ND 58701
info@orcsknights.org • 701-839-0772

www.orcsknights.org

ORCS Preschool

Our Redeemer's Christian School's Preschool Program will be starting its 36th year the fall of 2023 and we would love to have your child be a part of it!

NOW ACCEPTING REGISTRATIONS FOR THE 2023-2024 SCHOOL YEAR

HIGHLIGHTS OF OUR PROGRAM

- Time-tested curriculum including STEM and Language Arts activities as well as Free Play
- 2 and 3 day options available
- Kindergarten readiness skills practiced each session
- All teachers hold a North Dakota Professional Educator's License
- Christ-centered environment

Please contact our school office or visit our website for more information.
701.839.0772
Email: jschultz@orcsknights.org
Website: www.orcsknights.org



ADVERTISE YOUR

Church

Advertise FOR ONLY \$9 PER WEEK

Revisions MADE UPON NOTICE FROM THE CHURCH

Deadline TUESDAYS BY NOON WEEK OF PUBLICATION

CONTACT US

call 701-839-0946

email NSADS@SRT.COM

VIEW OUR PAPER ONLINE AT NORTHERNSENTRY.COM

CLASSIFIEDS

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

AUTOMOTIVE

AUTO BENT UP OR JUNKED??
Would like to buy...
Running and non-running cars.
Call 701.240.2147

JOHN'S

AUTOBODY
Pays Up To
\$500
Insurance Deductibles
We Guarantee All
Work & Color Match
4121 S. Broadway
839-8896

\$\$\$ QUICK CASH \$\$\$ Paying cash now for any car or truck, running or not. We also sell cars \$500-\$1500, give us a call. Edwardson Sales 839-9512 (Will haul junk cars or trucks away, no charge)

NORTHERN AUTO AUCTION
1st & 3rd Saturday Every Month!
Approx. 75-100 Cars, Pickups, Trucks, Etc.!
Bring vehicles & title to auction yard
BUY or SELL!
All units sold AS-IS condition
Terms: Cash or check supported by a bank letter of credit.
Auctioneers: Clint Beeter, Lic. #199 & Kevin Beeter, Lic. #464 - Clerk Lic. #199
3035 Valley St., Minot, ND 58701
701-838-3733 or 1-800-210-8995



FOR SALE: 1977 CHEVY CORVETTE, 350 c.i. motor, 3 speed automatic. Many upgrades recently completed. Air Cond, T-Tops. Fresh paint job! \$30,000 firm! Rod Krause 701 721 5095

WANTED TO BUY

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

PETS

IF YOU HAVE A SMALL DOG, LIZARD OR BIRD you can't care for, call me or text me at (701) 822-3455.

HELP WANTED

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

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

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

LOOKING FOR A CAREER THAT IS BOTH CHALLENGING AND REWARDING?

Kalix is seeking caring and compassionate people to provide support for people with disabilities. We have schedules to fit your needs. We offer competitive wages and excellent benefits. We are an equal opportunity employer and a drug free workplace. Apply in person at: 605 27th St SE, Minot ND 58701 Or contact: Matt Mackey By email or phone at mmackey@kalixnd.org 701-852-1014

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB COMMISSARY

Baggers Work for Tips Only • Adult Hours Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm • Teen Hours Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm • Morning start times rotate & vary. Please speak to Charlie at the commissary if interested or leave contact information with customer service.

RENTALS

2 BEDROOM APARTMENT IN NW MINOT Basic Utilities Paid. Partially Furnished, Garage Included. Access to Outdoor Deck & Fishing Dock. No Pets. Call Ken @ (701) 833-9943

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$655 to \$795. Call Matt or Jerry at IPM. 852-1157

REAL ESTATE

Find ALL listed homes for sale in Minot and the surrounding areas at www.brokers12.com.

PROFESSIONALS

LEE CLOUSE INDEPENDENT BEAUTY CONSULTANT
www.marykay.com/1clouse
701-839-0475 or 701-721-0475

DID YOU KNOW you can submit a classified ad on our website for placement in the Northern Sentry. Just a few easy steps. Visit www.northernsentry.com for more information.

northern sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

FLEA MARKET/THRIFT STORES



A Little Bit Of Everything...
With A Lot Of Savings!

4R HOME THRIFT

2031 N Broadway

Furniture, Tools, Movies, Misc. & Interesting Items
Monday - Saturday - 8:30 AM to 6 PM
Sunday - 12 PM to 5 PM

15% Military Discount!

<https://www.facebook.com/4rhomethrift>

Back Door Treasure's



Minot's Newest & Biggest Thrift Store is


NOW ACCEPTING

ALL donations, estate settlements, and commercial (rental & real estate left behinds)

105 1st Street. SE Minot
Open 9-6 Mon-Sat
(701) 837-1819

BUSINESSES & SERVICES

AUTOMOTIVE

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

Edwardson Sales 839-9512
We also sell cars \$500 - \$1500
Give Us A Call!
Will Haul Junk Cars Free Of Charge



HOURS:

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

425 Burdick Expy W Minot, ND 58701

(701) 852-3301

Proud to serve Minot AFB

ACCOUNTANT

BradyMartz

Make Every Day Count

CERTIFIED PUBLIC ACCOUNTANTS
24 W. Central, Minot • 852-0196
www.bradymartz.com

HOBBY SHOP

AEROPORT HOBBY SHOP

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

838-1658

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

SUDOKU SOLUTION

PUZZLE ON PAGE B6

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

REAL ESTATE

BUY OR SELL ONLY WITH THE BEST!

#SOLD WITH US!
BROKERS12.COM

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

DID YOU KNOW YOU CAN READ OUR FULL EDITION ONLINE?



northern sentry

MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

CLASSIFIEDS

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

MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus — located at Minot Air Force Base — offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our upcoming term: 29 May-30 Jul. 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 and/or Teams phone: 928-777-6342.

COLUMBIA COLLEGE

For nearly fifty years Columbia College has offered educational opportunities to the military and is proud to establish our newest location here, at Minot AFB. Founded in 1851, Columbia College is a private, nonprofit liberal arts and sciences college that serves approximately 18,000 students annually and is proudly recognized by numerous organizations as a Military Friendly institution of higher education. Check out our website (ccis.edu) for the list of organizations that recognize the hard work the college puts in to serve those who serve our country and their families. With 29 online degrees the college is working to offer classes this summer on the installation. In the meantime you can choose your mode of education from strictly online classes to in-person ZOOM synchronous classes. Chose from the many associate, bachelor, or master's degree programs available and know your degree can be completed at Minot or anywhere you have internet connectivity or explore in-seat opportunities if you re-locate near one of our 30 locations nationwide. Fully accredited by the Higher Learning Commission (HLC) we are delighted to establish this location at Minot. Come talk to us at the education center and explore your options for your next step down the path to your educational goal. We are located in Room 219 or call 701-714-0000.

PARK UNIVERSITY MINOT –

Your degree, Your way. Park University is enrolling now for Spring II Term. Classes start March 13, 2023! 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

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



VOLUNTEER OPPORTUNITIES

MSgts Release Party Volunteers and ND State Fair Volunteers

AADD has some awesome opportunities coming up! Help us support this year's MSgts Release Party, Friday 09 Jun by volunteering to drive from 1600-1700 @ the JDC! Please use the following link to sign up: <https://volunteersignup.org/PR8D9>

POC: SSgt Kristal Cruz, x4633.
We also have partnered with the state fair this year as Ticket Scanners and Hand Stampers. Volunteers will ONLY be required to do such roles, or the roles they are assigned, which means we do not expect you to work as a normal AADD volunteer (picking passengers up, etc). If you sign up for the state fair, then you are only required to work the state fair. GUARANTEED volunteers will get access to the state fair, the grandstand arena (where you may have the opportunity to enjoy the concerts/events), an LoA, and a chance to win gift cards. I am still working on getting free meals (which we will be able to get once details are finalized) and free tickets for other concerts/events for those who volunteer. So, we have A LOT of free benefits simply from being a ticket scanner or hand stamper!

POC: Jan Mariel DeCosse or email minotafb2233@gmail.com



MAFB First Sergeants 5K Volunteers

Please mark your calendars for the 3rd Annual MAFB First Sergeants 5K! There is a \$350 in SHEELS gift Cards for the winners.

Who: Everyone 18 and up
What: 3rd Annual MAFB First Sergeants 5K
When: 15 June, Start at 0800
Where: McAdoo Fitness Center
Why: For the fun of running, friendly competition, and to build a connection in the community

We are also looking for 15 volunteers for the run to man the registration table and safety observers for the route. If you would like to volunteer:

<https://www.signupgenius.com/go/904084DADAA2CA31-3rdannual>

POC: TSgt Justin Monty, at 723-6756 or email justin.monty@us.af.mil

Meals on Wheels Volunteers

On behalf of the Hispanic Allies organization, we would like to offer a volunteer opportunity to help our community. We're working with "Meals on Wheels" to help feed elderly members of our community. If you are interested in volunteering, please let us know. The Meals on Wheels delivery is every Tuesday & Friday. Volunteers can show up at the venue from 1045 to 11am. The route is simple, and it takes 45 min to 1hr, 2 members preferred. No supplies required. The address is 21 1st Ave SE B, Minot, ND 58701 at the Minot Commission On Aging. Please sign up using the following hyperlink: <https://volunteersignup.org/4E7QM>

POC: SrA Brian Bermúdez, brian.o.bermudezcartagena.mil@health.mil or 723-5184.

Juneteenth Volunteers

The African American Heritage Council is seeking volunteers for the Juneteenth Event at Oak Park on June 18-19. We have a lot of exciting events to include games, card tournaments, car show, raffle and much more! If you would like a chance to win a new P55 (\$5/ticket) or new Grill (\$3/ticket), reach out to any of the council members CC'd in this email. You do not have to be local to win!! NOTE: Every volunteer that signs up will receive ONE complimentary raffle ticket for a chance to win big prizes! If you or someone you know are car fanatics or have a nice car that you would like to showcase, we're looking for participants! Car Show POCs are SSgt Khenedye Fletcher-Wiley and SSgt James Robinson to assist you with entry and any questions. Both may be contacted at khenedye.fletcher@us.af.mil and james.robinson.77@us.af.mil. Car Show entry is \$25. Proceeds will go to the Dakota Hope Clinic.

POC: Mariah N. Fonville, Treasurer, African American Heritage Council
DSN: 453-3331 Comm: 701-723-3331

North Dakota State Fair Volunteers

(July 21-29)
The North Dakota State Fair is North Dakota's largest annual event with traditionally over 300,000 attendees. We need volunteers to help with various community groups performing services or leading projects during the annual North Dakota State Fair event held on July 21 -29. Projects involved might include working concerts, shuttling golf carts, cleaning stalls, security, grounds clean-up, or gate attendants.

POC: Daryl Fry at 701.857.7620 ex 803 or daryl@ndstatefair.com

Heritage Day Festival Volunteers

(August 19)
The Team Minot Diversity, Equity, Inclusion, and Accessibility Team are looking for volunteers for this year's Heritage Day Festival (AKA 'The Culture Festival').

• This year we've partnered with the Minot Area Council of the Arts, Minot Chamber of Commerce, and Minot State University to make this bigger and better! The event is currently scheduled to begin at 1000, Saturday, 19 August at Oak Park.

We're looking for individuals to participate in one or more of the following roles:

- Planning & Coordination Team
 - o Resource Manager
 - o Booth Manager
 - o Volunteer Manager
 - o Entertainment Coordinator
 - o Food Truck Coordinator
 - o Marketing
 - o Health & Safety
- Set Up/Tear Down
- Security
- Vendors (sell art, jewelry, food, ect.)
- Heritage Booths (games, displays, educational materials, ect.)
- Performers (music, dance, poetry, skits, ect.)

We hope to build connections while celebrating the many unique cultures and heritages within our community.

POC: CHRISTINE A. CHERRY, TSgt, christine.cherry@us.af.mil and jan_mariel.decosse@us.af.mil

Magic City Civil Air Patrol Composite Squadron

The Magic City Civil Air Patrol Composite Squadron meets every Thursday at AvFlight, 1830-2030. Civil Air Patrol is the official, Congressionally chartered US Air Force Auxiliary open to all adults and children 12+. Its all-volunteer members serve in a multitude of roles in support of CAP's three primary missions: Cadet Programs, Aerospace Education, and Emergency Services. As adult opportunities include working as part of an Aircrew, sUAS operator, Aerospace and STEM instruction, and many other opportunities! The youth Cadet Program provides an opportunity to learn military structure while learning about Aerospace, Leadership, Flight, Cyber Systems, Outdoor Survival and much more! Whether you are looking to bring your skills to a new venue, expand your experience, or learn something new, there's certainly a role for you! No prior experience or military affiliation is necessary. For more information about Civil Air Patrol, visit <https://www.govcivilairpatrol.com> or contact the POC below.

Meeting location: AvFlight, Minot Airport, 2400 N. Broadway Suite E, 1830-2030 every Thursday

POC: 1st Lt Jon McLemore, CAP, Jonathan.mclemore@ndcap.us
701-720-6410 | <https://nd021.cap.gov>

AF K12 STEM-to-Sky Program Volunteers

Volunteers are needed to assist with the AF K12 STEM-to-Sky program; a new annual outreach effort connecting Airmen & Teachers enabling them to produce direct classroom engagement. The purpose of this effort is to directly engage Airmen with classrooms around the world to share experiences, emphasize the importance of STEM education, and create personal military-to-classroom connections. Within the classroom, Airmen will discuss their associated roles and emphasize the importance of STEM (connect); and create propensity for students to pursue STEM and Air Force fields (inspire). Anyone can volunteer, and we especially encourage those who work in STEM-focused career fields! For Airmen sign-up and information/instruction - <https://forms.osi.apps.mil/r/fkmqNeYuLr>

POC: Abigail Kinder, Community Relations & Media Operations, Minot AFB PA
Comm: 701-723-6768, DSN: 453-6768

Pride Month Panel Members

The LGBTQIA+ Council is putting together a panel in honor of Pride Month and is looking for additional panel members around the base to be a part of this discussion from 0900-1030 on 14 June 2023. The theme of the panel is Resiliency through Solidarity and questions will be oriented toward that. If you're interested in being a part of this panel and discussing your experiences and answering questions, please reach out to SSgt Kerigan Jenkins (kerigan.jenkins@us.af.mil) or ATC Levi Pierpont (levi.pierpont@us.af.mil) for more details.

To have your volunteer opportunity posted, please contact Military & Family Readiness Center (M&FRC)
5fss.family.support@us.af.mil

WE ARE HIRING
JOIN OUR TEAM

BASE REPORTER

We are looking for someone who has Minot AFB access and a firm grasp on the base community (or is willing to learn) and LOVES to write!

- No Journalism experience required, willing to train.
- Must be comfortable speaking with people from all walks of life and all ranks.
- Must be able to meet deadlines.
- Less than part time (4-6 flexible hours a week)

If interested, please send a resume to erin.beene@willowtreemarketing.com



MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

NATIONAL POLICE WEEK



Above: Both U.S. Air Force 5th Security Forces Squadron & 91st Security Forces Group take a group photo, Minot Air Force Base, North Dakota, June 5, 2023. The 5th, and 91st came together to celebrate 2023 National Police Week.



U.S. Air Force Leadership from both the 5th Security Forces Squadron and 91st Security Forces Group bow their heads, Minot Air Force Base, North Dakota, June 5, 2023. Leadership wanted to honor those we've lost in the line of duty during 2023 National Police Week.



Left: U.S. Air Force Security Forces Airmen from the 5th Security Forces Squadron, and the 91st Security Forces Group come together to complete the Ruck March, Minot Air Force Base, North Dakota, June 5, 2023. The Security Forces Airmen marched to begin 2023 National Police Week.



Minot Police Department prepare for a speech, Minot Air Force Base, North Dakota, June 5, 2023. The police were on base to celebrate 2023 National Police Week with the Minot Air Base Security Forces.

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

NOTES ON BEING SAFE

Workplace Safety for All of Us



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



'Workplace Safety Topics' - Maybe these 3 words put together in one sentence will make little sense to you. It is rare that we see workplace safety being given enough importance in our working lives. And that is why we talk about it! Workplace safety facts state that maintaining workplace safety is as important as maintaining safety at home. But why is safety at the workplace important? Think about it, we spend a major portion of our day at work so shouldn't we be assured of high levels of safety there? And how will you maintain those levels of safety if you don't know what you're supposed to maintain? That is why the following article will talk about some key safety tips and workplace safety topics that you should be looking into, if not already.

SAFETY TOPICS FOR THE WORKPLACE

For a start, take a look at the types of hazards that you may face in your office. Here is a list to help you out with determining what some of the workplace safety topics are.

SLIPS AND FALLS

Slipping, tripping and falling over are some of the most common accidents that can happen in the workplace. Why do these happen? It is probably because there are no proper delegated places that are allotted for things. There might be loose wires that are lying on the floor which are like an open invitation for falls. Along with that if there are no storage places for personal items such as briefcase and gym bags, then they will just be in the way and people will trip. Spills on the floor that are not cleaned can cause slips, so also the negligence of putting up signs that indicate when floors have been mopped can lead to the same.

There needs to be strict instructions given that informs employees to keep things in their delegated places and not keep them lying around. Also, if anyone sees any spills they need to inform the maintenance personnel and get them cleaned. There needs to be further instructions given like workplace safety slogans put up that tells employees to maintain certain decorum and make sure that their drawers and the like are kept properly closed in order to prevent anyone crashing against them and falling.

PORTABLE LADDER SAFETY

Twice as many falls occur stepping down compared to going up ladders. The main cause of falls from straight and extension ladders is sliding of the ladder base. For self-supported ladders or stepladders, the main cause is tipping sideways. Just remember that many workers carrying ladders hurt their backs, as well. If possible, have two people carry ladders.

ELECTRICITY MALFUNCTION

Where there are so many machines present, there is always the danger of electrical malfunction happening. Regular checkups and maintenance

of the electrical appliances has to be of primary concern for the matter of electrical safety. Too many wires plugged into one socket can lead to short circuits, frayed wires, and electric shocks become common place when there is no standard maintenance involved. That is why all employees need to be informed as part of workplace safety topics for meetings that they need to constantly be aware of the machines that they are using and if they find any problem with them, even if it is any doubt, they should inform the concerned personnel.

Along with that there need to be strict instructions given that there will be no inclusion of foods and drinks around the machines. Food and liquid spills can cause the malfunction to happen faster and put all the employees at risk. This could even lead to fires taking place, making this one of the most useful of workplace safety tips.

FIRE SAFETY

Fires might happen either due to negligence or due to a genuine problem. In case it is caused by negligence then the employees need to be given proper instructions on how to maintain fire safety (taking care of electrical appliances and wiring). In case of a fire, all employees should

be well informed of all the escape routes, the places where all the fire extinguishers are stored and the numbers of the fire department should be put up in bold where employees have had an opportunity to see and memorize them. Taking these precautionary steps along with workshops held on how to prevent and deal with fires will make the office a much safer place.

ERGONOMICS AT WORK

Ergonomic in the workplace are an essential component of office life. It is not necessary that only physical factors like fire and tripping need to be cared for - the office structure and the arrangement of the different components in the office are equally important. The chair on which the employees sit, the brightness of their computer screen, the lighting, the frequency of breaks and other external factors like noise etc. have a direct effect on the performance of the employees. That is why ergonomics becomes so important.

These are some of the key workplace safety topics that you should not ignore at any cost. The maintenance of these will ensure not only the safety of the employees, but will also make them more efficient, which is ultimately all in favor of the company's progress.



Minot AFB Chaplain Corps

BISMARCK / USAF
13.1 MARATHON 26.2
TRAINING COMMUNITY

Will you rise to the challenge?

SCHOLARSHIPS AVAILABLE*
(*NEED BASED, RACE REG & HOTEL, BISMARCK EVENT ONLY)

RUNNERS OF ALL LEVELS/GOALS WELCOME:
CHALLENGE YOURSELF TO RUN 13.1 / 26.2 MILES

Contact: Sign Up w/QR Code:
Chaplain Mark Bradshaw
723-2456 / mark.bradshaw.2@us.af.mil



RACE DATE:
16 SEPT 2023
(BOTH RACES)

WEEKLY RUNS:
WEDNESDAYS @ 1730
BUD EBERT PARK, MINOT AFB

North Star
Community Credit Union

Welcomes you to Minot AFB

Checking & Savings
Online Banking for those on the go!
Loans for Autos, RV's, Life in General

ATM conveniently located
at Rockers on Minot AFB.

Minot AFB • 210 Summit Drive
Minot • 1819 S Broadway

nscu.com

NCUA MEMBER LENDER



JUNE 2023 MAC LUNCH

U.S. AIR FORCE PHOTO | MINOT AFB PA

Hotel REVEL Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

Cajun Bacon

INGREDIENTS

- 2 lb. Thick Cut Bacon
- 1 lb. Brown Sugar
- 1 1/2 tsp Cayenne Pepper

- In a small mixing bowl, blend brown sugar and cayenne pepper and set aside.
- Place a layer of bacon in a large disposable aluminum pan. Using a sifter, lightly dust with the brown sugar/pepper mixture.
- Add another layer of bacon and repeat until all bacon has a light dusting of sugar mixture. Can be done ahead and refrigerated overnight. A syrup will form.
- Place on grill and smoke/bake at 350° for 20-30 minutes. Flip bacon halfway through and watch carefully as bacon will go from perfect to burned and ruined in a minute or two. Do not allow fat to drip onto an exposed flame.
- Carefully remove and allow sugar to cool before serving.

Oven baking: place bacon on a cooling rack and place rack in a lined jelly roll pan.

Home of ECONOMY

www.HofE.com/BBQHQ

BADLANDS RESTAURANT BAR

Upcoming Events

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

Join us on Main Street every Thursday night June 8th through August 3rd for our weekly Music and Arts Festival featuring local and regional musicians and artists, artisan vendors, food trucks, bounce houses, axe throwing, face painting, and more! Thursdays Downtown are FREE for the public to attend. The event starts at 6:00 pm, with music from 6:30 to 8:30. Each week, local artists and artisans line Main Street showcasing their work and providing live art demonstrations, local and regional musicians provide the evening's entertainment on the Hook and Ladder stage, showcasing the area's incredible musical talent! Join us for the fun and check out all of the incredible galleries, shops, and restaurants that make Downtown Minot THE place to be on summer Thursday nights!



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

14 JUNE **FLAG DAY | VETERANS APPRECIATION EVENT**
11:00 AM - 1:00 PM
 Ryan Buick GMC
 1800 S Broadway, Minot

This Flag Day, we are honoring those who have served at our third annual Veterans Appreciation Event, and we invite the public to join us as we celebrate our Nation's heroes. A free will donation lunch will be served from 11:00 AM until 12:30 PM. Join us for brats and burgers grilled fresh by #RyanBuickGMC staff, with pasta salad and cookies from Homesteaders Restaurant. For those who can't stay, pick up lunch in our drive-thru from 11am - 1pm. A special Flag Day program conducted by our local DAV Chapter 4 begins at 12:30 PM. All donations benefit DAV (Disabled American Veterans) Chapter 4 Minot, ND to support local Veterans programs. This is a FREE event and open to the public!



For more information:
 Facebook/ Ryan Buick GMC/ Events

15 JUNE **SRT 72ND ANNUAL MEETING**
9:00 AM - 8:30 PM
 Minot Public Library
 516 2nd Ave SW

SRT Communications will hold its annual meeting and director election on Thursday, June 15, 2023, at the North Dakota State Fair Center in Minot. Registration and voting begin at 5:30 p.m. and officially close at 7:00 p.m. A catered dinner will also be served from 5:30 p.m. until 7:00 p.m. The business meeting will begin at 7:00 p.m. and will include a report to the members, financial updates, and election results. Election results will also be posted on srt.com/annualmeeting and SRT's Facebook page. Members are encouraged to bring the postcard they received in the mail to be entered to win prizes.



For more information:
 Facebook/ SRT / Events

18-19 JUNE **JUNETEENTH CELEBRATION**
11:30 AM
 Oak Park
 1300 4th Avenue, Minot

Celebrate Juneteenth with music, games, and a carshow!

JUNETEENTH CELEBRATION OF FREEDOM
 BBQ & PARTY
 11:30 AM - 11:00 PM
 Sunday & Monday
 Oak Park, Minot, ND
 1300 4th Ave NW

For more information: Facebook/Minot AFB Diversity, Equity, Inclusion & Accessibility Council

18 JUNE **FATHER'S DAY AT THE ZOO**
9:00 AM - 8:00 PM
 Roosevelt Park Zoo
 1219 Burdick Express Way, Minot

Dad's admission is free with the purchase of a child's admission...even if that child is 2 & under and their admission is free... even if Dad is a long way away and you adopt a sweet neighbor for the day. Make someone's day at the Zoo.

For more information:
 Facebook/Roosevelt Park Zoo / Events

NEW Community at the Northern Sentry



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



For more events visit our online Community Calendar at www.northern Sentry.com/calendar/

ALL YOU CAN EAT

GARDEN FRESH SALAD BAR

EVERY DAY

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

Facebook Instagram

WHAT'S GOING ON MAFB

FRIDAY 09

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) – Employment Workshop, 0800-1600, M&FRC
- First Friday, 1600-2100, Jimmy Doolittle Center

TUESDAY 13

- Cycle, 0600, Fitness Center
- Moving Out of the Dorm Budget Class, 0900-1100, M&FRC
- Game Day, 1000-1930, Minot AFB Library
- Magic The Gathering EDH/Commander Deck Building Seminar, 1800, ESC
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

FRIDAY 16

- AFGSC Family Day
- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com
- EFMP Zoo Series Home Sweet Habitat, 1500-1600, Roosevelt Park Zoo, hosted by M&FRC
- DIY Epoxy Cutting Board Class, 1730-1930, Arts & Crafts Center

SATURDAY 10

- Summer Reading Program Starts, Minot AFB Library
- Summer Reading Program Squadron Contest Starts, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Summer Reading Program Kick-Off Party, 1300, Minot AFB Library

WEDNESDAY 14

- HIIT Strength & Conditioning, 0500, Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- History Walk at the Golf Course, 1200, Rough Rider Golf Course, hosted by Minot AFB Library
- First Duty Station Officer Financial Course, 1400-1600, M&FRC
- Yoga, 1830, Fitness Center

SATURDAY 17

- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com
- Little Mermaid Escape Room Game Starts, Minot AFB Library
- Cycle & Strength, 0900, Fitness Center
- Zumba, 1100, Fitness Center

SUNDAY 11

- Pride of America Scramble, 0900, Rough Rider Golf Course

THURSDAY 15

- Cycle, 0600, Fitness Center
- 3rd Annual 1st Shirt 5K, 0800, Fitness Center
- Relocation Newcomers Pre-Orientation - ONLINE, 0800, M&FRC, Zoom Meeting
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Holiday Spending, 1300-1500, M&FRC
- Super Hero Family Dance Party, 1730-2030, Jimmy Doolittle Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, Fitness Center

MAY SPECIALS

Bomber Bistro • Club Wrap
Sliced ham, turkey, bacon, tomato, swiss cheese, lettuce, and ranch served on your choice of tortilla wrap.

The B-Fifty Brew • Super Smoothies
Available in these refreshing flavors: Coco Freeze, Banana Cabana, Mango Colada, and Strawberry Colada.

Rockers Bar & Grill • Chicken Tender Basket
A basket of tasty fried chicken tenders served with our famous fries, a drink, and your choice of dipping sauce.

MONDAY 12

- Minot AFB Murder Mystery Game 1989 Starts, Minot AFB Library
- HIIT Strength & Conditioning, 0500, Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Craft Club, 1800, Minot AFB Library

SUPER HERO FAMILY DANCE PARTY
JIMMY DOOLITTLE CENTER

Special Edition | From June 15th 2023 | Vol. 1

JUNE 15TH
5:30PM - 8:30PM

FREE ADMISSION WITH TICKET

DRESS UP AS YOUR FAVORITE SUPER HERO TO ENJOY A NIGHT OF DANCING, GAMES, PRIZES FOR THE KIDS & SUPER POWER FOOD FOR ALL!

ONLY 100 ADULT & 150 CHILD TICKETS AVAILABLE FOR PICKUP FROM:

- MSGT JACOB SCHULZE (723-4638)
- TSGT TRACH SIMS (723-3984)
- SSGT SHELBY MOORE (723-7321)
- BASE CHAPEL TSGT NATHAN CHANDLER (723-2456)

Hosted by:

FORCE 5THFORCESUPPORT.COM

SUMMER READING PROGRAM
MINOT AFB LIBRARY • 10 JUNE - 19 AUGUST

Find Your Voice!

Win prizes and chances to win a grand prize by reaching reading goals and participating in activities.

Summer Reading Program Dates:
Registration - 10 June - 10 August
Kick-Off Party - 10 June
Wrap-Up Party - 19 August

And a variety of other programs throughout the summer!

There's also a serious side to summer reading. Research shows that students who read recreationally out-perform those who don't.

Open to ALL ages, infants to adults!

To learn more about this year's Summer Reading Program, call the Minot AFB Library at 723-3244 or visit our website at 5thforcesupport.com/base-library

Supported by:

FORCE 5THFORCESUPPORT.COM

3RD ANNUAL 1ST SGT 5K
MCADOO FITNESS CENTER

JUNE 15TH • 0800
REGISTER BY JUNE 14TH

JOIN THE 1ST SGT'S OF MINOT AFB IN A FRIENDLY COMPETITION! MEDALS WILL BE AWARDED BY BEST FEMALE & MALE IN AGE BRACKETS

AGE BRACKETS: 18 - 25 • 25 - 34 • 35 & OVER

FOR MORE INFORMATION OR TO REGISTER, CONTACT THE FITNESS CENTER AT 723-2145

FORCE 5THFORCESUPPORT.COM

GAS UP. SNACK UP. GET GOIN'.

FUEL RESTROOMS COFFEE FOOD & DRINKS

2625 N. Broadway 2005 N. Broadway 1105 S. Broadway 7141 US HWY 2

ON the RUN

QUALITY HEALTHCARE FOR ALL

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

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

1201 11th Avenue SW | Minot, ND | Phone 701.858.6700 | 800.841.7321 | Hours: M-F 8 AM-5 PM | cfmmminot.UND.edu

