

northern sentry

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WHATS INSIDE THIS WEEK:



**ACE TEACHES
5TH CES
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**U.S.-INDONESIA
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CENTENNIAL
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MINOT AFB
FLYOVER**

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FREEDOM FEST 2023

Fireworks explode in the sky above a B-52 Stratofortresses during Freedom Fest at Minot Air Force Base, N.D., June 30. Freedom Fest is hosted by the 5th Force Support Squadron as the base's annual 4th of July celebration where Airmen and families gather for food, activities and a fireworks show.

U.S. AIR FORCE PHOTO | MINOT AFB PA



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Airmen from the 5th Civil Engineering Squadron catch fish for a training event June 15, 2023 at Minot Air Force Base, North Dakota. The Airmen learned lifesaving skills such as finding food, water, and shelter in the wilderness in order to prepare themselves better for Agile Combat Employment deployments.

COURTESY PHOTO



Airmen from the 5th Civil Engineering Squadron tend to a fire for a training event June 15, 2023 at Minot Air Force Base, North Dakota. The Airmen split into tiers of ranks enabling the group to work with their peers and take leadership roles. The Airmen were taught to be more multi-capable and effective when deployed to an area focused on Agile Combat Employment.

COURTESY PHOTO



Airmen from the 5th Civil Engineering Squadron start a fire for a training event June 15, 2023 at Minot Air Force Base, North Dakota. The skills learned during this training enables Airmen to be more multi-capable and effective when deployed to an area focused on Agile Combat Employment.

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Agile Combat Employment teaches Minot Civil Engineering Airmen survival skills

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

MINOT AIR FORCE BASE, N.D.

On June 15, 2023, Airmen from the 5th Civil Engineering Squadron participated in a unique training concept, transitioning from computer-based training to a 12-hour hands-on, outdoor classroom environment. They learned lifesaving capabilities such as finding food, water, and shelter in the wilderness.

“These are life skills that can be used in and out of the military,” said Tech. Sgt. Travis Krebill, noncommissioned officer in charge of 5 CES power production and cadre of Agile Combat Employment training. “The tools and skills we are trying to teach can and will save lives.”

The goal of transitioning from CBTs to a hands-on approach is to effectively instill lifesaving abilities. These talents enable Airmen to be more multi-capable and effective when deployed to an area focused on ACE.

“We are all learning,” said Krebill. “Instructors and trainees. We are taking a concrete thing; our old CBTs, and changing it to a more hands-on experience.”

Roughly 150 5th CES Airmen were driven to an Army National Guard training area in northern North Dakota, where they were trained by 12 cadre. The Airmen split into tiers of ranks enabling the group to work with their peers and take leadership roles, rather than relying on rank to make decisions.

“When the trainees came together and learned what we taught, it was phenomenal,” said Krebill. “Significant improvement was made within hours. It was amazing to see them work together. Team building, communication, leadership, making new friends... these weren’t our main objectives, but they were still accomplished.”

Airman 1st Class Xavier Sansores-Medrano, a structural apprentice with 5th CES, said he learned much more from the course than from clicking through a CBT. He said he was happy to be grouped with his peers because he didn’t feel pressured to just follow someone’s guidance; but was enabled to lead with his group.

“Everyone there had a great time,” said Sansores-Medrano. “I wasn’t afraid to make decisions or voice my opinion to my group. We worked really well together; the teamwork was amazing.”

The Airmen split into six groups and had to navigate a map and compass to locate different stations across the designated training area. At these stations, they learned skills such as fire building, shelter building, filtering water, and catching and cooking wild game.

“We initially had this idea to give each group just one point



Airmen from the 5th Civil Engineering Squadron prepare potable water for a training event June 15, 2023 at Minot Air Force Base, North Dakota. The Airmen split into six groups and had to navigate using a map and compass to locate different stations across the designated training area. At these stations, they learned skills such as fire building, shelter building, filtering water, and catching and cooking wild game, in order to prepare themselves better for Agile Combat Employment deployments.

COURTESY PHOTO

on a map then send them on their way,” said Tech Sgt. Ryan Powell, section chief for the 5 CES expeditionary engineering and cadre of ACE training. “From there they would have to finish the class at that location, then find the next destination. However, the groups came together and shared information, so they wouldn’t have to struggle to find the next location. It was cool to see some outside the box thinking. It’s exactly what we were looking to achieve.”

Chief Master Sgt. Steven Millerd, senior enlisted leader for the 5th CES, says that CE is a special career field where they need to be prepared for anything. CE Airmen could be deployed to a location under adverse and austere conditions. While there, they may have a need for basic outdoor survival experience, and Millerd thinks it could even save their life.

“The 5th CES Engineers are experts when it comes to using advanced technology to establish, maintain and recover an air base,”

said Millerd. “We are adding to our lethality by providing tangible training to where we can operate in a contested, under resourced, and undermanned environment with very little support.”

Millerd says he plans to continue these unique training events so the squadron can keep improving on their ACE concepts.

“We are going to continue to push our squadron to build each month to where we gain strength from the pain of discipline to eliminate the pain of regret of not being ready,” said Millerd. “I am really proud of the cadre that spends an extensive amount of time developing realistic scenarios to prepare each Airmen to be able to problem solve and have the confidence to make a decision.”

Millerd and Airmen from the 5th CES believe if any of their Airmen were to find themselves in a situation where they needed to hunt for food, build shelter, and find or make potable water, these lifesaving survival skills could be their ACE in the hole.

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UPSIDE DOWN UNDER
MARVIN BAKER

In last week's article we discussed how shortages in the trades are making it difficult for businesses to carry out good customer service.

But it isn't just with electricians, plumbers and carpenters. Just about every industry; wholesale, retail, government, schools and military all have shortages in personnel. It's even hard to find enough baseball coaches right now.

Just this morning, there was a news segment about a severe shortage of air traffic controllers with as many as 3,000 set to soon retire.

In addition to that, there's another industry that is shorthanded that is having an effect on North Dakota



SLICE OF LIFE
KIM FUNDINGSLAND

If everyone discovered the benefits of fishing, there would be a shortage of fishing rods.

I read that somewhere, or something very close to it. Fishing is fun, to be sure, especially when the fish cooperate, but there's so much more to it. First and foremost is that thinking about general troubles and difficulties in life we all encounter day to day somehow disappear at the start of each fishing trip.

No computer screens. No red lights or honking horns. No squabbles to mediate. Soothing, relaxing, refreshing, rewarding – every time. Just you and whomever you choose to fish with and, if you are fortunate, your dog.

Boat dogs are the best, something that a lot of North Dakotans know. Including your dog, or dogs, on the water may not improve your fishing success but you'll be better for it. Sharing such times with a dog somehow improves what seemingly can't be improved. In addition to being incredible friends, dogs are magical animals.

When a person tells me they are thinking of buying a boat and seek my opinion on what to look for, my response is, "What kind of dog do you own?"

To me, you see, boat dogs are that important. They are perfect fishing companions, never complaining about anything, and give you a gentle nudge of encouragement or put their head on your lap to lift your spirits when the "big one" gets away. No sense in brooding over it or sharing four letter words with others on the lake. Just catch another fish. My dogs taught me that.

A few years ago, I owned a dog that I took fishing every time I would go. He would often curl up in the bow of the boat, patiently enjoying partaking in the outing, a much better option than staying at home. But he did what dogs do that most of us scarcely notice,

An obscure staffing shortage...

farmers and ranchers. It's organic certifiers and organic inspectors.

To the best of my knowledge, only a handful of companies will certify farmers organic in North Dakota, which isn't even close to enough.

In recent years there's been a reduction in the number of organic farms in North Dakota from 140 to 117 and part of the reason for this is so few certifiers to consider.

For many years a company in Medina called International Certification Services Inc., catered to farmers and ranchers in North Dakota and South Dakota, but in late 2020 it was sold to a Colorado company called Where Food Comes From.

The protocol at Where Food Comes From is quite different than ICS resulting in numerous farmers quitting the program or looking elsewhere to be certified.

Unfortunately, only two other certifiers are easily available to certify a farm organic in North Dakota. One is called OCIA, which stands for Organic Crop Improvement Association. It's headquarters are in Lincoln,

Neb., and has certified numerous producers in the state.

What's unique about OCIA is it has local chapters of which you would be affiliated should you choose to certify through OCIA.

The other company that is easily available to certify producers in North Dakota is called Pro-Cert, which is located in Saskatoon, Saskatchewan. Like OCIA, it has certified numerous North Dakota producers.

There are several others that may operate in the state, but are much more difficult to work with based on logistics and cost.

Many people have heard of California Certified Organic Farmers. As you might imagine, because California has more than 10 fold the certified organic farms as North Dakota, it is quite difficult to land an inspector. In addition, the cost to travel to North Dakota can be prohibitive.

Oregon Tilth is another option and has a sterling reputation as a certifier. But like CCOF, it can be a logistical nightmare for someone new to land Oregon Tilth as their certifier.

Several certifiers lesser known to North Dakota are available but often come with conditions that aren't favorable to a local farm or ranch.

When you look up certifiers in North Dakota, you'll find a longer list than what has just been provided. But when you contact many of them, they will tell you they don't certify farmers in North Dakota. They include the Minnesota Crop Improvement Association, Montana Organic Association and MOSA – Midwest Organic Services Association.

Organic farms and ranches continue to grow nationwide at a double digit pace but continue to slip in North Dakota. There's no doubt there are plenty of "fence sitters" in the state who would be willing to become certified organic if it was more easily accessible.

Maybe OCIA and Pro-Cert should step up their game within the state to let people know they are willing to work with you and get you certified. And maybe, just maybe, they should attempt to train more inspectors to make it more time efficient for producers.

Boat Dogs

paying close attention to smells, actions, and words.

One day while I was working a favorite fishing spot, I watched as my dog got up from his slumber, put his front paws on the bow of the boat, and looked down. Huh?

A moment later I was reeling in a fat walleye. That's when the light came on. I got to thinking about what just happened and recalled numerous other times my dog was looking over the side of the boat when I was interrupted by a fish on the line. It was no coincidence. That dog could smell fish and was alerting me to their presence, just as sure as if he was pointing a rooster pheasant on the edge of a cattail slough.

I had two other dogs in the boat then too, neither of which exhibited the same skills. Funny how some things just click with certain dogs. I owned a dog once that came and got me every time a text message came in on my phone, no matter what time of the day, if I was awake or not, or where I was in the house or yard or garage.

My dog that alerted on fish had been fishing enough times to know that setting the hook and eventually bringing a fish into the boat was cause for great fun and happy celebration. He put it all together and desired to part of the process, same as if he was tracking or pointing a game bird.

A few months later I was visiting with a guy who was on his way to winning a National Walleye Tour title. He had his boat tied to the dock. His dog was in the boat too. I didn't know quite how to ask what was on my mind, so I jokingly said, "Does that dog



Barkley with Andy Leraas and son Chandler during a recent fishing excursion on Lake Audubon.

KIM FUNDINGSLAND PHOTO

smell fish?"

Looking around carefully, he put a finger over his lips – sshhhh. "How did you know?" he remarked quietly so that others nearby wouldn't hear. "That dog is a better fish finder than my sonar. Don't tell anybody."

Now, not all dogs exhibit such behavior and not many people will believe that story. No matter. Even dogs that don't tip off their fisherman owners are wonderful companions, worthy of every minute they spend on the water. They are pleasant and incredible students of nature, eagerly studying pelicans, seagulls, other boats and boat dogs.

Dogs know when the fishing clothes go on, or the fishing rods

are stacked by the door, that they don't want to be left behind and very actively lobby accordingly. However, there are rare times and circumstances when a person has no choice but to leave them at home. On those days it takes a while for the image of those big, sad eyes and drooping ears to leave your mind.

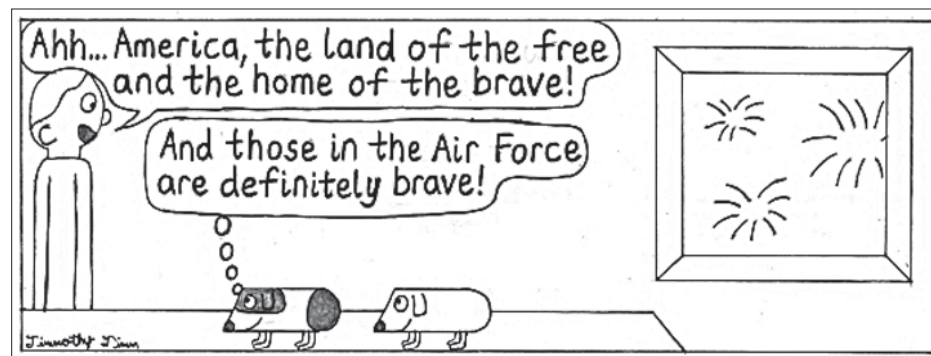
I don't like those days at all. It's better just to take your dog in the boat. Another thing, they have a terrific way of talking you into going fishing on the rare occasion when you hesitate about making up your mind to head to the lake. All things are better with dogs anyway, and that definitely includes fishing.

Don't forget the dog treats.

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.

Is The Glass Half Full, Or Half Empty

Nope, not talking about the difference between an optimist and a pessimist. Instead, let's look at summer, 2023. We just passed July 4th, and I have heard many times that the summer is half over, it all goes downhill from here.

So, let's just talk a bit, optimistically, about all the good things that are left to happen this summer. Having lived in North Dakota all of my life, and in Minot for 45 years, there is still a lot of summer left, and still a lot to do.

First, let's jump in the car and enjoy North Dakota at its finest. For the next 2 weeks you will run into beautiful fields of flowering canola, many right next to the beautiful blue flowering flax fields. Even though rainfall has been sporadic in some areas, I will expect that the canola and flax fields will give way first to the small grain fields with their green heads that seem to roll with the wind. And then, of course will be the "amber waves of grain" and last to bloom will be the magnificent sunflowers with the yellow and brown heads. So, let's chalk it up to "the glass is certainly half full in the fields of North Dakota" for at least the next couple of months.

Next, just around the corner is North Dakota State Fair. Concerts, food vendors, exhibits, just to name a few of what makes the fair so great. Once you've paid admission you are treated to the many free stages with their varied acts. My favorite has always been the animal acts like the famous racing pigs or the jumping dogs. And then there are the many grandstand concerts, motor events and rodeos. Yep, another "glass half full" for summer 2023. PS- Be sure not to miss the North Dakota State Fair Parade on July 22nd.

A little less well known about, but still a day of fun, is the annual beach party held at Ft. Stevenson State Park south of Garrison, or about 37 miles south of Minot on beautiful Lake Sakakawea. The evening starts with a performance by the Lake Metigoshe water ski team, the Skinautiques at 5 PM. Next is the live music from 6:30 PM to 9:30 PM by Classic Rhythm, and the evening ends with a Lighted Boat Parade starting around 9:30 PM. All the events are free with your vehicle entrance permit to the ND State Parks.

And then we get into the prime recreational weeks of the summer. The days may not be quite as long, but there are many parks and recreation area to enjoy in August. The water temperatures make swimming a lot of fun. Pack a picnic basket, enjoy lunch, enjoy the summer weather and enjoy the water.

Another one of those maybe "best kept secrets" are the many golf courses with a short driving distance of Minot in some of the smaller towns. Each and every course has a signature all to its' own and they are less crowded than courses located in the larger cities. Some of them are nine hole courses, but play nine, take a short break and play another nine. No 2 rounds of golf are the same, right?

Have I got you reaching for your calendar yet? I sure hope so. I want you to enjoy each and every day of Summer 2023. Working a weekend? Catch the Roosevelt Park Zoo for a late afternoon visit, and if you are in town on a Thursday evening, Downtown Minot is alive with the Arts Downtown performances.

Summer is half over? Not hardly...I challenge you to fit more into July and August than you did in May and June. (Some will argue that May is truly not summer) The

glass actually more than half full for Summer 2023.

BEST KEPT SECRETS

It may not quite fit this category, but the Downtown Business and Professional Association is proud to announce that our Fall Festival and Welcome To Minot event will take place on September 9th from 10 AM to 5 PM. Be sure and mark the date and time on your calendar. More information coming your way in the Northern Sentry.

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NORTH DAKOTA STAFF DELEGATES VISIT MINOT AFB

U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, Col. Kenneth McGhee, 91st Missile Wing commander, and Chief Master Sgt. Jeremy Davis, 5th Munitions Squadron senior enlisted leader, provide a welcome brief to North Dakota state staff delegates at Minot Air Force Base, North Dakota, June 26, 2023. The brief covered information about Minot Air Force Base and the mission it serves.

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



A U.S. Air Force 91st Missile Wing Security forces defender conducts a security briefing to North Dakota state staff delegates before they enter the launch control center (LCC) in North Dakota, June 26, 2023. The underground LCC contains the command and control equipment for missile operations, which remains manned by a crew 365/24/7.

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



U.S. Air Force Lt. Col. Darrell Gibson, 91st Missile Wing, 740th Missile Squadron commander, gives North Dakota state staff delegates a tour of a Missile alert facility at North Dakota, June 26, 2023. Each of the three missile squadrons in the 91st Missile Wing is responsible for 50 missiles individually housed in hardened underground silos at remote launch facilities (LF), which are ready to carry out a strike 24/7.

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



U.S. Air Force Staff Sgt. Andrea Butler, 91st Missile Wing missile alert facility (MAF) manager, gives North Dakota state staff delegates a tour of a MAF in North Dakota, June 26, 2023. The staff delegates were briefed on the many systems that allow the MAF to operate 24/7.

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



Team Minot Airmen render a salute to Col. Daniel Hoadley, 5th Bomb Wing commander, and North Dakota state staff delegates as they arrive to tour a hangar at Minot Air Force Base, North Dakota, June 26, 2023. The delegates were given the opportunity to enter the cockpit of a B-52H Stratofortress as part of the tour.

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

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Hemp, CBD, THC8, THC9, and Marijuana

MINOT AIR FORCE BASE STAFF JUDGE ADVOCATE

The possession, distribution, and/or ingestion of hemp products, cannabidiol (CBD), delta-8-tetrahydrocannabinol (THC8), delta-9-tetrahydrocannabinol (THC9), and marijuana are illegal in the military and are cause for discharge from the United States Air Force. Use of these substances is preventable and has real consequences. This article focuses on THC8 and THC9 and is intended to provide transparency and education concerning its consequences.

WHAT IS THC8?

THC8 is an isomer (two molecules with the same formula but different structure) of THC9. THC9 is the molecule that is the source of marijuana's inebriating effect. THC8 exists naturally in the cannabis plant, but at very low levels. THC8, such as that available for purchase at local vape and smoke shops, is often produced through synthetic conversion of hemp-derived CBD. THC8 is a psychoactive cannabinoid that causes users to experience a level of euphoria like that of THC9; thus, is considered an intoxicating substance.

WHAT IS THC9?

THC9 is the cannabinoid molecule in marijuana. It is the main psychoactive ingredient that causes a user to experience a euphoric sensation. The use of THC9 stimulates the release of dopamine in the brain which causes effects on the user's body. Like THC8, it is also considered an intoxicating substance.

LAW AND REGULATION

Article 112a, Uniform Code of Military Justice (UCMJ), codified at 10 USC 912a, prohibits the wrongful use, possession, and distribution of marijuana and its derivatives. Under Article 112a, UCMJ, "Use" means to inject, ingest, inhale, or otherwise introduce into the human body, any controlled substance. "Use" includes such acts as smoking, sniffing, eating, drinking, or injecting. "Possess" means to exercise control over something.

Similarly, DAFMAN 44-197, *Military Drug Demand Reduction Program*, dated 23 September 2022, paragraph 1.2.2.1, prohibits "the use of products containing, or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD)" and "Failure . . . to comply . . . is a violation of Article 92, UCMJ." Ingestion of hemp products, CBD, THC8, THC9, and marijuana can be punished under both Article 112a, UCMJ, and Article 92, UCMJ. Article 92, UCMJ, prohibits violations of lawful general orders, failures to obey lawful orders, and derelictions of duty. Moreover, lack of knowledge of general orders is

not a defense: "Knowledge of a general order or regulation need not be alleged or proved as knowledge is not an element of this offense and a lack of knowledge does not constitute a defense."

CONSEQUENCES

Commanders retain full discretion over administrative, nonjudicial, and judicial action under the UCMJ and Air Force regulations.

Under Article 15 of the UCMJ, codified at 10 USC 815, a commander may impose nonjudicial punishment on members of their command for violations of the UCMJ. Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline outside of the court-martial process. It is intended to promote positive behavior changes in service members without the stigma of a court-martial conviction. The punishment reflects the commander's determination of an appropriate punishment after considering the circumstances of the offense and the member's record. The maximum punishment for an Article 15 action depends on the rank of the member being punished and the rank of the officer imposing punishment. Typical punishments include, but are not limited to, reduction in rank, forfeiture of pay, extra duty, restriction to base, or a reprimand.

Under Article 112a, UCMJ, the maximum punishment for wrongful use and possession of marijuana and its derivatives is a dishonorable discharge, 2-5 years of confinement, reduction to E-1, and forfeiture of all pay and allowances. Under Article 92, UCMJ, the maximum

punishment for violations of lawful general orders is a dishonorable discharge, 2 years of confinement, reduction to E-1, and forfeiture of all pay and allowances.

Finally, under DAFI 36-3211, *Military Separations*, dated 24 June 2022, paragraph 7.43, "Drug abuse is incompatible with military service and members who abuse drugs one or more times are subject to discharge for misconduct." In accordance with paragraph 7.43.1, "Drug abuse for purposes of this regulation is the illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a military installation of any drug . . . and any intoxicating substance, other than alcohol or tobacco." Thus, ingestion of hemp products, CBD, THC8, THC9, and marijuana is cause for discharge.

CONCLUSION

The bottom line is that possession, distribution, and/or ingestion of hemp products, CBD, THC8, THC9, and marijuana is illegal and carries serious consequences. While these products might not be illegal under state law, they remain illegal for military members. Thus, military members must exercise extreme caution with regard to the products they purchase and ingest. Just because a product can be purchased locally does not mean that product is legal for use by military members. In the past year, cases across team Minot involving drug abuse resulted in serious consequences: 40 resulted in discharge, 47 resulted in nonjudicial punishment, and 5 resulted in a court-martial conviction.



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BOMBER TASK FORCE 23-3

U.S.-Indonesia Air Forces Hold First Bomber Landing Joint Exercise

EIGHTH AIR FORCE



U.S. Embassy & Consulates in Indonesia - U.S.-Indonesia Air Forces Hold First Bomber Landing Joint Exercise.

COURTESY PHOTO

U.S. Embassy & Consulates in Indonesia -- In a historic first, two U.S. B-52 bombers landed in Indonesia on June 19 to execute training exercises with Indonesian Airforce (TNI-AU) F-16 aircraft. The landing at Kualanamu airport in Medan and subsequent operations mark the first time U.S. B-52s have operated from Indonesia. The aircraft, from the 23rd Expeditionary Bomb Squadron (23EBS) from Minot Air Force Base in North Dakota, are participating in interoperability landing joint exercises with the Indonesian Air Force and U.S. Pacific Air Forces (PACAF).

Sixty crew from the 23EBS are involved in carrying out the bomber landing joint exercise in conjunction with Cope West 2023, a bilateral exercise being held at Roesmin Nurjadin Air Force Base, Pekanbaru, Indonesia, June 12-23. U.S. and Indonesian participants will exercise tactical fighter capabilities, evaluate proficiency, identify future training opportunities, and enhance capabilities integral to a variety of bilateral missions.

Cope West is a recurring exercise first held in 1989. This year marks the 10th time Cope West will be hosted in Indonesia.

Pacific Air Forces, in coordination with other components, Allies and partners, provides U.S. Indo-Pacific Command with continuous unrivaled air, space, and cyberspace capabilities to uphold the rules-based international order and ensure a free and open Indo-Pacific.

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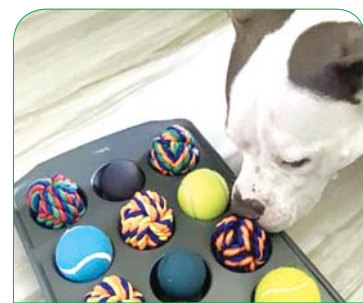
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All About Pets

Budget Friendly Enrichment



ASPCA Photo

With the huge selection of fancy toys, puzzles, and enrichment items available to pet owners, it can be a daunting task finding the right activities on a budget. But there are many ways to DIY your pet's enrichment sitting right around your home! Here are a few ideas to get you started on budget friendly enrichment:

Cats

Cat owners know it doesn't typically take much to enrich their pets. Many cats will play with anything and everything, so one enrichment could be as simple as giving your cat a new (to them) household item as a toy, such as a hair tie, a shoelace tied to a doorknob, or that cardboard box that you were going to throw in the trash. Some cats also enjoy scent enrichment, so if you have any cat friendly plants already growing in the house (thyme, basil, rosemary, even fresh catnip), try letting your cat sniff and explore them. Most households have at least one tv, computer, tablet, or smartphone laying around. You can do a quick Youtube search and find cat tv, bird videos, and even moving object games that your cat can enjoy right on the screen!

Dogs

DIY dog enrichment can be so much fun. One easy, budget-friendly idea is shown in the photo above. Use your dog's kibble or favorite treats and place it in a muffin pan, then cover the holes with various balls (you can get tennis balls for only a few dollars or less at your local Pet Supplies Plus). As long as your dog doesn't eat everything in sight, you can try putting food in

a cardboard box or an open (clean) soda bottle and let them kick it around and figure out how to get to the food. You can also do this with paper towel rolls by folding the ends to close them! Have any extra towels or blankets around? Lay them flat, scatter some food, and twist and fold them to make a homemade snuffle mat. Got a pile of socks with holes in them? Tie them together and make a DIY tug toy. If your dog has a habit of eating things it shouldn't, try a dog-safe option. Frozen whole carrots, celery stalks, or a head of lettuce can make for great chew toys/shredding opportunities, but only in moderation as eating too much can cause gastrointestinal upset!

Rodents/Guinea Pigs/Ferrets, etc.

We can't forget about our small friends! Tunnels and other nooks are a great way to let pets like these hide and explore. You can build a tunnel out of wood scraps, use a paper bag with the bottom cut out, or for really small rodents, you can use paper towel rolls. You can also combine these ideas with other household objects like stacked pillows, blankets, and books to make a challenging obstacle course filled with treats. Guinea pigs and rodents can use plain cardboard as chew toys, which is great for their enrichment and for keeping teeth healthy! Enrichment is incredibly important to our pets' wellbeing. Getting new enrichment items from the store is so much fun for everyone, but if you're ever in a pinch and need some new ideas, don't be afraid to DIY!

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5TH MAINTENANCE GROUP CHANGE OF COMMAND



U.S. Air Force 2nd Lt. Michael O'Keefe, 5th Maintenance Squadron Commander Support Staff section commander, sings the national anthem at the 5th Maintenance Group (MXG) change of command at Minot Air Force Base, North Dakota, June 29, 2023. The 5th MXG provides both aircraft and munitions maintenance support for a fleet of 27 Boeing B-52 Stratofortress aircraft and a munitions stockpile.

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



Minot Air Force Base Honor Guard departs after presenting the colors at the 5th Maintenance Group (MXG) change of command at Minot Air Force Base, North Dakota, June 29, 2023. The honor guard's vision is to promote the Air Force mission, preserve their heritage, and protect their standards and image.

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



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, gives opening remarks at the 5th Maintenance Group (MXG) change of command at Minot Air Force Base, North Dakota, June 29, 2023. Hoadley welcomed the incoming 5th MXG commander, Col. Rofelio Grinston, and praised Col. Jeffrey Anderson for his performance as the outgoing 5th MXG commander.

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



U.S. Air Force Col. Daniel Hoadley, 5th Bomb Wing commander, presents Col. Jeffrey Anderson, outgoing 5th Maintenance Group (MXG) commander, with the Legion of Merit at Minot Air Force Base, North Dakota, June 29, 2023. The Legion of Merit is awarded upon recognition of exceptionally meritorious conduct in the performance of outstanding services.



U.S. Air Force Col. Jeffrey Anderson, former 5th Maintenance Group (MXG) commander, relinquishes the guidon to Col. Daniel Hoadley, 5th Bomb Wing commander, during the 5th MXG change of command ceremony at Minot Air Force Base, North Dakota, June 29, 2023. The 5th MXG provides both aircraft and munitions maintenance support for a fleet of 27 Boeing B-52 Stratofortress aircraft and a munitions stockpile.



U.S. Air Force Col. Rofelio Grinston, 5th Maintenance Group (MXG) commander, accepts the guidon from Col. Daniel Hoadley, 5th Bomb Wing commander, during the 5th MXG change of command ceremony at Minot Air Force Base, North Dakota, June 29, 2023. Hoadley passed the guidon to Grinston as a symbol of trust for taking command of the MXG.

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

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uplifts residents who sadly cannot
leave for quite a while.

Show you care
Think of ways to help this place.
Your brain is big and smart!
Imagine what two hands can do
to reach another's heart.

-Anonymous

Do you have something you'd like to share with the world? Whether it's a pretty photo of Minot AFB, a fun piece of writing, or a picture of something your child made, send it to the Northern Sentry. Let us feature your creativity! Send all submissions to: nsads@srt.com

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IT'S A CHICK'S LIFE

Patricia Stockdill

June is a busy month for people and wildlife alike but it doesn't slow down much moving into July. By mid-June the peak sharp-tailed grouse hatch has already come and gone. Based on 55-plus years of North Dakota data, most sharptail chicks hatch between June 5 through June 11. True, there are some early birds as well as stragglers, but generally that's when most chicks are on the ground feasting on insects. June 12 through 18 is North Dakota's peak pheasant hatch in any given year, while partridge tend to hatch later from June 26 through July 2. Those little chicks are just now getting their "sea legs" to maneuver through grass and other vegetation. However, just because those are the peak hatch dates, it doesn't mean that's when all upland nesting hens are busy herding and tending their feathered puffballs on toothpick legs. Once an egg in a clutch hatches, hens tend the chicks regardless of the number of eggs not hatching. However, if a nest is lost for some reason – predation or human or weather-related destruction, for example – hens will attempt to re-nest, even as late as into August. Upland game birds in North Dakota have one brood a year, regardless of the number of chicks that hatch. There could be a variety of reasons that in some years early season hunters find numerous young pheasant chicks when they're afield later into the fall: Things such as drought could mean a hen nests later. Or thunderstorms. Or it's possible predation could have been higher. That could occur with increased predator populations or especially in dry years when there is less cover protecting nests and a nest is lost, forcing hens to make another nesting attempt. As the calendar rapidly pushes deeper into July, those pheasant, grouse, and now partridge chicks are and will be feasting on insects, providing vital protein for strong bones, feather development, and skin. Pheasants are an "edge species". They like grass and cover along ditches and field edges and this time of

year chicks are on a mission to find insects. Pheasant chicks feed strictly on insects for the first 10 days of their life. Weather conditions are critical the first month of their little lives; in large part because it takes two to three weeks for chicks to be strong enough to regulate their own body temperature. They're dependent on protection from mom for shelter on hot days and in thunderstorms or cold nights. When chicks are young and temperatures dip below 45 degrees, it only takes five to 10 minutes before they die from exposure if the hen can't shelter them. Toss in wind and rain and it's even deadlier, which makes June and even July thunderstorms potential problems for pheasant chicks. However, sharptail grouse are little better equipped to handle storms. Upland chicks, like dogs, pant to regulate their internal body temperature. But being a native species surviving Northern Great Plains weather for thousands of years, sharptail grouse chicks have the ability to regulate their body temperature at a younger age than pheasant and partridge chicks. They tend to handle weather extremes better. If there could be ideal upland game bird nest and chick habitat as they grow to adulthood, it would likely look like a pollinator plot – a mix of a variety of native plants flowering throughout spring and into the fall, native grasses, and even something like alfalfa. That type of habitat provides an overhead canopy of shelter from weather extremes and predation. Chicks on skinny legs maneuver better among open spaces along the ground offered by flowers rather than stumbling through thick mats of grass. Yes, upland birds can nest in strictly grass. But they enjoy higher nesting success in habitat with a mix of plants and grass. In other words, native prairie is pretty darn good habitat for upland birds, especially native sharptails.

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- As a herd animal, they prefer companionship (safety in numbers).
- The main difference between a llama and an alpaca is their size and hair fiber.

| Fact File | |
|--------------------|--|
| Life Span | 18 - 20 years |
| Weight | 150 - 185 pounds |
| Height to Shoulder | 3 feet |
| Height to Shoulder | 4 1/2 feet |
| Wild Diet | Omnivore Carnivore Herbivore Grasses, Shrubs, Weeds, Trees |





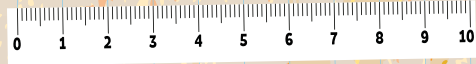

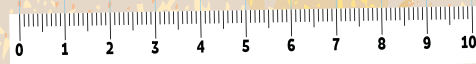

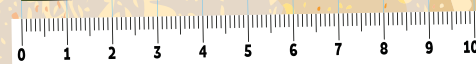




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A 2017 survey from AAA found that 40 percent of drivers in the United States are not ready to handle a typical roadside emergency breakdown. The organization estimates it helps some seven million motorists get back on the road each summer. A well-equipped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



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OPERATION CENTENNIAL CONTACT: MINOT AFB FLYOVER

Team Minot members watch as two KC-135 Stratotankers assigned to the 92nd Air Refueling Wing, and two B-52 H Stratofortresses assigned to the 5th Bomb Wing fly overhead at Minot Air Force Base, North Dakota, June 27, 2023. This Agile Combat Exercise has been completed for the last 100 years.

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



Team Minot members watch as two KC-135 Stratotankers assigned to the 92nd Air Refueling Wing, and two B-52 H Stratofortresses assigned to the 5th Bomb Wing fly overhead at Minot Air Force Base, North Dakota, June 27, 2023. This Agile Combat Exercise has been completed for the last 100 years.



A formation of two KC-135 Stratotankers, assigned to the 92nd Air Refueling Wing, and two B-52H Stratofortresses, assigned to the 5th Bomb Wing, soar through the sky at Minot Air Force Base, North Dakota, June 27, 2023. This marked the 100th year of aerial refueling.



Team Minot members and families watch as two KC-135 Stratotankers, assigned to the 92nd Air Refueling Wing, and two B-52H Stratofortresses, assigned to the 5th Bomb Wing, fly overhead at Minot Air Force Base, North Dakota, June 27, 2023. It has been 100 years since the United States began aerial refueling.

FLYOVER HONORS CENTURY OF AIR REFUELING, 319TH RECONNAISSANCE WING HERITAGE



A B-52H Stratofortress assigned to the 5th Bomb Wing at Minot Air Force Base, North Dakota, flies over Grand Forks AFB, ND, June 27, 2023. This flyover was part of Air Combat Command's Operation Centennial Contact and was one of many across the world celebrating 100 years of aerial refueling.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ROXANNE A. BELOVARAC



A U.S. Air Force B-52H Stratofortress assigned to the 5th Bomb Wing at Minot Air Force Base, North Dakota, flies over Grand Forks AFB, ND, June 27, 2023. The 319th Reconnaissance Wing previously hosted the B-52 mission from 1963 to 1986 as the 319th Bombardment Wing.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS RAISA CHRISTIE



A KC-135 Stratotanker and a B-52H Stratofortress fly over Grand Forks Air Force Base, North Dakota, June 27, 2023. The flyover honored the 100th anniversary of the first successful in-flight refueling mission and the 319th Reconnaissance Wing's heritage as the 319th Aerial Refueling Wing and the 319th Bombardment Wing.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS COLIN PERKINS



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Minot Hot Tots Weekly Recap

MINOT HOT TOTS

Last week the Hot Tots had one of their longest and most demanding road trips of the entire season, playing five games in six days with trips to St. Cloud, Lacrosse, and Bismarck. The Tots started the trip with a two-game series against the Rox where they split the series, losing game one by a score of 1-0 and winning game two 5-2.

Next up on the road trip the Tots travelled to Lacrosse, Wisconsin to take on the Loggers in another two-game series. After two hard fought games it was time for the Tots to come back to their home state and take on the Larks in a two-game home and home series. With one of the games being on the Fourth of July everyone knew there would be some fireworks from these two teams.

After two back and forth battles the Tots and Larks brought hard fought battles and proved why the Dakota Dust Up Rivalry is the biggest in the Midwest. After a long road trip, the Tots were happy to be home for a little bit as they hosted a four-game homestand against the

Minnesota Mud Puppies and the Lacrosse Loggers.

Coming up on for the Tots are the Hunger Games Night and Harry Potter Night at Corbett Field.

Hunger Games Night will take place on July 15th against the Larks. In fitting fashion, the Hot Tots of district 12 will look to take down the capital in order to try and catch up in the Dakota Dust Up series. Fans are encouraged to come out in full force to create the most raucous environment possible to help the Tots get that win!

Harry Potter Night will happen just a few days later on July 20th. The team will be wearing special edition Magic City jerseys for one night only. There will also be a magical deal for fans that if they bring five cans of food, they will receive a free Magic City jersey of their own. With so many fun nights and important games coming up for the Hot Tots you won't want to miss your chance to be a part of all the fun! To buy tickets for these games go to the Minot Hot Tots website and navigate to the ticket section.



COMING UP AT THE BALLPARK



July 7-9: Come out to Corbett field and watch the Hot Tots play the Minnesota Mud Puppies and then we take on the Lacrosse Loggers to finish up the home stand! The Tots are looking to get their second half revenge on both teams.

July 15th: Our first Hunger Games theme night! Come to Corbett as we take on the rival Bismarck Larks. As we represent district 12 and go against the Capital! It's sure to be full of fun and special on field games to go along with it. Dress like your favorite character and remember may the odds be ever in your favor!

July 18-19: Join us at historic Corbett field to enjoy some midweek baseball. We will face off against the St. Cloud Rox and will continue our second half to battle to the playoffs!

July 20th: Calling all Harry Potter fans! meet at platform 9 3/4 which is at Corbett field! It will be the Tots last theme night of the year so make sure you come support the Tots of Gryffindor as we look to take down the Larks of the Slytherin house. Also make sure to bring your canned goods for our Farmer's Union food drive! Everyone that brings 3 canned goods get a special Magic City jersey thanks to our friends at Farmer's Union.

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by Patricia Stockdill

Fishing:

Lake Sakakawea elevation, July 3: 1,840.08 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.56 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.56 MSL.

*N.D. Game & Fish Dept. game wardens: Lake Sakakawea remains fair for walleye but overall success starting to slow. No reports from Devils Lake or north-central area lakes.

*Devils Lake, Ed's Bait Shop, Devils Lake: Continued fair to good for walleye throughout much of Devils Lake but a little less consistent after cooler weather moved through. White bass active in East Bay.

*Devils Lake, Woodland Resort, Devils Lake: Continued good for walleye with anglers transitioning to using bottom bouncers and spinners starting in about 10 feet and working out into deeper water. Also try slip bobbers in shallow water around Old Mil, New Mil, Hog, or Howard's bays, the south end of the main lake, and any of the bridges. Pelican Lake remains good, as well.

*Lake Darling, Karma C-Store, Ruthville: Not many reports from Lake Darling or area lakes.

*Lake Metigoshe, Four Seasons, Bottineau: Lots of recreational boating with anglers generally fishing smaller area lakes or working Lake Metigoshe in the evening for walleye.

*Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work a variety of depths on the east end of Lake Sakakawea from shallow in 2 to 3 feet, down 8 to 15 and even 30 to 35 feet with a variety of presentations. Basically move around and mix up depths and presentations with an overall fair to good walleye bite.

*Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye moving deeper on the east end of Lake Sakakawea. Try 30 feet using nightcrawlers with a variety of presentations. Lake Audubon hit-and-

miss for walleye with fewer anglers as people focus on Lake Sakakawea.

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

- N.D. Dept. of Environmental Quality blue-green algae reports: Low toxin levels – Blacktail Dam, Williams Co.; Carbury Dam, Bottineau Co.; East Stump Lake, Nelson Co.; Lake Upsilon, Rolette Co. Advisories – Epping-Springbrook Dam, Williams County; Lake Darling, Renville Co. Go to the agency website, (deq.nd.gov) for more information and safety precautions.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam open for free guided hatchery tours through Labor Day, Monday through Friday 9 a.m. to 3:30 p.m., weekends 10 a.m. to 3 p.m. and holidays.
- July 12: Wings & Wheels, Dakota Territory Air Museum, Minot.
- July 14: Christmas in July Weekend, Lewis & Clark State Park, east of Williston.
- July 21 – 29: N. D. State Fair, Minot.

TOURNAMENTS:

- July 8: Lake Sakakawea, Van Hook Arm, Devils Lake, Lakewood Park.
- July 9: Devils Lake, Woodland Resort.
- July 15: Devils Lake, Hay Bale Heights Ramp.
- July 19: Lake Sakakawea, 4 Bears.
- July 21 & 22: Lake Sakakawea, Fort Stevenson State Park.
- July 22: Lake Sakakawea, Wolf Creek; Devils Lake, Creel Bay.

with nightcrawlers or leeches with a little success pulling crankbaits. Nice catfish success on the west end. Blacktail Dam producing a few walleye in the evening. Nice-sized bluegill in the shallows.

*Lake Sakakawea, Indian Hills Resort, Garrison: Cool weather slowed walleye activity but generally fair to good success prior to that.

*Lake Sakakawea, New Town: Continued good for walleye throughout the Van Hook Arm using spinners or lindy rigs and nightcrawlers with some success starting on crankbaits working in deeper water.

*Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace inconsistent for walleye with better success at night from either boat or shore. Try 3-way swivels or plastics from boats or crankbaits from shore. Not many trout, catfish, or salmon. Lake Sakakawea also inconsistent for walleye. Work a variety of depths move around to locate fish, and switch up presentations, including lindy rigs and bottom bouncers with nightcrawlers or minnows. Occasional salmon mixed in with walleye. Smallmouth bass active along rocky areas.

*Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea clearing with somewhat improving walleye success around Little Beaver Bay to White Earth Bay. best success still around Van Hook Arm and south around Independence. Try spinners

*North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports with a lot of anglers heading to Devils Lake and Lake Sakakawea.

*Des Lacs River, Foxholm: River stage, 6.76 feet; streamflow, 102 CFS.

*Little Missouri River, Long X Bridge: River stage, 9.8 feet; streamflow, 979 CFS.

*Missouri River, Williston: River stage, 22.01 feet.

*Missouri River, Washburn: River stage, 9.9 feet.

*Pembina River, Walhalla: River stage, 2.82 feet; streamflow, 325 CFS.

*Souris River, Foxholm: River stage, 5.78 feet; streamflow, 24.8 CFS.

*Souris River, Minot Broadway Bridge: River stage, 41.55 feet.

*Yellowstone River, Sidney, Mont.: River stage, 11.94 feet; streamflow, 44,200 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

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Christ Chapel
0900


Protestant
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1030
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Saturdays of every month

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6:30 PM PRE-K/KIDS' CLUB /
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www.christreformedchurchminot.com

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

Daily Mass Schedule:
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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**


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Bible Study/Child-Adult
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Pastor David Miller


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Southern Baptist Convention

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

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Sunday Worship 10:30 a.m.
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Wednesday Family Training Hour
Meal 5:30 p.m.
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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 a.m.
Wed. AWANA (Sept. to May) 6:30 p.m.
Fridays, Celebrate Recovery 7:00 p.m.

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

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Website: **www.orcsknights.org**



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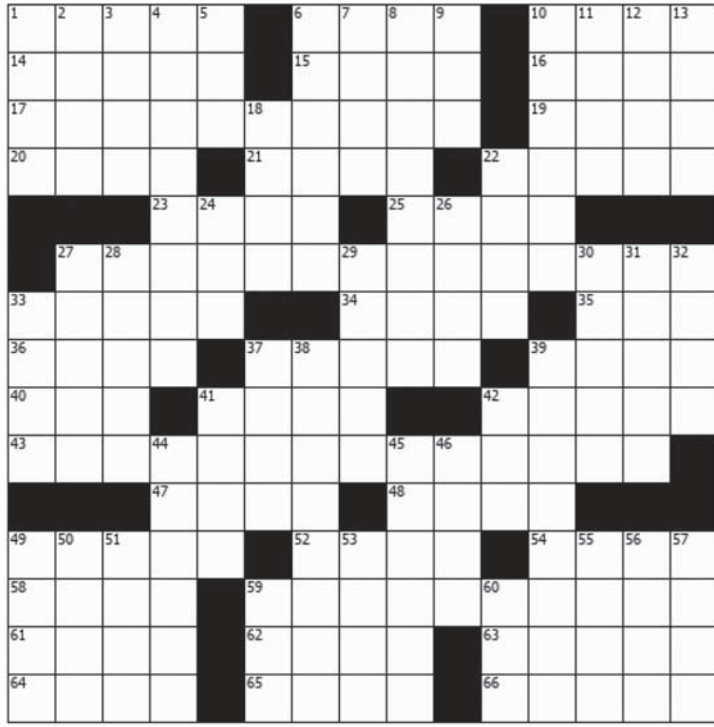
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CROSSWORD PUZZLE

Across

- 1. Huge emptiness
- 6. City near Delhi
- 10. Sinatra had many
- 14. "You Send Me" singer Sam
- 15. Batrachian
- 16. Northern capital
- 17. Get off the fence
- 19. Court offering
- 20. Level
- 21. Opera's Ethiopian princess
- 22. Shout of encouragement
- 23. Like someone looked up to?
- 25. Unnerve
- 27. Jenny Lind's promoter
- 33. Pert
- 34. Masher's look
- 35. "Hiroshima" composer
- 36. Help for the cash-strapped
- 37. Norwegian cruise sight
- 39. Prune
- 40. K-12 advocate
- 41. Slime

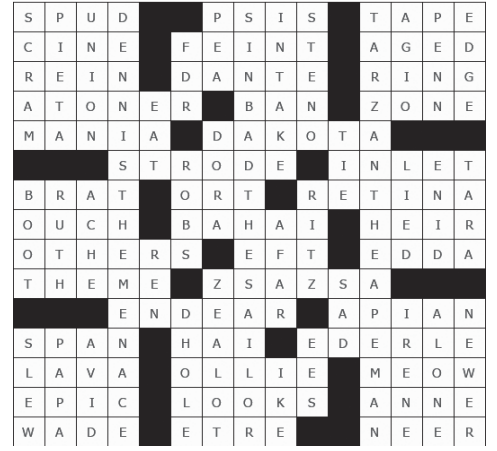


Down

- 2. Is a doer
- 3. Thing keeping the team together
- 4. Show-me types
- 5. Word with horse or bass
- 6. 5th century Roman foe
- 7. Provoke
- 8. Chased
- 9. Say more
- 10. Furry burrower
- 11. Maroon's locale, perhaps
- 12. Merriment
- 13. Head for the heavens
- 18. Merchant's come-on
- 22. Policy chief
- 24. Unspecified one
- 26. Reading position, sometimes
- 27. Page of music?
- 28. Animal kingdom ruler
- 29. Declivity
- 30. Strikeout king Ryan
- 31. Merge
- 32. Sulk
- 33. Easy targets
- 37. Thwart
- 38. Place to find one-liners
- 39. Track support
- 41. Ember emanation
- 42. Start of a Carole King song title
- 44. Jeans alternatives
- 45. Like Newton's bodies, sometimes
- 46. Fizzy quaff
- 49. Abundant element
- 50. Famous captain of fiction
- 51. Impart
- 53. "Black Beauty" author Sewell
- 55. Vicinity
- 56. Thing that's fancy-free?
- 57. Surveys
- 59. Grunts
- 60. Kind of glass

CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



SUDOKU

Solution to puzzle on page B9

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

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FOSTERING LEADERSHIP

Lt Gen Weatherington and Chief Smith met with senior enlisted leaders (SEL) from across Striker Nation this week, discussing successes and challenges, as well as engaging with more junior airmen during the 2023 SEL Summit.

U.S. AIR FORCE PHOTOS |



A LOOK BACK THIS WEEK IN USAF HISTORY

**GROUNDBREAKING FOR MINOT AFB
JULY 12, 1955**



The original base control tower under construction in 1956. (Minot Daily News Photo)

During the Cold War, the United States was preparing for the possibility of an attack by enemy bombers. Given its strategic position near the northern border of the country, the city of Minot, N.D., was chosen as the site for the Air Force's new base. Locals donated nearly \$50,000 to purchase the land for Minot AFB, and on July 12, 1955, the groundbreaking ceremony took place. The base took nearly two years to complete.

MAFB was originally a part of Air Defense Command and the 32nd Fighter Group was its first unit activated in 1957. In its 66 years, MAFB has hosted the B-52H Stratofortress for long range strategic bombing, the F-106 Delta Dart for interception of enemy aircraft, the KC-135A Stratotanker for air refueling, and even a U-2 reconnaissance aircraft as a part of Operation Crowflight, as well as many helicopters. In 1961, Minot AFB was selected for a Minuteman I ICBM complex. Today, Minot AFB is the only USAF base with two legs of the nuclear triad, and the 5th Bomb Wing and 91st Missile Wing continue to provide strategic deterrence for the nation.

Information courtesy of: minot.af.mil / A 40th Anniversary History of the Minot Air Force Base

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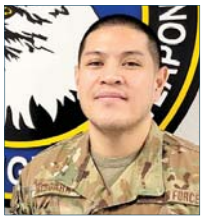
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NOTES ON BEING SAFE

Basic principals for safe lifting



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



You would never use a jack without also using a jack stand right!

The vehicle lifts that are supporting a vehicle you are working or being stored can represent one of the most productive tools in your shop, or one of the most dangerous pieces of equipment for you if not used and maintained properly. You'd never drive a vehicle that hadn't had the brakes inspected in years. Here are some basic and common sense principles apply to vehicle lifts in your shop and daily inspections are part of your job.

Whether you're using two-post lifts, parallelograms, mobile column lifts, drive-on lifts or in-ground lifts for servicing vehicles, you should follow these basic safety rules.

1. BUY CERTIFIED LIFTS

There's only one nationally recognized safety standard for vehicle lifts: ANSI-ALI/ALCTV/CE, administered by the Automotive Lift Institute (ALI/ETL). ETL testing labs verify that a manufacturer's lifts meet the national safety standard for vehicles lift. The Automotive Lift Institute working through ETL testing procedures involves rigorous third-party testing verifying lift manufacturers comply with current ANSI requirements for lifts as defined by the International Building Code, which mandates that lifts be third party tested to meet these safety requirements. To verify equipment status, look for the gold ALI/ETL verification tag next to the lift's controls.

2. BUY CERTIFIED LIFT OPTIONS

A commonly overlooked mistake is using an uncertified option or accessory on a certified lift. Doing so will void the lift's certification. It's simple: If the optional accessory isn't certified then the lift isn't certified. ALI/ETL standards (&ANSI standards & building code standards), require all accessories, such as drive-on lifts, rolling jacks and truck adaptors, to be certified. Although certification is good for the life of the lift, older models may not meet the most current standards. Complying with American National Standards Institute (ANSI), Occupational Safety and Health Administration (OSHA) and Public Employees Occupational Safety and Health (PEOSH) requirements is the key to keeping vehicle lifts at the

highest possible safety level.

3. NO LOCKS ARE LIABILITY

Always raise the vehicle and then lower it onto the lift's mechanical locks as required by ANSI. Refer to ALI safety manual lifting it Right or the manufacturer's operating instructions for detailed information. An easy way to visually verify the locks are being used is to include a weight gauge (a pressure gauge calibrated to the lift's lifting capacity) on your lift. A weight gauge can also be a great diagnostic tool. If using an old in-ground lift that doesn't have locks, it's time for a new lift. While some in-ground lifts can be retrofitted with an aftermarket lock, it's not the most cost-effective option, and your lift will still not be ALI/ETL certified to be compliant with ANSI rules and building code laws.

4. IT'S EASY TO OVERLOAD

Manufacturers of the most common two-post side by side lifts mandate that none of the four swing arms be overloaded. As an example: Some may think

that a 15,000 pound rated lift that's loaded with a 14,200 pound ambulance isn't near capacity. They're wrong! It's easy to see why two-post side-by-side lifts are often overloaded, even though the total lift capacity hasn't been exceeded.

5. INSPECT EQUIPMENT ANNUALLY

ANSI/Automotive Lift Institute ALCTV Standard for Automotive Lifts-"Safety Requirements for Construction, Testing, and Validation" requires technicians to perform a daily operational safety check. The code also requires an annual inspection by a qualified individual. Failing to do so could expose your shop to liabilities that could be associated with an injury if an accident were to happen.

6. Training and Testing
Contact the Automotive Lift Institute, your lift supplier, or a local lift inspection company for a copy of the 20-minute lifting it Right video hosted by legendary. Like any product, lifts vary in style, type, capability, longevity and warranty.

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2024 AFMC Spark Tank opens for submissions July 7

MARISA ALIA-NOVOBILSKI, AIR FORCE MATERIEL COMMAND

WRIGHT-PATTERSON AIR FORCE BASE, Ohio --

Air Force Materiel Command uniformed and civilian Airmen are invited to submit their game-changing ideas now to compete in the 2024 Air Force Spark Tank competition, with the submission window open from July 7 to Aug. 11, 2023.

The top five most innovative ideas will be "pitched" to a panel of AFMC senior leaders in October 2023. The AFMC Commander's Accelerated Initiatives office will monitor all submissions for alignment to the 2024 Air Force-wide Spark Tank competition.

The Air Force Spark Tank is an annual competition that leverages

the inherent innovation of Airmen and Guardians, and it empowers them to use their problem-solving skills and creativity to solve the service's most critical needs. Winning ideas are provided with the resources and funding to drive them to implementation and success. AFMC's Project FoX, a finalist in the 2022 competition, is one example of Spark Tank success, and it is now part of the Air Force vice chief of staff's Innovation Portfolio where it continues to revolutionize software development and fielding.

Ideas must be submitted via the Guardians and Airmen Innovation Network, or GAIN app, hosted on the Department of Defense's

Platform One, and they should have the potential to make significant impacts on Air Force missions within a six-month to two-year time frame. The GAIN application will be used for all levels of the Spark Tank competition.

To create a Platform One account, individuals should visit <https://login.dso.mil/> using a Common Access Card-enabled device. After creating a Platform One account, individuals can create a GAIN account at <https://gain.apps.dso.mil>.

For additional information and questions on the AFMC competition, contact the AFMC Commanders Accelerated Initiatives team at afmc.cdx.workflow@us.af.mil.

AFMC SPARK TANK 2024

Submit your ideas today!
July 7 - August 11

Submit at: <https://gain.apps.dso.mil/>
Questions? Contact CDX at AFMC.cdx.workflow@us.af.mil

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| <p>28 Tastes & Taps</p> <p>1603 35th Ave SW Minot Phone: 701.838.2828 FB: 28 Tastes & Taps</p> | <p>Culver's Restaurant</p> <p>3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com</p> | <p>Ironhorse Kitchen + Bar</p> <p>21 E Central Avenue, Minot Phone: 701.858.8183 FB: Ironhorse Kitchen + Bar Minot</p> |
| <p>Jamaican Vybz Kitchen</p> <p>Suite 200 315 Main Street S Minot Phone: 701.441.9309 FB: Jamaican Vybz Kitchen</p> | <p>Pink's Bar & Grill</p> <p>102 128th Ave NW Minot Phone: 701.852.2385 FB: PinksBarGrill</p> | <p>Prairie Sky Breads</p> <p>3 1st St. SE, Minot Phone: 701.858.0612 www.prairieskybreads.com</p> |
| <p>Noodles & Company</p> <p>304 4th Ave NW Minot 701.491.9103 www.noodles.com</p> | <p>Mi Mexico</p> <p>3816 South Broadway Minot Phone: 701.858.0777 www.mimexicomintnd.com</p> | <p>Primo Restaurant</p> <p>1505 N Broadway, Minot Phone: 701.838.7746 www.primominot.com</p> |
| <p>Souris River Brewing</p> <p>32 3rd St NE Minot Phone: 701.837.1884 www.sourisriverbrewing.com</p> | <p>The Starving Rooster</p> <p>30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com</p> | <p>Whiskey Nine</p> <p>109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninen.com</p> |

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Moving with school-aged children can be stressful, but planning ahead can allow for a smoother transition. If your child is enrolled in EFMP, extra steps should be taken. Consider the following tips as you plan your move with a school-aged child enrolled in EFMP:

1- Update the Individual Education Program (IEP) with your IEP team at the school where child attends or the 504 with designated school staff. Although the 504 is not transferrable, it is important to have possible accommodations and modifications listed so you may share ideas that have worked in the past.

2- Request and obtain copy of educational records from your current school or district office, prior to your move.

3- Contact the Minot AFB School Liaison for transition support (mafb.school.liasion@us.af.mil).

4- Research possible gaining schools so you are aware of the options available for your family. Connect with your gaining installation's School Liaison for assistance <https://installations.militaryonesource.mil/>.

5- Visit Military One Source Plan My Move: <https://planmymove.militaryonesource.mil/>

6- Contact the Exceptional Family Member Program (EFMP) to ensure



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



enrollment within the program is current.

7- Contact Pathfinder Services of North Dakota (701-857-7500) and

ask them to connect you with the Parent Center in the state to which you are moving.



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Vietnam War - U.S. Air Force

LEO KEITH THORSNESS

DETAILS
RANK: LIEUTENANT COLONEL
(RANK AT TIME OF ACTION: MAJOR)
CONFLICT/ERA: VIETNAM WAR
UNIT/COMMAND:
357TH TACTICAL FIGHTER SQUADRON,
355TH TACTICAL FIGHTER WING
MILITARY SERVICE BRANCH: U.S. AIR FORCE
MEDAL OF HONOR ACTION DATE: APRIL 19, 1967
MEDAL OF HONOR ACTION PLACE:
OVER NORTH VIETNAM, NORTH VIETNAM



CITATION

For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. As pilot of an F-105 aircraft, Lt. Col. Thorsness was on a surface-to-air missile suppression mission over North Vietnam. Lt. Col. Thorsness and his wingman attacked and silenced a surface-to-air missile site with air-to-ground missiles, and then destroyed a second surface-to-air missile site with bombs. In the attack on the second missile site, Lt. Col. Thorsness' wingman was shot down by intensive antiaircraft fire, and the two crewmembers abandoned their aircraft. Lt. Col. Thorsness circled the descending parachutes to keep the crewmembers in sight and relay their position to the Search and Rescue Center. During this maneuver, a MIG-17 was sighted in the area. Lt. Col. Thorsness immediately initiated an attack and destroyed the MIG. Because his aircraft was low on fuel, he was forced to depart the area in search of a tanker. Upon being advised that two helicopters were orbiting over the downed crew's position and that there were hostile MIGs in the area posing a serious threat to the helicopters, Lt. Col. Thorsness, despite his low fuel condition, decided to return alone through a hostile environment of surface-to-air missile and antiaircraft defenses to the downed crew's position. As he approached the area, he spotted four MIG-17 aircraft and immediately initiated an attack on the MIGs, damaging one and driving the others away from the rescue scene. When it became apparent that an aircraft in the area was critically low on fuel and the crew would have to abandon the aircraft unless they could reach a tanker, Lt. Col. Thorsness, although critically short on fuel himself, helped to avert further possible loss of life and a friendly aircraft by recovering at a forward operating base, thus allowing the aircraft in emergency fuel condition to refuel safely. Lt. Col. Thorsness' extraordinary heroism, self-sacrifice, and personal bravery involving conspicuous risk of life were in the highest traditions of the military service, and have reflected great credit upon himself and the U.S. Air Force.

ADDITIONAL DETAILS

ACCREDITED TO: WALNUT GROVE, REDWOOD COUNTY, MINNESOTA
AWARDED POSTHUMOUSLY: NO
PRESENTATION DATE & DETAILS: OCTOBER 15, 1973
THE WHITE HOUSE, PRESENTED BY PRES. RICHARD M. NIXON

BORN: FEBRUARY 14, 1932, WALNUT GROVE, REDWOOD COUNTY, MN, UNITED STATES
DIED: MAY 2, 2017, ST. AUGUSTINE, FL, UNITED STATES
BURIED: ARLINGTON NATIONAL CEMETERY, ARLINGTON, VA, UNITED STATES

Photo Credit: NICK DELCALZO

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- Do you love your school or teacher? Tell us why they make your life better.
- Do you enjoy a specific base playground? Tell us why and what you do there.
- Have you had a unique experience being a military kid? Tell us about it!
- Did you go to a cool base event (ex. Rock Concert, Library Camp)? Tell us about it from your perspective.
- Where have you lived and which base has been your favorite and why?

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NOTICE

Minot AFB, ND – 2d Lt Michael O’Keefe from the 5th Maintenance Squadron has been appointed the Summary Court Officer (SCO) for the estate of **SRA IVAN CAMPOS, 5th AIRCRAFT MAINTENANCE SQUADRON.** All claims for or against the estate of the deceased must be submitted to the SCO.

For more information, please contact 2d Lt Michael O’Keefe: DSN: 453-6439 Cell: 414-520-0451

July 7

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY

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

AADD Volunteers

AADD is seeking volunteers to support various event request. Below are a few upcoming volunteer opportunities we're hoping to support along with our regular schedule for weekends, please disseminate to your members.

REGULAR 2023 WEEKLY SCHEDULE- <https://volunteersignup.org/FHLLR>

POC: SSgt Kristal A. Cruz Leon, 723-4633, kristal.cruz_leon@us.af.mil

AF Ball Childcare Volunteers

The AF Ball Committee are calling for volunteers for to assist with childcare.

When: 16 Sep 2023

Times: 1630-2000 hrs. and 2000-2300 hrs.

POCs: 2nd Lt. Genesis Berry, 701-723-5239

Genesis.a.berry.mil@health.mil

Kaitlin Reyna, 907-854-9559

Volunteer Pianist and a Guitarist

Lights Camera Actions Youth program is looking for a volunteer pianist and a guitarist for the week of August 7-12, 2023, to help with the Missoula Childrens theatre! Must be able to read music. We Youth programs will be doing a production of The Little Mermaid. The time needed would be 0900 -1315 for practice and Saturday (TBD) for the grand performance.

POC: Shavana Jones 701-723-2838

Cheer Camp Volunteers

Youth program is looking for volunteers to help with cheer camp **NO EXPERIENCE NEEDED** the camp will be the week of July 17-21, 202 at the youth Programs.

Times will be:

Tiny Squad: 3-5yrs 11:00am-11:45am

Pompom squad: 6-8 yrs. 9:00am-9:45am

Spirit squad: 9-12 yrs. 10:00am- 10:45am

POC: April Lawrence 701-723-2838 & Shavana Jones 701-723-2838

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.

Flag Football & Volleyball Volunteer Coaches

The new Youth Sports Coordinator on Minot AFB is looking for volunteer coaches for this upcoming Flag Football and Volleyball Season. The season will run from 28 August-27 October 2023. Age Group for Flag football is 3-12 years old. We're currently looking for the following: 3-4-year-old coaches: 6. Practices will be Mondays from 1730-1800 5-6-year-old coaches: 8. Practices and hold games will be Monday's and Wednesday's from 1730-1830 7-8-year-old coaches: 8. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 9-12-year-old coaches: 6. Practices and hold games will be Tuesday's and Thursday's from 1730-1830 (potential for a couple of Saturday morning games in town). For volleyball, the age group will be 9-12 years old and we are currently looking for 6 coaches. They'll practice and hold games on Tuesday's and Thursday's from 1730-1830. (Potential for a couple of Saturday morning games in town). As registrations open, we may increase the amount of coaches needed depending on the number of children participating. No experience with the sports is necessary, we will train you. All volunteer coaches for youth programs must get fingerprinting/background checked and will be required to attend a coach training closer to the season.

POC: Ms. April Lawrence, the Youth Sports Coordinator, 701-723-1477/2838 or email april.lawrence.2@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.gocivilairpatrol.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/fkmqNeYlR>

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

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

Caring Edge Hospice Volunteers

Caring Edge Hospice is looking for volunteers to assist with a wide-range of support. It's an honor to be part of our patients' and their families' journeys. Making connections with our amazing hospice team is just one of the many personal and professional rewards you will experience through the gift of volunteering. Our team and our community would like to offer that gift to the Airmen at Minot Air Force Base.

POC: Shelby Stuckey, Volunteer Coordinator (888) 223-4287 shelby.stuckey@caringedge.com

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



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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM



JUNETEENTH CELEBRATIONS

Hundreds gathered to celebrate Juneteenth through music, dance and the commemorating of Black history! At this event, visitors enjoyed music, free food, games, a dunk tank, local vendors, and even a mobile rage room. Juneteenth has become an occasion to honor ancestors, recognize their sacrifices, and celebrate the achievements and contributions of Black Americans to the nation.



BADLANDS
RESTAURANT BAR

Upcoming
Events

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

Showing Minions Rise of Gru. Movies begin at sunset (around 9:30 pm) Sponsored by: Dakota Kids Dentistry *This movie is rated PG so please plan accordingly.



For more information:
Facebook/ Minot Parks/ Events

JULY AUG **MSU SUMMER THEATRE**
THEATRE UNDER THE STARS
58TH SEASON
VARIOUS SHOWS & TIMES

Located behind the MSU Dome, MSU Summer Theatre performs multiple plays and musicals each June and July.



For more information:
<https://msusummertheatre.universitytickets.com/>

9 JULY **DAKOTA CLASSIC - MOD TOUR**
6:00 PM
Nodak Speedway, N.D. State Fair Grounds
2005 Burdick Expy E, Minot

Minot was the second of the three tracks that united in 1990 to host the Tour and they have been with us ever since. Located on the massive ND State Fairgrounds, surrounded by a city of 40,000 people, the 3/8 mile high banked race track is run by the Nodak Race Club—the oldest racing club in the US. The huge grandstand has seating for over 6,000 spectators, and the pit area has room for well over 200 haulers, with much of it paved. Racing has been a mainstay in Minot for almost 70 years.

34th Annual

DAKOTA CLASSIC

MODIFIED TOUR

Powered By Industrial Electric

JULY 8-12, 2023

For more information:
www.racenodak.com/events/race-schedule

12 JULY **DAKOTA TERRITORY AIR MUSEUM**
WINGS & WHEELS
6:00 PM - 9:00 PM
Dakota Territory Air Museum
100 34th Ave NE, Minot

One of the museum's most well-known events is back for 2023! Partnering with the Dakota Cruiser's Car Club, approximately 150 classic and vintage cars, trucks, and motorcycles will be on display along with the museum's aircraft collection. Food trucks will be available for food and beverages.

Wings & Wheels

DAKOTA TERRITORY AIR MUSEUM
JULY 12 - 6-9 PM
dakotaterritoryairmuseum.com

For more information:
Facebook/Dakota Territory Air Museum/ Events

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!

ARTS IN THE CITY

THURSDAYS DOWNTOWN

MAIN STREET
DOWNTOWN MINOT
THURSDAYS @ 6:00 PM

LIVE MUSIC + ART | ARTISAN VENDORS | FOOD TRUCKS | BOUNCE HOUSES + MG

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

POT ROASTED BEEF BRISKET



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

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

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

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

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



Ryan Davy - GM
Minot

www.HofE.com/BBQHQ

NEW Community at the Northern Sentry



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



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

NOTHING BEATS SUNDAY BRUNCH

SERVING FROM 10AM - 2PM

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



WHAT'S GOING ON MAFB

FRIDAY 07

- Registration Ends: Sports Camp, Youth Center
- Registration Ends: Youth Flag Football and Volleyball, Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library
- First Friday, 1600-2100, Jimmy Doolittle Center

SATURDAY 08

- Cycle & Strength, 0900, Fitness Center
- MINOT-A-CON, 1100-1700, Minot AFB Library
- Zumba, 1100, Fitness Center
- MINOT-A-CON Cosplay Contest, 1400-1500, The Turf, hosted by Minot AFB Library

SUNDAY 09

- Zumba, 1400, Fitness Center
- Only the Best Come North Scramble, 0900, Rough Rider Golf Course

MONDAY 10

- Monthly Fitness Challenge, Fitness Center
- New Menus, Dakota Inn Dining Facility
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Sports Camp, 0900-1600, Youth Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Board Game Making Camp, 1500, Minot AFB Library
- Cycle, 1630, Fitness Center
- Craft Club, 1800, Minot AFB Library

TUESDAY 11

- Monthly Fitness Challenge, Fitness Center
- Cycle, 0600, Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Sports Camp, 0900-1600, Youth Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Magic The Gathering Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

WEDNESDAY 12

- Monthly Fitness Challenge, Fitness Center
- Registration Ends: Cheer Clinic, Youth Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Sports Camp, 0900-1600, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Storytime, 1030, Minot AFB Library
- Board Game Making Camp, 1500, Minot AFB Library
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

THURSDAY 13

- Monthly Fitness Challenge, Fitness Center
- Cycle, 0600, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Pre-Separation Counseling, 0830-1130, M&FRC
- Sports Camp, 0900-1600, Youth Center
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, Fitness Center

FRIDAY 14

- Monthly Fitness Challenge, Fitness Center
- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Sports Camp, 0900-1600, Youth Center
- EFMP Kids: Dakota Territory Air Museum Visit, 0900-1000, hosted by the M&FRC
- Board Game Making Camp, 1500, Minot AFB Library

SATURDAY 15

- Zumba, 1100, Fitness Center
- Board Game Making Camp Competition, 1500, Minot AFB Library

JULY SPECIALS

Bomber Bistro *Chef Salad*
Turkey, ham, egg, cucumber, tomato, and red onion, topped with cheddar cheese and your choice of dressing.

The B-Fifty Brew ***Pineapple Upside Down Refresher***
Pineapple refresher, coconut milk, brown sugar, vanilla syrup, dried pineapple and topped with cinnamon dolce..

Rockers Bar & Grill ***Street Tacos***
Three tacos with diced onion and cilantro served with chips, salsa, and a drink.

PLAY THE COURSE BACKWARDS

ROUGH RIDER GOLF COURSE
JULY 22ND • 0900
REGISTER BY JULY 21ST • 1700

COST \$40.00
DOES NOT INCLUDE GREEN OR CART FEES

2 PERSON, 27 HOLE, PAR 3 TOURNAMENT
1ST 9 HOLES - ALTERNATE SHOT
2ND 9 HOLES - BEST BALL
3RD 9 HOLES - SCRAMBLE

PRO SHOP GAMES & FOOD WILL BE AVAILABLE!

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Magic The Gathering EDH/Commander Deck Gift Exchange

18 July 2023 • ESC • 1800

Explore the possibilities of budget-friendly EDH/Commander by exchanging decks with other Magic: The Gathering players!

The entry fee to participate in our white elephant-style exchange event is an EDH/Commander deck costing no more than \$40! Sleeves and a deck box are required but not included in the cost of the deck!

For details or to sign up, call 723-7238 or email escgamingmanagement@gmail.com

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JULY FITNESS CHALLENGE

MCADDOO FITNESS CENTER
JULY 10TH - 14TH

ROWING CHALLENGE
2 WINNERS
1 MALE - 1 FEMALE

ASK THE FRONT DESK FOR MORE DETAILS

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