

# northern sentry


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## WHATS INSIDE THIS WEEK:




FREEDOM FEST  
2023

A6



"HOME FOR  
THE HOLIDAYS"  
PROGRAM

A8



FIRST-EVER  
USAF B-52  
DEPLOYMENT  
CONCLUDES IN  
INDONESIA

A9



Members of the 5th Medical Group Pediatric Team, (Back Row: Lt Col Donna Eaton (5 MDG Chief Nurse), Lt Col Nicole Croley (5MDG Chief of Medical Staff), 1Lt Elizabeth Patten, TSgt Savannah Geske, Maj Julianne LeGierse, Ms. Amanda Cross Front Row: SSgt Alexandra Saint-Paul, SrA Olivia Hightower, SrA Tamia Davis, Not featured: Capt Natalie Thrasher, SrA Mariana Corio, Ms. Sylanie Schonauer) to organize the first ever Minot AFB walk-in sports physical exams on a Saturday. See page A3 for more details on the upcoming Health Fair.

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# Hello Minot, I'm New Here!

BRIANNA LOW, NORTHERN SENTRY

Hello everyone! My name is Brianna and I'm your new Northern Sentry Reporter. My husband, son and I PCSed to Minot in January and have been enjoying it ever since! I'm originally from a small town in New Hampshire so I have found Minot to be a refreshing home feeling. My son had never seen snow before coming here so it was fun to show him what it is and I'm looking forward to teaching him what I was able to do in the winter as a kid.

A few things to know about me: I am an optimist at heart, an avid traveler, a bookworm, and homeschooling mama. I love to learn new things which led me to continuing my education to get my master's in business. I had been working in the event industry up until our last move to Italy. I am originally from New England which comes with certain sports fandoms in my blood, but I also love to get involved with local teams. You will

see me and my family at many of the Tauros games and cheering on the Hot Tots.

My husband has been in the Air Force for nine years. I've been with him since he left for basic and we have been blessed with living in some incredible locations such as North Carolina, California, and Italy- twice. Our most recent station was Ghedi Air Base. It is a small, remote base located near Lake Garda. It offers stunning views to see and a great chance to travel. We were able to explore Europe throughout our time there. Taking advantage of any four-day weekend my husband could get. My favorite place we were able to go was Ireland. Being Irish myself, it was one of my top locations to visit while we were there. We explored the Cliffs of Moher, kissed the Blarney Stone and drank Guinness straight from the Brewery. We've made plenty of memories while being overseas for five years.



Coming from overseas, my family still has a desire to explore and see new places around us. Although it won't be new countries on the weekends, we look forward to finding the hidden gems of North Dakota and the surrounding states. So, what does that mean for you as a reader? My hope is to share some of my experiences with you and inspire you to look beyond Minot to our surrounding area.

I look forward to getting to know you, the community of Minot, and the area and taking you on the journey with me!

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Please include your name and the birth date of your baby.  
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**2023 NORTH DAKOTA STATE FAIR**

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Members of the military can enjoy a free picnic, free carnival rides 1pm-3pm with military ID and more! Visit [ndstatefair.com](http://ndstatefair.com) for more information.

**Minot, ND** [NDStateFair.com](http://NDStateFair.com)

# First Ever MAFB Health Fair Offers Walk-In Sports Physicals on a Saturday

ERIN BEENE, NORTHERN SENTRY

Major Julianne Legierse, Pediatric Element Leader of the Clinical Operations at Minot AFB Clinic, had an idea that is becoming a reality. She and the Pediatric Team at the base clinic have put their heads, hearts and time into planning and pulling off the first ever (according to recent history) MAFB Health Fair on Saturday, August 5th from 10am -2pm, right inside the base clinic at the Medical Group Atrium.

As the first event of its kind, the Health Fair hopes to build community and bridge the gap with access to medical care for the base population. Maj Legierse explained that the idea of the Health Fair was uncovered through the means of "Evidence Based Practice," which takes into consideration research, clinical experience and patient preference, all together finding new ways to better medically serve

patients.

The main goal of the Health Fair is to offer a fun experience for Tricare Prime families to come get their school-aged kids sports physicals at one easy time and for free. Sports physicals are usually required for students to participate in any manner of extracurricular activities and they are valid all year. So, Maj Legierse recommends those playing winter and spring sports to go ahead and get theirs now before school starts and life gets hectic. If high school students already have their NDHSAA Physical Form, Maj Legierse requested that parents bring the form already filled out to save time. However, no need to worry if it gets forgotten because there will be blank forms available at the Health Fair as well. If patients are on a strict time schedule, Maj Legierse advises calling and scheduling an

appointment for the Health Fair ahead of time, to guarantee less wait times, but walk-ins are also perfectly acceptable. Appointments can be made by calling the regular 5th Medical Group Appointment line: (701) 723-5633. But she also mentioned that she will personally guarantee that every child receives a sports physical that needs one and is there before 2pm.

Even though the main goal of the Health Fair is to perform sports physicals for students, and spread the word about health options, adult patients can also visit the Women's Health Clinic and receive a walk-in pap smear or get advice from a nurse practitioner about contraception options on Saturday, August 5 during the Health Fair. Any other medical appointment needs will still need to be scheduled through the 5th Medical Group and

attended during regular business hours.

Having the event on a Saturday means that every single person working the event will be volunteering their time and expertise to make this happen. Maj Legierse confirmed that there will be nine medical providers present. Four of these providers will have a calendar and take scheduled appointments. The other four are available for walk-in physicals on the day-of.

Maj Legierse said that this fair is for everyone that is a Tricare Prime beneficiary, even those not looking for a sports physical on that day. She said there will be representation from many of the base organizations,

including the Chaplains, who will be providing donuts and drinks for guests. In addition to the CPR station, face painting and book giveaways, outside in the parking lot will be ambulances and first responder vehicles open for kids to explore and learn about. This is a fun & beneficial community event for the entire base. She made a point to say that the creation of this community health outreach was only made possible by the huge amounts of effort and work from the entire team at the 5th Medical Group. Maj Legierse hopes for this event to become an annual smashing success and gets care for as many base kids as possible.

★ The 5th Medical Group ★  
invites you and your family to our:



# Health Fair

## Walk-in Sports Physicals

WALK-IN Pap-a-thon  
(cervical cancer screening) and  
contraceptive services

Featuring interactive STEM exhibits from Public Health and the Base Library, multiple family-friendly base organizations, first responders, face painting and music!

**Saturday,  
5 August 2023  
1000-1400  
MDG Atrium**

To reduce wait times, sports physical appointments are encouraged; walk-ins welcome. Multiple Saturday appointments are available. Please call the appointment line at 701-723-5633. POC: Julianne LeGierse

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Friday: 7:30am – 4:30pm  
Saturday: 2 a month by appt  
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## UPSIDE DOWN UNDER

MARVIN BAKER

It's no secret that students coming out of our high schools lack knowledge of history and geography.

Is it poorly taught, does the curriculum matter to school boards, maybe students themselves just don't like it, or is there some other reason not publicly known.

Regardless, we often lack this knowledge and when we become adults and move onto college and the professional world, we should at least have some kind of knowledge of history and geography.

Just to give you an example here's a quiz. See if you can answer any of these questions. I'll put the answers at the end of the article, but don't look. Try your

best to answer these history and geography questions linked to North Dakota before looking at the answer key.

- 1.) What was Rupert's Land?
- 2.) Portal is one of three, 24-hour ports of entry. What else makes it unique?
- 3.) Can you name the three top railroads operating in North Dakota?
- 4.) Sugar beets are grown in two areas of the state. What are they?
- 5.) Who was Ethel Catherwood?
- 6.) What was Bismarck called before it was Bismarck?
- 7.) What are the tallest and lowest elevation points in North Dakota?
- 8.) What professional sports team is located only 60 miles from North Dakota?
- 9.) What famous person came here from Montreal 80 years before Lewis and Clark?
- 10.) In what community in North Dakota was Al Capone known to have frequented?

These are all basic history or geography questions that should be easy to answer. No. 2 might be a bit obscure, but the others... most

# Take the quiz...

of us should know.

It points out that we are lacking in this knowledge. The same holds true for foreign languages. Young people are now taking a second language in schools, but up until recently, most of us didn't have a second language and can only speak English.

Those of us who are Baby Boomers often had or have parents that spoke a second and even a third language. German, Norwegian, Swedish, Russian, and some back then knew Spanish or French.

My mother, whose family came from the German part of Switzerland, spoke fluent German and translated letters that came to North Dakota from Germany and Switzerland. But she never taught us German. I wish she had because it's much harder to learn it as an adult.

Back when Jay Leno was the host for the Tonight Show, he went out on the streets one night to ask people questions similar to those above. One question was where is North Dakota? The answer he got was, "Isn't that over by Chicago

someplace."

If you're looking at a map of North America, I guess it's in the neighborhood, but in reality it's three states away and approximately 800 miles.

Answer key:

- 1.) The part of North Dakota that was part of Canada before 1818 because it's in the Hudson Bay drainage.
- 2.) Calling North Portal, into another country, is a local call.
- 3.) Burlington Northern Santa Fe, Canadian Pacific, Dakota Missouri Valley and Western.
- 4.) The northern Red River Valley and extreme western McKenzie County.
- 5.) She was born in Hannah and became a Canadian Olympic athlete.
- 6.) Edwinton.
- 7.) White Butte is the tallest and Pembina is the lowest.
- 8.) Winnipeg Jets hockey team or Winnipeg Blue Bombers football team.
- 9.) Pierre de la Verendrye.
- 10.) Minot.



## SLICE OF LIFE

KIM FUNDINGSLAND

I've known I had to write about this for quite some time but couldn't really settle on a way to approach it.

Delay. Delay. Delay.

Finally, I came to the realization that was precisely the crux of the entire matter. As Nike says, just do it.

I know what you are thinking – this kooky writer is the last person on the planet to follow for advice and please get back to the topic of the headline. Right you may be, but there is ample reward for those who read further. Clever, huh?

Alright, here goes. Blunt. Simple. Rewarding.

Talk to grandma. Not just about grandkids, weather, recipes and such but about life. As her what like was like when she was a child. Maybe her first pet, what would she buy with a quarter in her pocket, what games did she play, when and how did she meet grandpa. Anything really, but ask.

When my second grandmother passed, I realized I hadn't talked to her enough about those "early days". I did some, but not nearly enough. It seemed awkward somehow. Not for her, but for me.

She and grandpa settled in the

small town of Parshall. The old house is still there. I drive past it on occasion, always stopping to remember things like playing in the yard, grandma carefully decorating the Christmas tree with ornaments she'd saved over the years, and how wonderful a cook she was, and how she carefully cared for flowers in her garden.

We had a few visits that remain in my memory. Grandma wasn't what you'd call long-winded, but there were some real gems. I wish I had been far more inquisitive than I was and had written a few things down.

One day, guessing sometime around 1970, I asked my grandmother about construction that was underway at the old O&M elevator in Parshall. My grandfather managed that elevator for a few years, so my grandmother was familiar with it.

She told me that trucks bringing grain to the elevator were getting bigger and the new construction would accommodate them. Of course, there were a lot of the older, much smaller farm trucks in use at the time as well, something I mentioned to grandma.

Then she responded with somewhat of a surprise to me, saying those old farm trucks were a big improvement from the days when horse-drawn wagons would bring grain to the elevator. Grandpa heard part of that conversation and recalled a few of the best teams of horses in the region. It was a reminder of just how important horses were at one time.

I remembered grandpa's comments, in general anyway. I've long since forgotten the names of

the horses in the teams and who owned them.

A few years later I came across an old Bismarck Tribune story while doing research for a book I was writing. A sheriff and a marshal drowned while crossing a frozen Missouri River with a wagon and team. While the story noted the loss of the two lawmen who were "swept under the ice", there was at least as great an emphasis in the article, if not more, on the very tragic loss of two good horses. Grandma and Grandpa would have understood.

One time when grandma was outside, she looked up at an airplane passing high overhead. Then she told me a short story about when she witnessed the first airplane in Parshall and how it scared most of the people in the area who'd never seen such a thing.

She said the plane was flown by a "barnstormer" who was among some of the earliest flying enthusiasts in the United States. It landed at Parshall, roadway or field, I can't recall if grandma said which it was. I do remember she said it was a cause for great excitement and that people were somewhat cautious about approaching it. She laughingly called it the first UFO in Parshall.

Grandma shared a few other things too, so did grandpa, but those are the ones that are first on my list. They just struck me. I think about those memories of memories from time to time. Mostly, I wish I had asked more questions, which is the reason for this writing.

My grandmother watched in person as the first plane landed

# Talk to Grandma



KIM FUNDINGSLAND PHOTO

in Parshall, North Dakota and watched on television as the first man landed on the moon. Just imagine all the happenings in between. I wish I knew more.

Ask grandma, or grandpa. Someday it'll be too late to do so, and you'll wish you had. Write down the words while they are still fresh and tuck them away in a scrapbook or file on family history. Better yet, record them. Shoot video. Someday you and your kids, or grandchildren, will treasure the results.

**TITUS & PHILEMON**

*Everyday adventures of Titus and Philemon and their owner Joe.*

**TIMMOTHY TIMM**

I finally caught that pesky Dak rat, boys!

But that gopher is our friend! Can we at least visit him?

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.

**northern sentry**  
community calendar

Events from  
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# “Well, I am helping my friends”

The story is repeated many times in a year, mostly on weekends. An evening starts out with several young Airmen arriving at the home of a colleague. It's been a long week, even a long month, and those in attendance are able to visit, share frustrations with their job (as we all do), and have a few adult beverages. Some in the party have chosen to play it safe and have brought along a designated driver, just in case. As the evening progresses, ideas about maybe hitting a local bar to play pool, darts or even a nightclub to enjoy live music and dance the night away.

It's gotten late and now there is a choice to be made. Knowing that they have had maybe a few too many of those adult beverages and being in possession of the keys to their car, creates decision time. Drive and take the risk, call a friend for a ride? It's a tough decision to make, especially when it's late, the bar is closing, and we need to do something.

And then the answer comes in the form of a business card laying on the bar. AADD, Airmen Against Drunk Driving, and a phone number, (701) 838-2233.

“Active duty Airmen who feel they are in an uncomfortable

situation or are too intoxicated to drive can call Team Minot's AADD for a free ride or escort at (701) 838-2233” it says on the AADD Facebook page. Volunteers are stationed in Minot and on base to answer that phone call and without any questions or consequences, give Airmen a ride home, avoiding what could have led to a possible DUI, and then serious consequences.

The Northern Sentry has been proud to be part of the AADD team at Minot Air Force Base. There are a lot of other members on the AADD team. On The Run provides \$10.00 gas cards for volunteers. SRT donates the cost of the phone lines, and there are a lot of other businesses who donate in kind so volunteers can be rewarded for their outstanding efforts as drivers. They use their own cars to provide the rides, and they stay on duty until 3 AM in the morning to make sure that everyone who requests a ride is accommodated.

This past week Col Daniel Hoadley and Col Kenneth McGhee took time out of their schedule to come to a recognition for 5 of the AADD volunteers. Besides the recognition coins handed out by Col Hoadley and Col McGhee, each of the volunteers received an envelope with gift cards from local

businesses. One of the volunteers had donated 49 hours of time as a driver in one month. Exceptional service to keep her friends safe.

AADD is a unique organization. Staffed mostly by enlisted volunteers, but it is not an official government agency. Donations, and volunteers, are always welcome, and those rides home certainly appreciated by those who made the right decision to not drink and drive.

Thanks to all of the volunteers who are part of the Team AADD, making a difference one ride at a time.

### BEST KEPT SECRETS

This is the time of year when the International Peace Garden is in full bloom. There are a lot of rumors about entrance to the Peace Gardens. I really advise you to check out their website, [peacegarden.com](http://peacegarden.com), for information on entrance to the Peace Gardens, and the events that take place, including events at the International Music Camp. The trip is certainly worth your time.

### TODAY'S CHUCKLE

The problem with college in this fast-moving world is that by the time you graduate your profession is obsolete.

**northern  
sentry**

A VIEW FROM  
OUR SIDE  
ROD WILSON



Col Daniel Hoadley and Col Kenneth McGhee present coins of appreciation to AADD Volunteers of the Month.



## SHE'S NOT FROM AROUND HERE

AMY ALLENDER

“It's enough.”

This is the reminder I have been giving myself since June. Like the proverbial broken record, these words are on a continual loop in my mind.

It's enough. You're having enough fun. You're spending enough time outside. The kids are having enough lazy days. The kids are having enough busy days. You're doing enough to prepare for kindergarten. You're eating enough ice cream cones. You're grilling enough. You're making enough memories. You're taking enough pictures. Everyone is getting enough sleep.

It's enough.

Something about this summer has me scrambling a bit. Maybe it's that my family has some military-related upheaval headed our way in August. Maybe it's that my social media feeds are flooded with images of beautiful people, having loads of beautiful fun—and I'm left wondering if I measure up. Maybe it's just me, or maybe you can relate.

Ever since moving to Hot Dish Land, summers have taken on new meaning. I never really knew how to appreciate the perfection of a long, humidity-free, summer day, until enduring a -40° windchill while schlepping two children (who refuse to walk in such conditions) into Marketplace. NoDak summers are gorgeous at face value—but when contrasted against the harshness of winters, they take on new beauty.

Our summers are wonderful. So wonderful I put a lot of pressure on myself to enjoy it to the fullest. I know these days of 11pm sunsets are limited. Isn't it our duty to squeeze every minute of these absurdly long days for all they're

worth? Shouldn't we relish what we have going on here?

I woke up on July 5th and realized Fair Week is practically upon us. And—if you're not from around here—let me tell you what that means: summer is nearly kaput. Locals love the State Fair, I mean they l-o-v-e it. However, the first day of the Fair is also the first day of the last week of summer.

It's a whole thing here.

July is on a downhill slide and there is still so much I want to do. There are still so many things I want to accomplish before the sun starts setting at 4pm and my house is too drafty to enjoy ice cream.

I haven't been to the Peace Garden or had a Whirl-a-Whip. We've only been to the pool once, and we haven't gotten a sno-cone from The Shack. I haven't been to the NoDak Speedway or a Hot Tots game. I keep forgetting to log our summer reading. We haven't been camping, or to a lake—and honestly, another summer is slipping away and I'm still unsure of where The Lake actually is.

This is a travesty. Summer is running out. Soon, Daryl will send his Racing Pigs around the track, and next thing you know falling leaves will be smacking us in the face.

See? I'm spiraling. I've got to remind myself: It's enough. What I'm doing is enough. What you're doing is enough.

Orchestrating our lives based on the perceived pace of others' is a toxic trap. Comparison only poisons the joy of the moment. Pushing ourselves to do more, be more places, and pack just a little more in, doesn't necessarily lead to more memories, or better memories. Aiming to have fun at a grueling pace, just yields exhaustion and burnout.

It's enough.

Our lives—this summer—are built with the bricks we have, not the ones we're missing. I'm continually reminding myself to look at what we are doing, and the experiences we are having—instead of focusing on what we haven't done. I'm reminding myself not to create

# It's Enough

too much busyness for the sake of savoring summer.

It's enough.

The truth is, the Pigs will run. Summer will end. Fall will arrive. When it does, a whole new set of unique opportunities to create memories will be ushered in. When it does, we don't need to bemoan what we didn't do. We

can choose to celebrate the cooler air, the return of pumpkin-spice-everything. We can choose to look back and see a great summer, a summer that was just enough.

For more stories of life in Minot, and small things that have big impact on joy and contentment, join me on Instagram (@amy\_allender), and Facebook (@amyallenderblog.)



I'm enjoying this summer and the freedom that comes with having kids that are both potty-trained and no longer nap-dependent. But sometimes I still wonder if it's enough.

AMY ALLENDER PHOTO

★ Hotel ★

## REVEL

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# Freedom Fest

BRIANNA LOW, NORTHERN SENTRY

Thankfully while being overseas, the bases would celebrate the Fourth of July, so we were still able to enjoy festivities and fireworks, but there is a different feeling that comes with the holiday and being in the states. It's no longer just a few people celebrating, it's everyone around you. It's this reason we were looking forward to heading to the Freedom Fest and taking it all in. It was an exciting day with multiple events planned to start from the Red, White & Blue Color Run at 8am to the Fireworks at 11pm.

The Freedom Fest STEAM activities were great for kids of all ages. The staff put on a great display of fun and easy science experiments. There was a water bomb station where the kids created their own paper water balloons and threw them at the wall to watch them explode. A station which had them creating their own bubble wand in various shapes to show how the bubbles can form in different ways. Our personal favorites were the mini bottle launches with vinegar and citric acid mixed to shoot them high in the trees, and the make your own slushy station for a tasty treat to cool us down in the midday sun. To top it all off, the library staff was launching a large bottle rocket in the field to show the kids the reaction from mixing vinegar and baking soda.

The day was heating up, so the next stop was to head to the Outdoor Pool for some fun and games. Outdoor Recreation organized two hours of water fun followed by a Bike Rodeo. The pool was full of laughs as there was a wet shirt challenge, pool noodle surfing and a watermelon push relay. At the Bike Rodeo, kids showed up with their bikes to ride a path created by FSS

staff to learn about bike safety and show off their racing skills.

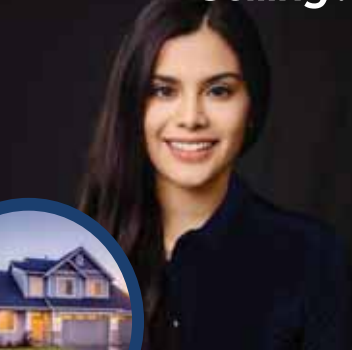
The big event of the day and my son's personal favorite was the BMX Pro Trick Team. The show was set up in the Turf parking lot with a Half Pipe and Quarter Pipe set in front of bleachers. With three BMX riders, three FMX riders, and a skateboarder the show was packed with amazing jumps, audience participation and incredible talent. After the show was completed, the riders were available for pictures. My son was thrilled to meet Cam, who wore the number 3 because his name is Cam and he is turning 3. It was a great small moment for our family and a fantastic show for everyone to enjoy.

After the show, everyone headed to the Rocker's parking lot to enjoy local food trucks, bounce houses, corn hole, and various booths from the organizations on base. Finally, we were able to enjoy the beautiful firework show to end the night and conclude our celebrations of the Fourth.



NORTHERN SENTRY PHOTOS | BRIANNA LOW

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# Mayor Tom Ross Backs "Home for The Holidays" Program

## Budweiser Donates Motorcycle For Raffle

ROD WILSON, NORTHERN SENTRY

It's always nice to be able to spend time with family during the holiday season, if you have the time and the resources to do so. Mayor Tom Ross was having a conversation with Col Daniel Hoadley and Col Kenneth McGhee about the challenges of having the highest percentage of first year Airmen of any Air Force base in the United States. Couple that with the fact that travel to and from Minot, because of the northern location, is a challenge when it comes to booking airline flights. "For most of these Airmen, driving is out of the question" according to Mayor Ross "Col. Hoadley and Col. McGhee shared with me that they had undertaken a project of sending as many Airmen home for the holiday season as possible." The first year of the program limited funds were raised, but several Airmen were given resources to allow them to go home."

Still, the idea of sending Airmen Home for the Holidays stuck with Mayor Ross, and in the back of his

mind he kept thinking that he could use his position as Mayor of Minot to help garner additional funds for the next holiday season.

Fast forward ahead to the Prairie Warrior auction where Ross, Hoadley and McGhee would once again have a conversation about the challenge at hand. Brekka Kramer and the staff of the Minot Chamber/EDC had the idea to sell corporate tables at the Prairie Warrior auction for the Home for the Holidays initiative, the results being an additional \$15,000 raised and donated to Minot Air Force Base to assist Airmen in their travel for 2023 and 2024.

"But I kept thinking we could do more" said Ross "I made a promise at the Prairie Warrior auction that I would deliver and additional \$150,000 to Home for the Holidays" and Mayor Ross began planning a way to make that promise a reality. "At first, we were focused on some type of large entertainment event, but soon we had to abandon our



Harley Davidson Motorcycle, donated by Magic City Beverage & Budweiser.

efforts because we just didn't have time to plan and execute that type of event by the end of 2023. Not that we have completely abandoned that idea, it's just that we need more time to plan something that large."

Then an opportunity presented itself. "Budweiser wanted to spend additional promotional and marketing funds in the market, and so we came up with the idea of a motorcycle raffle. We thought if they (Budweiser) purchased the motorcycle we would be able to sell raffle tickets with the result being an additional \$150,000 for Home for the Holidays."

Long story short, Magic City Beverage, the local distributor for Budweiser, and Budweiser corporate bought into the promotion hook, line and sinker, and the motorcycle was purchased, branded with a Budweiser wrap, and the raffle tickets are now on sale at local vendors of Magic City Beverage.

"We'll sell 3,000 tickets for \$50.00 each. The winning ticket will be drawn on the Minot City Hall steps on September 15th. We'll present the Harley Davidson to the lucky winner, and a check for \$150,000.00 on Saturday night of Norsk Hostfest.

It's a great time because it will be military appreciation night at Norsk Hostfest. The Brother's Osborne will be on stage in the Great Hall that night. It will be a great moment as we show how Minot supports the base and our military personnel."

Is there any doubt in Mayor Tom Ross' mind that Home for the Holidays won't reach the goal of \$150,000.00. "Absolutely not. Minot has proven time and time again that they support Minot Air Force Base and our military personnel. I have confidence we will reach our goal."

## A LOOK BACK THIS WEEK IN USAF HISTORY

FIRST B-52 BOMBER ARRIVES AT MINOT AFB  
JULY 16, 1961



Base leadership and former ND governor, William Guy, kneel in front of the Peace Persuader in July of 1961. (Boeing)

On July 16, 1961, Minot Air Force Base, N.D., received its very first B-52H Stratofortress, nicknamed the Peace Persuader. The bomber was delivered directly from the Boeing factory in Wichita, Kansas and was accompanied by another backup B-52 in case of any complications. The name Peace Persuader originated from a "Name the Plane" contest held by the Air Force. Peace Persuader was assigned to the 4136th Strategic Wing under Strategic Air Command.

Information courtesy of: af.mil / minot.af.mil / afgsc.af.mil

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# IT COULD HAPPEN TO YOU



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY



It was like a dream or even make believe, I peered again at my rear-view mirror to see if what I was seeing was real. The fog seemed to illuminate the rotating lights, which were summoning my vehicle to stop. No! Not me, I thought as my mind raced for answers. What did I do? Was I going too fast? Didn't I stop for that stop sign? I began to pull to the right and stopped my vehicle upon the right side of the road. What was taking so long? Where was the Security Forces member? A sudden thump! And big bright light from a metallic flashlight startled my thoughts. He identified himself, and said "Your vehicle was left of center Sir, may I see your identification and drivers license?" I hurried to react to the officer's request. I began to fumble through my wallet attempting to locate the items. I recalled the party I had attended. Joe was a good host, he wanted me to stay the night, but I was the tough guy, besides all I had was a couple. "Could you please step out of the vehicle" broke my thought pattern. Can he smell the alcohol on my breath I wondered, does he know? I asked to light a cigarette to mask the odor. Maybe I could hide it. Again the officer repeated his previous request. As I stepped out of the vehicle, I held my composure (So I thought). Next came the sobriety test to determine my ability to drive. Impaired, I've driven many times before, maybe in worse shape than this. As I completed the tests, even I decided I shouldn't have driven. My reflection became reality as

the officer applied the handcuffs and placed me in the rear of his car. I began to contemplate my actions, what about my career, my family and my future. The pending results greatly outweighed the small reason I had to drive. The impending punishment would undoubtedly cost well into the thousands of dollars, as well as my families respect. Was it worth it?

This is a fictional account but the statistics of drinking and driving are not. Don't be among the statistics dead or alive! The next time you want to drive when you drink alcohol - DON'T! Take along a designated driver, call a taxi, or call a friend. Don't allow this fictional tale to become true for you. Don't Drink and Drive!

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ICU LENDER



# First-ever USAF B-52 deployment concludes in Indonesia

5TH BOMB WING PUBLIC AFFAIRS

MEDAN, INDONESIA -- More than 60 Airmen and two B-52H Stratofortress aircraft assigned to the 5th Bomb Wing from Minot Air Force Base, North Dakota, completed a bilateral interoperability exercise in Indonesia.

The exercise, which lasted about a week and was supported by various U.S. Pacific Air Forces units, marked the first time U.S. Air Force B-52s landed on and operated from Indonesian soil.

"It's exciting to be a part of this historical milestone," said U.S. Air Force Capt. Justin Kinker, 23rd Bomb Squadron weapons officer and exercise team lead. "Everyone on our team is very proud to have had a hand in this."

The exercise offered an opportunity to advance the ability of U.S. and Indonesian air forces to work together; allowed for the exchange of tactics, techniques and procedures specific to each nation's aircraft; and promoted regional stability through cooperation, enhancing mutual understanding and an already strong partnership.



It's exciting to be a part of this historical milestone. Everyone on our team is very proud to have had a hand in this.

U.S. AIR FORCE CAPT. JUSTIN KINKER  
23RD BOMB SQUADRON



"Enhancing interoperability between U.S. and Indonesian air forces contributes to the long-term advancement of our nations' shared interests," explained Kinker. "This was a great opportunity for us to train alongside our partners to bolster our collective ability to support a free and open Indo-Pacific."

The B-52s and 5th Bomb Wing Airmen who participated in the exercise have left Indonesia and are currently supporting a Bomber Task Force deployment at Andersen Air Force Base, Guam.



A member of the Tentara Nasional Indonesia Angkatan Udara, or Indonesian Air Force, watches as a U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, taxis upon landing at the Kualanamu International Airport in Medan, Indonesia, June 19, 2023. Two B-52s arrived in Indonesia to participate in bilateral training exercises, marking the first time U.S. Air Force B-52s had landed on Indonesian soil.



U.S. Air Force Capt. Justin Kinker, 23rd Bomb Squadron weapons officer (left), gives a tour of a 23rd BS B-52H Stratofortress from Minot Air Force Base, North Dakota, to Maj. Gen. Mark Weber, Air National Guard assistant to the U.S. Pacific Air Forces commander (right), and general officers from the Indonesian Air Force at the Kualanamu International Airport in Medan, Indonesia, June 21, 2023. Weber and IAF generals visited the 23rd BS team while they were in Indonesia participating in a bilateral military training exercise. This particular exercise marked the first time U.S. Air Force B-52s operated from Indonesian soil.

U.S. AIR FORCE PHOTOS | TECH. SGT. ZADE VADNAIS



Right: Indonesian Air Force F-16s fly alongside a U.S. Air Force B-52H Stratofortress assigned to the 23rd Bomb Squadron at Minot Air Force Base, North Dakota, over Indonesia, June 19, 2023. Through bilateral training, the U.S. and Indonesian air forces work together to promote interoperability, thus furthering investments and strengthening relationships.

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NORTHERN EDGE 23



Our Allies increase and expand our ability to be always ready. Minot Air Force Base B-52s combined with Armée de l'Air et de l'Espace and Air National Guard forces in the Indo-Pacific as part of Northern Edge 23.

Departing from Andersen Air Base in Guam, this first joint flight between three Rafale, an A330 MRTT and three F-35s and a B-52H Stratofortress was an opportunity for French and American crews deployed on the Pegasus 23 mission to strengthen their interoperability.

THIERRY GERARD PHOTO / ARMÉE DE L'AIR ET DE L'ESPACE/ DÉFENSE

# Local Cravings Restaurant Guide



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## Bone's BBQ Smokehouse & Grill

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www.bonesbbqminot.com

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# NORTHERN CELEBRATIONS

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## FISH CAMP AND MORE

Patricia Stockdill

The U.S. Fish and Wildlife Service Garrison Dam National Fish Hatchery is all about fish – walleye, rainbow trout, northern pike, and the unique pallid sturgeon, just to name some of the species biologists work with.

But it's more than raising young fingerling-sized fish so they can be stocked by N.D. Game and Fish Department fisheries biologists in lakes across North Dakota or elsewhere.

It's also about Kids Fish Camp.

The hatchery, tucked downstream of Garrison Dam on the Riverdale (east) side of the dam, hosts the free daily camp for children ranging in age from kindergarten through sixth grade.

This year's day camps will be held July 31 through Aug. 4, described hatchery spokesperson Toni Ganje.

It's been popular among children and parents alike in the five years of the program, providing opportunities for children to learn about fish and so much more that's going on in the Great Outdoors. "It's just about nature and wildlife. It's about having fun," Ganje added.

Game and Fish Department biologists will present a mix of activities.

In addition, children will learn about Mandan and Hidatsa American Indian culture and history from the Knife River Indian Villages National Historic Site staff on another day of camp. The farming tribes lived along the Missouri River for generations.

The young "campers" will tour the hatchery, although all of the fish other than rainbow trout have now been stocked in their lake homes. But the Touch Tank is available.

And the turtles will be there to touch. "The kids love the turtles," Ganje continued.

There are games, activities, and hikes on portions of the North Country Trail adjacent to the hatchery. The hikes allow camp participants to get out and explore nature and wildlife in their real world setting, complete with waterfowl on the nearby Missouri River, bald eagles, and furry animals like deer.

A different topic is featured each day, Ganje explained, and children can attend as many days as they want.

Past activities included the popular Fish and Wildlife Service's "Let's Go Fishing" program with participants earning their "Let's Go Fishing" badge and learning about aquatic nuisance species, even looking for it on a boat.

One day an activity might include fun outdoor-related games like fish relays. Or maybe face-painting. Children can learn about the endangered monarch butterfly and how important habitat is for all wildlife – whether it swims, flies, or walks on land.

While hatchery staff plays a large role in bringing the camp to life for its participants, volunteers help make it a success, as well, Ganje described.

Every summer people from throughout the United States volunteer at the hatchery to help with everything from conducting hatchery tours to assisting with Kids Fish Camp and wherever else they're needed. In addition, area residents also volunteer at Kids Fish Camp.

About Kids Fish Camp:

- Free.
- July 31 through Aug. 4, 10 a.m. to noon.
- Garrison Dam National Fish Hatchery Visitor Center located downstream of Garrison Dam near Riverdale.
- Call Toni Ganje at the hatchery, (701) 654-7451 to pre-register and more information.
- Registration is required because camp is limited to 25 children each day.
- Children can register to attend one or more camps – or every day if they like.
- Ganje encourages parents to car pool with other families, when possible, so it can be easier to attend more days if desired.

Summer may be rapidly slipping into August and the start of school, but Kids Fish Camp provides another fun way for children to get outside in the remaining days.

In addition, free Garrison Dam National Fish Hatchery guided tours will continue – thanks to the ongoing help of those volunteers – through Labor Day, Monday through Friday from 9 a.m. to 3:30 p.m. and Saturday, Sunday, and holidays from 10 a.m. to 3 p.m.



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## SNOW LEOPARD

**CREATURE FEATURES**

- Known throughout the world for its beautiful fur and elusive behavior, the Snow Leopard is found at high altitudes of 9,800 to 17,000 feet in the rugged mountains of central Asia.
- Snow Leopards have short front legs and longer hind limbs. Their powerful hind legs help them leap up to 30 feet, equaling 6 times their body length!
- They have a wide, short nose cavity that heats the chilled outside air before it reaches its sensitive lungs. A Snow Leopard's round, short ears help prevent heat loss.
- The Snow Leopard's long, thick tail helps them keep their balance and acts as a scarf to help warm the cat's body during the long, cold nights.

**Fact File**

Life Span	13 - 20 years
Weight	75 - 120 pounds
Height to Shoulder	2 feet
Body Length Including Tail	6 - 7.5 feet
Tail Length	Over 3 feet
Wild Diet	Chickens, Caribou, Herbivores, Hares, Birds, Wild goats, Sheep

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# VACATION READY CAR CARE

## Car care checklist for summer road trips • Part 1

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

**Check tires and tire pressure**

Inspect all four tires and, if you have one, the spare tire as well. Look for cuts, gouges or sidewall bulges. Insert a quarter upside down into grooves to check tire tread. If you see the top of George Washington's head, it is time for new tires. Check tire pressure when the car has been idle and tires are cool. Inflate as needed to the vehicle manufacturer's recommended pressure. You will find it listed in the owner's manual and on the sticker of the driver side door jamb. Do not use the number on the tire sidewall.

**Listen to and feel the brakes**

If you hear a grinding sound or feel a vibration when applying the brakes, take your vehicle to an auto repair shop for a brake inspection. A service professional will check the brake system for fluid leaks, and the pads, rotors, shoes and drums. If repair or replacement is needed, use the Repair Cost Estimator to help anticipate costs.

**Secure and test the battery**

Check the car battery to be sure cable connections are clean and tight, and the hold down hardware is secure. Have a service professional do a battery check to determine remaining capacity. AAA members may request a free battery check.

**Top off engine oil and other fluids**

Check that engine oil, coolant and brake, transmission and power steering fluids are at the correct levels for safe vehicle operation. When adding fluids, use products that meet the specifications listed in the owner's manual. Note that newer car models may have sealed automatic transmissions without a dipstick, and electric power steering that may not use fluid.

**Replace wiper blades and replenish windshield cleaner**

Rubber wiper blades naturally deteriorate over time. If wipers streak or fail to clear the windshield thoroughly, replace the blades. Fill the windshield washer reservoir with fluid formulated to remove insects and other debris, and test to make sure the nozzles spray adequately.





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**ALS GRADUATION** Members of Team Minot come together to celebrate their newest graduates from Airmen Leadership School. More photos on Minot AFB PA Flickr page.

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





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# Air Force delays some PCSs, bonuses

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ARLINGTON, Va. (AFNS) -- The Air Force is experiencing a shortfall in the FY23 Military Personnel Appropriation driven by higher-than-projected personnel costs.

Headquarters Air Force is directing actions to be taken now to avoid exhausting funds. AFPC is currently approving PCS orders for Airmen with projected departure dates in July.

For all other Airmen awaiting PCS orders with projected departure dates of August or later, orders are being reviewed and approved on a priority basis. Some PCS order authentications will be delayed.

Effective July 11, 2023, the Air Force will suspend the FY23 selective reenlistment bonus program but will allow Airmen who would have been eligible after the deadline to extend their current enlistment into fiscal year 2024. This allows most Airmen to still access an SRB program with the FY23 rules until the FY24 program starts. Airmen who reach their maximum extensions by law on their enlistment can also be accommodated through constructive re-enlistment. Airmen should be on the lookout for AFPC messaging and work with their servicing MPF.

The Air Force is also temporarily pausing the Aviation Bonus

program that opened on June 6, 2023, to restructure the program to continue offering bonuses to aviators. Within the next 14 days, the Air Force expects to reopen a restructured AvB, at which time officers who did not already elect to sign the AvB contract will be able to do so as long as funds remain.

Additionally, the Air Force is pausing new Assignment Incentive Pay; this includes Airmen signing contracts or initiating new pay at non-contract locations until the beginning of FY24. Airmen already receiving AIP will continue to receive that pay.

Finally, Airmen on overseas long tours with a DEROS between October – December 2023 will have their DEROS extended to January – March 2024.

AFPC will continue to prioritize and authenticate orders for mandatory moves and will consider ETP requests on a case-by-case basis.

The Air Force continues to work through additional options to avoid the funding shortfall and will provide more information when available.

Airmen who have specific questions, call the Total Force Service Center at 210-565-0102, or toll-free at 800-525-0102.



by Patricia Stockdill

**Fishing:**

Lake Sakakawea elevation, July 10: 1,841.21 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.38 feet above mean sea level (MSL). Stump Lake elevation: 1,450.45MSL.

•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea becoming more inconsistent with walleye moving into deeper water and anglers working to find depths as they transition. No reports from Lake Darling, Devils Lake, or area lakes.

•Devils Lake, Ed's Bait Shop, Devils Lake: Devils Lake remains fair to good for walleye throughout much of the lake.

•Devils Lake, Woodland Resort, Devils Lake: Try bottom bouncers and spinners with nightcrawlers trolling in 18 to 24 feet for walleye with continued fair to good success throughout the lake.

•Lake Darling, Karma C-Store, Ruthville: East end of Lake Sakakawea producing some walleye with somewhat better success still in the bays more so than the deeper water of the main lake. Try a mix of nightcrawlers or leeches.

•Lake Darling, Upper Souris Nat'l. Wildlife Refuge, Foxholm: Some walleye success on Lake Darling north of Landing 3 and southeast of the Grano bridge. A good number of anglers are shore-fishing along the Lake Darling Dam turnout area on Co. Road 6 and below the dam at the Outlet Fishing Area.

•Lake Metigoshe, Four Seasons, Bottineau: Lots of recreational boating continues with best walleye activity in the evening. Try the shallows and along the docks for nice bluegill success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Work a variety of depths with fish moving around on the east end of Lake Sakakawea. Move around and try a variety of presentations.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye activity slowed on the east end of Lake Sakakawea with better success working deeper water down to 30 feet. Anglers still finding nice walleye numbers farther west earlier in the week, including Deepwater Bay, in 10 to 14 feet. No Lake Audubon reports.

•Lake Sakakawea, Indian Hills Resort,

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

- N.D. Dept. of Environmental Quality blue-green algae reports: Low toxin levels – Blacktail Dam, Williams Co.; Buffalo Lodge Lake, McHenry Co.; Carbury Dam, Bottineau Co.; Coal Lake, McLean Co.; East Stump Lake, Nelson Co.; Heckers Lake, Sheridan Co.; Lake Upsilon, Rolette Co. Advisories – Epping-Springbrook Dam, Williams County; Harvey Dam, Wells Co.; Lake Darling, Renville Co. Go to the agency website, ([deq.nd.gov](http://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 14 & 15: Christmas in July Weekend, Lewis & Clark State Park, east of Williston.
- July 21 – 29: N. D. State Fair, Minot.
- July 25: Women's Shooting Clinic, Capital City Sporting Clays, Bismarck. 8:30 p.m.
- July 28 & 29: Halloween in July Weekend, Lake Metigoshe State Park, Bottineau.
- July 29: Club de Skinatique & Lighted Boat Parade, Fort Stevenson State Park, Garrison, beginning at 5 p.m.
- July 31 – Aug. 4: Free Garrison Dam Nat'l. Fish Hatchery Kids Fish Camp, 10 a.m. to noon.

**TOURNAMENTS:**

- 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.
- July 29: Lake Sakakawea, White Earth Bay.

Garrison: Steady walleye success with best activity in the morning. Work a variety of depths along the north shore using slow death hooks and heavy bottom bouncers with leeches. Bite Me tournament applications now available online at ([www.fishindianhills.com](http://www.fishindianhills.com)).

•Lake Sakakawea, New Town: Continued fair to good for walleye in the Van Hook Arm. Try spinners or Lindy rigs and nightcrawlers with some success starting on crankbaits working in deeper water.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Continued strong walleye bite, including the north end of Van Hook Arm. Try 18 to 24 feet with bottom bouncers and nightcrawlers or leeches.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace fair to good from boats during the day working the spillway channel. Lots of small walleye with some catfish mixed in. Also try crankbaits off the rocks at night but slower from shore during the day. East end of Lake Sakakawea fair for walleye but inconsistent. Move around and work a variety of depths starting around 25 feet with plastics or nightcrawlers and bottom bouncers. Some 3- to 5-pound salmon taken when walleye fishing.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: West end of Lake Sakakawea clearing in water clarity with improving walleye success up as far as Hofflunds Island. Crankbaits producing nicer walleye

with success with spinners or jigs and nightcrawlers or leeches. Continued catfish success on the Missouri and Yellowstone rivers but river levels dropping and stabilizing. Kota-Ray continues producing a mix of bluegill and trout.

•Lonetree WMA area lakes, Harvey: Area lakes producing good numbers of fish, including Stober, Hinsz, west side of Goose Lake, and Tuffy Lake.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Most anglers continue heading to Devils Lake with its continued good walleye activity.

**N.D. river flows:**

- Des Lacs River, Foxholm: River stage, 4.82 feet; streamflow, 574 CFS.
- Little Missouri River, Long X Bridge: River stage, 9 feet; streamflow, 574 CFS.
- Missouri River, Williston: River stage, 21.31 feet.
- Missouri River, Washburn: River stage, 10.03 feet.
- Pembina River, Walhalla: River stage, 2.59 feet; streamflow, 265 CFS.
- Souris River, Foxholm: River stage, 6.65 feet; streamflow, 93.1 CFS.
- Souris River, Minot Broadway Bridge: River stage, 9 feet.
- Yellowstone River, Sidney, Mont.: River stage, 10.62 feet; streamflow, 36,700 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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- Tuesday \$4 ND breweries (all day)
- Wednesday ½ Price Wine by the glass/bottle (all day)
- Thursday \$1 up for all Tall Taps (all day)
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- \$7TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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- Thursday Pasta Pack

\*Changes Weekly – Check our Facebook Page

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# CHURCH DIRECTORY

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*North Plains Chapel in Base Housing*

Protestant Liturgical Service  
**Christ Chapel**  
0900


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

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

*Northern Lights Chapel across from Rockers*

**Catholic Mass**  
Sunday ..... 1000  
Daily ..... Monday-Thursday at 1200

**St. Peter The Aleut Eastern Orthodox Church**

 **109 6th St. SE Minot • 838-3094**

**Saturday, July 15**  
5PM, Great Vespers

**Sunday, July 16**  
10AM Holy Liturgy

**V. Rev. Fr. Paul Hodge**

  
**Break Forth BIBLE CHURCH**

Wednesdays 7:00pm  
and Sundays 10:30am

**1821 W Burdick Expressway**  
For More Information:  
701.838.2665 | [www.bfbc.tv](http://www.bfbc.tv)

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

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

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)

  
**Bible Fellowship Church**

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

**1720 4th Ave NW, Minot**  
**838-0916**  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)

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**Faith United Methodist Church**

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)

**Pastor Ken Mund**  
701-838-1540

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

**Cornerstone Presbyterian Church**  
**1000 NE 3rd Street 852-0315**

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

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

  
**St. Mark's Lutheran Church**  
*Missouri Synod*

**Sunday Worship 9:30 AM**

**2209 4th Avenue NW**  
**Minot, ND 839-4663**

**Reverend Philip Beyersdorf**  
[www.minotstmarks.com](http://www.minotstmarks.com)  
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**Immanuel Baptist Church**  
**1615 2nd St. SE • www.ibcminot.org**  
**701-839-3694**




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

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



**Christ Reformed Church**  
Worship 11:00 a.m. Sunday  
234 14th Ave SE  
[www.christreformedchurchminot.com](http://www.christreformedchurchminot.com)

**St. John the Apostle Catholic Church**  


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

Daily Mass Schedule:  
Tuesday ..... 5:15 p.m.  
Wednesday - Friday ..... 7:00 a.m.  
Saturday ..... 5:00 p.m.  
Sunday ..... 8:00 & 10:30 a.m.


*Fr. David A. Richter, Pastor*  
Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)

  
**First Lutheran Church - ELCA**  
120 5th Ave. NW  
852-4853

Sunday Worship 9:30 am

[www.firstlutheran.tv](http://www.firstlutheran.tv)  
(Live Stream & Recorded)  
Radio Broadcast KRRZ 1390AM  
Sunday 9:30 am  
[www.flcminot.com](http://www.flcminot.com)

Pastor Brandy Gerjets • Pastor Ellery Dykeman



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

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

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

  
**JOURNEYCHURCH**  
ASSEMBLY OF GOD

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

**Sunday Services**  
9:00 AM & 11:00 AM

**Wednesday 6:30 PM**

**Minot Baptist Church**

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

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

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

  
**Cross Roads Baptist**

**Southern Baptist Convention**

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

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

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

  
**West Minot Church of God**  
*Family Worship Center*

**1105 16th St. NW • 839-1407**

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

ABC Child Care Center ..... 852-6352

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

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

Classic Worship Service ..... 8:30 a.m.  
Sunday School (All Ages) ..... 9:45 a.m.  
Contemporary Worship Service ..... 9:50 a.m.  
Adult Sunday School ..... 11:00 a.m.  
Contemporary Worship Service ..... 11:05 a.m.  
Children's Church ..... 11:05 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**

**Apostolic Faith Church, UPCI**

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

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

**Jesse Starr, Pastor**

  
**Grace Baptist Church of Minot**  
*A Reformed Baptist Church*

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

**Web: [gracebaptistminot.com](http://gracebaptistminot.com)**  
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[www.oslcminot.com](http://www.oslcminot.com)

**Rev. Heath Trampe**  
**Rev. Brian Doel**

**SUMMER WORSHIP SCHEDULE**  
June 21-August 30

**Sundays**  
8:15am Traditional Service  
9:30am Adult Bible Study  
11:00am Contemporary Service (w/Livestream)

**Wednesdays**  
6:30pm Contemporary Service

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Website: [www.orcsknights.org](http://www.orcsknights.org)



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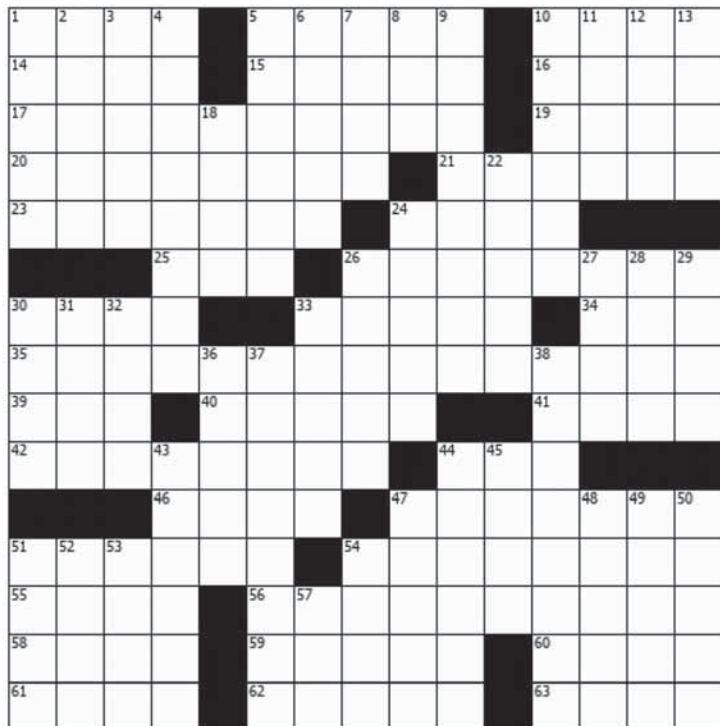
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# CROSSWORD PUZZLE

**Across**

- 1. Learning inst.
- 5. Improvise
- 10. Host of "Scientific American Frontiers"
- 14. Anderson of TV and film
- 15. Buzz
- 16. Skinny
- 17. Baker's mix
- 19. Hitchhiker's request
- 20. First to arrive
- 21. Sham
- 23. Cheering crowd?
- 24. Bob Hoskins' role in "Hook"
- 25. Mantra syllables
- 26. "The \_\_\_ Play" ("Macbeth")
- 30. Where to watch "Baseball Tonight"
- 33. Ranchero's rope
- 34. Org. with rats and moles
- 35. Just got by
- 39. Have the sniffles
- 40. Inheritance units
- 41. Annapolis inst.
- 42. Removed, as a corsage
- 44. Agt.'s cut
- 46. Pickle fruit, briefly
- 47. Two wood
- 51. Relaxing
- 54. Large African mammal
- 55. Jack of 1960s TV
- 56. "Certainly!"
- 58. Hosiery shade
- 59. Perrier rival
- 60. Pac-10 team
- 61. Oxford gents
- 62. Quick tugs
- 63. "That '70s Show" extra

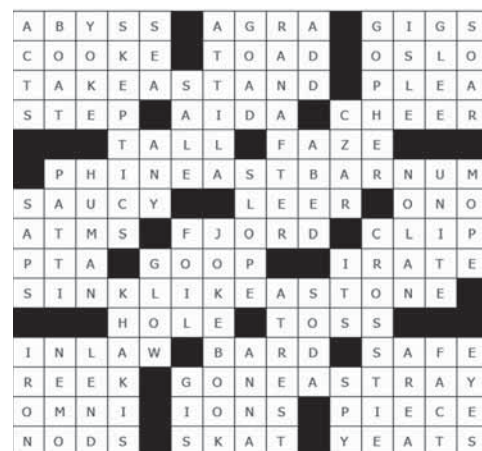


**Down**

- 1. "A Delicate Balance" playwright
- 2. Reef stuff
- 3. The end of \_\_\_
- 4. "It's okay to call now" signal
- 5. Hognose snakes
- 6. Refuse
- 7. Oaf
- 8. Gerund maker
- 9. Leviathan
- 10. "Ready!"
- 11. "Star Wars" role
- 12. Crackers
- 13. Animated blockbuster of 1998
- 18. Per \_\_\_
- 22. Pave over
- 24. Takes off
- 26. Was partisan
- 27. Hosp. areas
- 28. Catcher's communication
- 29. Comedy club sound
- 30. Biblical twin
- 31. Small fraction of an acre (abbr.)
- 32. Paper material
- 33. \_\_\_ Taylor of "The Nanny"
- 36. "\_\_\_ Dei"
- 37. "One Flew Over the Cuckoo's Nest" author
- 38. Prove louder than
- 43. Son of Daedalus
- 44. Hogs the mirror
- 45. \_\_\_ Andy ("Show Boat" role)
- 47. Dickens's "\_\_\_ House"
- 48. Dressing
- 49. Fireplace
- 50. Revolutionary Allen
- 51. Copied
- 52. Tex-Mex menu item
- 53. Knock down
- 54. "\_\_\_ go bragh!"
- 57. Charlottesville inst.

# CROSSWORD SOLUTION

Solution to last week's Crossword puzzle.



# SUDOKU

Solution to puzzle on page B9

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

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## NUMBER MAZE PUZZLE

find the path from 1 to 12

2	3	1	1	3	2	9
5	4	3	2	4	5	10
4	5	9	7	6	6	7
7	6	7	8	9	8	9
5	7	10	9	7	6	8
9	8	6	10	11	9	5
11	5	9	9	12	10	11

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

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# Minot Hot Tots Weekly Recap

MINOT HOT TOTS

With a four game homestand the Hot Tots looked to start the second half of the season off on the right foot. And that they did by winning three of four games and jumping up to second place in the Great Plains West division. During the homestand the Tots took on the Minnesota Mud Puppies and the Lacrosse Loggers.

The homestand opened up on July 6th against the Mud Puppies. Ryan Recio led the way for the Tots going 2-4 at the plate with a homerun to put the Tots up early. With an excellent start from Jack Smith on the mound the Tots eventually found their way to an 8-5 victory in game one of the two-game series.

The very next night fans were treated to a gem of a game by Minot State's own Trevyn Badger. Badger pitched six complete innings while only allowing two hits and striking out seven batters. But the great pitching performance for the Tots didn't stop there as Duncan Lutz struck out four batters and Kade Benavidez struck out three out of the bullpen. These great performances led the way to 15 total strikeouts by Minot and led to a 9-4 victory, clinching their first series sweep in franchise history.

Next up was another two-game series, this time against the Loggers. The Hot Tots winning streak came to an end in game one as they fell by a final score of 14-5. Looking to bounce back and finish the homestand out strong the Tots were in a back-and-forth game in the last game of the series. With Nic Pepe

standing on third base in a game tied 4-4 the bottom of the 9th a wild pitch was thrown, and Pepe was able to come home and give the Hot Tots their first walk-off win in franchise history.

Looking ahead the Hot Tots have plenty of big games and events for fans to enjoy. Starting with Hunger Games night on July 15th against the Bismarck Larks. The Tots of district 12 will look to take down their rivals from the capitol and get on the right side of the Dakota Dust Up series. After the home and home with the Larks the Tots will host a three game homestand from July 18-20 against the St. Cloud Rox and the Larks once again. Fans are encouraged to come out and enjoy the fun as this will be one of the last long homestands of the season.

Two big events will be hosted by the Hot Tots on July 20th as well. The first being the Jersey Food Drive before the game. Fans are encouraged to bring any canned goods that they are willing to, and all of the cans donated will go to benefit The Lords Cupboard. If fans bring three cans, they will be given a free specialty Hot Tots Magic City jersey as well. After the food drive the Tots will host a night of magic and fun as Harry Potter night is slated to take place.


With so much coming up at Corbett Field you won't want to miss anything that happens! To come be a part of the fun purchase your tickets on the Minot Hot Tots website.




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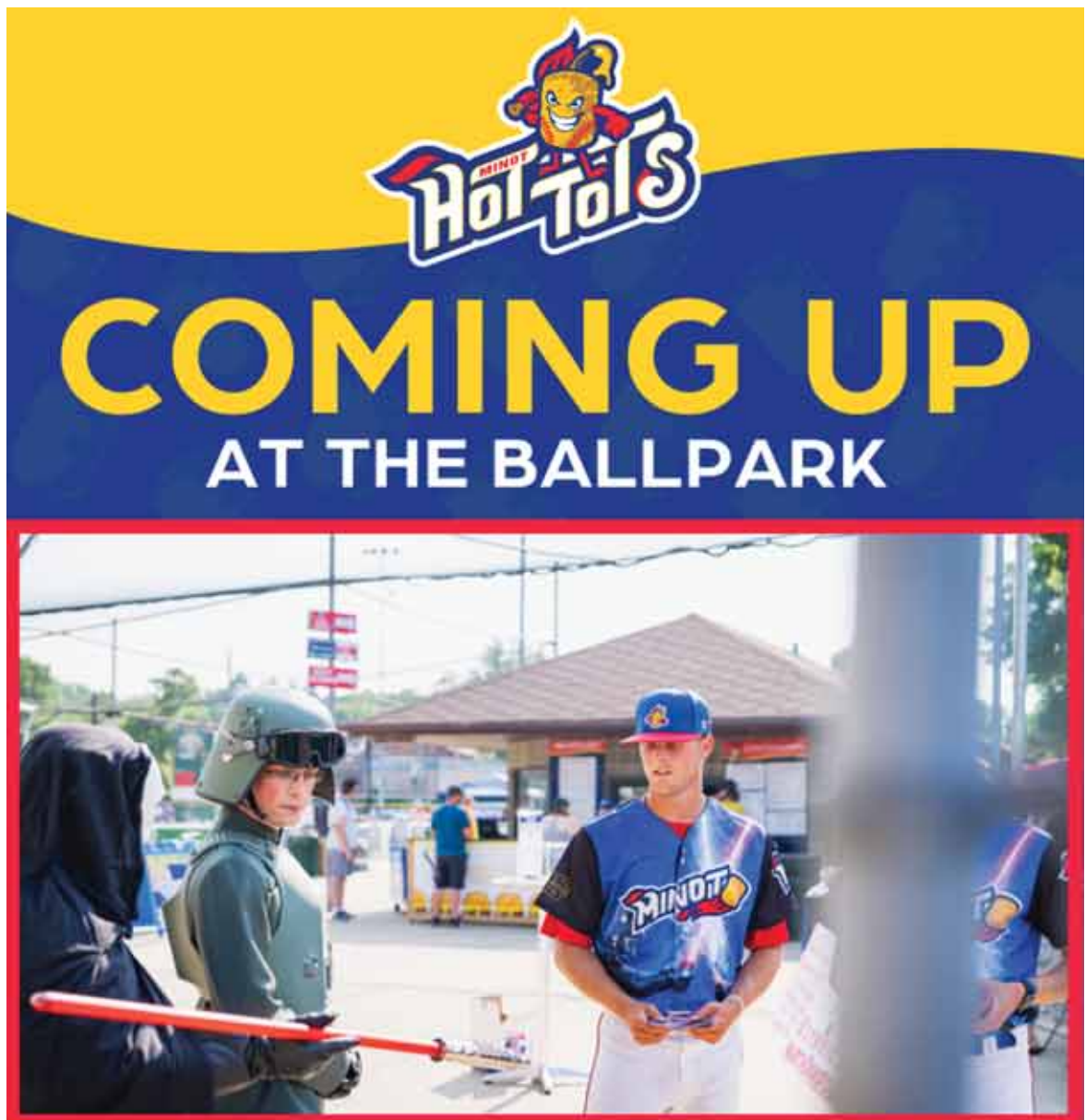
**AADD VOLUNTEERS**  
These volunteers were recognized as AADD Drivers of the Month for their exceptional amount of service donated to AADD.

January - Lt Taylor Clendenin / 23 BS  
February - Desiree Young / civilian/spouse (not pictured)  
March - TSgt Giobany Gracidas / 891 MSFS  
April - A1C Elise Julien / 5 MDSS/SGGP  
May - A1C Gage Sharon / 5 LRS



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**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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# JR. JOURNALISM PROGRAM

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## Fourth of July Turtle Race

SCARLETT BRINKLEY, AGE 10

Today on the 4th of July my parents took me to the small town of Velva North Dakota for their 4th of July celebration. I was excited to go because I wanted to see for the first-time turtles race. Before the races I got to pet and hold some baby turtles and a big adult turtle. I met Izzy, she's 14 from Minot and this was her first time at a turtle race. She got her turtle from one of her mom's coworkers who found it running

across the road. Her turtle's name was Bubbles. She invited me to be on her team and watch the races up close. Then we met Naveah who as 15 years old, from the city of Velva and this was her 3rd year racing turtles. This year her turtle won first place in it's race and she got a prize for having such a fast turtle. She gave us advice of how to find turtles for next race. Naveah said to find them from the river and on hot days wandering

the country roads. They do this every year at the Velva park and I would recommend that you go next year. After the races we went to the petting zoo and I got to pet ducks, chickens, rabbits, goats, alpacas and a pig. I am planning on going turtle hunting next year before the race to hopefully find a turtle that will want to race for me.



Scarlett and Izzy enjoy the Fourth of July Turtle Race in Velva.



Naveah and her turtle won first place.

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# YOUTH IN ACTION

## Strategies to Beat "Summer Slide": Part 1

Summer is a time to rest, rejuvenate, and refresh from a long school year. However, there is also the potential of "summer slide" while on break. Summer slide refers to the loss of academic skills and knowledge that can occur during the summer break.

There are a few ways to address summer slide and encourage lifelong learning in students. This list is not exhaustive but can provide ideas on how to continue to engage students in learning while on summer break.

1. Read regularly: Encourage your child to read books of their choice during the summer. Set aside dedicated reading time each day to keep their reading skills sharp.

2. Visit the library: Our Minot AFB Library is incredible. Take regular trips to the local library and let your child explore different books and genres. Many libraries also offer summer reading programs with incentives and rewards.

3. Engage in educational activities: Look for educational programs, camps, or workshops in your



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



community that focus on subjects like science, technology, engineering, arts, and mathematics (STEAM). These activities can be fun and help prevent learning loss.

4. Set learning goals: Setting learning goals can also include sports activities such as the Sports Camp hosted at the Youth Center. Did you know students learned fencing this week? Activities similar to this can help your child set achievable learning goals for the summer. It could be mastering a new skill, completing a project, or

exploring a specific subject. Having goals will keep them motivated and engaged.

5. Incorporate learning into daily activities: Learning opportunities are all around us! Encourage your child to practice math skills while cooking, measure objects, or calculate expenses. Use everyday situations as opportunities for learning.

Next week, I look forward to sharing Part 2 of "Ways to Beat 'Summer Slide'"

## NODAK SPEEDWAY FOURTH OF JULY RACE NIGHT

Spectators enjoyed an evening of Modified and Stock Car All Star Qualifier races as well as Sport Mods and Hobby Stocks followed by an exciting Independence Day fireworks show by the Minot Fireworks Association.

July 4th Feature Winners:

Sport Mods	Gabriel Deschamp
Hobby Stocks	Caden Appelt
Stock Cars	Will Scheresky
Modified	Travis Hagen

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### TWICE BAKED POTATOES

**INGREDIENTS**  
 8 BAKING POTATOES  
 1-1/2 TO 2 CUPS HOT MILK,  
 OR AS NEEDED  
 12 TBSP MELTED BUTTER,  
 OR MORE TO TASTE  
 2 TBSP MINCED CHIVES, OPTIONAL  
 6 STRIPS COOKED BACON, CRUMBLED  
 SALT AND PEPPER, TO TASTE  
 2 CUPS CHEDDAR CHEESE, SHREDDED  
 ADDITIONAL MINCED CHIVES,  
 FOR GARNISH

When ready to cook, set temperature to High and preheat, lid closed for 15 minutes.

Scrub the potatoes under cold running water and pat dry with paper towels. Poke in several places with a fork.

Arrange the potatoes directly on the grill grate and bake for about 1 hr and 15 minutes, or until the potatoes are cooked through.

Use oven mitts to transfer the potatoes to a rimmed baking sheet. Let the potatoes cool slightly for 5 to 10 minutes. Turn grill temperature down to 375°.

Cut the potatoes in half lengthwise, and scoop the potato flesh into a bowl leaving a 1/4" shell.

With a mixer, whip on low speed for about 30 seconds. Slowly add the hot milk and melted butter. Increase the speed to medium-high and whip until the potatoes are fluffy and smooth, 90 seconds to 2 minutes.

Stir in the chives and bacon. Add salt and pepper to taste.

Lay the hollowed-out potato skins on a large baking sheet and fill each skin to heaping with the whipped potato filling. Top each potato half with a generous sprinkling of cheese.

Cook at 375° for 20 minutes or until golden brown and cheese is melted.

Remove from grill and top with chives, if desired. Enjoy!

**\*Cook times will vary depending on set and ambient temperatures.**

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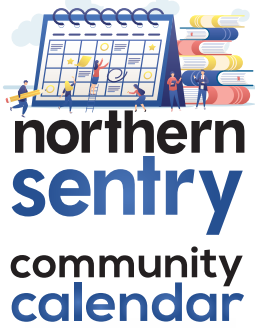
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## SUDOKU SOLUTION

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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](mailto: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](http://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.

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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](http://military.park.edu). and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say "Alexa, ask Park, How many credit hours can I get from my military experience?" She'll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu) PARK. YOU

### MINOT STATE UNIVERSITY

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

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## VOLUNTEER OPPORTUNITIES

### Heritage Day Volunteers

The Minot Diversity, Equity, Inclusion, and Accessibility Team in collaboration with the Minot Area Council of the Arts are hosting a Heritage Day Festival (formally known as The Culture Festival) on Saturday, 02 Sep 2023 at Oak Park.

The committee is currently looking for individuals and/or organizations who are interested in setting up and hosting Heritage Booths for the event. When setting up a Heritage Day booth, it is essential to showcase elements that represent and celebrate the heritage you are focusing on. Remember to design the booth in a culturally appropriate manner, utilizing colors, patterns, and decorations to represent the heritage. The goal is to create an immersive and informative experience for visitors, allowing them to appreciate and learn about the heritage you are showcasing. Sign up: <https://www.signupgenius.com/go/70A0B4BAFAD2EA1F94-heritage>  
POC: SSgt Jacqueline E. Tolson, [Jacqueline.Tolson@us.af.mil](mailto:Jacqueline.Tolson@us.af.mil)

### Spicy Pie Concession Cashier (ND State Fair)

The Wing Annual Awards Committee is looking for volunteers to cashier the Spicy Pie concession for the North Dakota State Fair. It is a fun, past pace environment.

Who: Volunteers! Military, Civilians and Family members (16+yrs)

What: Spicy Pie Concession Cashier

Where: North Dakota State Fair, 2005 E Burdick Expy, Minot ND

When: 21 through 29 July 2023

Day Shift: 1100-1700, Concession only

Evening Shift: 1700-2200, Concession and beer stand

Duties: Take orders using easy-to-use Square point of sale, handle cash and credit card transactions, and serve customers confectionary items. (Receive a cut of cash and credit card tips).

Duties at beer stand: Serve canned beer to customers. Customers will be pre-checked for IDs (must be 21 yrs to work beer stand)

Please use the link below to sign up.

<https://www.signupgenius.com/go/10C0C44A9A92CA3FAC07-north>

If you have any questions, please feel free to reach out to TSgt Jeffery Turncliff ([jeffrey.turncliff@us.af.mil](mailto:jeffrey.turncliff@us.af.mil)), TSgt Steven Culver ([steven.culver.1@us.af.mil](mailto:steven.culver.1@us.af.mil)), or MSgt Christine Campos ([christine.campos@us.af.mil](mailto:christine.campos@us.af.mil)).

Thank you and have a wonderful day.

### Operation Homefront Volunteers

Team Minot, the School Liaison Office, Child and Youth Programs, and Operation Homefront are partnering to share 200+ backpacks with school supplies to distribute to families in preparation for the upcoming school year. If you are interested in assisting with this incredible program and effort, please send an email to [mafbschool.liaison@us.af.mil](mailto:mafbschool.liaison@us.af.mil). We look forward to hearing from you!

POC: Joy-Nicole Smith, GS-11, MAT, DAF, School Liaison Program Manager

Cell- 701-240-2380, Comm- 701-723-1447, DSN- 453-1447

### 5FSS/AADD Volunteers

The 5th Force Support Squadron (5FSS) will be heading Airmen Against Drunk Driving (AADD) next week from July 13th-15th and we're in need of able-bodied personnel to volunteer and drive their POVs (personal vehicles), be a dispatcher for the shifts, or step up as a shift lead.

Who: All ranks and members of 18 years of age and older are welcome to volunteer! Interested (individuals, members, "if you are interested...") email your information to me.

When: There are available shifts from 2200-0300 on Thursday, Friday, and Saturday nights.

Where: At your place of residence for dispatchers, shift leads and on call (volunteered Drivers).

Why: To mitigate the number of DULs and other unforeseen circumstances that may result from drinking.

Supervisors: Please get your troops involved as this is a great opportunity that could serve as a good bullet on an upcoming EPR or awards package.

POC: Jarious George, A1C, USAF, Evaluations, Force Management

5th Force Support Squadron (AFGSC)

DSN: 723-7611, CML: 701-723-7611, Email: [jarious.george.1@us.af.mil](mailto:jarious.george.1@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](mailto: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 EXPIRENE 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

### 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](mailto:kristal.cruz_leon@us.af.mil)

### Meals on Wheels Volunteers

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

POC: SrA Brian Bermúdez, [brian.a.bermudezcartagena.mil@health.mil](mailto:brian.a.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](mailto: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.govcivilairpatrol.com> or contact the POC below.

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

POC: 1st Lt Jon McLemore, CAP, [Jonathan.mclamore@ndcap.us](mailto:Jonathan.mclamore@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/kmqNeYULr>

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](mailto: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](mailto:shelby.stuckey@caringedge.com)

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

# Electronics Eligible for Back-to-School Layaway at the Minot AFB Exchange

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

MINOT AFB – To help military families stay on budget while preparing for the school year, the Fort Drum Exchange is offering limited time layaway on electronics through Sept. 1.

Computers, notebooks, iPads, tablets and other electronics that support educational excellence are not usually eligible for the Army & Air Force Exchange Service layaway program, but service members and their families can enjoy the expanded program before the school year.

“There can be a lot of costs that

hit all at once when preparing for the start of school,” said Minot AFB Exchange General Manager Kyle Omler. “The Minot AFB Exchange’s layaway program is a great choice to not only manage expenses for clothes, shoes and backpacks but electronics as well.”

A \$3 service fee and a 15% deposit are required to place these and other items on layaway, and the items must be picked up by Sept. 2. Shoppers can visit the Minot AFB Exchange for more information.

Full Service Salon

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HOURS: Mon. Tues. Thurs. 8:30-8:30 • Wed. Fri. 8:30-6:00 • Sat. 8:30-3:00

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(with valid ID and cannot combine with other offers/discounts)

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701-852-4800

# Upcoming Events

14 JULY

MOVIE IN THE PARK

9:30 PM  
Oak Park Amphitheater  
11th to 14th Block of 4th Ave. NW, Minot

Showing Luca. All movies begin at sunset (around 9:30 pm). \*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/>

21-29 JULY

NORTH DAKOTA STATE FAIR

VARIOUS TIMES  
North Dakota State Fair Grounds  
2005 Burdick Expy E, Minot

Now it's really summer! The North Dakota State Fair is happening July 21<sup>st</sup> - 29<sup>th</sup>. The North Dakota State Fair continues to be our state's largest annual event, with more than 300,000 people in attendance over nine days! We feature 7 nights of top-name concerts, a Demo Berby, and an MHA Indian Horse Relay at our Grandstand. Not to mention two nights of action-packed NPRA Bull Riding and Ranch Rodeo. There are also Fair favorites like the state's largest carnival and tons of food, shopping, and exhibits!

For more information:  
[www.ndstatefair.com](http://www.ndstatefair.com)

JULY AUG

ARTS IN THE CITY: THURSDAYS DOWNTOWN!

6:00 PM  
Downtown Minot

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

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

27 AUG

7TH ANNUAL MINOT FOOD TRUCK FESTIVAL

6:00 PM – 9:00 PM  
Dakota Territory Air Museum  
100 34th Ave NE, Minot

Experience Oak Park at its finest with live music & entertainment, beer gardens, bouncy castles, fun activities, shopping, FOOD (of course) from incredible Food Trucks, and more! The festival is a fundraiser for the local non-profit organization, ND Strong (a.k.a. The Film Dudes). Our goal with this event is to raise funds to facilitate opportunities for rural schools to have access to “The Film Dudes,” our Artist-In-Residence initiative in accordance with the North Dakota Council on the Arts (NDCA). If you're interested in being a vendor, please reference to our website for the proper applications. <https://minotfoodtruckfestival.com/>

For more information:  
[minotfoodtruckfestival.com](http://minotfoodtruckfestival.com)

## 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/](http://www.northern Sentry.com/calendar/)

# HALF PRICE BOTTLES OF WINE

MONDAY NIGHTS

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



# WHAT'S GOING ON MAFB

## 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

## TUESDAY 18

- Cycle, 0600, Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Arts & Crafts Center, hosted by Manpower
- Cheer Clinic, 0900-1145, Youth Center
- Game Day, 1000-1930, Minot AFB Library
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- DIY Epoxy Cutting Board Class, 0730-1930, Arts & Crafts Center
- Magic The Gathering EDH/Commander Deck Gift Exchange, 1800, ESC
- Magic The Gathering EDH/Commander Night, 1800, ESC
- Zumba, 1800, Fitness Center

## FRIDAY 21

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Cheer Clinic, 0900-1145, Youth Center
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- Master Chef Luca Virtual Cooking Class, 1800, forcesupport.awardsplatform.com

## SATURDAY 15

- Registration Ends: Youth Flag Football & Volleyball, Youth Center
- Zumba, 1100, Fitness Center
- Board Game Making Camp Competition, 1500, Minot AFB Library

## WEDNESDAY 19

- HIIT Strength & Conditioning, 0500, Fitness Center
- TAP (DoL) Overview, 0800-1600, M&FRC
- Green Belt Preparatory Class, 0800-1500, Arts & Crafts Center, hosted by Manpower
- Cheer Clinic, 0900-1145, Youth Center
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- Big City Bites San Francisco Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Storytime, 1030, Minot AFB Library
- Cycle, 1630, Fitness Center
- Zumba, 1730, Fitness Center
- Fighting Game Night, 1800, ESC
- Yoga, 1830, Fitness Center

## SATURDAY 22

- Play the Course Backwards Scramble, 0900, Rough Rider Golf Course
- Master Chef Luca Virtual Cooking Class, 1100, forcesupport.awardsplatform.com
- Zumba, 1100, Fitness Center

## SUNDAY 16

- Zumba, 1400, Fitness Center

## THURSDAY 20

- Cycle, 0600, Fitness Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Short Pre-Separation Counseling, 0830-1130, M&FRC
- Cheer Clinic, 0900-1145, Youth Center
- Family Child Care New Provider Orientation, 1000-1400, Family Child Care
- Family Bootcamp, 1000, The Turf, hosted by the Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Paint & Sip, 0730-1930, Arts & Crafts Center
- Zumba, 1800, Fitness Center

## 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.

## PAINT & SIP

ARTS & CRAFTS CENTER

JULY 20TH • 5:30PM - 7:30PM

BRING YOUR OWN DRINK & JOIN US TO PAINT!

SIGN UP BY CALLING THE ARTS & CRAFTS CENTER

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713-3640

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## PLAY THE COURSE BACKWARDS

ROUGH RIDER GOLF COURSE

JULY 22ND • 0900

REGISTER BY JULY 21ST • 1700

COST \$40.00

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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