northernsentry FREE | WWW.NORTHERNSENTRY.COM | VOL. 62 • ISSUE 23 | MINOT AIR FORCE BASE | FRIDAY, JUNE 7, 2024

WHATS INSIDE THIS WEEK:





BOMBERS FLY OVER BALTICS NEAR RUSSIAN TERRITORY



MINOT AFB: MISS ND TEEN USA **JAYCEE PARKER**



"Roof Stomps are a tradition inside the Air Force aviation community typically executed when an individual is starting or finishing command. In a weird way it's a sign of respect when people think enough of you to stomp on your roof and demand food and beverage. I definitely took it as a compliment, and we had a great evening hanging out on my roof with the awesome warrior-aviators in the 5th Ops Group." - Col Daniel Hoadley. See additional photos on page C5.

COURTESY PHOTO



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Minot AFB Videos



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Get the Scoop About the Thrift Shop

Who doesn't love to shop and help their community at the same time? The base Thrift Shop is your perfect one stop shopping for finding fun little treasures and great prices on gently used items.

Have you ever wondered what happens to the money made from the Thrift Shop? Or perhaps you've thought of volunteering but didn't know where to start?

The Thrift Shop and Cinderella's Boutique are both volunteer-based programs run by the Minot Spouses' Club. The proceeds from the Thrift Shop go into the club's charitable accounts, which then go towards scholarships, the library's summer reading program, sponsored family nights in partnership with FSS, and Fun Fridays.

The current Minot Spouses' Club members have been working very hard the last two years to make many improvements to both the Thrift Shop and Cinderella's

Additionally, the Thrift Shop offers something special for anyone needing to borrow a formal dress. Cinderella's Boutique is part of the Thrift Shop and is a FREE dress rental boutique. You can make an appointment or come in during their open hours to try on one of the many beautiful dresses in their fitting rooms. There is a form you must sign stating you will bring the dress back dry cleaned but that is the only cost associated with the dress rental. They have many styles, colors, and sizes as well as some shoes and other accessories available as well.

Both the Thrift Shop and Cinderella's Boutique are open to anyone with base access. All donations can be brought in during open hours or coordinated at a

Inside of the thrift store.



Members of the Minot Spouse's Club and volunteers at the Thrift Store/Cinderella's Boutique Nichole Bonnema (left) and Desireè Ottinger (right).

specific drop off time.

These two stores are operated entirely by a group of dedicated volunteers. Most volunteers are part of the Minot Spouses' Club, however that is not a requirement. There is always a need for volunteers to help restock the shelves and organize the drop offs. The volunteers often meet up to go through donations while chatting and enjoying snacks. It's the perfect opportunity to not only help a community program but to be able to get out of your house and socialize. With more consistent volunteers, the Thrift Shop hopes to expand their open

Currently, due to limited volunteers, the Thrift Shop is only open for three shifts a week, Mondays, Tuesdays, and Wednesdays.

If you'd like to volunteer and help the Thrift Shop and Cinderella's Boutique, please reach out to them on Facebook at Minot AFB Thrift Shop.

You are welcome to come by whether it's just to chit chat with the wonderful ladies running the store, to donate items, to volunteer your time, or to browse all the treasures waiting within the store.

The Minot Spouses' Club would also like you to know they are open for sponsorship requests. Any and all small community









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OUR REDEEMER'S KidMin





Attendees of the lesbian, gay, bisexual, transgender, queer/questioning and intersex (LGBTQI+) Pride Month opening ceremony pose for a group photo at Minot Air Force Base, North Dakota, June 3, 2024. The opening ceremony featured speeches from base leaders who spoke on the importance of recognizing the contributions and achievements of LGBTQI+ U.S. service members.

U.S. AIR FORCE PHOTO I AIRMAN ALYSSA BANKSTON

Team Minot kicks off LGBTQI+ Pride Month

AIRMAN 1ST CLASS ALYSSA BANKSTON, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Pride Month takes place each June, giving Americans a time to celebrate the contributions of lesbian, gay, bisexual, transgender, queer/questioning and intersex (LGBTQI+) individuals to society. During this month, the significant contributions made to the Air Force by LGBTQI+ service members are acknowledged and honored by the Department of the Air Force.

The U.S. Air Force brings together people from all over the world, with a wide variety of backgrounds and experiences, resulting in a diverse environment for Airmen serving together.

"Pride is a time to recall the trials the LGBTQI+ community has endured and to rejoice in the triumphs of trailblazing individuals who have bravely fought and continue to fight for full equality," said Senior Airman David Becker, 5th Logistics Readiness Squadron fire truck and refueling mechanic.

Recognition for marginalized groups within a diverse community, such as the Air Force, is crucial to creating an accepting environment

HOURS

for all.

"I joined the Air Force in 1998," said U.S. Air Force Col. Kenneth McGhee, 91st Missile Wing commander. "The Air Force I entered was a lot different than the Air Force we have today. Our adversaries are different, our Airmen think differently, our nation thinks differently and we have evolved, and thank goodness we have."

Throughout U.S. military history, the LGBTQI+ community has faced challenges from policies, which explicitly banned gay men and women from the ranks. Some policies prevented same-sex relationships and prevented individuals from serving in the U.S. military, as this was considered a cause for discharge or disqualification from service.

Given the LGBTQI+ community's history with the military, leaders feel it's important to acknowledge past actions and the progress that has been made since then.

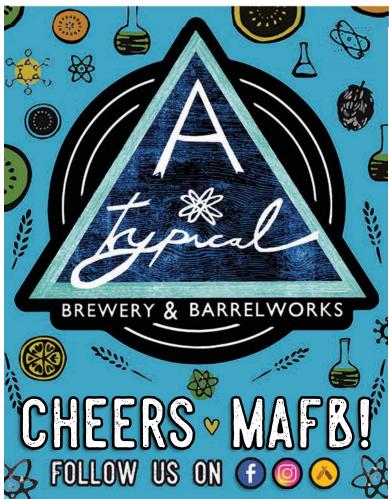
"The Department of the Air Force leaders have strived, since that time, to foster a culture based on inclusion where all people are

treated with dignity and respect, regardless of their political views, color of their skin or sexual orientation," said U.S. Air Force Col. Benjamin Jensen, 5th Bomb Wing deputy commander.

Excluding individuals from defending the United States based on identity or personal aspects of their lives only hurts the military by excluding individuals who are willing and fit to fight.

"The Department of the Air Force is determined to provide a professional, innovative and globally competitive work environment, where all qualified Americans can serve their country and continue to defend those freedoms," affirmed







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91st Missile Wing Deputy Commander:

Col. George L. Chapman

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Tour, Trolley & Treats

The Northern Sentry has been printed in Garrison, North Dakota, for as long as most of us can remember. There are records of the Northern Sentry being printed in Minot as part of the Minot Daily News, and at another local print shop, but BHG, now NorDak North, has been printing, assembling, and shipping the Northern Sentry for at least the last 20 years.

We wanted to give our young Junior Journalists and carriers, along with their parents, and well any other interested youth, a chance to see how the process of printing a weekly newspaper like the Northern Sentry works. The printing press is located on Main Street in Garrison, and the Northern Sentry usually goes on the press at 1:30 PM every Wednesday. Thus, our tour will start there. There is something magic about the large rolls of newsprint running through various stages of printing and ending up as sections of the paper, ready to cut and fold. Pretty soon, after the cutting and folding process, the paper is assembled into sections. Around 4,750 papers will come off the press every Wednesday. Our guests will be encouraged to ask questions of the staff of NorDak North printing.

Then the group will have the option of boarding the Garrison Trolley and be transported to Fort Stevenson State Park. There, constructed on the shores of Lake Sakakawea, is Guardhouse that resembles the original Fort Stevenson. There are several historical exhibits and a short walking self-guided A representative of the Fort Stevenson foundation, who run the Guardhouse house area, will be on hand to answer whatever questions our tour members have.

An hour later we will once again hop back on the trolley and head to the Garrison Bay Marina and store. Publisher, and host, Ted Bolton has offered to purchase all participants a Pride Dairy (absolutely the best in North Dakota) ice cream cone. Hopefully they will have my favorite, chokecherry, ice cream on hand. The store overlooks the Garrison Bay Marina, Garrison Bay and has a panoramic view of Lake Sakakawea to the west.

Then back on the trolley for a short trip back to Garrison, and our day has ended. If you are looking to sign up, go to our Facebook page for more information.

We will be limited to the first 28 to sign up, as that is the capacity of the Garrison Trolley.

MILITARY DAY AT THE PARKS

There is an ad in today's Northern Sentry about Military Day at the Minot Parks, which is June 7th. We are hoping that a majority of the folks who get the paper on Thursday, June 6th, will be able to catch the ad and take advantage of a great day at the Minot Parks. Never been ice skating in the summer? MAYSA arena is part of the venues open to Military Families. I also encourage you to visit the Roosevelt Park Zoo. The zoo is going through a bit of a transition because of flood control construction, but it's still a great place to spend time. We're hoping for a great day weatherwise, and a good turnout.

FRONTIER MILITARY DAY AT FORT STEVENSON STATE

June 24th & 25th Fort Stevenson State Park will host Frontier Military Days. Take a step back in time on the Guardhouse Interpretive Center lawn. The event takes place from Noon to 4 PM both Saturday and Sunday. The military encampment will feature authentic tents and gear, living history demonstrations of tomahawk throwing, a trader tent, and black powder gun demonstrations. If we're lucky there will be an authentic black powder canon that will be loaded and fire



Fort Stevenson's Guardhouse lawn.

northern **sentry**

A VIEW FROM OUR SIDE

ROD WILSON





Fort Stevenson's Guardhouse.

their volley, a large head of cabbage, into Lake Sakakawea. It's one of those "not to be missed" events.

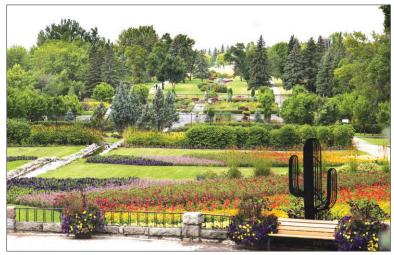
BEST KEPT SECRETS

Another of those "can't miss events" is the Old Fashioned Ice Cream Social and Band Concert to be held on July 5th at the International Peace Garden. Spend touring the gardens, maybe enjoy a picnic, and then spend the evening, 8:00 to 10:00 PM in the Masonic Auditorium. The International Music Camp Staff

& Faculty Band will perform in a concert sure to dazzle. In general, The International Peace Garden is a best kept secret year round. Take a day and tour the gardens and the new Vitko succulent display. Absolutely amazing.=

TODAY'S CHUCKLE

Experts don't necessarily know more than you do, they just have websites and business cards.



International Peace Garden

Worried on the West End...



UPSIDE DOWN UNDER MARVIN BAKER

Back in the 1990s when I lived in Langdon, I made frequent trips to Winnipeg, sometimes twice a week and most often took care of business, ate meals, stayed in hotels and attended football games in

Winnipeg's west end.

Apparently, that part of town has changed dramatically since the '90s and nobody seems to know what to do about it.

Crime, which was always restricted to the downtown area and almost always at night, has shifted. The crime rate in the west end has increased dramatically and despite the largest shopping mall in Manitoba being located in the west end, thieves and thugs have become

Violent crime is up across the

city and Winnipeg now has the dubious distinction of having the highest crime severity index of any metropolitan area in Canada.

It used to be drugs and prostitution in a downtown area locals call the core. During the day there was banking, commerce, retail and hospitality going on in downtown Winnipeg. At night it was completely different.

There are now as many homicides in the city of Winnipeg as there are in Montreal, a city that has more than twice the population as Winnipeg. Some of those homicides are occuring on the west end. But that's only part of it.

Some other examples of property and violent crime in Winnipeg's west end include someone being attacked with an axe, vehicles broken into and property stolen, sexual assault and drug possession. In addition, several people from North Dakota have reported crimes against them, most notably cars broken into, cars keyed or tires slashed.

You have to wonder if it's safe to shop at Polo Park Mall any longer. And believe me, plenty of people from northeastern North Dakota shop at Polo Park.

Between 1996 and 2000, I spent a lot of time shopping in that mall, going to restaurants, stopping at pubs and chatting it up with people in the mall.

Never once did I ever feel threatened nor did I see any shady activity in and around the mall, the football stadium or the Canad Inns Hotel that would indicate pending violence. Before I was married, my girlfriend and I spent time there and after I got married, my wife and I shopped there.... never a threat against either of us.

Granted, it's 30 years on, but what changed?

It's most likely a combination of things and one of them is people are committing violent crimes to support a drug habit and a place like Polo Park is an easy target because of the shear number of people who are there during various times of the day and night.

Another is indigenous women. For some reason, the entire city of Winnipeg has a serious problem with First Nations women being assaulted, kidnapped and killed. Others have disappeared off the streets and are never found.

The suspects in those cases are

generally, but not always First Nations people. The police have never explained why because Winnipeg has about the same indigenous population as other major cities in western Canada.

Since 2000, the west end has become a very diverse neighborhood and when you look at the six homicides that have occurred thus far this year, they are indigenous, Greek or Russian. The rest of Manitoba has the same trend.

Seven homicides have occurred outside the city of Winnipeg and five of them have occurred on reservations.

I want the old Winnipeg back. It's a city with a population the size of North Dakota's population and back then the homicide rate and violent crime rate was about the same as North Dakota. Now, it resembles a larger metropolitan area. In 2021, Winnipeg had 43 homicides and North Dakota had 17.

Culture, professional sports, horse racing, concerts and other things are happening in Winnipeg all the time. But if the crime rate continues to rise, those of us from North Dakota will have to think twice about spending a weekend there.



SHE'S NOT FROM AROUND HERE

AMY ALLENDER

"There's no one else here from your year, so we moved your seat assignment with us," my mother-in-law said when my husband and I walked into our high school's Old Gym. Even though the "New Gym" is nearly thirty years old, the space in question will forever be known as the Old Gym.

Every year, our school hosts an alumni banquet the evening before Graduation Day. Anyone who has graduated from Jimtown High School is welcome, along with a spouse or plus one. Long tables divided by graduating year fill the Old Gym. It's like a reunion but on a small scale.

Since we live across the country, Derek and I rarely make it. When we do, it's because we're in town for his National Guard Duty or have a younger family member graduating. This year it's both. The few times we've attended, the situation has been the same: no other early-2000s alumni are present. Instead, we sit with my inlaws and the class of 1975.

I get it. Life is busy. Social media makes it easier to keep up with people or peek in on them when curiosity strikes. For my generation, there seemed to be an odd taboo about sticking around, being too enamored with our hometown, or too excited to reconnect. In the era of Napoleon Dynamite hype, none of us wanted to be Uncle Rico constantly reliving our "glory days."

I know it's not like this for everyone or everywhere. But I carried complicated negativity for years. In high school, I was a student full of promise, the kind that would grow up and "do great things." For years, I felt too ashamed to return with my head held high. I left home. Í grew up. But those great things never seemed to come. I married a pilot in the Air Force. Frequent moves made holding a job tricky, and I prioritized flexibility to maximize time together instead of building a career. I became a stay-at-home mom raising babies.

My days were full, fun, and busy. But in the back of my mind, doubt whispered, "You've squandered your potential. You'll only return a disappointment."

Embrace Your Past, Love Your Present



Twenty years later and I'm still glad to be standing next to Derek.

AMY ALLENDER PHOTO

Whispers like that drive a wedge in our hearts, separating us from fully embracing where we started, where we've been, and where we currently find ourselves. This negativity steals contentment and leaves us uncomfortable within the pages of our own story.

Although I am not naturally inclined to the military lifestyle, all the moving opened my eyes to a different perspective. I discovered a world of people who love where they live—and if they don't, they dive in to make it better. I learned it's more fun to bubble over with excitement about where life has you—even if it looks dorky, than to look cool and constantly complain. The more people who get on board with seeing the good, the more normal it seems. Enthusiasm spreads, and positivity grows.

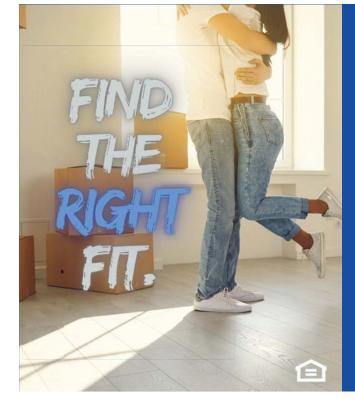
When you intentionally notice what makes where you are and where you're from special, when you take time to be grateful for the foundation you've been given and where life has led, it's easier to believe you're living a really good life.

It's magnetic and nearly magical. My husband graduated 20 years ago. For the next 12 months, I'll enjoy making jabs about how old he is and how I'm glad I didn't graduate two decades ago. Next year, it'll be my turn, and maybe I'll convince a few others to join us at a 2000s table.

For now, I'm grateful for the long tables and the Old Gym. I'm proud of the growth our school system has seen in the last 20 years. I'm grateful for the time I spent in those halls, the teachers who poured into me, and the friends who were alongside me while I made mistakes that still make me cringe. I'm grateful for the boy I met in band class, the choice to marry him, and the life we have in North Dakota. Doubts still creeps in from time to time. But the truth is bigger: the potential hasn't been squandered. Life has proven that potential lives in all of us. In all of our circumstances. Every place is full of potential. It's just easier to see when we're humble enough to embrace it.

For more stories on life in Hotdish Land, and creating a life you love, join me online at amyallender. com, on Instagram at @HeyMinot or @Amy_Allender, or Facebook @ amyallenderblog.













5BW Maintenance Professional of the Year Awards









the 5th Bomb Wing celebrated the Maintenance Professional of the Year Awards. MPOY is a long-running ceremony in the maintenance career field that acknowledges the hard work of Airmen and maintenance personnel throughout the year.

U.S. AIR FORCE PHOTOS I MINOT AFB PA









































































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Training Manager of the Year Staff Sergeant Kachine Jackson Training Instructor of the Year Staff Sergeant Justin Thibodeau

Maintenance Training Section of the Year The Maintenance Training Section

Munitions Systems Technician of the Year

Manager Category Master Sergeant Justin Zechman Supervisor Category Staff Sergeant Adam Lord Technician Category Airman First Class Nathaniel Scott

Nuclear Munitions Systems Technician of the Year

Manager Category Master Sergeant Michael Thompson Supervisor Category Technical Sergeant James Humphries Technician Category Senior Airman Sarah Cummins

The Cruise Missile Maintainer **Technician of the Year**

Manager Category Master Sergeant Jonathan Salvador Supervisor Category Technical Sergeant Steven Bailey Technician Category Senior Airman Cameron Graham

Colonel Edward D. Payne Missile Maintainer of the Year Award

Manager Category Master Sergeant Jonathan Salvador Supervisor Category Technical Sergeant Steven Bailey Technician Category Senior Airman Cameron Graham

USSTRATCOM Award

Senior Enlisted Tier Senior Master Sergeant Anthony Foerster Mid-Tier Enlisted Technical Sergeant Thomas Wikoff Junior Enlisted Senior Airman Saul Hinojosa Team Age Flight

Aircraft Avionics Technician of the Year

Manager Master Sergeant Justin Gillespie Supervisor Technical Sergeant Tyler Pursley Technician Senior Airman Chad Mccullers

Aircraft Mechanic of the Year

Manager Master Sergeant James Moreland Supervisor Technical Sergeant Steven Evanitus Technician Senior Airman Stephon Reina

Armament System Technician of the Year

Senior Master Sergeant Thomas Pittman Supervisor Staff Sergeant John Rose Technician Airman First Class Moises Martinez

The Load Crew of the Year

Staff Sergeant Jacob Bach, Senior Airman Benjamin Rivera, Airman First Class Moises Martinez, And Airman First Class Stefanie Bedor

Nuclear Deterrence Operations Award

Company Grade Officer Captain Austin Alcoser Senior Non-Comissioned Officer Senior Master Sergeant Thomas Pittman Non-Comissioned Officer Staff Sergeant John Rose Airman Airman First Class Moises Martinez Team

Cmsgt Fred Archer Award SNCO of the Year

Weapons Expediters

Master Sergeant Michael Shaw

SMSgt Margaret Frances Barbour Award, NCO Of the Year

Technical Sergeant Jacob Corey

Category Two Maintenance Effectiveness Award

The 5th Maintenance Squadron

Category Three Maintenance Effectiveness Award

The 5th Munitions Squadron

Chief Master Sergeant of the Air Force,

Thomas N. Barnes Trophy Staff Sergeant Caleb King

Lance P. Sijan Leadership Award

Senior Officer Major Steven Riedl Staff Sergeant Caleb King Junior Officer Captain Zachary Ford Senior Enlisted Master Sergeant Jackson Nay Junior Enlisted

General Lew Allen Jr. Trophy

Technical Sergeant Blaise Hartwig

Captain Dylon Schwahn Senior Noncommissioned Officer Senior Master Sergeant Jessica Padua

Lieutenant General Leo Marquez Award: **Munition Maintenance -**

Company Grade Officer - Manager First Lieutenant Matthew Campbell Supervisor Manager Master Sergeant Michael Shaw Technician Supervisor Technical Sergeant Jeffrey Leeson Technician Senior Airman Michael Booker

Lieutenant General Leo Marquez Award: Aircraft Maintenance -

Supervisor Manager Senior Master Sergeant Micah Botteicher Technician Supervisor Technical Sergeant Brian Bessler Technician Senior Airman Grayson Jones

Maintenance Management Systems Professional Of the Year:

Manager Master Sergeant Destinee Jones Supervisor Technical Sergeant Tiffany Cason Technician Senior Airman Brevin Riggs

Maintenance Management Systems Section Of the Year

The 5th Maintenance Operations Flight

5 MXG Maintenance Support Professional of the Year:

Company Grade Officer Captain Zachary Ford Senior Noncommissioned Officer Master Sergeant Steven Mckenzie Noncomissioned Officer Technical Sergeant Allen Grubbs Àirman Airman First Class Katarina Yzaguirre

Maintenance Professional of the Year

Company Grade Officer First Lieutenant Michael Smithson Senior Noncommissioned Officer Senior Master Sergeant Shelley Schofield Noncommissioned Officer Technical Sergeant Eric Kotlyar Airman

Senior Airman Thomas Crone





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TOP SYMPTOMS OF AN ENGINE OIL LEAK

Ugly, greasy stains on the driveway...a burning smell and smoke coming from your engine...and the oil light on your dashboard flicking on and off—yikes! This sounds like it could be an engine oil leak. Not only are these issues hard to ignore, but they're signs of a problem you can't afford to ignore. Putting off repairs for an oil leak could lead to bigger headaches later on, from serious engine damage to overheating on the side of the road. Study up on the top symptoms of an engine oil leak so you can recognize one if you see it, and learn more about the important role oil plays in the health of your vehicle.

FIVE SYMPTOMS OF AN OIL LEAK

1. DARK PUDDLES UNDER YOUR CAR

When you back out from your driveway or parking space, check to see if there are dark brown or yellow puddles where your car was sitting. (Pro-Tip: If you don't have a dedicated parking space you can watch for spotting, lay down a piece of cardboard or a plastic plate underneath your vehicle when you park. That way you can confirm the leak is coming from your car, not someone else's.) If your oil pan has a leak, it will spill out directly onto the pavement and could cause issues with oil levels and pressure.

2. SMOKE FROM THE ENGINE

If oil drips onto the exhaust manifold, it's going to result in smoke coming from the engine area. Leave this problem unattended for too long and leaking oil could damage the oxygen sensors or cause gaskets to break down.

3. THE DASHBOARD OIL LIGHT

Your oil light is a dashboard warning that you shouldn't ignore. It will alert you if the oil level or oil pressure is lower than normal. While it doesn't automatically indicate a leak, it does require further inspection.

4. ENGINE OVERHEATING

Engine oil plays an essential role in regulating the engine's temperature. It lubricates the pistons and makes sure they glide smoothly within their housing. Without proper lubrication, the

pistons will grind against other parts of the engine, produce great amounts of heat, and potentially cause your engine to seize-up and stall. If there's an oil leak and the oil level drops too low, the engine could overheat.

5. SMELL OF BURNING OIL

If there's oil leaking onto your engine's hot metal parts, you're likely to smell burning oil and hear a sizzle, sizzle when the oil comes into contact with the hot engine. If you notice an unpleasant smell that's thick and bitter paired with the sound of bacon frying under the hood, you could have an oil leak.

"I THINK I HAVE AN OIL LEAK! NOW WHAT?"

If you believe you have an oil leak, don't waste time getting it checked out. Oil lubricates the moving parts of your engine, reducing friction and regulating the temperature of your engine. Driving with a leak could mean extra wear and tear on your vehicle and unfortunate engine damage.

The easiest way to spot an oil leak as soon as it sprouts is by getting your oil changed at the manufacturer's recommended intervals. Your car's manual will detail exactly how often this is. At Tires Plus, every oil change service comes with a courtesy vehicle inspection that can alert you to an evolving issue that may lead to an oil leak, or bring your attention to an existing leak.

LET OUR TECHNICIANS SOLVE YOUR ENGINE OIL TROUBLES

If you suspect something fishy is going on under your hood, visit your nearest Tires Plus and have our technicians take a look. They can help identify and repair leaks, but they can also take care of an important preventative service: your oil change. You can rely on them for excellent service and sound advice. And if your trusty vehicle has been loved for over 75,000 miles, talk to your technician about the benefits of high mileage oil too. This type of oil can help restore seals, prevent leaks, and enhance your overall engine performance. Schedule your appointment online or stop by your neighborhood Tires Plus today.



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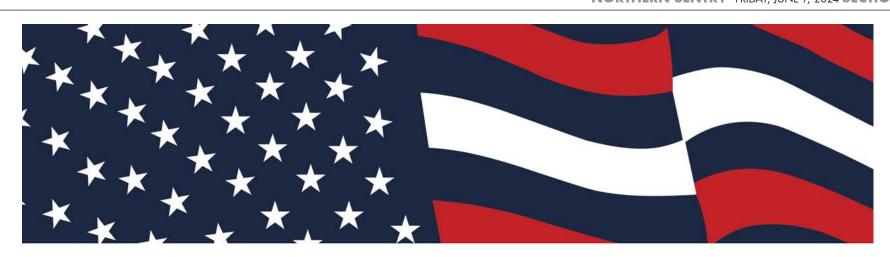
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VETERAN APPRECIATION EVENT

FLAG DAY * 2024

JUNE 14TH ★ 11AM - 1PM

OPEN TO THE PUBLIC

COMPLIMENTARY LUNCH

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FORMAL PROGRAM

PUT ON BY THE DISABLED AMERICAN VETERANS AT 12pm

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A Taste of the Mediterranean

TED BOLTON, NORTHERN SENTRY

I had no intention of getting lunch when I walked into the BX around noon last Wednesday. Truth is I simply needed to wash my hands. That when you tend to find

great things, when vou not really looking! That's how I found my beautiful wife 47 years ago, but that's a story for another time. After washing hands I noticed a couple folks I knew sitting

at table so I wandered over to say hello. One suggested I try the Gyro's at the Anatolia Grill, so I headed over and placed an order for one lamb Gyro with extra Tzatziki to go. I received great service from a very pleasant young woman, and was on my way back to town in no time with my prize. Upon arrival, I told my wife Margie I had a surprise for her. Although she's not much of a lunch eater she was excited to hear that I had a lamb Gyro. Being from Long Island, NY she had grown up with access to a tremendous variety of ethnic foods. She was as thrilled as I was to see how this Gyro would stack up. I only bought one so I let her have the first few bites, her response was "Oh yes! now that's a good Gyro". It wasn't quite a When Harry met Sally kind of "Oh Yessss", but it was sincere. Now it was my turn, plenty of that flavorful meat in every bite right down to the last. Fresh lettuce, red onion, and just the right amount of tomato, the

pita was likely store bought but nice and fresh and held together nicely, these were all the right ingredients for a great Gyro in just the right proportions, but the star of the

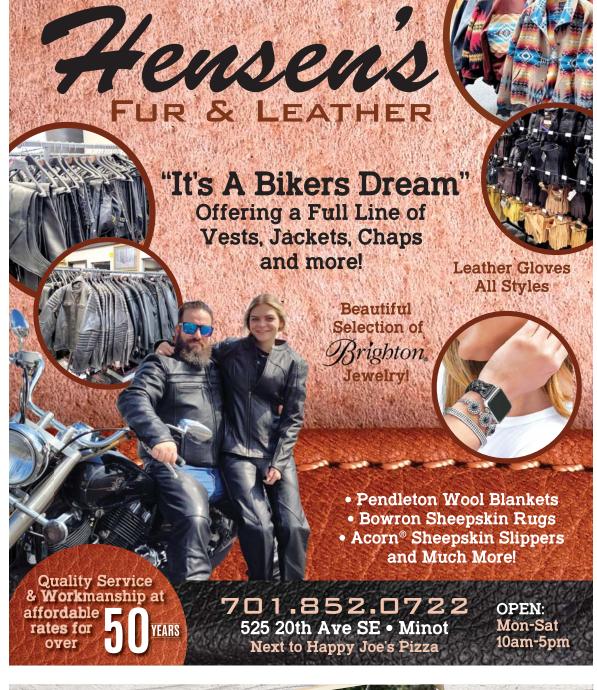
show was the Tzatziki sauce, it was unique, a bit strong at first bite but a flavor that actually got better with each subsequent bite. I believe it was perhaps the best Gyro I've had. Never having

Mediterranean, I may not the best judge, but I do recommend you giving the Anatolia Grill a try. I'll



ANATOLIA GRILL FACEBOOK PHOTO





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SUDOKU

Solution to puzzle on page C6

	1	2				3		4
			5	2			6	
7				3	6			
4	20		2				8	
	5						9	
	6				3			1
			9	8				6
	2			1	7			
1		8				5	3	



THIS PAGE IS SPONSORED BY:



- 5. Slowdown cause
- 10. Real estate ad abbr.
- 14. Door sign
- 15. Capital northeast of
- **16**. Show wild instability
- 17. Lamb's pen name
- 18. Going out alone
- 20. Maintaining the CEO?
- 22. Ending with ethyl
- 23. Dillon of "Wild Things"
- 27. Where are ewe?
- 30. Cause to need extra

- **36**. It may be matched
- 39. Light brown
- 40. Greeting the directors?
- 43. Pal of Kukla
- 44. Numerical prefix

- 48. Appendage for Gen. Schwarzkopf
- 50. Start of something?
- 52. Castle trench
- 55. Partook of dinner

- word
- (MacLaine/Taylor film)
- **68**. Reward the performance

CROSSWORD PUZZLE

- 1. Touched the tarmac

- Casablanca

- 24. Cable TV's Emmy
- time
- 32. Morale
- **34**. Flower fragrance

- 45. Provide with a trait
- 46. Invisible
- **51**. Tennis call
- 57. Shortening the play?
- 62. Infrequent
- 65. Obsolescent wedding
- 66. Author Heyerdahl
- 67. "___ Old Broads"
- 69. Time's fellow traveler
- 70. Attacked
- 71. Not there

Down

- 1. Mimic
- " (Marjorie 2. "Little Henderson Buell cartoon)
- The doctor
- 4. Macbeth or Macduff
- 5. Bandar Seri Begawan locale
- 6. Called the butler
- 7. From port to starboard
- 8. Soft buckwheat dish
- 9. And so forth
- 10. Explorer who founded Little America
- 11. Pinpoint 12. Ham sandwicher,
- perhaps
- **13**. "The _ __ Squad" **19**. Feedbag contents

- 21. Emcee's task, often
- 24. Amusement park establishment
- 25. Thin, white cloud
- **27**. Legit
- 28. Perpetual, once
- 29. "Finally!"
- 31. Descriptive of DeMille's work
- 33. Drudge 35. Teen's woe
- 37. Hill dweller
- 38. Youskevitch of ballet
- 41. Large block of stone 42. Brightly colored aquarium fish

- 47. Flightless birds
- 49. Aerie newborn
- 53. "Welcome to Maui" 54. Like forks
- 26. Chopin compositions 56. Noteworthy period
 - **57**. Trim 58. LEM launcher
 - 59. Having the power
 - 60. Exit location, often 61. Word with blood or touch
 - 62. Polo Grounds legend, Mel
 - 63. AL or NL team
 - 64. New England catch



Bomber Task Force 24-3 underway in Europe

STAFF SGT. EMILY FARNSWORTH, 69TH EXPEDITIONARY BOMB SQUADRON PUBLIC AFFAIRS

RAF FAIRFORD, England --Four U.S. Air Force B-52 Stratofortress bombers assigned to the 69th Expeditionary Bomb Squadron began flying missions in support of Bomber Task Force 24-3 at RAF Fairford, England, May 24,

The B-52 strategic bomber aircraft assigned to Minot Air Force Base, North Dakota, arrived as part of a routine deployment to the U.S. Air Forces Europe – Air Forces Africa area of responsibility.

Bomber Task Force Europe demonstrates the U.S.'s commitment to assure NATO and U.S. Allies of the shared commitment to global security and stability, as well as to conduct strategic training focusing on interoperability across the area of responsibility.

This focus on integration is critical for partner building and

maintaining the collective stability of Euro-Atlantic relations, said U.S. Air Force Lt. Col. Ryan Ruedier, 69th EBS director of operations.

"Through multiple iterations of integrating with Allies in the region, we learn to work together as seamlessly and efficiently as possible," said Ruediger. "The missions we'll fly here allow us to identify limiting factors and increase interoperability to the maximum extent possible."

"The main objective for us being here is to show support to our allies, NATO, and provide training to our aircrews on certain aspects of what the B-52 can provide," said U.S. Air Force Master Sgt. Parnel Brim, 69th Aircraft Maintenance Unit production superintendent.

Some of the challenges that the 69th EBS faces comes from operating in a deployed location,

"Specifically because we have moved from our home station, everyone is watching us while we

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are out here," said Brim.

By flying out of RAF Fairford, the 69th EBS intends to show the U.S.'s ability to rapidly deploy and sustain operations great distances from the homeland.

"Getting bed down here at RAF Fairford was actually extremely efficient," said Ruediger. "[Local] support is huge and here at Fairford it allows us to land and immediately get right to work. I've been extremely impressed with how welcoming the community is and greatly appreciate the support.'

BTF 24-3 leadership said the deployed squadron is looking forward to conducting training and seeing the regional impact amongst Allies and partners.

"There is strength in collaboration and integration," said Ruediger. "We're all aware there are on-going attempts to introduce rifts into the global world order, but stability is possible when we work together."



A U.S. Air Force B-52H Stratofortress, assigned to the 69th Expeditionary Bomb Squadron prepares to land at RAF Fairford, England, May 24, 2024. BTF 24-3 enhances combat readiness amongst participating NATO Allies and partner nations, ensuring their ability to rapidly respond to emerging threats.

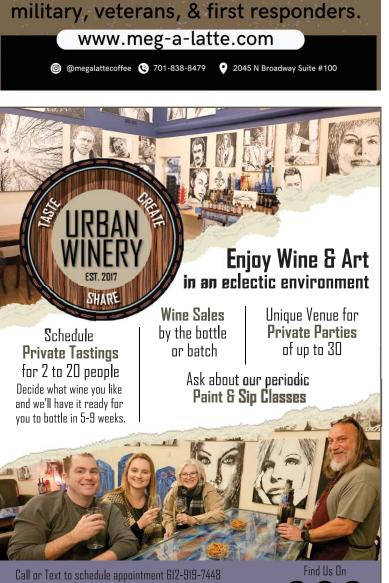
U.S. AIR FORCE PHOTO I STAFF SGT. EMILY FARNSWORTH

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f @ **G**

Ceremonial MB-1 cargo chains hang during the 2024 Port Dawg Memorial Run at Minot Air Force Base, North Dakota, May 30, 2024. The event honored fallen members of the air transportation specialists community who had passed away within the calendar year.



U.S. Air Force Airman James Davis, 5th Logistics Readiness Squadron inbound cargo technician, salutes ceremonial MB-1 cargo chains during the 2024 Port Dawg Memorial Run at Minot Air Force Base, North Dakota, May 30, 2024. The event honored fallen members of the air transportation specialists community who had passed away within the calendar year.

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5TH LOGISTICS READINESS SQUADRON HOSTS ANNUAL PORT DAWG MEMORIAL RUN

U.S. AIR FORCE PHOTOS I AIRMAN 1ST CLASS LUIS GOMEZ



Members of the air transportation specialists community run during the 2024 Port Dawg Memorial Run at Minot Air Force Base, North Dakota, May 30, 2024. The Port Dawg Memorial Run is an air transportation career field tradition that started at Kadena Air Force Base, Japan in 2013. The loss of U.S. Air Force Tech. Sergeant Curtis E. Eccleston in 2011 is the tragic event that sparked the memorial run, which has since spread across the career field globally.







CHURCHDIRECTORY

Chapel Services at MAFB

North Plains Chapel

290 Peacekeeper Pl (across from North Plains Elementary School)

Protestant

Sunday Community Service 1030

(Holy Communion 1st Sunday) Children's Church available

Northern Lights Chapel 230 Missile Ave (across from Rockers)

Catholic Mass 1000 Sunday Monday-Friday Daily 1200

Open Circle (Wiccan/ Neo-Pagan) 1000 on 1st & 3rd Saturdays

Hof (Norse Pagan) 1700 on 2nd & 4th Wednesdays

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

109 6th St. SE Minot • 838-3094

> Saturday, June 8 5PM, Great Vespers

Sunday, June 9 10AM Holy Liturgy

V. Rev. Fr. Paul Hodge

1024 2nd St. SE • 838-4425

Behind Town & Country Shopping Center

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Sunday School9:00 a.m.

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

Pastor Mark Ehrmantraut

www.vincentumc.com

Vincent United

Methodist

Church



Wednesdays 7:00pm and Sundays 10:30am

1821 W Burdick Expressway

For More Information:

Faith United

Methodist

Church

701.838.2665 | www.bfbc.tv

5900 Highway 83 N, Minot

www.faithumcminot.com

Pastor Ken Mund

701-838-1540

Sunday School (All Ages): 9:45 a.m.

Sunday Coffee Fellowship: 10:30 a.m.

Worship Services: Sunday 11 a.m.



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

& Fellowship9:00 a.m. Worship 10:30 a.m.

www.trinitychurchminot.org

Cornerstone Presbyterian Church

1000 NE 3rd Street 852-0315

Sunday Schedule

Contemporary Worship 9:00am Sunday School (All Ages) 10:00am Traditional Worship.... ī ī :ūūam

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



Worship Service 10:45am Sundays

Sunday School 9:45am

Grief Support Group meets Mondays at 7:00pm

Contact Duane Deckert: 701-838-0916 or biblefellowship@srt.com www.griefshare.org

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

Immanuel Baptist Church



1615 2nd St. SE www.ibcminot.org 701-839-3694

WEDNESDAYS:

11:30 AM SOUP KITCHEN

SUNDAYS:

9:30 AM FELLOWSHIP 10:00 AM WORSHIP

Pastor Brian Keithline



Christ Reformed Church

Worship 11:00 a.m. Sunday 234 14th Ave SE

www.christreformedchurchminot.com

St. John the Apostle Catholic Church



Tuesday 5:15 p.m. Wednesday - Friday 7:00 a.m. Saturday 5:00 p.m.

Sunday8:00 & 10:30 a.m. Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com



Sunday Worship 9:30 am

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

Pastor Brandy Gerjets • Pastor Ellery Dykeman



SGI-USA

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Meets monthly

Emal: bispsych@yahoo.com Phone: (701) 838-9348



1805 2nd St. SE 838-1111

Sunday Services 8:00 am I 9:30 am 11:00 am

Minot Baptist Church

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Sunday School	9:45 a.m.
Morning Worship	11:00 a.m.
Evening Worship	
Wednesday Evening	7:00 p.m.
Independent/Fundan	nental/KJV

500 46th Ave NE • 839-1351 Pastor David Miller

Cross Roads Baptist

Southern Baptist Convention

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

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

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



1105 16th St. NW • 839-1407

Suriday School9:30 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, Friday7:00 - 11:00 p.m.	

ABC Child Care Center852-6352 westminot.com facebook.com/westminot

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Sunday Divine Service......9:30 AM

Adult Bible Study and11:00 AM Kid Connection......5:15 PM

> Reverend Philip Beversdorf 2209 4th Avenue NW. Minot. ND 839-4663

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www.fbcminot.org



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



A Reformed Baptist Church

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

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

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www.oslcminot.con Pastor Heath Trampe

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



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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 Hour6:30 p.m. Evening Worship7:30 p.m. Bible Study/Child-Adult Children Worship (Wed)....7 p.m. Prayer (Friday)7 P.m.



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MAFB School Board

School Boards are responsible for the education of local children and address a wide array of issues to include establishing spending priorities, approving budgets, adopting school calendars, approving staffing changes, responding to changes in education law, and advocating for the needs of students, families, teachers and staff. Members work closely with the district superintendent and other administration and serve as public figures to support and respond to the needs of their communities.

For the Minot Air Force Base, School Board District #160 serves in this capacity. School board member duties include, using state and federal funds to ensure that the students on-base continue to receive the best education possible within the laws of the North Dakota Century Code, addressing concerns or questions from district families, and voting on matters that affect schools both on and off the installation. The Minot Air Force Base School Board is a coterminous school board that works alongside Minot Public Schools,



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

School Board, District #1 with the mission of "Empowering all learners to succeed in a changing world".

Minot Air Force Base, School Board District #160 and Minot Public Schools, School Board, District #1 consist of five board members, each member serves a three-year term. For the Minot Air Force Base, School Board, District #160 there are three position requirements for members. These include 1) Member must reside on the installation 2) Member may be active duty enlisted, a reservist, or a dependent family member. Officers are not eligible to serve as school board members pursuant DoDD

1344.10, Para 4.2.2.4. 3. Members cannot be an employee of Minot Public Schools.

The Minot AFB School Board often has to fill vacancies due to member resignations related to the military lifestyle. If a member of the board resigns that position is filled to serve out the remaining portion of that term. Currently, the Minot AFB School Board has an open position. Interested parties can contact the School Liaison at joy-nicole.smith.2@us.af.mil more information and to receive an application.







Highest Honors Honors

Grade 8

- Isabelle Brown Sophia Cain Michael Carriker Ian Finney
- Sara Garver Ariana Gonzalez Wesley Hoadley Tanner Jensen
- Henry Karabelski Ilyana Lavalais Luciana Mason
- Asher Muhs Stella Prebble Leilani Smith Nichelle Williams

Grade 7

- Tucker Black Isaiah Coon Caitlyn Cummock Zaire Dorsey
- Alexander Gandalal Tyson Hann Jay Jensen
- Gavin Kennedy Melanie Monson Nora Turner

Grade 6

- Blake Baloga Aeden Mark Detubio Layvee Fortin Lucy Hoadley
- Savannah Kingsley Easton Minter Ellie Moomey Noah Myers
- Logan Scirica Laurel-Elaine Smith Taylor Williams

High Honors

Grade 8

- Moses Ellis III Evelyn Filiowich Jack-Tyler Karst Anthony King
- Krishal Mahat Frank Prebble Jacob Smith

Grade 7

- Milania Gomez Victoria Hidalgo Silva London James
- Madison Palmer Rilo Smith Landon Wilson

Grade 6

- Allison Alexander Liesl Chapman Ethan Constante
- Kaidence Ellis Melanie Gerard Peyton Helseth Olivia Huntley
- Ayla Lane Abigail Meis Lucas Smith

Grade 8

- Mason Foerster Kendalyn Hansen Mckenna Jackson
- Mylah Jackson-Montgomery Hailey Kennedy Kali Lewis
- Nevaeh Lowery Christian Mendoza Charlee Morris
- Nicole Szabo Patrick Theran Ella Thomas Myesha Wright

Grade 7

- Chloe Bailey Macy Bryant Vaeh Geske
- Alexandra Guzman Munoz Paycen Irvin Cooper Mathewson
- Keegan Roth Michael Scheller Jayden Whitfield Thor Winn

Grade 6

- Ethan Arnholtz Eli Lewis Samantha Montgomery
- Elijah Nay Sophia Riviera Brooke Ruediger Laijla Tilstra





Phone 701.858.6700, 800.841.7321 School of Medicine & Health Sciences Hours: Monday-Friday 8 a.m.-5 p.m. cfmminot.UND.edu







ENJOY THE GREAT OUTDOORS



SSGT JOE VERGARA 5TH BOMB WING NCOIC OCCUPATIONAL SAFETY



Enjoying the fresh air, clear water and wildlife? More and more people have headed into the great outdoors for rest, relaxation, adventure and restoration. In the past five years alone, over one-third of the adults in the United States have gone on at least one over-night camping trip.

No matter what level of camping comfort you enjoy, there are always risks and hazards. On average, there are over 30,000 injuries treated in emergency rooms each year, and doctors treat an additional 75,000 campingrelated injuries per year.

Camping styles range from primitive sites to RVs or even cabins. Find your comfort level in the great outdoors. Lodges are good alternative and are like hotels in a wilderness location, usually broken down into interest categories like fishing lodges, hunting lodges, etc. Once you determine your destination take the time to plan ahead before you head out the door and pitch a tent.

The last thing you want is to arrive at your campsite and realize that you forgot a piece of gear, or that you didn't bring the right equipment for what you plan to do. Different camping trips need different types of equipment and clothing. The possibilities range from hunting, to fishing, kayaking, whitewater rafting, backpacking, and family needs. Make sure you have the right gear for your trip and that it works properly!

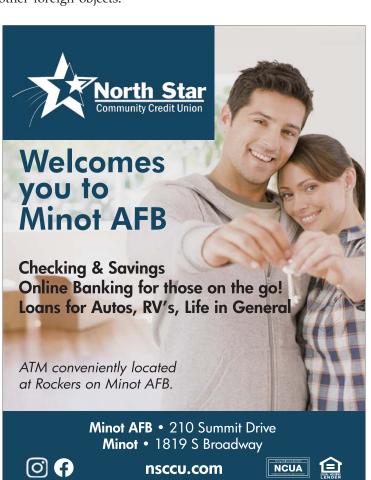
Knowing what to pack for a trip depends on the season, location and activities you plan to include. Weather varies from season to season and from location to location. What clothing to wear should be a primary consideration and you should pack accordingly. For instance, wearing layers will allow you to adjust to different temperatures by adding or removing layers. Waterproof clothing will prepare you for different weather conditions. Make sure to choose comfortable shoes or boots for walking to prevent blisters. To keep insects and ticks from getting underneath clothing tuck pant legs into your socks and shoes. A cap or hat will also come in handy as a good shield to protect your head from too much sun.

Here are 10 safety tips for choosing a campsite:

- Plan ahead and arrive at the campsite with plenty of daylight time remaining to identify hazards.
- Stay away from areas that may flood easily or get muddy if it rains.
- Be cautious. Look for sharp objects, broken glass, or other foreign objects.

- Avoid areas with rocks or other hazardous terrains.
- Watch for bees, ants and other insects, along with poison ivy and other poisonous plants.
- Avoid areas with low tree branches or dead trees. These could easily fall during gusts of wind.
- · Look for an area with bushes or shrubs to block cold winds or provide shade in the heat.
- Pick an area with level ground and enough space for all your belongings.
- Pitch your tent away from your campfire.
- Build your campfire in a contained area to prevent it from spreading.

Keep the fun in camping. Be sure to take the necessary safety precautions!





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Hailing from Minot AFB: Miss ND Teen USA Jaycee Parker

ERIN BEENE, NORTHERN SENTRY

Miss Jaycee Parker, a 17-yearold Minot AFB dependent, will compete in this year's Miss Teen USA competition in Hollywood, CA, this August after winning Miss North Dakota Teen USA 2024 last month

Jaycee and her dad, Chaplain (Capt) Jared Parker, her mom Amanda Parker, and two younger siblings, Rhylee and Chandler, moved to Minot last year when Ch Parker joined the Air Force Chaplain Corps. Following the needs of the military, their assignment to Minot came as a shock to Jaycee. She admitted that she was nervous to leave friends and her way of life but, she noted, "change is always scary." She was up for the adventure. Now, nearly a year after being here, she said that she loves it because she has "the most amazing friends and support system here." While Jaycee does her schooling at home through an online program, she loves being a part of the Minot High cheerleading squad. Although new to the military lifestyle, Jaycee said

the best thing of being a mil kid is living on base, meeting all sorts of people and having the opportunity to create unique connections that most teens don't get to do. She was thrilled to represent North Dakota and the Air Force as Miss Minot AFB Teen.

Jaycee's cheerful and bubbly personality was evident as she explained her passion for the pageant industry. She started her first pageant at the age of six when friends of her mother's recommended Jaycee be taken to an "Open Call" experience. Since that first introduction, she has been hooked and has been competing in at least one pageant every year for the last 11 years.

The esteemed Miss North Dakota Teen USA 2024 pageant is more than a looks contest, but a competition that exemplifies personality, grace, poise, confidence and intelligence from all the competitors. After competing in Miss Alababma Teen USA and placing as the first and second runner-up for the last two





years, Jaycee was determined to give it her all for this year's competition. And she did!

This year, following a round of interviews by a panel of judges off the stage, a formal wear walk and an athletic wear walk, Jaycee was thrilled to be chosen as one of the top 5 finalists. To seal the deal, each finalist was asked an on-stage question in front of the audience. Jaycee's question: What is the best compliment you have ever received? Without missing a beat, Jaycee proudly shared the memory of her father complimenting her work ethic and her ability to achieve goals. The answer sealed the deal and Jaycee was awarded the title of Miss North Dakota Teen USA 2024!

Over the next year Jaycee will spend time showing her peers and kids how to be confident and proud

to be themselves. Her responsibilities will include making school visits to meet with students, participating in local parades and being available for other appearances. Jaycee takes her title-holder duties seriously while lightheartedly saying, "It is a literal iob." Her platform and passion is to bring awareness to female teen safety and how they can be cautious and safe in their surroundings. Her "Charms for Freedom" objective led her to create a safety keychain for young women to carry. It emits a loud noise to alert others if they feel unsafe in their environment.

Jaycee gushed about her experience in the Miss North Dakota Teen USA pageant and said everyone was so kind and welcoming despite her being new to the area. She said all the girls and leaders were amazing. She

even met her new best friend at the event, Miss Minot Teen USA, Devyn Bechel, who ended up winning the First Runner-Up title.

Jaycee has big plans for the future and dreams about following several different career paths, including possibly a nurse, a lawyer, an Air Force officer or even a Dallas Cowboys cheerleader. Whatever she decides to be when she grows up, Jaycee is looking forward to the incurrent.

As Miss Jaycee Parker competes on August 1, 2024, for the title of Miss Teen USA, all of Minot AFB and North Dakota will be cheering her on. As a final statement, Jaycee wanted to let everyone know about her hopes for the upcoming pageant. A hopeful smile eased across her face as she said, "I just want to make North Dakota proud!"

New Miss North Dakota USA and Miss North Dakota Teen USA Crowned

Miss North Dakota USA 2024 will advance to the national Miss USA Telecast live on The CW this August

FUTURE PRODUCTIONS

WATERTOWN, SO. DAKOTA. – The MISS NORTH DAKOTA USA and MISS NORTH DAKOTA TEEN USA Pageants took place Sunday afternoon at the Watertown Event Center in Watertown, South Dakota. The panel of judges selected Codi Miller, 31, of Mandan as MISS NORTH DAKOTA USA 2024, and Jaycee Parker, 17, of Minot AFB as MISS NORTH DAKOTA TEEN USA 2024. Both titleholders will now advance and compete later this year at the MISS USA and MISS TEEN USA national pageants.

The competition, which is held annually, consists of three proportional segments: evening gown, swimwear/active wear and interview. Miller was crowned by Miss North Dakota USA 2023, Monni Nyaribo of Fargo. Parker was crowned by Miss North Dakota Teen USA 2023, Morgan Schwindt of Fargo.

Miller and Parker will each receive thousands of dollars in prizes and awards. Most importantly, they will have the opportunity to compete for the national titles of MISS USA and MISS TEEN USA this coming year. The Miss Teen USA competition is slated for August 1st and the Miss USA competition on August 4th, both airing live on The CW network. In addition, the new MISS USA will go on to represent the United States in the MISS UNIVERSE competition, which is televised in over 130 countries worldwide. The Miss Universe pageant will air live from Mexico City this fall.

The Miss Universe Organization (MUO) uses its global grassroots



reach to empower women to be self-confident and strive to be their personal best. MUO believes that every woman should be "Confidently Beautiful." The MISS UNIVERSE®, MISS USA®, and MISS TEEN USA® beauty pageants provide an international platform through dedicated partnerships with charities, sponsors, and brands around the world. During their reign, winners are given the tools to personally and professionally enrich others by providing humanitarian

efforts to affect positive change, all while developing their personal career goals.

The Miss North Dakota USA & Miss North Dakota Teen USA pageants are independently produced by Future Productions, LLC. For more information on the MISS USA and MISS TEEN USA state pageants, please visit www. missnorthdakotausa.com, email info@futureproductions.net, or call the Future Productions state pageant offices at (651) 222-9650.



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- Career Development: Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500
Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130
Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130
*Closed for training every Wed from 1200-1630

MINOT MPF OFFICE

Host Families Needed for Minot Teams

5 Beds for Hot Tots and 2 Beds for Honeybees Still Needed for the 2024 Season.

MINOT HOT TOTS

A LOOK BACK

THIS WEEK IN USAF HISTORY

THE WOMEN'S ARMED SERVICES INTEGRATION ACT

PASSED IN CONGRESS

JUNE 12, 1948

Since America's conception, women have

played an integral role in the military.

Whether it was as nurses, spies, soldiers

disguised as men, or officially recognized

service members, women have always

served vital, often unrecognized, roles in

the nation's defense. The United States

officially allowed women to join the

military on June 12, 1948 with the passing

of the Women's Armed Services Integration

Act. After they had served in the Women's

Army Corps, Navy Women's Reserve,

Marine Corps Women's Reserve, and the

Coast Guard Women Reserves under

special legislation during WWII, the United

States finally realized the importance of

integrating females, who have historically

made up about half of the US population,

MINOT, ND - The Minot Hot Tots and Minot Honeybees are calling on the community to support their local baseball and softball teams by becoming host families this summer. The Hot Tots are in need of five beds and two beds for the Honeybees. By becoming a host family, you will provide a crucial support system for these dedicated young players, offering them a welcoming and supportive environment while they compete and develop their skills.

Host families are a crucial part for both organizations. "Providing strong families and homes away from homes for these studentathletes is truly the foundation of the Northwoods League experience," said Monica Hocking, Manager Partner of the Hot Tots and Honeybees. "Adding the Honeybees this season made our beds need greater so if anyone in the Minot community could help us give these athletes a home we would really appreciate it."

The requirements to be a host family are simple; provide a private bedroom for the player, provide

Poster advertising opportunities

for women to serve in four

special units during WWII.

(National Archives and Records

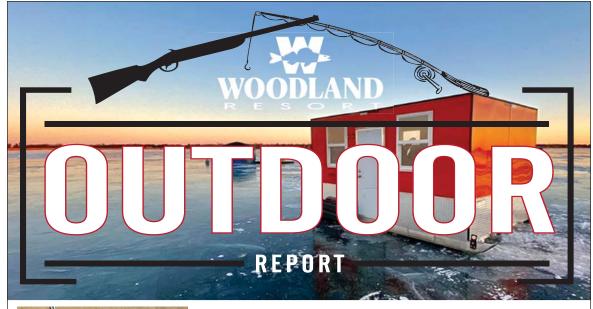
Administration Photo)

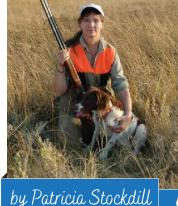
them access to laundry, kitchen, and bathroom, and provide meals when the team does not provide the meals for them, these are usually breakfast, lunch, and snacks home games and off days

Along with providing a bed for a potential future all-start, all host families receive the following perks

- Tickets to every Hot Tots or Honeybees game · Admission to any Northwoods
- League Ballpark • Free Hot Tots or Honeybees
- Early Access to Promotions and
- Discount on Merchandise and Concessions

Both teams are encouraging anvone who is interested in hosting a player to reach out. The only way for teams like the Hot Tots and Honevbees to be successful is with the help of those that are willing to open their homes to these players. Anyone who is interested can call the teams' office at 701-838-8687, fill out the interest form at hottotsbaseball.com, or send an email to info@hottotsbaseball.com.





Lake Šakakawea elevation, June 3: 1,838.14 feet above mean sea level (MSL); 20,800 cubic feet per second (CFS) Garrison Dam average daily

Devils Lake elevation: 1,449.68 feet above mean sea level (MŚL).

Stump Lake elevation: 1,449.7 MSL. N.D. Game & Fish Dept. game wardens: No reports from Lake Sakakawea, Missouri River, Devils Lake,

or north-central area lakes • Devils Lake, Ed's Bait Shop, Devils Lake: Main lake remains somewhat slow for walleye with water temperatures still

on the cool side. Lots of anglers out, though. Good white bass activity • Devils Lake, Woodland Resort, Devils Lake: Somewhat increasing walleye activity. Try slip bobbers with leeches. Some success starting with crankbaits or bottom bouncers. Locate warm, murky

• Lake Darling, Karma C-Store, Ruthville: Not many reports yet from Lake Darling

 Lake Metigoshe, Four Seasons, Bottineau: Fair walleye success with some pike mixed in. Some bluegill success along the weeds.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Inconsistent walleye success on the east end of Lake Sakakawea. Try shallow in 4 to 5 feet down to 25 feet working from the east end west to Douglas Bay with jigs or live bait presentations - mostly minnows but experiment with nightcrawlers or leeches. Limited Lake Audubon reports.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Best walleye activity on the east end of Lake Sakakawea still seems from Deepwater Bay working farther west. Not many walleye reports from Lake Audubon but look for a smallmouth bass bite along rocky areas.

• Lake Sakakawea, Indian Hills Resort, Garrison: Try 8 to 15 feet for walleye, locating water temperatures around 50 to 60 degrees. Also try deep in 30 feet.

• Lake Sakakawea, New Town: Fair walleye success in the Van Hook Arm working a mix of presentations. Fish becoming more active with warmer water temperatures although wind is churning up water somewhat.

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



- Upper Souris Nat'l. Wildlife Refuge Prairie Marsh Scenic Drive auto tour route and 2 Souris River canoe trails are also open.
- Garrison Dam Nat'l. Fish Hatchery downstream of Garrison Dam near Riverdale open for free tours Monday through Friday 9 a.m. to 3:30 p.m. and weekends and holidays from 10 a.m. to 3 p.m.
- June 7: Yoga in the Park, free but bring your mat, Oak Park, Minot, 7 p.m.
- June 8: Lewis & Clark State Park 50th anniversary celebration. • June 8: Family Health & Fitness, 11th & 11th Park, Minot, noon.
- June 8: Nat'l. Marina Day, Fort Stevenson State Park, Garrison Bay Marina,
- June 11: Nature Walk. Woodland Trail, Minot, 6 p.m.
- June 13, 18, and 25: Summer Olympics for children ages 6 to 14, Duane Carlson Stadium, Minot, 6 p.m.
- June 20: Blue Goose Day, Audubon Nat'l. Wildlife Refuge, south shore of Lake Audubon.

TOURNAMENTS:

- June 7 & 8: Lake Sakakawea, Van Hook Arm; Lake Sakakawea, Beulah
- June 14: Devils Lake, Grahams Island State Park.
- June 15: Lake Sakakawea, Sportsmens Centennial Park; Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Beulah Bay; Devils Lake, 6-Mile
- June 16: Lake Sakakawea, Fort Stevenson State Park.

• Lake Sakakawea, Van Hook Bait & Tackle: Improving walleye success with warming temperatures although it's still cool. Try minnows with OK success on the north end of the Arm around the trestles, Little Knife, and Fox Island.

• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing small walleye on a consistent basis with a few larger ones mixed in. Move around to locate larger fish with small ones in the river channel and Honey Hole. East end of Lake Sakakaweá has limited angler numbers but try 12 to 24 feet for walleye. Move around with scattered success. Look for improving success with stable weather and warmer water temperatures. Some salmon still coming along the face of the dam and U.S. Highway 83 embankment with crankbaits.

• Lake Sakakawea/northwest N.D. Scenic Sports, Williston: Upper end of Lake Sakakawea starting to produce walleye east in the Van Hook Arm with some nice ones showing up. Try 15 to 25 feet. Some success as far west as White Earth Bay but upper end is muddy. Look for a switch to nightcrawlers and leeches rather than minnows. Decent smallmouth bass activity in shallow spawning areas around the New Town area. Trenton

Lake continues producing a few crappie. Short Creek Dam producing some nice bluegill activity.

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

 North-central/central N.D. lakes, Towner Hdwe. Hank, Occasional, scattered pike and walleye activity on the Souris River in the Towner area. Limited reports from area lakes.

Paddle sports river elevations:

- Little Missouri River, Watford City, Long X Bridge: River stage, 7.86 feet; streamflow, 242 CFS.
- Missouri River, Williston: River stage,
- Missouri River Washburn: River stage, 10.02 feet.
- Pembina River, Walhalla: River stage, 3.12 feet; streamflow, 472 CFS. Souris River, Foxholm: River stage,
- 6.45 feet; streamflow, 102 CFS. Souris River, Minot Broadway Bridge
- River stage, 41.65 feet. • Yellowstone River, Sidney, Mont.:
- River stage, 8.72 feet; streamflow, 26,900 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-



into the military. Section 502 of the act still excluded women from

aircraft and Navy vessels that might engage in combat, but it was a

step in the right direction towards a more modern, inclusive military.



This is a unique and rare Stevenson Marina opportunity to witness firsthand how a newspaper goes from ideas and words to becoming an actual printed publication. You are invited to learn the steps involved and receive a brand new edition of the Northern Sentry fresh off the press!

This opportunity also comes with the option to take a trolley tour of Garrison, Fort Stevenson and maybe grab some ice cream too!

Wednesday, June 26 (RSVP by

1:15 PM: Meet at SB Nordak North Printers for Tour (91 N. Main Street. Garrison).

Northern Sentry owner Ted Bolton will be waiting for everyone outside the building.

2:30 PM: (Optional) Free trolley ride and tour of Fort Stevenson with an ice cream stop at the Fort

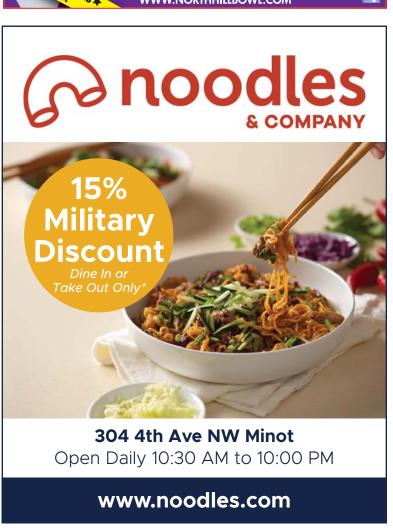
4:00 PM: Arrive back in Garrison Spots are limited (28), so please RSVP to erin. beene@willowtreemarketing. com and let us know if you plan to do both the Printers and the Trolley experiences, and for how many people.

Once all spots have been reserved, guests will be notified.

*Because of the nature of this event, it is recommended for ages 5+. Younger babies are allowed if they can be worn or carried; however, there is no space for strollers at NorDak North Printers. Additionally, car seats are not permitted on the trolley so it may not be a good fit for younger children who require them.











2024

Registration and Dinner - 5:30-7:00 p.m. Business Meeting - 7:00 p.m. North Dakota State Fair Center / Minot, ND Registration and voting officially close at 7:00 p.m.

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Monday: 7:30am - 6:00pm Tuesday: 9:00am - 6:00pm Wednesday: 7:30am - 6:00pm Thursday: 7:30am - 6:00pm Friday: 7:30am - 4:30pm Saturday: 2 a month by appt Sunday: Closed (701) 852-2800

BUSINESS HOURS

Experience the electric blend of country-rock folk!

Singer-songwriter Paul Cauthen brings the heat and soul to 4 Bears Event Center on Saturday, June 8

Cauthen is known for hits like "Holy Ghost Fire," "Big Velvet" and "25 Tequilas"

NEW TOWN, N.D. - Fans can expect an electrifying night of soulful country melodies and raw emotion as 4 Bears proudly presents singersongwriter Paul Cauthen.

Known for his raucous, high energy live shows, Cauthen has steadily risen through the ranks of country and Americana, first gaining notoriety with roots duo Sons of Fathers before embarking on a solo career with his debut album, My Gospel. He's gone on to release two more much-lauded albums—Room 41 and 2022's Country Coming Down-and toured the world over, collaborating and sharing stages with Margo Price, Orville Peck, Elle King, Midland, Cody Jinks and many more.

Celebrated for his remarkable baritone voice that has earned him the nickname Big Velvet, Cauthen grew up singing in the church choir

and cut his chops as part of a tight knit creative community in East

His latest, "Hot Damn," kicks off a new era for the outlaw country powerhouse, the first release of many slated for this year. Produced and written with longtime collaborator Jason Burt (John Mayer, Leon Bridges), the track was recorded in Cauthen's hometown of Tyler, TX

4 Bears Casino & Lodge, North Dakota's winning destination for gaming, live entertainment and concerts, promises an unforgettable experience for all attendees. From thrilling gaming options to dining, 4 Bears offers a plethora of activities to complement your concert experience. So come for the music and stay for the excitement!

For tickets, fans can visit 4bearscasino.com.



MILITARY APPRECIATION 11:00 AM Various Locations

We're teaming up with our friends at Minot Parks for a day to thank our military personnel for everything they do! Join us on June 7th at Oak Park from 11AM to 2PM, where the Minot Area Chamber EDC Military Affairs Committee will be serving free food to our active duty/retired military members and their families. Enjoy outdoor games, bounce houses, and more! Plus, with a military I.D., personnel and their families get free admission all day at Roosevelt Park Pool and Roosevelt Park Zoo! On Wednesdays from June 26th through July 31st, military members also receive free zoo admission with military I.D. We want to give an extra special thank you to our friends at Verendrye Electric Cooperative for being the presenting sponsors for this awesome event. See page A3 for more info.



For more information:

Facebook/ Minot Area Chamber EDC/ Events



arts in the city -SUNDAYS IN THE PARK 4:00 PM - 8:00 PM Oak Park, 1300 4th Ave NW

Join us in the park for live music, art demos, and our famous MACA Popcorn! Two concerts every Sunday from June 9th through July 28th @ 4:00 and 7:00 PM. Gather your people, your picnic blankets, and lawn chairs and come hang out in the park on Sunday evenings! Sundays in the Park are free to attend and open to the public, EVERYONE is welcome! These events offer a casual atmosphere to get together with friends and family to enjoy great music, discover local artists, and enjoy the park each summer!

June 9th: Voices of Note June 16th: Minot City Band June 23rd: Minot City Band



For more information:

Facebook / Minot Area Council of the Arts / Events

ASIAN BBQ CHICKEN

INGREDIENTS 1 WHOLE WHOLE CHICKEN TRAEGER ASIAN BBQ RUB, TO TASTE

Rinse chicken in cold water and pat dry with paper towels. Cover the chicken all over with Traeger Asian BBQ rub; make sure to drop some in the inside too. Place in large bag or bowl and cover and refrigerate for 12 to 24 hours.

When ready to cook, set the Traeger to 375° F and preheat, lid closed for 15 minutes. Open your can of ginger ale and set on a stable surface. Take the chicken out of the fridge and place the bird over top of the soda can. The base of the can and the two legs of the chicken should form a sort of tripod to hold the chicken upright. Stand the chicken in the center of your hot grate and cook until the skin is golden brown and the internal temperature is about 165 ° F, approximately 40 minutes to 1 hour.

De-throne chicken. Enjoy!

Ryan Davy - GM

www.HofE.com/BBQHQ

CRAFT NIGHT 7:00 PM - 10:00 PM Blue Rider 118 1st Avenue SE, Minot

We're hosting a weekly bring-your-own Crafting Night! We invite you to bust out your needlepoint, sketchbook, journal, yarn, or any other hobby you've been itching to get done and come on down!

Connect with other crafty people and turn that WIP into a fully fledaed

From total beginners that may need some help getting started to expert craftsmen - we hope to host you with plenty of refreshments (alcoholic and N/A options available!), popcorn, and good company!! See you there!!



For more information: Facebook/ Blue Rider/ Events



024 MIDSUMMER FESTIVAL 3:00 PM - 8:00 PM

Scandinavian Heritage Park 1020 South Broadway

FREE event with live music, good food, fun activities, local vendors, and so much more – plus the lighting of the bonfire on Friday and Saturday night (weather permitting). Walk inside the Gol Stav Church and the Sigdal House and watch the Viking Games as you're surrounded by Scandinavian traditions like Swedish Maypole Dancing. Local bands and musicians will perform throughout Friday and Saturday alongside fun activities and performers. Kids can participate in their very own Viking Quest as they search around the park for prizes. Experience Scandinavian culture, try out rolling and making your own lefse, sweat it out in the Finnish sauna or, if you're curious, participate in the first annual Surstromming Eating Contest.



For more information: Facebook/ Scandinavian Heritage Park/ Events

NEW Community at the Northern Sentry



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



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











HOADLEY ROOF STOMP

"A "roof stomp" is an Air Force tradition where airmen welcome their new commander or celebrate a special occasion by climbing up on the commander's roof and making noise while others are bang on the windows and doors. The commander then opens the door to welcome the group for refreshments." from https://militaryconnection.com/blog/happy-birthday-air-force-2020/





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THE ANS FIGHT

Patricia Stockdill

One nice thing about North Dakota's climate is its cold winters tend to keep the riff-raff out.

Granted, that's an old saying that in reality it doesn't always apply - and that includes undesirable fish, plants, and invertebrates that can negatively impact the state's fisheries and ultimately, its waters for human use.

The bottom line is North Dakota and other northern climates aren't immune to ANS - Aquatic Nuisance Species. It's just that some won't survive.

It certainly doesn't mean that none of them will.

That's already been proven. In 2024 the list of known ANS in the state is kind of scary: ANS plants species such as curly leaf pondweed are found throughout the entire Missouri River, including Lake Sakakawea, the Missouri River, Lake Audubon, and Lake Oahe.

It's in Bottineau County's Lake Metigoshe, McClusky Canal in McLean County, and smaller lakes in five other counties.

Eurasian water milfoil is in the Sheyenne River.

ANS fish species found in North Dakota include several in the carp family. The common carp is, unfortunately, lives up to its name and is common in many lakes across the state. The James River has bighead, grasshead, and silver carp.

Zebra mussels are in several eastern North Dakota lakes and Red River dividing North Dakota and Minnesota.

They're also in South Dakota's Lake Oahe, downstream of the Missouri River.

Anglers like to move, kind of like another old adage, "have fish, will travel".

That's how ANS species get from outside North Dakota to inside North Dakota; from inside North Dakota to outside of the state and from within one water body in North Dakota to another water body in North Dakota.

But it's not just anglers.

Recreational boaters can spread ANS.

Hunters using watercraft for duck hunting can also unknowingly transport an undesirable ANS species.

Anyone not being vigilant about cleaning boats, kayaks, canoes, or even something like a stand-up paddleboard can transport ANS.

What it comes down to is awareness of potential problems and what people can do to prevent it not just here in North Dakota, but elsewhere.

But it doesn't end there. It also involves a commitment to do one's part when recreating on the water, including following North Dakota's ANS regulations intended to slow the expansion of unwanted species.

The N.D. Game and Fish Department's awareness campaign focuses on five simple words: Clean. Drain. Dry. Every. Time.

It comes down to removing all plants, animals, and mud from all equipment when leaving a water body.

Do a walk-around of one's boat. Check over that kayak or canoe. Look at fishing rods and paddles.

That's the "Clean" aspect.

Drain means everything – drain baitwells, bilges, motors, and any other equipment.

Then dry everything.

The problem with ANS isn't just that some aquatic nuisance species damage habitat for native or desirable sport fish.

The problem with ANS is some aquatic nuisance species can wreak havoc on things directly impacting people. Zebra mussels are a classic example. They can become prolific enough to interfere with water intake structures, costing municipalities and industry millions of dollars across the United States to try to clean and maintain adequate intake capabilities.

They can also impact water quality for wildlife and people, alike.

And, yes, some aquatic nuisance species not only survive, but thrive, in northern climates. Eurasian water milfoil is one example, impacting many lakes in states such as neighboring Minnesota.

Identifying ANS species can be challenging – some are extremely small or resemble desirable plants and animals that are part of an ecosystem.

A good resource in deciphering regulations, especially when it comes to dealing with bait and game fish transportation, is on the Game and Fish Department website, (https://gf.nd.gov/ans).

The site also has photos and descriptions of some ANS that have been documented in North Dakota as well as others that, to date, have not been identified as being in the state's water bodies.



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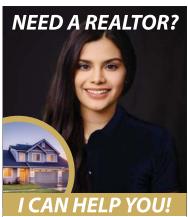
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June14

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

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week occasional Sat. closed Sun. Apply in person at Aeroport Shoppe, 2112 Hobby Broadway.

THE NORTH DAKOTA NATIONAL

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

ADULT & TEEN BAGGERS NEEDED AT THE MINOT AFB **COMMISSARY BAGGERS WORK FOR TIPS ONLY**

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Tuesday-Friday 7am-4pm • Later start times available but must be able to stay until 4pm & Sunday 11am-6pm

• TEEN HOURS

Tuesdays-Friday 4pm-7pm & Saturday 7am-6pm

Morning start times rotate & vary

IF INTERESTED SPEAK TO CHARLIE AT THE COMMISSARY OR LEAVE CONTACT INFORMATION WITH **CUSTOMER SERVICE.**

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PUZZLE ON PAGE B3

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

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MINOT AFB ANNOUNCEMENTS

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY - Embry-Riddle Aeronautical University is the world's pre-eminent university for aviation and aerospace education. However, our dynamic, hands-on programs will prepare you for careers well beyond the limits of the sky. Our Worldwide Campus has been working with U.S. military service members since 1970, helping them to earn a degree while on active duty or as veterans. And we do it at more than 90 military installations around the globe. The Embry-Riddle Minot Campus located at Minot Air Force Base $\stackrel{'}{-}$ offers associate, bachelor's, and master's degrees, as well as undergraduate and graduate certifications, that will help you whether you are an active-duty military service member, a veteran, or a civilian working at or around Minot Air Force Base, Embry-Riddle Worldwide is here to help you earn your college degree. A degree from Embry-Riddle Worldwide will help service members to become commissioned officers, will make veterans more desirable job candidates as they enter the civilian workforce, and will assist civilians with job advancement or career changes. Our modes of instruction are: Online, Eaglevision Home and Eaglevision Classroom. Our next upcoming term: 27 May - 28 July.. For more information, please visit us in Room 223 located in the Base Education Center Building (2nd floor), email: minot@erau.edu or call office phone: 701-727-9007.

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

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Timmothy 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. **TIMMOTHY TIMM**



Atypical Brewery & Barrel Works

510 Central Ave F Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks

Bone's BBQ Smokehouse & Grill

1412 2nd Ave SW, Minot Phone: 701.838.9140 www.bonesbbgminot.com

Jamaican Vybz Kitchen

Suite 200 315 Main Street S Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen

N.D. Asia

3400 16th St SW, Minot Phone: 701.852.1240

www.ND-Asia.com

The Blue Rider

118 1st Avenue SE Minot Phone: 701.852.9050 www.theblueriderbar.com

Applebee's Grill & Bar

2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com

Culver's Restaurant

3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com

Meg-A-Latte

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Noodles & Company

304 4th Ave NW Minot 701.491.9103 www.noodles.com

The Starving Rooster

30 1st St. NF. Minot Phone: 701.838.3030 www.starvingrooster.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot

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Pink's Bar & Grill

102 128th Ave NW Minot Phone: 701.852-2385 FB: PinksBarGrill

Whiskey Nine

109 Central Ave, Minot Phone: 701.837.1090 www.whiskeyninend.com

FRIDAY

- Science Camp, Youth Center
- JCM Sometimes You Win, Sometimes You Learn, 0800-1600, Professional Development Center
- TAP (DoL) Employment Workshop, 0800-1600, M&FRC
- Friday Flicks, 1630, Rockers Bar & Grill

SATURDAY

- Minot AFB 1964 Murder Mystery Begins, Minot AFB Library
- Summer Reading Program Begins, Minot AFB Library
- Summer Reading Program Squadron Contest Begins, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center
- Master Chef Luca Virtual Cooking Class, 1000, forcesupport.awardsplatform.com
- Summer Reading Program Kick-Off Party, 1300, Minot AFB Library

SUNDAY



- Pride of America Scramble, 0900, Rough Rider Golf Course
- Zumba, 1400, McAdoo Fitness Center

MONDAY

- Chef K Culinary Camp, Youth Center
- June Fitness Challenge, McAdoo Fitness Center
- Registration Opens: MVP 360 Flag Football Camp, CYPBMS website at https://parent.afcyp.com/
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Junior Enlisted Foundations Course (Amn PES), 0830-1530, Professional Development Center
- Family Zumba, 0930, Turf hosted by McAdoo Fitness Center
- Reintegration Briefing, 1000, M&FRC, Zoom Meeting
- Palace Chase/Front Briefing, 1400, Professional Development Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

NHAT'S GO

EDNESDAY

- · Chef K Culinary Camp, Youth Center
- June Fitness Challenge, McAdoo Fitness Center
- Junior Enlisted Foundations Course (Amn PES), 0830-1530,
- **Professional Development Center** . Bundles for Babies, 0900-1030, M&FRC
- Wingman Wednesdays, 0900-2100, Rough Rider Golf Course
- Family Strength & Tone, 1000, McAdoo Fitness Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center Room 211
- Storytime, 1030, Minot AFB Library
- Top 3 Mentorship Hour CSAF Agenda & Initiatives, 1130-1300, **Professional Development Center**
- SAPR Tier 1 Brief, 1300, Professional Development Center
- Zumba, 1800, McAdoo Fitness Center

THURSDAY 1 3

- Chef K Culinary Camp, Youth Center
- June Fitness Challenge, McAdoo Fitness Center
- Cycle & Strength, 0515, McAdoo Fitness Center
- Junior Enlisted Foundations Course (Amn PES), 0830-1530, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- EFMP Family Heart Resin Coasters, 1000, Arts & Crafts Center, hosted by M&FRC
- Family Bootcamp, 1000, McAdoo Fitness Center
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Retraining 101, 1130-1300, Professional Development Center • Tuition Assistance (TA) Brief, 1330, Education Center - Room 211
- OSI Recruitment Briefing, 1500, Professional Development Center
- Paint & Sip, 1630-1830, Arts & Crafts Center
- Craft Club, 1800, Minot AFB Library
- Zumba, 1800, McAdoo Fitness Center

FRIDAY



- Chef K Culinary Camp, Youth Center
- June Fitness Challenge, McAdoo Fitness Center
- Junior Enlisted Foundations Course (Amn PES), 0830-1530, Professional Development Center
- Family Zumba, 0930, McAdoo Fitness Center
- National Cupcake Day, 1030-1330, Dakota Inn Dining Facility
- Airman Golf Clinic, 1400-1600, Rough Rider Golf Course
- Friday Flicks, 1630, Rockers Bar & Grill
- Fiesta Friday: Salsa Lessons & Dance Night, 1800-2200, Base Theater

- Percy Jackson Escape Room Game Begins, Minot AFB Library
- Zumba, 0900, McAdoo Fitness Center

JUNE SPECIALS

Bomber Bistro Featured Item **BBQ Pulled Pork Pizza**

BBQ sauce base with smoky pulled pork and red onions.

The B-Fifty Brew Featured Item **Blended Refreshers**

Start your day with a thirst-quenching Blended Refresher! Available in Mango Dragon Fruit, Strawberry Acai, and Pineapple Paradise flavors!

Rockers Bar & Grill Featured Item **Buffalo Chicken Wrap**

Garlic Pesto Wrap with crispy chicken strips smothered in buffalo sauce and house made ranch, plus cheese, lettuce, and tomatoes served with fries and a drink.

'UESDAY

- Chef K Culinary Camp, Youth Center
- June Fitness Challenge, McAdoo Fitness Center
- Cycle & Strength, 0515, McAdoo Fitness Center
- Career & Certification Exploration Track, 0800-1600, M&FRC • Informed Decision Seminar, 0800-1200, Professional Development Center
- Junior Enlisted Foundations Course (Amn PES), 0830-1530, Professional Development Center
- Game Day, 1000-1930, Minot AFB Library
- Family Bootcamp, 1000, Turf hosted by McAdoo Fitness Center
- Sakakawea Inn Rapid Hire Event, 1000-1200, Rough Rider Golf Course, hosted by NAF Human Resources
- Tuition Assistance (TA) Brief, 1000, Education Center Room 211
- EFMP Family Storytimes, 1100, Minot AFB Library
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Zumba, 1800, McAdoo Fitness Center

FREE Airman Golf Clinic Rough Rider Golf Course 14 June 2024 2pm - 4pm SWING BY the course & learn the game of golf while a PGA certified instructor gives FREE lessons to all airmen! 723-3164 FORCE **5THFORCESUPPORT.COM**









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