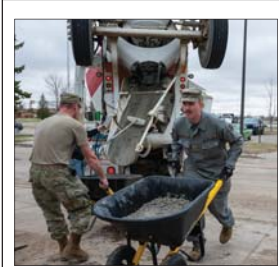




WHAT'S INSIDE
THIS WEEK:



FROM BOILERS
TO BACKHOES:
HOW 5 CES
KEEPS
MINOT AFB'S
HEART
BEATING

A6



HONORING
THE HEART
OF SERVICE
THIS
MOTHER'S
DAY

A8



FOOD TRUCK
SEASON
BRINGS
LITTLE BLUE
ELEPHANT TO
MINOT AFB

A11



DRIVING FORWARD

91st Missile Security Operations Squadron Tactical Response Force defenders prepare to advance uphill as a 550th Helicopter Squadron MH-139 Grey Wolf readies for takeoff during the Nuclear Convoy Course at Camp Guernsey Joint Training Center's North Training Area, Wyoming, April 7, 2025. The 91 MSOS TRF air insertion marked the start of their participation in the NCC, a multi-day exercise sharpening convoy security, tactical response, and nuclear surety capabilities. See more on page A2.

U.S. AIR FORCE PHOTO BY STAFF SGT. MICHAEL A. RICHMOND



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BABY BOY BORN ON
TUESDAY, APRIL 8, 2025 TO:
SHAKIRA AND BRYCE HILLTON
MINOT AFB, ND

BABY BOY BORN ON
FRIDAY, APRIL 18, 2025 TO:
SARAH AND TRISTAN POFF
MAFB, ND

BABY BOY BORN ON
SUNDAY, APRIL 20, 2025 TO:
BRIANNA AND ZACHARY KELLEY
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BABY BOY BORN ON
FRIDAY, APRIL 25, 2025 TO:
CANDACE LIPSCOMBE AND
MATTHEW PRICE
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SATURDAY, APRIL 26, 2025 TO:
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If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com. Please include your name and the birth date of your baby.



A 91st Missile Security Operations Squadron convoy prepares to participate in the Nuclear Convoy Course at Camp Guernsey Joint Training Center’s South Training Area, Wyoming, April 9, 2025. The week-long exercise tested 91 MSOS Convoy Response Force defenders with threat-based scenarios while integrating the Grey Wolf to support 91st Missile Wing security operations.



A 91st Missile Security Operations Squadron defender engages targets with an M4A1 carbine during a live-fire exercise at Camp Guernsey Joint Training Center’s North Training Area, Wyoming, April 8, 2025. Live-fire exercises reinforce weapons proficiency and convoy defense readiness for Airmen charged with securing nuclear assets.



A 91st Missile Security Operations Squadron defender conducts vehicle egress training at Camp Guernsey Joint Training Center’s North Training Area, Wyoming, April 8, 2025. The drill simulates a hostile engagement scenario requiring defenders to rapidly exit their vehicle, establish security, and engage potential threats while coordinating with convoy elements.



A 91st Missile Security Operations Squadron Convoy Response Force defender engages with opposing forces from the turret of a 90th Missile Wing Joint Light Tactical Vehicle during the Nuclear Convoy Course at Camp Guernsey Joint Training Center’s South Training Area, Wyoming, April 9, 2025. Night operations test participants’ ability to operate in low-visibility conditions and secure high-value assets in realistic, high-pressure environments.



A 91st Missile Security Operations Squadron defender loads a magazine with 7.62mm rounds during a live-fire exercise at Camp Guernsey Joint Training Center’s North Training Area, Wyoming, April 8, 2025. Live-fire exercises reinforce weapons proficiency and convoy defense readiness for Airmen charged with securing nuclear assets.



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91st MSOS Convoy Response Force reinforces readiness and proficiency at 2025 NCC

STAFF SGT. MICHAEL RICHMOND, 90TH MISSILE WING

CAMP GUERNSEY JOINT TRAINING CENTER, Wyo. – Convoy Response Forces (CRF) from the 90th, 91st, and 341st Missile Security Operations Squadrons - stationed at F.E. Warren Air Force Base, Wyoming; Minot AFB, North Dakota; and Malmstrom AFB, Montana, respectively - participated in the annual Nuclear Convoy Course (NCC) at Camp Guernsey Joint Training Center, March 30 to April 18, 2025.

NCC, a 20th Air Force directed exercise overseen by the 90th Ground Combat Training Squadron, is a realistic CRF full mission profile training environment. Through threat-based scenarios, CRF Airmen were tested on their asset protection procedures while integrating with new mission enhancing equipment.

“This year’s NCC is critical in validating the MH-139 Grey Wolf and the Payload Transporter replacement vehicle (PTR), these new assets bring a much-needed refresh to the mission of providing security and safe transport for ICBM’s off installation as part of the modernization of nuclear systems as outlined by General Bussiere’s strategic vision,” said Master Sgt. Kevin Brown, Air Force Global Strike Command Operations and Plans Directorate (A3SO) training and force development manager.

“Tactics, Techniques & Procedures (TTPs) have been developed over the last couple of years leading up to these new assets becoming operational and must be trained and validated prior to them rolling out. NCC is the avenue for such training as the new assets are in one location and all new training tasks can be streamlined and standardized across all three missile wings.”

With F.E. Warren AFB’s, Minot AFB’s, and Malmstrom AFB’s CRF teams acting as defending forces, the opposing forces who challenged the CRF team’s asset protection capabilities were the U.S. Army’s 101st Airborne Division (Air Assault).

“Fighting as OPFOR (opposing force) for this training event has greatly enhanced our own capabilities,” said 1st Lt. Luke Davey, 101ST ABN DIV (AASLT) scout platoon leader. “It has given us a great understanding of militia and paramilitary ambushes and how small elements can fight off larger enemies. As a reconnaissance platoon, this is particularly beneficial for us because its enhanced our understanding of obstacle emplacement, sniper engagements and priorities, non-woodland camouflage, and maximizing firepower as a smaller element - all of which are pivotal to our role as

small reconnaissance teams.”

While the exercise was an opportunity for 101ST ABN DIV (AASLT) Soldiers to sharpen their lethality, NCC’s primary goal was to help Missile Security Operations Squadrons identify gaps in their defenses, make adjustments, and return home stronger and more prepared.

“The Nuclear Convoy Course enhances our defenders by giving us a clearer understanding of what real-world threats look like,” said Master Sgt. Charles Watson, 90th Missile Security Operations Squadron convoy response force flight chief. “Training with the forces here allows us to evaluate how effective our TTPs are and identify areas we need to improve when we return to home station. Camp Guernsey also offers a variety of training environments that we don’t have access to back home, which helps us better prepare for different scenarios.”

With NCC complete and the third annual Advanced Recapture Recovery Operational Warfighter (ARROW) exercise on the horizon, MSOS units from all three missile wings returned home sharper and more prepared than ever - confident that the nuclear enterprise remains safe, secure, and ready to strike under any circumstance.



91st Missile Security Operations Squadron Convoy Response Force defenders review tactics and procedures before heading to the North Training Area during the Nuclear Convoy Course at Camp Guernsey Joint Training Center, Wyoming, April 7, 2025. The course brings together CRF teams and helicopter crews from across 20th Air Force to rehearse integrated responses in a realistic joint training environment.

U.S. AIR FORCE PHOTOS BY STAFF SGT. MICHAEL A. RICHMOND



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Ted Bolton

Publisher | Advertising

701-240-5039

bagroup@srt.com

Rod Wilson

Business Development | Marketing

sentrysales@srt.com

GRAPHIC DESIGN BY

Nikki Greening

nsads@srt.com

MINOT AIR FORCE BASE

PUBLIC AFFAIRS

Chief of PA

Maj. Thomas Barger

NCOIC of Command Information

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NEWS SUBMISSIONS

Northern Sentry Office

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MAIL

109 Main St S, Minot ND 58701

VIEW ONLINE

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A VIEW FROM OUR SIDE

ROD WILSON



MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

The true optimist looks at the glass as being half full of water, the true pessimist looks at the glass as being half empty of water. Well folks, that is how I kind of look at North Dakota when it comes to planning out my summer.

I own a sailboat that we sail on Lake Sakakawea. When I tell people that I own a sailboat they are always quick to point out that “that makes sense, there is always wind in North Dakota!” Of course this is not the case. I am telling you that there are many days when even Lake Sakakawea, the largest body in North Dakota, has no wind. Looking across the water, it’s like glass. “Dang, I can’t sail today” says the pessimist. However, you can motor out to the middle of the lake and enjoy swimming off of the sailboat, or in our case we own an inexpensive kayak that is fun for kids and adults alike to paddle around and enjoy the scenery.

We have also learned that there is seldom a day when it is calm all day long. For those days we are in “hang-out” mode.



UPSIDE DOWN UNDER

MARVIN BAKER

Despite our state being only 136 years old, we all know there is plenty of history that happened during those years. Military history, the building of the railroads, cities springing up on the steel rail, massive cattle ranches and bonanza farms are all part of it.

There’s also the lesser-known history that most of us may not know about. Locally, there are stories of course, but on a statewide basis, things have happened here that teeter between quirky and just plain weird.

Some of us know that Walhalla, in Pembina County, has a much longer history than North Dakota, and even Dakota Territory. It’s all tied into how the Canadian border was surveyed and the area settled.

The Glass Is Half Full

With keen eyes we scan the lake surface for a hint of a breeze. “What’s that?” someone will ask. Could it be ripple on the water in the distance? Once again the pessimistic side may take over, unless you have prepared yourself in advance for a day when there doesn’t seem to be a chance for wind. We’ll talk about the optimistic opportunity in just a minute, because on the flip side of “not enough wind to sail” there is “too much wind to sail” which is more commonplace in North Dakota.

But the optimistic answer to both of the above scenarios can certainly be the same. Go back to having something like a kayak or an inflatable raft on your boat, and you can still pull into a back bay, tie off on shore, and have a fun in the water day. That certainly works on those days with sunshine and warm temperatures, but what about those days when we get wind, and cloudy skies and cooler temperatures all at once? Yep, it happens and yep, you need a plan. The same plan can certainly be implemented for non-sailing North Dakota residents, too. Maybe the kids are just having one of those, can’t seem to get along days, or the walls are closing in, or you have decided you really need to do something.

My plan is actually a list. From Ft. Stevenson marina it is less than 30 minutes to Lake Audubon refuge and one of the nicest nature trails in North Dakota. It’s also less than 45 minutes to the Garrison Dam

National Fish Hatchery. Heading up lake toward Williston there is the 4 Bears area. The casino has a water park. They rent kayaks at the MHA tourism center. You can to the 4 Bears Bridge overlook and see the remains of Sanish if the level of the lake is low enough.

I don’t golf, but several folks have their list of golf courses in the area, including Garrison, and New Town, and Washburn’s Painted Woods. I have also heard great reports on Watford City’s Fox Hills golf club.

There really is not any reason for having a glass half empty pessimistic outlook on a summer’s day in North Dakota. I just scratched the surface of places to go and things to do. Need some more ideas? Maybe a trip to the Minot AFB Outdoor Rec, or a quick trip into the Visit Minot Tourist Center on South Broadway.

Whether your passion is hiking, biking, camping, swimming, kayaking or just plain hanging... around on a beach, take some time and fill the glass to overfull with exciting hour long, or day long events.

BEST KEPT SECRETS- SMALL TOWNS, BIG EVENTS:

There are so many small communities in North Dakota that host world class events. We have 2-great threshing shows within an hour of Minot. The Makoti Threshing Show has 3 big days of entertainment, including 2 days of parades and old time

fun. The 2025 edition kicks off on July 11th. Then there is Drake Threshing Show is on September 6th & 7th in the community of Drake.

Garrison and Ft. Stevenson will host their annual Memorial Day Kite Festival and Ft. Stevenson will have their annual Military Days.

Heading north, let’s take a trip to Bottineau to their annual car show on August 2nd. Or just down the road in Devils Lake is one of the greatest car shows around, Devils Run, which is on May 30th through June 1st.

LIKE THOSE CLASSIC CARS?

The Dakota Cruisers gather at the south U-Haul on Wednesday nights with vintage classic cars. Depends on the weather but take some time and just walk through and talk to the owners. Then around 7 PM they’ll drag Broadway, respectfully.

MAY 17TH- WILL BE A SPECIAL DAY

Look for the annual Sytende Mai parade and opening of the Scandinavian Heritage Park. It’s also the opening day for the Dakota Territory Air Museum. Get details on other events on the visitminot.org. website.

TODAY’S CHUCKLE

You don’t need a parachute to go skydiving. You need one to go skydiving twice.

Historically quirky North Dakota

Walhalla, the “Valley of the Gods,” used to be called St. Joseph and nearly all the residents were Metis, a mix of French and Chippewa people, a federally recognized First Nations tribe in Canada, but not in the United States.

There were also numerous missionaries working in the area before Dakota Territorial days. One of them was Father Bellecourt, from which the community of Belcourt is named.

As was common throughout history, the missionaries attempted to convert the Chippewa and Metis to Christianity, and they did a pretty good job with it until the Indians had about enough.

So sometime in 1852 an historical event occurred that became known as the Martyrs of St. Joe. About a dozen people were killed in a massacre and more were killed two years later. Thus, there are at least a dozen people buried in this historical location and each person has a different headstone.

One of them states, “Mrs. Cornelius Spencer, killed by Indians Aug. 39, 1854 at Walhalla (St. Joseph), where she and her husband were laboring as missionaries.” The graves are in the Walhalla Cemetery on

Division Street in the Pembina County community.

The name St. Joseph was changed to Walhalla in 1871, primarily to avoid confusion with other communities in the region also named St. Joseph.

Here’s another historical event they don’t teach us about in middle school or high school history.

There’s an obscure place on the northwest side of Hebron that became known as Fort Sauerkraut. It’s on a hilltop that overlooks the local cemetery.

Local settlers in the 1880s, mostly German immigrants, feared hostile Indians had escaped a nearby reservation, the closest being Fort Berthold, and planned to attack the town of Hebron.

In a state of panic, the settlers shipped most of the women and children to Bismarck and built a fort out of sod and railroad ties. The Indian attack never happened, but the quirky Fort Sauerkraut still stands.

Finally, this is an event in our recent history that I’m guessing several people will remember, although most of us who grew up in the ‘60s and beyond are not aware of this.

The community of Michigan, in

Nelson County, has a monument near a spot where 34 people died in what is known as North Dakota’s worst rail disaster.

It happened on Aug. 9, 1945, the same day the second nuclear bomb was dropped on Nagasaki in Japan. One train was crushed by another just west of town. A total of 20 service members were killed who were all returning home from World War II. Separately 12 civilians and two children died in the accident.

The front of the granite monument lists the names of everyone that includes the military rank of the Army and Navy personnel killed in the wreck. There’s also a photograph of the disaster on the front, and in the rear, the monument explains the details of the crash.

Two Great Northern Empire Builder trains left St. Paul 20 minutes apart. When the first train left Grand Forks, it was 30 minutes ahead of the second, but had some mechanical issues. West of Michigan, the train stopped to inspect possible brake damage and the second train plowed into the first killing 34 of the 937 people aboard both trains.

It remains as the worst loss of life of any train accident in the history of North Dakota.



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AMY ALLENDER

Last week, I began clearing things out of my garage to clean and sell on Facebook Marketplace. This is part of my spring-and-fall routine: pull out the large toys—bikes, scooters, strollers, and all manner of plastic monstrosities we’ve accumulated over the previous season. Then I audit. What don’t we use? What are the boys too big for? What should be given away? What could be sold to bring in some money to put toward something we’d actually use?

I started the task in jeans, a T-shirt, and sneakers. Minot felt like spring, and there was nothing more appropriate than spring cleaning on a day like that. About 30 minutes into assessing the collection and scrubbing garage grime from scooters in preparation for sale, I was uncomfortably hot.

First, I swapped the sneakers for sandals. After hosing down one more item, sweat was dripping down my back. At that, I went into the house and traded the jeans and T-shirt for shorts and a tank top.

Back outside, I was more comfortable, but the sun and eerie lack of a breeze still left

The Spring Shift

me feeling like it was August instead of early May. Soon, my kids came by to ask if I’d fill up their squirt guns. I obliged, then hollered over to my husband—also working outside—“Have you checked the weather? How hot is it today?”

He pulled out his phone, and a moment later said, “Looks like it’s 62 degrees right now.”

“That. Cannot. Be. Right,” I replied, staggered. There was no way the temperature was cooler than 65, and I was in shorts and a tank top like it was the end of summer. It had been 60 degrees several days earlier, and I’d worn jeans, sneakers, and a light sweatshirt without complaint.

“Well, it’s sunny and there’s no wind,” he said by way of reply.

Later that day, a friend sent me a meme that read, “Spring in the Midwest: you never know if it’s an 80-degree kind of 60... or a 40-degree kind of 60.” There has never been a truer statement.

The next day, the high was 82—and I stood, staring into my closet, completely flummoxed. If 62 felt impossibly hot, how would I handle actual summer temperatures? Is it just me, or did it get warm really quickly? My body still seems to be adjusting from winter. If I’m being honest, I think I’m subconsciously bracing for the possibility of one final snowfall.

If you’re new here, welcome to the fashion confusion that is a North Dakota seasonal transition. For me, May in Minot is a month of wardrobe whiplash. One moment you’re yanking a

fleece over your head, the next you’re wearing a tank top—and in between, you’ll find yourself wearing sandals with the fleece on a Target run.

Spring here isn’t a gentle, linear thaw. It’s a rollercoaster—a thrilling, unpredictable blend of muddy optimism, dusty windshields, and the return of robins.

And even though I find myself overdressed one day and underprepared the next, there’s something delightfully human about it all. I love an object lesson, and this is a fine one. It’s a seasonal reminder that change doesn’t come neatly or predictably. Sometimes it comes gradually; other times, it comes in waves and jolts. Sometimes we sweat through it. Sometimes we stand in our closet unsure of how to dress for it. But eventually, we adjust. Our bodies thaw, our wardrobes shift, and our expectations soften as we get more accustomed to the volatility of shifting seasons.

So, if you find yourself sweating on one 62-degree day and freezing on another—or dressed for February in the morning and August in the afternoon—you’re not alone. We’re all just trying to keep up. And in the end, maybe that’s what spring is really about: a slow, sweaty, sun-drenched permission slip to grow and change—even if there’s a little regression and it feels a little awkward along the way.



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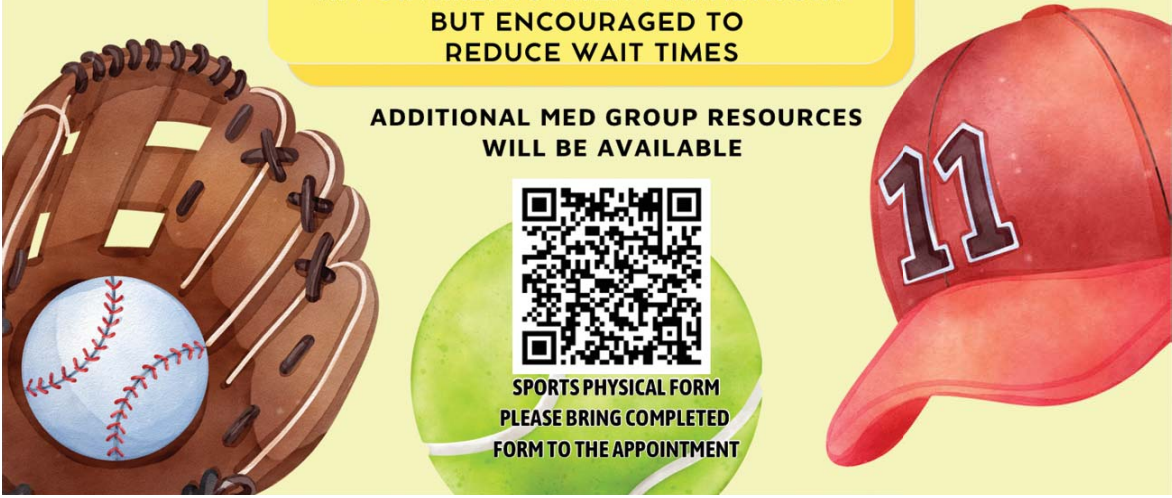
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From boilers to backhoes: How 5 CES keeps Minot AFB’s heart beating

SENIOR AIRMAN KENDRA A. RANSUM, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

Beneath the icy crust of North Dakota’s unforgiving winters, where temperatures plunge to extremes most Americans never experience, a dedicated team of Airmen and civilians work around the clock to keep a decades-old installation ready. They’re the Airmen of the 5th Civil Engineer Squadron and they’re responsible for maintaining Minot Air Force Base’s infrastructure.

It’s a job that never stops. Minot AFB is home to B-52H Stratofortress bombers and a portion of the nation’s Minuteman III intercontinental ballistic missile force. Both platforms rely on the 5 CES to ensure their buildings, roads, utilities and systems can support the weight of national defense. The squadron often finds itself at the frontline of a quiet, constant battle: age.

“One of the biggest things about Minot is that almost the entire installation was built during the Cold War, so everything’s

aging,” said U.S. Air Force Capt. Dylan Bechen, 5 CES Director of Operations. “We have an extreme freeze cycle that we experience here, and that degrades the infrastructure more rapidly than what I’ve seen on other installations.”

Minot’s location adds a unique layer of challenge. Arctic blasts and subzero temperatures frequently trigger infrastructure emergencies—burst pipes, cracked concrete and faltering heaters.

While many Air Force bases have civil engineers, Minot AFB’s unit operates under challenging circumstances. The remote location limits access to contractors, driving up costs and delaying support. Unlike installations located near metropolitan areas, Minot AFB lacks a large local pool of skilled labor to call upon. That means more tasks fall to the in-house team.

“Minot’s unique as far as the scale we do stuff on,” said U.S. Air Force Master Sgt. Ryan Powell, 5 CES pavements and equipment section chief. “We’re not just doing stuff for the 5th Bomb Wing, we’re

also maintaining stuff for the 91st Missile Wing.”

At any given time, members of the 5 CES could be handling dozens of simultaneous issues. The squadron is composed of 13 different Air Force Specialty Codes, representing a diverse set of trades and skills. Electricians, plumbers, heavy equipment operators—known colloquially as “dirtboys”—heating, ventilation and air conditioning technicians and more make up the team.

Despite the challenges posed by aging infrastructure, limited resources and North Dakota’s severe climate, the 5 CES remains a cornerstone of Minot’s operational readiness. They do one of the dirtiest jobs in the Air Force, keeping the power projection infrastructure that supports the B-52Hs, missile fields and Airmen functioning.

As global security demands remain high, their ability to keep facilities functional and mission-capable is not just essential—but a strategic imperative.



U.S. Air Force Staff Sgt. Darenger Saylor, the 5th Civil Engineer Squadron’s water and fuel systems maintenance non-commissioned officer in charge, prepares polyvinyl chloride pipes inside the hand-excavated command suite of the 5th Bomb Wing headquarters on Minot Air Force Base, North Dakota, April 16, 2025. Members of the 5th CES excavated the exterior trench to access a manhole so the old cast-iron pipes could be replaced with modern PVC pipes.



U.S. Air Force Staff Sgt. Daniel Jarden, 91st Maintenance Squadron power, refrigeration, electrical, laboratory team chief (right), wheels concrete into the 5th Bomb Wing headquarters on Minot Air Force Base, North Dakota, April 18, 2025. Due to the location of the degraded infrastructure, bringing in supplies into the building and repairs had to be done by hand.



Airmen from the 5th Civil Engineer Squadron work on renovating the floor of the 5th Bomb Wing headquarters on Minot Air Force Base, North Dakota, April 18, 2025. Minot AFB’s infrastructure was built during the Cold War and thus the building’s piping required a complete overhaul when it was damaged by tree roots and degradation over time.



U.S. Air Force Staff Sgt. Cody Hill, a 5th Civil Engineer Squadron pavements and construction equipment specialist, and U.S. Air Force Staff Sgt. Sebastian Pulgarin, a 5CES structural specialist, cut branches off a tree on Minot Air Force Base, North Dakota, April 10, 2025. The 5CES comprises 13 different AFSCs, and in the case of cutting down a tree, requires different specialists and skillsets working together to accomplish the same task.

U.S. AIR FORCE PHOTOS BY
SENIOR AIRMAN KENDRA A. RANSUM

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Quick Getaways from Minot with Allegiant

NATALY ZARRELLA, NORTHERN SENTRY

If you’re looking for a fast and budget-friendly escape from Minot, Allegiant Air may be your ticket to sunshine and savings. Allegiant Air is one of the three airlines currently operating out of Minot International Airport. While Delta and United Airlines also can be spotted in the Minot skies, Allegiant Air has become a reliable favorite for local travelers hoping to get away without spending a fortune or a full day in transit due to the budget friendly prices.

Allegiant operates direct flights from Minot to two popular destinations: Las Vegas, Nevada (LAS), and Phoenix/Mesa, Arizona (AZA). These non-stop flights are not only timesaving but are also consistently budget-friendly, especially when booked in advance.

Although easy on the savings account, Allegiant flights do come with some scheduling challenges in that they only fly out a few days a week. Flights to Las Vegas are available on Mondays and Thursdays, while flights to Phoenix/Mesa operate on Mondays and Fridays, convenient schedules that work well for both weekend travelers and those planning longer stays.

A standout benefit of flying with Allegiant is the simplicity of their routes. Unlike many carriers that require layovers

in larger hub cities, Allegiant’s direct flights allow passengers to get from Minot to the heart of Las Vegas or Arizona in roughly three hours. That’s a significant perk for anyone hoping to spend more time enjoying their vacation and less time navigating airport terminals.

“I like Allegiant because the flights are usually pretty affordable and they are direct flights,” said Lindsey Flemming, a Minot local and frequent Allegiant passenger, “I can leave Minot, and 3 hours later, I’m in Phoenix! You can also sign up for an account through Allegiant and get emails fairly often about sales. I’ve flown round trip to Phoenix for as low as \$78! And when I go next time in June, because of my points and a sale, my round trip tickets were \$47.”

Lindsay’s experience isn’t unique—many passengers find that with a little planning and flexibility, Allegiant’s pricing and reward options make travel in and out of Minot International more accessible than ever.

Allegiant allows customers to book flights as far as six months in advance through their website. Signing up for an Allegiant account enables travelers to receive promotional emails and alerts about flash sales, discounted fares, and point-based rewards.

Because Allegiant is a low-

cost carrier, prices are often significantly lower than competitors, particularly when travelers book early or travel mid-week. While there usually are additional charges for carry-ons, checked bags, or seat selection, the overall cost often remains lower than other airlines offering similar routes.

Allegiant offers valuable incentive for Active Duty military members too. The airline provides active-duty military personnel flying on orders or leisure with free checked baggage, one free carry-on, and early boarding, a generous policy that recognizes and supports those in service. According to Allegiant Air, “spouses and dependents traveling on the same itinerary with the eligible military traveler may qualify for the same benefits”. This is a no hassle benefit, just show your military identification at the check in desk and you are good to go!

While Allegiant’s current offerings out of Minot include only Las Vegas and Phoenix/Mesa, the airline previously operated a route to Sanford/Orlando, Florida (SFB). That flight, however, was recently discontinued. While the loss of the Florida route is disappointing to some travelers, the airline continues to provide strong value through its remaining destinations.

Allegiant has built its reputation by serving small and mid-sized cities like Minot, offering direct access to major vacation destinations across the country, a strategy that has resonated with North Dakota travelers looking for warm-weather getaways without the hassle of long travel days or



Allegiant Air offers affordable flights from Minot International Airport, helping travelers get away with ease this travel season.

multiple layovers.

For residents of Minot and nearby communities, Allegiant’s service at the local airport has expanded travel opportunities. Whether you’re planning a quick escape to the excitement of Las Vegas or a relaxing stay under the Arizona sun, having direct flights from Minot makes getting away more convenient and accessible than ever.

As the summer travel season approaches, now is a great time to explore options for a quick getaway. With flexible schedules, low fares, and direct service, Allegiant Air is helping Minot residents travel smart without compromising comfort or convenience.

For more information, flight schedules, and booking, visit www.allegiant.com.



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Honoring the Heart of Service This Mother's Day

NATALY ZARRELLA, NORTHERN SENTRY

Motherhood and military life are two roles defined by devotion, sacrifice, and boundless strength. This Mother's Day, we honor the extraordinary women who serve their families and their country, whether they're on active duty, married to service members, or raising children who have answered the call to serve. These women carry both the emotional weight of motherhood and the responsibilities of military life with grace, courage, and enduring love.

From the young mother adapting to new rhythms of parenting, to the seasoned mom supporting her adult children in uniform, to the active-duty Air Force member juggling leadership responsibilities with late-night lullabies, each of their stories is a testament to resilience and commitment.

BROOKLYN LAUTT: FINDING JOY IN NEW BEGINNINGS

For Brooklyn Lautt, motherhood is a daily adventure filled with joy, change, and deep emotional growth. Married to 1st Lieutenant Cole Lautt of the 91st Missile Security Forces Squadron, Brooklyn is the proud mother of one-year-old August, a lively toddler who's already her greatest teacher.

"The best part of being a mom is getting to spend every day

with my built-in best friend," she says, smiling. "Seeing the world through August's eyes has been the most incredible gift. Watching him learn and grow has made me more present, more grounded."

Despite the love and laughter, Brooklyn is honest about the challenges that came with the transition to motherhood. "My whole world changed the moment they placed August onto my chest," she reflects. "It wasn't about me anymore. My priorities shifted completely. Thursday night trivia was replaced by baby yoga at 6 a.m., and bedtime is now strictly at 7 p.m."

Yet even in moments of exhaustion or nostalgia for the past, August's smile brings everything into perspective. "When he looks at me with that big gummy grin, my momma heart swells," she says. "That's when I know, I'm right where I'm supposed to be."

Brooklyn offers this heartfelt piece of wisdom to new moms: "They don't need the fanciest toys or gadgets. What they really need is you, your love, your attention. Honestly, they'd much rather play in the dishwasher than with that fancy toy you were influenced to buy!"

ANGELA PETERSON: A MOTHER'S LOVE ACROSS THE MILES

Angela Peterson knows another kind of strength, that of a mother whose child has grown up, taken the oath, and left home to serve. Her son, Luke Peterson, is an active-duty Airman assigned to the 91st Missile Security Operations Squadron. While Luke's interest in the military began early, Angela admits that letting go wasn't easy.

"He talked about joining since he was little, so I wasn't surprised," she says. "But the day he left for basic training? That was the toughest part. Every moment until I saw him at his graduation was gut-wrenching."

Like many military moms, Angela clung to every phone call and letter. "Each one made my heart so happy. I counted the days. That connection, no matter



Angela Peterson a proud moment for her seeing her son Airman Luke Peterson graduate Security Forces Technical Training at Joint Base San Antonio- Lackland, TX

how small, meant everything."

Angela, who is also mom to 19-year-old Brady, describes motherhood as both "the most rewarding and terrifying role" she's ever had. "I worry about my boys constantly, normal moms worry, but every day with them is a blessing. I'm so proud of Luke, and now Brady's looking to follow in his brother's footsteps."

Her advice to other moms? "Let them make their own choices and support them completely. Be there for them whether they're on top of the world or feeling lost. You can be honest with them about your feelings but always let them know you have their back."

While Angela will be surrounded by her extended family this Mother's Day, celebrating with her own mom, sisters, and their families. Luke won't be able to attend this year as he is currently at a temporary duty location away from home. Still, the pride she carries for her son's service brings a sense of honor to the occasion.

TSGT SHELBY MOORE: LEADING AT WORK AND AT HOME

Technical Sergeant Shelby Moore lives life in constant motion. A member of the 91st Security Forces Group's True North Team and married to Technical Sergeant Trey Moore, Shelby is the devoted mother to Cora, age four, and Cillian, age two. She knows well the challenges of balancing military duties with the unpredictable, beautiful chaos of parenting.

"To me, being a mother means embracing the chaos that comes with raising little humans," she says. "It means growing in ways I didn't know were possible and creating unbreakable bonds with my kids."

As both a leader in uniform and a nurturer at home, Shelby feels deeply rewarded by the opportunity to give her children the kind of upbringing she wished for as a child. "I want them to have every opportunity and all the joy they deserve," she says.

Yet even the strongest mothers



TSgt Shelby Moore with her husband, TSgt Trey Moore, and their children, Cora (4 years old) and Cillian (1.5 years old).



TSgt Moore with her daughter Cora on her hip, being presented her going-away gift in recognition of her service, as she prepared to cross-train into the Religious Affairs career field.

feel the sting of separation. "The hardest part is being away for training, deployments, or schools," Shelby shares. "Missing those little moments, bedtime stories, first words, or just a regular Tuesday night, that's tough."

To maintain balance, she sets clear boundaries. "I make sure I take leave to vacation with my family, and I don't bring work home. When I'm with my kids, they get all of me."

For Mother's Day, Shelby hopes to be doing something her family loves most

-camping.

While Mother's Day offers a chance to celebrate these incredible women, their contributions deserve recognition every day.

They are the quiet heroes, raising children, supporting spouses, and leading their fellow Airmen. Whether it's through a bedtime song, a long-distance letter, or a firm salute, they serve with a love that strengthens both family and force.

Their stories are not just about being moms. They're about being warriors of compassion, pillars of support, and examples of unwavering resilience.

This Mother's Day, we salute all mothers, those in uniform, those beside the uniform, and those who raised those who serve. Your strength is the foundation of our military family. Thank you for your service, your sacrifices, and your enduring love.

A LOOK BACK THIS WEEK IN USAF HISTORY

USAF MOBILIZES IN WAKE OF CATAclySMIC MOUNT ST. HELENS ERUPTION

MAY 18, 1980



Mount St. Helens erupted on May 18, 1980, creating the deadliest and most economically destructive volcanic event in U.S. history. (USGS photo)

On May 18, 1980, Mount St. Helens, located in Washington, erupted with a force 400 times stronger than the atomic bombs dropped on Japan nearly 35 years earlier. The Washington State Department of Emergency Services called for Air Force assistance for disaster relief operations shortly after. Personnel and planes from the 62nd Military Airlift Wing (MAW) and 36th Tactical Airlift Squadron at McChord AFB, Wash., the 63rd MAW at Norton AFB, Ca., the 303rd Aerospace Rescue and Recovery Squadron from March AFB, Ca., the 920th Rescue Wing at Patrick AFB, Fla., and many more units provided humanitarian support

and communications assistance in the wake of the eruption. While McChord was able to evacuate all aircraft before the smoke arrived, many planes stationed at nearby Fairchild AFB were grounded and by the morning of the 19th, over an inch of ash covered the entirety of the base. The eruption killed 57 people and caused over a billion in damages. 24 square miles of the valley were leveled by a debris avalanche, and hundreds of square miles of forest and farmland were destroyed. Mount St. Helens continued to erupt sporadically throughout the summer.

Information courtesy of: mcchord.af.mil / 920raqw.afrc.af.mil / United States Geological Survey



Brooklyn Lautt and her son August enjoying a beautiful sunset from their backyard at Minot AFB.



Brooklyn and husband First Lieutenant Cole Lautt with their son August enjoying some family time at 91 SFG event.



Angela Peterson with her sons Brady and Airman Luke Peterson at her sons Basic Training Graduation (February 2023).

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A Lifetime of Pottery: Local Collector's Treasures Now on Display at Pioneer Village

The Pioneer Village Museum in Burlington, ND, just got a little more colorful—thanks to a generous donation from longtime pottery collector Joyce Elaine Carlson Young.

Joyce, who was born in McLeod, ND, in 1935, spent most of her life gathering beautiful pottery, especially pieces from the famous Rosemeade factory once located in Wahpeton. What started as a few finds at flea markets and estate sales turned into a collection of over 300 unique pieces, ranging from rare plates to tiny test pitchers.



Over the years, Joyce and her husband, John, traveled all over Minnesota, North Dakota, and Iowa hunting for the next great piece—often with John secretly buying the ones Joyce admired most to surprise her later.

Joyce's love for pottery goes way back. In the early 1960s, when the family lived just two blocks from the Rosemeade factory, Joyce's kids would sometimes sneak over to the factory's ash piles to dig for discarded pottery—finding treasures that were tossed aside for imperfections.



The collection, which at one time was valued at \$18,000, now has a permanent home at Pioneer Village, displayed on the second floor of the Samuelson House—a large white home originally from downtown Minot. It's a beautiful tribute to a lifetime of dedication, and a real treat for visitors to explore.

Pioneer Village Museum is open May 9 through October 19, Wednesday to Saturday from 10 a.m. to 5 p.m., and Sundays from noon to 5 p.m. They're located just east of Burlington's city turnoff on Highway 2/52 West.

The museum also hosts events like family reunions, weddings, and community gatherings—and is always looking for volunteers and new members to help keep local history alive.

So if you love pottery, history, or just a good story, make sure to stop by and see Joyce's incredible collection!

**Joyce Young passed away on Friday, March 14, 2025 just two months shy of her 90th birthday. The pottery donation was made just weeks before her passing.*



Joyce Young graciously donated a massive collection of antique pottery to the Pioneer Village Museum this year.



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Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at [revelnd.com](https://www.revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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Lorna Y. Henderson

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Cell: 701-240-3435

Sunday Worship...11:00 a.m.

Food Truck Season Brings Little Blue Elephant to Minot AFB

KERIANNE NOEL, NORTHERN SENTRY

Those who have recently been to the BX may have noticed that MAFB has a new food truck! Little Blue Elephant, located just outside the Food Court, made its debut on April 23d of this year. The friendly face serving you at the lunch counter? Little Blue Elephant’s owner Ken Thedsomboon.

Hailing from Bangkok, Ken began cooking with his mother, whom he credits for his recipes, at a young age. After coming to the United States he expanded his culinary repertoire while working at the Four Seasons Hotel in Midtown Manhattan. He made his way West and after pausing in Grand Forks for a year, arrived in Minot at the peak of the oil boom in 2013. And if the question was whether this small corner of the Midwest was ready to embrace Thai cuisine and Sushi, the answer seems to have been a resound ‘yes!’

Not just a food truck, Little Blue Elephant operates as a brick and mortar restaurant for part of the year. Tucked away in an atrium on 22 S Main Street, fans of their food know to keep a close eye on their Facebook page for dates and hours of operation. They are often closed from December through March, to visit family in Thailand. In the summer, the restaurant also shuts down and Ken takes his skills on the road for ‘Food Truck Season.’ Little Blue Elephant’s food truck has been all over the Midwest, including South Dakota, Iowa, and Minnesota.

Their current three month contract with AAFES will mean that, with a few exceptions such as

an event in Watford City the first week of June, and, of course, the North Dakota State Fair, Ken and his truck will remain parked right here on MAFB. After that? Who is to say. Perhaps this brief three month relationship could evolve into something longer term for the base community. When Ken was asked he smiled and said, “I want to stay forever because I love it already.”

The truck’s busiest time is often right around 10:45. Good things take time, and while normally food is prepared more quickly, during these surges it can take 15-20 minutes from when an order is first placed to when the food is ready. Ken emphasized that there is no online ordering option because this would stretch his truck beyond its capacity. He added, “I want to make good food that is good quality with fresh vegetables. I want to be able to guarantee the quality under my hand.” He shared that he doesn’t take shortcuts, and prefers to allow ingredients (his vegetables are purchased, the evening before they are served) and his time-honed technique to deliver on both texture and flavor.

Customer favorites include pot stickers, Pad Thai, Drunken Noodles, Young Ginger, and Pepper Steak. People are also very enthusiastic about the sushi selection, which changes depending on the day of the week. While Ken loves everything on his menu, he suggested that those new to Thai food try the Pad Thai if they enjoy noodle dishes or Hot Pepper Basil for a rice based dish. He also mentioned that, as with

all Thai food, it can be ordered with no spice or on a spice scale of 1 to 4, with 4 being ‘Thai hot.’ Newcomers may want to scale up with caution. Ken also suggested that customers try a Thai Iced Tea or Watermelon Smoothie, which are made fresh and might help offset some of that Thai spice in their meal.

Ken’s pride in the food his mother taught him to make, love for ‘food truckin’, and joy at being a part of what fuels Team Minot was emphatic. “I love to make good food for the military who work so hard for this country. I love this country that has given me opportunities. This is a very, very [emphasis his] good country.”

Through July 22d, Minot AFB residents can enjoy Little Blue Elephant’s freshly prepared Thai and sushi on weekdays from 10 AM to 6 PM. Dates and times are subject to change - please see the Minot AFB Exchange Facebook page for updates.



Captain Kim Lee of the 69th Bomb Squadron, grabbing a quick bite to eat with Ken, the man behind Little Blue Elephant’s crowd-pleasing dishes.

NOTES ON BEING SAFE

WARM WEATHER BRINGS CHILDREN TO STREETS, PLAYGROUNDS

SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY

It’s hard to believe but summer almost is here! The snow is finally melting and weather is getting warmer, and children of all ages are outside playing more and more each day.

With more outside activities available to children, they have tendencies to use the streets and parking lots for skateboarding, rollerblading, bicycling, and playing outdoors. According to *Safe Kids Are No Accident*, published by the National Safe KIDS Campaign, children between 6 and 12 years old are at greatest risk for bike accidents. A head injury is the most serious outcome of an accident. A head injury is the most serious outcome of an accident. These types of activities could possibly lead to injuries from minor cuts and bruises or to more serious injuries that require some type of emergency care.

Parents need to make children aware of the dangers that surround their environment and take positive rather than negative actions and measures to keep children from becoming statistics.

Here are some of the basic dangers that seem to be more common in the summer months than other times of the year.

- Ensure children are aware of dogs or other animals in the neighborhood that they need to stay clear of.
- Teach children of all ages about traffic safety laws and how the laws apply to them while they are on their bikes or rollerblading, including the proper wear of helmets for these types of activities.
- Keep home swing sets and outdoor gym equipment in good operating condition. Give them a good check out before the children attack them. Some areas to look at include: Are the chains free from rust? Is the equipment secured to the ground and is strong as the previous year? Are all the screws and bolts tight or broken, and need to be replaced.
- Keep outdoor maintenance equipment and gasoline containers and other hazardous materials out of the reach of children and pets at all times.
- Closely monitor wading or swimming pools. Encourage children to take swimming lessons. Remember, even children who know how to swim need to be supervised.
- When traveling in a motor vehicle, even for a short trip, all children as well as adults must be secured in a child restraint seat or seatbelt. Remember, never allow children to ride in the front seat of a vehicle with passenger side air bags.
- An important tip to remember: if you see a child playing in a front yard, or on a curb, anticipate the child running out into the street. If you keep this tip in the back of

your mind, you will always “see” a child well enough ahead of time before a mishap does occur.

Common sense and knowledge is the best defense against summer hazards. It’s all adults’ responsibility to teach children at an early age about safety. Of course, we are not trying to make children safety professionals, but give them the basic tools to develop good safety habits.

By following a few basic rules and by thinking what a child might be doing will reduce trips to the emergency room and enhance summer fun! If you need any safety related information, do not hesitate to call our office at ext. 3-2259.

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Team Minot has embraced Little Blue Elephant’s food truck with enthusiasm, with many hoping it can remain on base permanently.

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WEDNESDAY 11-5
THURSDAY 11-5
FRIDAY 11-5
SATURDAY 11-3

Car care checklist for summer road trips • Part 2

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 belts and hoses

Reinforced rubber drive belts power the engine water pump and accessories such as the alternator and air conditioning compressor so you should inspect and replace any that are cracked, glazed or frayed. Note that modern multi-rib or drive belt materials do not show easily visible signs of wear. As a general rule, replace drive belts every 60,000 miles. Inspect and replace worn, brittle, bulging or excessively soft radiator hoses. Check for leaks around hose clamps and at the radiator and water pump.

Replenish emergency kit supplies

AAA recommends keeping a well-stocked emergency kit in your vehicle. Include a flashlight and extra fresh batteries, first-aid supplies, drinking water, non-perishable snacks for people and pets, car battery booster cables, emergency flares or reflectors, a rain poncho, a basic tool kit, duct tape, gloves and shop rags or paper towels.

Plan ahead for vehicle service

In the event you should need vehicle maintenance, know ahead of time where to find an auto repair shop and technician you can trust. Use AAA.com/Repair to access AAA's network of nearly 7,000 Approved Auto Repair facilities. Each shop meets AAA's service and customer satisfaction standards. AAA members receive auto repair discounts, an extended 24-month/24,000-mile parts and labor warranty, and assistance in resolving repair-related issues.

Keep the AC running cool

Take a test drive with the air conditioner running. If you notice a decrease in cooling capacity, take the car to an auto repair shop for diagnosis. Also have the cabin filter inspected and replaced as needed.



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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.

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UPCOMING EVENT
MOTHER'S DAY
MAY 11

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North Plains Elementary Book Bliss Art Show



DR. AMANDA CAPOTE, PHD

Color, creativity, and imagination were on full display during the North Plains Elementary Book Bliss Art Show on April 17, 2025. This event featured artwork from all our students grades K-5, transforming each hallway into a book or author that inspired them. Kindergarten created work from the well known child author Eric Carle, displaying Very Hungry Caterpillars, Brown Bears, and so much more. First grade took on the huge task of creating art from Dr. Seuss, to include a complete entryway to Seussville. If you like weather, 2nd grade was definitely the hallway to see! Thunderstorms complete with lightning, illuminated the ceiling as you walked through! Maybe weather is not your thing, well if you went down the 3rd, 4th, and 5th grade hallway you were indulged with artwork that covered all the amazing things about Spring, the incredible author Peter Reynolds,

and Little House on the Prairie. The final hallway was a collection of work dedicated to the book, Never Play Music Right Next to the Zoo, by author: John Lithgow. Snakes, Tigers, Bears, and Penguins could be seen down the hallway in a chaotic frenzy to play instruments from the Orchestra!

This show is a celebration of our students' creativity and growth and it is incredible to see how proud they are to showcase their work and share that with not only their parents, but the community. Parents and guests strolled through the hallways of colorful displays, taking pictures and sharing the excitement with their children-a moment their child will probably never forget. North Plains Elementary takes pride in our annual Art Show as it provides a space for every student to feel seen and celebrated for their creative efforts. I cannot wait to see what the students create next year!



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2025 YOUTH AWARDS

CONGRATULATIONS ON YOUR ACCOMPLISHMENTS!

SCHOLARSHIPS

SRT awarded six 2025 SRT Scholarships for \$2,000 each and one SRT \$3,000 Technical Scholarship.



Josie Bryn
TGU Towner High School
Daughter of Koreen and Aaron Bryn



Alena Hall
Our Redeemer's Christian School
Daughter of Joanna and Thomas Hall



Cambel Johnson
Minot North High School
Daughter of Stacy and Duane Johnson



Melissa Kuhnhenh
TGU Towner High School
Daughter of Natasha and Travis Kuhnhenh



Rose Schiele
Velva High School
Daughter of Nylene and Arlen Schiele



Wilson Wald
Minot High School
Son of Jill and Dusty Wald



TECHNICAL

Austin Lakefield
MLS Mohall High School
Son of Kristi and Daniel Lakefield

YOUTH TOUR

Logan will represent SRT during the 2025 Foundation for Rural Service (FRS) Youth Tour in Washington, D.C. this summer. He will learn about the telecommunications industry, tour our nation's capital, and meet with legislative leaders to discuss his experiences in rural North Dakota.



Logan Weems
Newburg United School
Son of Loy Weems



Tukker Fedje
Bottineau High School
Son of Tiffani and Timothy Fedje



Appreciate Our Teachers



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



In honor of Teacher Appreciation Week, May 5th – May 9th, I share some of my thoughts on teachers:

PEACE

Implementing positive reinforcement encourages the good in each and every way. Applying an “attention-rich diet” produces affection through our teachers’ play.

In teaching, there’s no harsh punishment like spanking or cruel yell.
When a teacher productively guides, students learn quite well.

ENCOURAGE

Teachers say, “You are funny!”
We win a talent show.
Teachers say, “You are brave.”
We protect as we go.
Teachers say, “You are smart!”
We cure cancer.
Teachers say, “You are graceful.”
We become prima dancer.
Teachers say, “You are cool!”
We feel we’re unique.
Teachers say, “Change the world.”
We work to succeed.

IMMORTALITY

The power of time lies in its urgent call.
The thought of its movement is on-going, without stall.

Pervasive though it is, we can slow its swift retire.
In caring for our nation’s youth, our own is set on fire!

INCOME

If salary could be determined by all that they provide,
Teachers would be ostentatious rich rather than merely rich inside.

CARE

Wanting a plant to be its best requires provision of sun, air, water: rest.
It grows!

Wanting a marriage to be its best requires provision of trust, love, time: zest.
It thrives!

Wanting a child to be its best requires provision of fine heart in teacher’s chest.
It persists!

EQUALITY

Teachers show students how to embrace the complex;
make sense of ways of living.
For every person, they teach compassion: the significance of giving.

Living with honor as people with love, exemplifying truth.
Teachers spend each day gently guiding: an example wrought with couth.

Amid each dream, teachers encourage all: a lesson to be bold: regardless of their outward show, students’ thoughts worth more than gold.

THOUGHT

Our teachers’ influence continues as expansive as the sea shining on toward other shore: ample thought for thee.

The vast skies we live under affect all students taught.
The beauty that’s America is liberating thought.

Teachers, enjoy this week and—especially—every week that passes without recognition, knowing that what you do is always honorable, sometimes tough, and beautifully curated by each of you to support our future. Thank you.



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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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11AM - 12AM
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CROSSWORD PUZZLE

Across

- 1. Colorful fish
- 6. Limit
- 9. Porch steps, collectively
- 14. Early photo color
- 15. Beetle mate
- 16. Tara occupant
- 17. What Monty earned?
- 19. Disciple of Christ
- 20. Hebrew month
- 21. Most like Felix Unger
- 23. Classify
- 25. Limitations on imports
- 29. What Julia paid?
- 33. Drum major's topper
- 36. Angelo's instrument
- 37. Rapacious seabird
- 38. Gear tooth
- 39. Kind of balloon
- 40. "Tarzan" Ron
- 41. Some Amerinds
- 43. Times for celebrating
- 44. "Fatha" of jazz
- 46. What keeps Johnny comfy in winter?
- 49. Two-time Wimbledon winner Gibson
- 50. Note combinations
- 54. Poisonous element
- 58. "Blood and Sand" beast
- 59. Open-mouthed
- 62. What George has?
- 64. Bay city
- 65. Certain Ivy Leaguer
- 66. Put the fork to
- 67. Before now
- 68. Swell place
- 69. Nightie

1	2	3	4	5		6	7	8		9	10	11	12	13	
14						15				16					
17						18				19					
20						21				22					
23						24				25			26	27	28
				29				30	31	32					
33	34	35						36				37			
38								39					40		
41								42					43		
46								47					48		
49													49		
													50		
													51	52	53
													54		
59	60	61						55	56	57			58		
64								62				63			
								65				66			
67								68				69			

Down

- 1. Milo of the theater
 - 2. Laugh units
 - 3. Excellent grade
 - 4. Mound
 - 5. "I Want You" uncle
 - 6. Like some beliefs
 - 7. Canadian singer Paul
 - 8. Station
 - 9. Absorbs, as gravy
 - 10. Number-one
 - 11. Stable scrap
 - 12. Dig this
 - 13. Hacker's goal
 - 18. Freeze front
- 22. Social peer
 - 24. Greek letter
 - 26. Symbolic
 - 27. As ___ (usually)
 - 28. Hostel visits
 - 30. Wingless stage
 - 31. Not so damp
 - 32. You can't control it
 - 33. Diver's acronym
 - 34. Boardwalk buy
 - 35. One acting on your behalf
 - 39. Some Native Arizonans
 - 42. Fine silk
 - 44. Initials for the Queen of England
- 45. Physicist's atom
 - 47. Because of this
 - 48. Bk. of the Bible
 - 51. Went up the creek?
 - 52. Fear
 - 53. Contrite
 - 55. Some farm females
 - 56. Shade of green
 - 57. Figure skater Kulik
 - 59. One-time bridge
 - 60. Tankful
 - 61. '70s First Daughter
 - 63. L.A. time zone



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(2025) Action, Adventure, Superhero,
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UNKNOWN**
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DOG MAN
(2024) Fairy Tale, Fantasy,
Musical, Romance (PG)

**THE DAY THE EARTH
BLEW UP: A LOONEY
TUNES MOVIE**
(2024) Animation,
Comedy, Adventure (PG)

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ROD WILSON, NORTHERN SENTRY

Jeremy Meinert is the director of the Minot North band



The new Minot North Auditorium is a beautiful venue for the performing arts at Minot North.



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MINOT AIR FORCE BASE NEWSPAPER
WWW.NORTHERNSENTRY.COM

DEADLINE
FRIDAY,
MAY 16
5:00 PM
PUBLISH
MAY 23

YOUTH IN ACTION

North Dakota Students Shine in 2025 Junior Duck Stamp Art Contest

Young artists from across the state were honored in the 2025 North Dakota Junior Duck Stamp competition, with students from Bismarck, Valley City, Baldwin, and beyond taking top prizes in the annual youth art program celebrating conservation through creativity. Winners were selected in four age groups: Grades K-3, 4-6, 7-9, and 10-12, with first, second, and third place awards given in each group.

In Group 1 (K-3), Ellie Buchholz, Frankie Dally, and Quinn Beese, all from Bismarck, took first place honors. In Group 2 (Grades 4-6), Charlotte Hackley of Alexander, Caleb Coleman of Baldwin, and Herminio Guzman of Leeds were named first place winners. Group 3 (Grades 7-9) recognized RU-BOS winner Gabe Coleman of Baldwin, along with Joanie McCormack from Wilton and Elly Tombarge from Valley City. Topping Group 4 (Grades 10-12) was BOS winner Francheska Flores-Gagarita of Valley City, joined by Adalee Foote of Thompson and Layni Bakalar of Valley City.

Second and third place winners came from towns across

the state including Beulah, Devils Lake, Hope, and Minot, demonstrating the wide reach and talent nurtured by the program. Dozens more students received Honorable Mentions for their work, showcasing a broad spectrum of artistic expression and dedication to the Junior Duck Stamp program's mission of combining wildlife art with conservation education. Special congratulations to Minot's Gracie Boschert who placed 3rd in Group 4 and to all of the students in Mrs. Burns North Plains Elementary class who participated in the Jr Duck Stamp program this year.

Administered by the U.S. Fish & Wildlife Service, the Junior Duck Stamp Program encourages K-12 students to explore wetlands, waterfowl, and wildlife conservation while expressing their observations through art. North Dakota's 2025 entries reflect both exceptional creativity and a deep appreciation for the state's natural beauty.<https://www.dakotalegacyinitiative.com/programs/junior-duck-stamp-program/>



Gabe Coleman of Baldwin was the Best of Show Runner Up.



Francheska Flores-Gagarita of Valley City was the Best of Show winner

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BADLANDS
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Upcoming Events

10
MAY

MOMS MIMOSAS AND MOCKTAILS
10:00 AM - 2:00 PM
Various Locations
Downtown Minot

What a great way to celebrate all the moms in your life! Bring your mom, grandma, best friend or any other beautiful lady in your life to enjoy samples mimosas and mocktails! Plus, new this year, sign up for a session of Yoga at the Fair building! The instructor is from Ascend Wellness and mats will be provided by Trinity Gift Shop. Cost is separate for this session. \$15. Sign up online at www.downtownminot.com. Tickets for the walk are \$10 each. Must be +21 for mimosas.

Moms Mimosas and Mocktails

SATURDAY, MAY 10
10AM - 2PM
DOWNTOWN MINOT

For more information:
[Facebook/ Minot Downtown Business & Professional Association/ Events](#)

11
MAY

MOTHER'S DAY AT THE ZOO
6:30 PM - 8:30 PM
Roosevelt Park Zoo,
1219 E Burdick Expy

Happening during regular zoo hours. Moms get in FREE with the purchase of one child's admission!

Happy Mother's Day!
Roosevelt Park Zoo
Mom's admission is free with a child's admission purchase
Sunday, May 11, 2025

For more information:
[Facebook/ Roosevelt Park Zoo/ Events](#)

14
MAY

BLUE RIDER TRIVIA
7:00 PM - 10:00 PM
Blue Rider
118 1st Avenue SE, Minot

Bring your quarters to buy your chances at free drink questions, and as always, earn style points and Blue Rider respect for creative team names. Why? Because it's Wednesday. And that means Minot's toughest trivia game is on!! Feel free to bring your appetite; we've got Jimmy's Pizza, grilled cheese, pop-tarts and peanuts!

BLUE RIDER TRIVIA
It's the toughest game in town! Every Wednesday

For more information:
[Facebook/ Blue Rider/ Events](#)

17
MAY

SYTTENDE MAI PARADE AND PARK OPENING DAY FOR THE SEASON!
10:00 AM
Scandinavian Heritage Park,
1020 South Broadway, Minot

Celebrate Norway's Constitution Day with a parade and festivities at the Scandinavian Heritage Park in Minot, ND! Join the walking parade at noon, wear your favorite Norwegian attire, and wave flags while singing "Ja vi elsker." After the parade, enjoy a traditional lunch at the Sons of Norway Thor Lodge, featuring hot dogs, salads, kransake, and more. This event also marks the grand opening of the park buildings for the summer season, running from May 17 to September 30, 2025.

For more information:
[Facebook/ Scandinavian Heritage Park/ Events](#)

26
MAY

HOT TOTS BASEBALL
6:30 PM
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MINOT NORTH

SENTINEL REPORT

BRYLEIGH MCBRIDE, FRESHMAN | MINOT NORTH HIGH SCHOOL

MINOT NORTH SOPHOMORE LEADS FIRST-EVER CHESS TOURNAMENT, UNITING PLAYERS OF ALL AGES

The quiet click of chess pieces, the rustle of popcorn bags, and focused faces filled the MAWA building, just across from Minot North High School, last week. It wasn't just any after-school gathering—it was the school's first official chess tournament, and it marked a major milestone for a club that didn't even exist a few months ago. At the heart of it all is sophomore Darian Tyan, the founder behind Minot North's growing chess club.

Darian, a thoughtful and determined student, started the chess club with a simple but meaningful goal: connection. "Our school needed more ways for students to connect face-to-face," he explained. "And I saw chess as a powerful way to bring people together, challenge each other, and grow."

That vision has quickly turned into reality. From organizing weekly meetups in the student's free hour on Wednesdays and Fridays, to coordinating a full tournament with snacks, scoreboards, and competitors of all ages, Darian has led the club's growth with both strategy and heart. Under the guidance of advisor Joseph Super, the club is gaining traction not just at Minot North, but across the community.

Starting something new isn't easy—especially as a high schooler, but Darian had a vision.

"Starting out was tough," Darian admitted. "Meeting new people, keeping things organized, and learning how to lead were all new to me. But each challenge helped me grow alongside the club."

What began as an idea quickly turned into action. Darian organized the first chess meeting and was unsure what to expect. The turnout surprised him.

"At our first meeting, 14 people showed up. That moment made it clear there was real interest and potential here," he said with a smile.

From that day on, the momentum hasn't stopped. The club has expanded rapidly, now including not only high schoolers, but middle schoolers and even adults from the community. "We're one of the only clubs with players from middle school, high school, and even adults, which creates a rare mix of experience and energy," he noted.

The club's first major event—the chess tournament at MAWA—was a huge success. Dozens of players competed across skill levels while munching on popcorn and fresh fruit, supplied by Super. The atmosphere was light but competitive, with sportsmanship and strategy taking stage.

"Tournaments give our players a chance to prove themselves, take pride in their progress, and see how far they've come," Darian said.

For many players, it was their first time playing in a formal competition. Thanks to the supportive environment Darian and Mr. Super have cultivated, players felt encouraged, not intimidated.

"We focus hard on respect, sportsmanship, and always learning," Darian emphasized. "Win or lose, you walk away better than you came."

More than just a place to play a board game, the chess club has quickly become a space for personal growth and lasting friendships. "We bring together students of all ages and backgrounds, giving them a space to think deeply, compete respectfully, and connect through

the game," Darian said.

And it's not just about strategy. Chess, as Darian sees it, builds valuable life skills. "It builds confidence, discipline, and sharp thinking. I've seen people carry those skills into other parts of life," he said. "Patience and self-discipline—knowing when to act, when to wait, and how to think two steps ahead—that's what chess teaches. And honestly, that's what life demands too."

Darian believes the club's inclusivity is what makes it truly special. Players of all ages and skill levels are welcomed equally. "No matter your background, you belong here," he said. Stay tuned to see where this club goes, or for a closer insight if interested, get involved.

The chess club's future looks bright. Darian has ambitious goals, and they're already in motion. "We're planning another tournament before the school year ends, building on the success of our first one. And it's only going to get bigger from here," he said.

One of the most exciting developments is a partnership with Central Middle School, a collaboration that could serve as the beginning of something statewide. "The goal is to expand across North Dakota, giving more kids and teens a chance to prove what they're capable of," Darian explained.

When asked where he sees the club in five years, his answer was clear and confident: "I see it becoming one of the top clubs in the state, known for strong players, great mentoring, and helping younger students rise fast."

Darian also had some thoughtful words of advice for anyone thinking of picking up the game. "Don't focus on winning—focus on learning. Losing teaches you more than any easy win ever could," he said.

With vision, leadership, and a clear passion for the game, Darian Tyan has turned a simple idea into a thriving club that's already impacting students and community members alike. As more tournaments, partnerships, and players join the board, one thing is clear: the chess club at Minot North is just getting started—and Darian is already several moves ahead.



Darian Tyan gives his opening remarks.



Group photo of chess tournament participants.



Middle schooler plays chess against a senior.



Winners of first Minot North Chess Tournament.



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MINOT NORTH
WEEKLY SPORTS
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It was a busy week for Minot North athletics, featuring standout performances on the green, explosive softball wins, and a challenging stretch on the baseball diamond.

The Minot North boys' golf team took first place at the Souris meet with an impressive team score of 296. Kasen Rostad led the charge with a spectacular 68, earning medalist honors. Teammates Walter Langhans and Bennett Bartsch rounded out the top finishers, placing third (74) and fifth (75) respectively. With five players qualifying for state, the Sentinels are looking like a strong team, heading into state on May 28th at the Souris Valley Golf Course.

Minot North softball brought the heat this week with dominant back-to-back victories over the Turtle Mountain Braves, winning 30-6 and 23-5 in a scoring showcase. The team followed up with an exciting doubleheader against Jamestown, winning the first game 10-9 in a late-inning thriller before narrowly falling 7-8 in Game 2. With solid offense and consistent team play, the Sentinels continue to build momentum heading deeper into the season.

The Minot North baseball team hit a rough patch this week, dropping four consecutive games at Corbett Field. On May 1, they fell to Jamestown 4-7 and 6-9 in a tough doubleheader. On May



Boys Baseball Minot North Sentinels

5, they faced Williston, suffering a narrow 0-2 defeat in Game 1 before a devastating 2-18 loss in Game 2. Despite the outcomes, the Sentinels showed resilience and fight, and are focused on turning things around in the upcoming weeks. Come watch them fight for a win at their state tournament May 29 at 10 AM and 31st at 4 pm at Kraft Field.

With golf leading the way and softball heating up, Minot North's spring season remains full of excitement and promise. Fans can look forward to more action as the teams continue to push toward postseason play.



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What are your interests/hobbies?

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What advice do you have for new providers/those interested in being FCC Providers?

My advice to new providers is that even though the process to be licensed seems long and the regulations tedious, once you get in the groove of it this job is very rewarding! I've found many friends in the other providers since they're always willing to lend a helping hand when I need it!

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by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, May 5: 1,830.68 feet above mean sea level (MSL); 18,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.62 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.62 MSL.

•N.D. Game & Fish Dept. game wardens: East end of Lake Sakakawea generally slow with walleye spawn underway. No Devils Lake or north-central area lake reports.

•Devils Lake, Woodland Resort, Devils Lake: Fair to good walleye activity working the shorelines throwing crankbaits. No activity in feeder creeks and coulees with no spring runoff coming down.

•Lake Darling, Karma C-Store, Ruthville: No reports from the Grano area on Lake Darling but look for some walleye activity from shore yet.

•Lake Metigoshe, Four Seasons, Bottineau: Some activity but reports on early season success.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Walleye activity slowed on the east end of Lake Sakakawea with spawn underway.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon producing nice smallmouth bass activity. North Lake producing walleye and smallmouth bass. Try jigs and tubes or small crankbaits for smallies. Not many walleye reports from the east end of Lake Sakakawea but fair pike success continues from shore.

•Lake Sakakawea, New Town: Walleye in post-spawn lull in the Van Hook Arm yet but anglers continue finding fair walleye success in the river portion of Lake Sakakawea around New Town.

•Lake Sakakawea, Van Hook Bait & Tackle New Town: Facilities now open for the summer season. Most anglers working the river area around New Town for walleye with the Van Hook Arm still generally slow for walleye. Some shore-fishing pike success, though, in the Arm.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri

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.

- Lake Darling and Beaver Lodge Canoe Trail now open for boat fishing and paddle craft use.
- May 9 & 10: Evening Hike Series: Full Flower Moon Fairy Hike, 9:30 p.m. Friday and 10:30 p.m. Saturday, Fort Stevenson State Park, Garrison.
- May 10: Duck Days of May, Magic City Discovery Center. Rubber duck races, \$5 per duck or \$20 for 5-duck pack, noon.
- May 10: National Migratory Bird Day at the Zoo, Roosevelt Park Zoo, 10 a.m.
- May 11: Mother's Day at the Zoo, Roosevelt Park Zoo, 9 a.m. Free admission for mom with child's admission.
- May 11: Light Goose Conservation Order (hunting) ends.
- May 15: Canvas, Corks, & Conservation, Roosevelt Park Zoo, sponsored by Greater Minot Zoological Society, \$35, 6 p.m. Go to the zoo's website, (www.rooseveltparkzoo.com/events), for details.
- May 18: Spring turkey season closes.
- May 18: Skeet & 5-Stand Introductory Day, Minot Gun Club, \$10 per round. Go to the website, (visitminot.org/event-calendar/skeet-and-five-stand-introductory-day/), for details.
- May 18: Zion Lutheran Church 3rd Annual Cornhole Tournament, \$20 person; \$30 team; \$10 meal only, 1800 Hiawatha St. SE, Minot, 2 p.m.
- May 19: Sensory-friendly Night, Magic City Discovery Center, 4 p.m.
- May 24: Golden Glow Walk, Lewis & Clark State Park east of Williston, 10 p.m.
- May 24: EMS Kid events with family activities provided by area emergency service entities, including tours of the variety of EMS equipment. Fort Stevenson State Park, Garrison, 4 p.m.
- May 24 – 26: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison. Kite flying and other kite events begin at 10 each day.

TOURNAMENTS:

- May 10: Devils Lake, Woodland Resort.
- May 17: Lake Sakakawea, Lewis & Clark State Park; Devils Lake, Creel Bay.

River tailrace producing walleye from both boat and shore. Look for walleye from the wing walls in the morning. East end of Lake Sakakawea producing a few salmon but walleye spawn is underway with slow activity. Pike activity slowed.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Lots of paddlefish snagging success. Track N.D. Game & Fish Dept. for potential early season closing. Missouri and Yellowstone rivers increased in elevation after earlier rains with fair to good catfish success. Higher, muddy water slowed walleye activity, though. Try White Earth or Little Knife bays on the upper end of Lake Sakakawea in 20 feet with jigs and minnows or crankbaits for walleye. No boat ramp available on Trenton Lake but look for some crappie activity from shore. Cottonwood Lake near Alamo producing 6- to 8-pound pike with spoons or frozen smelt.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No reports from area lakes. Souris River low in the Upham area yet, limiting activity.

N.D. RIVERS GAUGE HEIGHT AND STREAMFLOW (conditions can vary rapidly) for paddle craft activities:

- Des Lacs River, Foxholm: Gauge height, 5.56 feet; streamflow, 10.2 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 91.28 feet.
- Little Missouri River, Medora: Gauge height, 3.37 feet; streamflow, 637 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 8.95 feet; streamflow, 808 CFS.
- Missouri River, Williston: Gauge height, 15.53 feet.
- Missouri River, Washburn: Gauge height, 9.11 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.38 feet.
- Yellowstone River, Cartwright: Gauge height: 65.02 feet.

NUMBERS TO KNOW:

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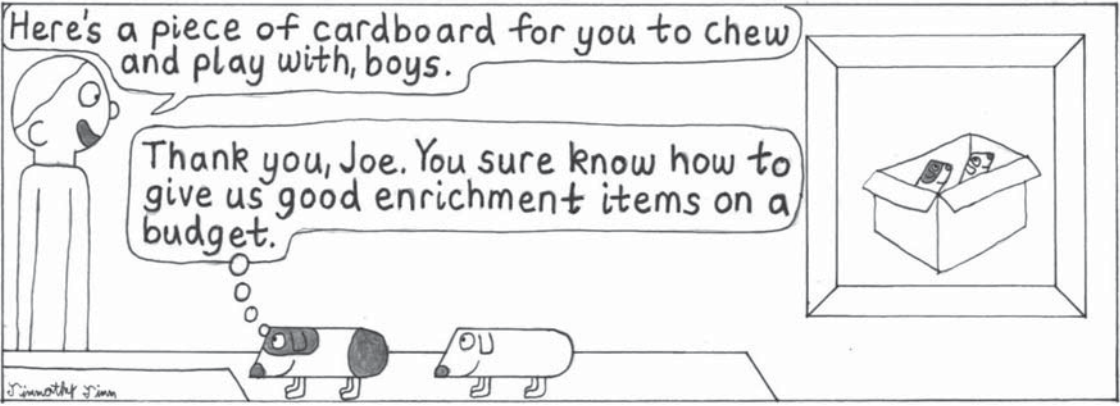
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Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main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

TIMOTHY TIMM



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SCHOOL BOARD MINUTES

UNOFFICIAL MINUTES

MINOT AIR FORCE BASE SCHOOL DISTRICT #160 REGULAR MEETING MINUTES APRIL 22, 2025

The School Board of Minot Air Force Base Public School District No. 160 held a regular meeting on April 22, 2025. The meeting was conducted at the Library of Memorial Middle School.

Board Members Present: Eric Fileccia, Anthony Foerster, Wesley Hoffman

Board Members Absent: Chris Tilstra

Call to Order: President Fileccia called the meeting to order at 5:05 p.m.

Pledge of Allegiance: The pledge of allegiance was recited.

Preview of the Agenda: Motion by Foerster, seconded by Hoffman to approve the agenda. Roll call vote carried 3-0.

Enrollment Analysis: Superintendent Dr. Scott Faul and Business Manager Laura Dokken reviewed the recent district wide enrollment analysis as prepared by RSP & Associates.

NAFIS Spring Conference: Superintendent Faul shared highlights from the NAFIS Spring Conference held in Washington, D.C. The conference provided valuable insight into federal education funding and policies affecting federally impacted schools, especially those receiving Impact Aid. The event emphasized the importance of ongoing advocacy for Impact Aid funding, with discussions on current budget proposals and their implications for school districts. Superintendent Faul and fellow attendees met with the staff of congressional representatives to directly advocate for continued and increased Impact Aid and other federal funding.

MAFB School Liaison Officer Report: MAFB School Liaison Officer, Alyssa Kelly, provided the Board with an update on recent and upcoming events. She introduced herself and shared highlights from the Month of the Military Child trip to Bismarck, along

with other school-related activities. Her report also included information on the distribution of purple graduation cords, the upcoming summer backpack event scheduled for August 8, 2025, the current vacancy on the MAFB School Board, the status of the MAFB busing contract, and the planned School Board visit to Starbase on April 29, 2025.

Approval of Consent Agenda: Motion by Foerster, seconded by Hoffman to approve the Consent Agenda to include the January 21, 2025 MAFB PSD #160 regular school board meeting minutes, the February 13, 2025 MAFB PSD #160 special school board meeting minutes, and the January, February and March 2025 financial reports as presented including the accounts payable in the amount of \$214,001.08. Roll call vote carried 3-0.

2025-2026 MAFB #160 & MPS #1 Agreement: Motion by Foerster, seconded by Hoffman to approve the 2025-2026 Agreement and Addendum #1 and #2 between the Minot Public School District #1 and the Minot Air Force Base School District #160. Motion carried 3-0.

Announcements:
1. MAFB School Board Meeting – July 29, 2025

Adjournment:
The meeting was adjourned at 6:16 p.m.

President Business Manager



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- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **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

Confidential Care, Lasting Impact: Inside Minot AFB's MFLC Program

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Life in the military can present a complex set of challenges, regardless of rank or career field, such as relationship management, transition to civilian or military life or financial readiness. The Military Family Readiness Center (MFRC), a program under the 5th Force Support Squadron, is a department devoted to providing Airmen and families with the resources they might need to conquer common obstacles inherent to military life.

The Military Family Life Counselor (MFLC), is one of the most widely used services of the MFRC. The free, anonymous and non-medical counseling service provides Airmen with a professionally licensed counselor. With this service, Airmen are free to speak to the counselor in regards to any issue that may be affecting their personal or professional well-being and will not be reported to the chain of command.

“There’s different levels of care, and we all knee-jerk to mental health. But this is a different resource. If counselors know that an Airman needs a referral to mental health, they’ll make that referral if

it falls outside the scope they can provide,” said 5th FSS Flight Chief Suzanne Larson in regards to the non-medical nature of the sessions that take place within the MFLC. Sometimes we can assist mental health professionals by deferring certain services to our military family life counselors.”

During a counseling session, counselors can refer an Airman to other departments within the MFRC if they determine the resource would prove beneficial. For example, if a counselor concludes that finance is a large enough stress factor to the individual, the counselor would refer the Airman to the Personal Financial Readiness Service, located in the same building.


MFLC services are available to all active duty Airmen and their families, having provided sessions to 1,569 participants in the first quarter of 2025 according to Larson. MFLC has a widespread impact across the base and carries out a critical role in overall personnel readiness with their program.

Consultations are free and anonymous. Call 701-240-2425 to schedule an appointment.



Two Airmen pose for a stock photo to accompany an article about the counseling services on Minot Air Force Base, North Dakota, May 6, 2025.

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS VINCENT PADILLA





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IT'S DEER TIME

Patricia Stockdill

It's almost mid-May – spring heading into summer, swimming and fishing at the lake, camping, flowers blooming, long summer evenings just relaxing...and the upcoming deer season.

Yup, while it might not be on a lot of people's minds – even hunters – this time of year, a group of folks have been immersed in 2025 deer gun season details for the past few months.

The N.D. Game and Fish Department crunches a litany of information to determine recommendations for the upcoming deer gun and muzzleloader seasons.

Wildlife managers factor in hunter harvest survey data, white-tailed and mule deer aerial population trend surveys - including tracking buck-to-doe and doe-to-fawn ratios – landowner depredation reports, hunter observations, and public, landowner, and staff input to make recommendations for each year's deer hunting proclamation.

From there, the recommendations go to Gov. Kelly Armstrong for his signature of approval.

Then it's a matter of getting applications available for wanna-be hunters to submit on the agency's website, (gf.nd.gov). Later this summer the combined upcoming gun, muzzleloader, and archery deer season's guide is printed to include in the packet when hunters receive their license and tag.

Guides will be also posted on the Game and Fish Department website to download and print.

Even though license applications aren't due until early June (June 4 this year), the N. D. Game and Fish Department sends its deer proclamation recommendations to the governor in late April each year. Traditionally applications are available in early May. The time lag between the early June application deadline and the season allows time for license printing and distribution.

Deer gun hunters are restricted to specific units, species and sex. Muzzleloader licenses are restricted to North Dakota residents for whitetails only with hunters selecting their choice of an antlered or antlerless whitetail.

Perhaps the irony to all of the number-crunching in determining the number of deer

gun lottery licenses each year is that archery licenses remain available “over-the-counter”, albeit an online purchase. In recent years the number of archery licenses sold has fluctuated between 25,000 to more than 29,000 residents and nonresident hunters purchasing licenses.

The number of available deer gun licenses has declined since 2020.

Some tips to consider when applying for a 2025 North Dakota deer gun or muzzleloader license: First, factor in what type of deer would you want to hunt. Hunters wanting to focus on a mule deer Badlands experience or opportunity to harvest a mule deer should select a western North Dakota unit where licenses are broken down by white-tailed or mule deer, as well as antlerless or antlered.

Select an “either” unit if wanting an opportunity to hunt regardless of species – that means you could harvest a mule deer or whitetail species.

Secondly, what's the desired hunting experience? Is it to harvest a deer? Then selecting “antlerless” might be a good first or second choice option depending on the unit. That's because some units have more antlerless licenses available than antlered. If a hunter wants an opportunity to match wits with a buck, then look at the number of available antlered licenses in the various units.

Think about access. Western units offer one million acres of public land. However, it's intermingled with private land so knowing exactly where one is hunting is important – anywhere in the state, actually.

Apps such as what's available on the Game and Fish Department's website (free download) or subscriptions like onX are beneficial, regardless of the type of hunting.

Mule deer licenses are often harder to draw than white-tailed deer licenses although some white-tailed units can be as difficult, if not more so, to get a license in than mule deer units.

Do your homework, apply, and enjoy a North Dakota deer gun or muzzleloader hunting season if you're drawn. Applications are available online at the Game and Fish Department website, (gf.nd.gov) and due June 4.



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WHAT'S GOING ON MINOT AFB

FRIDAY09

- Summer Run Series, 0630-0830, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- National Golf Day Tournament, 1300, Rough Rider Golf Course
- Friday Flicks, 1630-2200, Rockers Bar & Grill

TUESDAY13

- AFFT, 0530, McAdoo Fitness Center
- Run Fast, 0600, Dome, hosted by McAdoo Fitness Center
- TAP (VA) Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Grease and Gears — Sisterhood Sessions, 1730-1930, Auto Hobby Shop
- Run Far, 1900, Dome, hosted by McAdoo Fitness Center

FRIDAY16

- Registration Closes: Trading Post Rendezvous, Outdoor Recreation
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730, Rockers Bar & Grill
- Minot AFB History Walk, 1800, Minot AFB Library
- Karaoke Nights, 2000, Rockers Bar & Grill

SATURDAY10

- Defeat the Wizard's Curse, 1300, Minot AFB Library
- Book Edge Printing Class, 1300-1500, Arts & Crafts Center
- Mother's Day Bags, Bites, & Bingo, 1500, Jimmy Doolittle Center

WEDNESDAY14

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, McAdoo Fitness Center
- TAP (DOL) Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Strength & Tone, 1000, Turf, hosted by 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
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1300-1400, Professional Development Center
- Yoga, 1700, McAdoo Fitness Center

SATURDAY17

- 4-H Activity Day, 0930-1500, Youth Center
- EFMP Adult Master Chef Pasta, 1200-1400, Jimmy Doolittle Center, hosted by M&FRC
- Pencil Drawing Class — Level 2, 1300-1500, Arts & Crafts Center
- Star Wars Trivia, 1700-1900, Rockers Bar & Grill

SUNDAY11

- Mother's Day Golf, 1000-2100, Rough Rider Golf Course

MONDAY12

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- Bootcamp, 0900, McAdoo Fitness Center
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- DEFO Briefing, 1130-1300, Professional Development Center
- Cycle, 1700, McAdoo Fitness Center
- Craft Club, 1800, Minot AFB Library

THURSDAY15

- AFFT, 0530, McAdoo Fitness Center
- Run Fast, 0600, Dome, hosted by McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP (DOL) Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211
- Run Far, 1900, Dome, hosted by McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item
Chicken Bacon Ranch Sandwich
Swiss cheese, chicken, bacon, lettuce, tomato, and bacon!

The B-Fifty Brew Featured Item
Lotus Drinks
Pink, blue, white, and cream, club soda, or lemonade!

Rockers Bar & Grill Featured Item
Harvest Salad
Spring Mix, cranberries, sunflower kernels, mozzarella balls, cherry tomatoes, crumbled boiled egg, and croutons. Add chicken or shrimp!

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