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Members of the 91st Missile Security Forces Squadron teamed up with Souris Valley United Way for a community-wide non-perishable food drive and morning ruck event on Tuesday, May 5, bringing hope and support to those in need in the Minot area. See more on page A2.

NORTHERN SENTRY PHOTO | NATALY ZARRELLA



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# 91st MSFS Rucks for Minot Community

NATALY ZARRELLA, NORTHERN SENTRY

On Monday, May 5, defenders from the 91st Missile Security Forces Squadron (91 MSFS) gathered at Oak Park, a local park in Minot, for more than just physical training. They came together for a cause greater than themselves. With roughly 180 defenders in attendance, the squadron participated in a ruck march that doubled as a charitable mission to support some of the most vulnerable members of the Minot community.

Organized by Staff Sergeant Scott Rader of the 91 MSFS Training Section, the event was a collaborative effort between the 91st Missile Security Forces Squadron, the 91st Security Forces Group True North Team, and Souris Valley United Way. Together, participants collected and delivered approximately 1,200 pounds of non-perishable food, clothing, and essential supplies to help meet the growing needs of local families, underprivileged children, and the homeless population in Minot.

The event served not only as an opportunity to engage in community service but also to strengthen camaraderie and morale among Defenders. According to SSgt Rader, “My wife and I had been trying to find a place where we could donate some of our gently used clothes. We didn’t want to just sell them or throw them away. We were asking around about local organizations that truly help the homeless and underprivileged, and that’s when we came across Souris Valley

United Way. It just made sense to turn this into something larger to get the whole squadron involved.”

The idea of combining the act of giving with a ruck march, a physically demanding trek in which participants carry heavy backpacks or gear, was both symbolic and practical. The Defenders used the march to transport the donated items, carrying their support for the community on their backs. The ruck took place throughout Oak Park, where participants moved in unity, showcasing the strength and compassion of the Air Force and its partnership with local organizations.

The 91 SFG True North Team also played a pivotal role in the planning and execution of the event, providing spiritual support and encouragement to the troops and reinforcing the importance of service beyond the base gates. Their involvement helped highlight the deeper purpose behind the event: connecting with and uplifting those in need.

Souris Valley United Way, a long-standing pillar of community support in Minot, ensured that every donation went directly to those who need it most. The donated goods will help stock food pantries, provide warm clothing for the unhoused, and offer basic hygiene and household items to families facing economic hardship.

“This event created a real sense of togetherness,” said SSgt Rader. “Not only did it bring our squadron closer, but it also

strengthened the bond between the Air Force and the Minot community”

For Minot’s underprivileged children, homeless individuals, and struggling families, the event provided vital resources and a renewed sense of hope. For the Airmen of the 91 MSFS, it offered a unique opportunity to serve, not only through defense, but through compassion and connection. Acts of service like this serve as a powerful reminder that lasting change often begins with small acts of kindness and when a community unites, even the heaviest burdens can be shared and lightened.



91 MSFS Defenders embarked on a morning ruck, stepping up to support those in need within the Minot community.

NORTHERN SENTRY PHOTOS | NATALY ZARRELLA



91st MSFS Defenders extending their mission beyond the Minot AFB gates, serving those in need within the community.



Defenders of the 91 MSFS completed a morning ruck at Oak Park, loading up 1,200 pounds of non-perishable items to support those in need across local community.



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# Striker Frontline Leadership Course Graduates 1,000 Airmen

AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS, AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. --

In today’s operational environment, mission success hinges on more than tactical expertise — it requires leaders who can think critically, communicate clearly and inspire trust across teams, especially under pressure. To better equip warfighters, Air Force Global Strike Command’s Professional Development Division launched a custom foundational leadership course infused with Striker Culture and the commander’s priorities.

The Striker Frontline Leadership Course is built on a foundation of Air Force doctrine and core values, incorporating foundational leadership concepts, philosophy and practical tools. The course recently marked a significant milestone—graduating its 1,000th student, reinforcing the command’s investment in frontline leadership development.

SFLC is the flagship leadership development course for AFGSC, designed to establish a strong support for frontline supervisors as they step into their first supervisory roles. Airmen across the country with various backgrounds and career fields connect virtually over five days in seminar-style small groups. Professional facilitators with decades of leadership experience guide Airmen through concepts to reinforce the mindset, skills

and courage needed to lead effectively while embodying the command’s core values.

“Long range strike and continuous strategic deterrence is dependent on the effectiveness of our Striker leaders,” said Gen Thomas Bussiere, AFGSC Commander. “The Frontline Leadership Course is a crucial part of AFGSC leadership development and reinforces concepts that enable our supervisors to lead in a complex operational environment.”

SFLC’s target participants are junior enlisted personnel, company grade officers and mid-tier civilian employees with less than one year of supervisory experience. Concepts are reinforced through nightly reflection prompts, encouraging students to internalize material and prepare for deeper engagement the following day.

“An excellent set of tools for those who will become leaders or for us leaders who are going through a transition and need to take another look in the toolbox!” said a recent SFLC graduate from Cohort 21.

Graduates often share how they put what they learned into action immediately — in conversations, team dynamics and mission planning. Each participant leaves with a personalized action plan capturing key leadership elements, tools and personal takeaways—providing a practical roadmap for continued

development and real-world application.

“I used what I learned the next day,” said a recent graduate from Cohort 7. “This wasn’t theory — it changed how I lead.”

The course execution stresses the importance of peer learning and shared experiences. Participants benefit from comparing their perspective across squadrons, wings, and staff. They leave with a sense of connection to each other and return to their units more focused, intentional and better prepared to develop the next generation of Striker Leaders.

“The breakout groups were incredibly impactful,” said a recent graduate from Cohort 19. “I learned from others facing the same challenges — and left with more confidence in my own leadership.”

Investing in Airmen and their capabilities is essential when providing deterrence in a dynamic world environment. The Striker Frontline Leadership Course commits to emphasizing leadership fundamentals, accountability and the core principles of AFGSC culture. It aligns leadership education with the broader goals of the command and the Air Force, ensuring every graduate is equipped as resilient supervisors to lead with discipline, excellence, and pride. This essential course ensures the command continues to develop its greatest weapon system – its

people – empowering over 1,000 Striker leaders.

“I feel re-blued,” said a recent graduate from Cohort 16. “I’m walking away with the mindset and tools I need to sharpen my team.”

Airmen and civilian members interested in the Striker Frontline and other leadership courses should contact the AFGSC Leadership Development Branch at (318) 456-6340 or AFGSC.ld@us.af.mil.



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A VIEW FROM OUR SIDE

ROD WILSON

northernsentry

MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

Dear Mom & Dad,


Today it was nearly 100 degrees in Minot. Even the locals are telling me that this is not normal, but in the same breath are sharing that one never knows what normal really is in North Dakota, especially as it pertains to weather.

I was just about to accept that this was a short-term blip in the weather pattern up here in the Dakotas (that's what they call North & South Dakota as a combined geographic area) when someone at a local coffee shop shared with me that we were looking at a possible snow storm by the weekend! Seriously? From 100 degrees to a snowstorm in less than a week?

Luckily, the person at the coffee shop was exaggerating a bit...a quick check of my weather app revealed that snow was highly unlikely, but we have a chance for frost! It can't be true. But there it is, pure and simple, a chance of frost on the weekend!

I know that I am certainly not ready for a 60 degree swing in temperatures, but it seems that these folks up here in Minot are taking it in stride. I heard one lady say in defiance that she's not going to turn her furnace back on until next fall. Another gentlemen shared with me that he had a picture of his son making a snowman several years ago on May 14th. And then a local meteorologist on one of the TV stations shared that we have had snow in Minot well into June.

I'll let you know how it all



UPSIDE DOWN UNDER

MARVIN BAKER

As we all know, North Dakota borders South Dakota, Minnesota, Manitoba, Saskatchewan and Montana. What many of us my not know is there are numerous communities that were built right on a border and in a couple of cases, they extend beyond North Dakota.

The most obvious border town is Fargo. It's our largest city that bumps up to the Red River and it has one of Minnesota's larger cities, Moorhead, on the other side. Others on the Red River are Wahpeton and Breckenridge, Minn., Grand Forks and East Grand Forks, Minn.

How many of you have heard of Forbes, North Dakota? It's a small town of 36 people in Dickey County, southwest of Ellendale. The town's Main Street intersects with 100th Street, which is also the South Dakota state line. Anyone living south of

# Something To Write Home About

turns out. Did we, or did we not get a frost after a couple of 98 degree days? Was the chance of snow only coffee break conversation material? Stay tuned...

From Minot, Your Son....

I know I have shared a few "facts you should know about living in North Dakota" before. Well, here's a few more. My Mom was a gardening and flowerbed expert. Our yard looked like a park. Our garden, planted and maintained by my Dad after he retired, was about ¼ of a city block. (You can do that in Maddock, ND.) The rules we lived by. 1) Never plant your flowers, or your garden, before Memorial Day. 2) Have a plan for re-placing all of those flowers and tomato plants if indeed, it snowed in June. 3) Never, and I mean never, try to keep up with the neighbor when it comes to planting flowers or your garden. It may be tempting to sneak out and by a few flowers just to get the planting process started. But be true to rules 1 & 2 above.

And as far as the weather. There is always that tried and true statement; "You can't control the weather, so why bother worrying about what it (the weather) will bring.

Yes, I was certainly skeptical, questioning the accuracy of those who predict the weather when a week ago they said it would be in the upper 90's. But you know, they were right. And maybe, because the Northern Sentry goes to press in the middle of the week, these same weather folks will be right about the temperature dropping below freezing. But we take in stride. Another one those sayings from my Dad..." more than likely the sun will rise again tomorrow, and we'll deal with a new day."

And Summer Begins!

Just a follow up that no matter what the weather is like on May 17th, it will be

a pretty big day in the Minot. First, it is Sytende Mai. What is Sytende Mai? Known also as Grunnlovsdagen (Constitution Day) and National Day, Syttende Mai translates literally as the "17th of May." On this date in 1814, the Norwegian Constitution was signed, marking the end of more than four centuries of Danish rule. To celebrate there will be a celebration in the Heritage Park.

From the Heritage Park web site: 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, kranskake, 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.

It's also the opening day for the Dakota Territory Air museum and the Pioneer Village in Burlington. It's not the official

first day of summer, but be sure and take in some, or all of the festivities in Minot.

### BEST KEPT SECRETS

Sky Fest over Fort Stevenson is an annual North Dakota kite festival for all ages. The festival is held over Memorial Day weekend each year at a favorite destination for kite flyers -- Fort Stevenson State Park. Fly your own kite. Build your own kite! Bring your lawn chair and spend the day. See kites of all shapes and sizes being flown, including stunt kites. Special activities are planned for each day. Throughout the festival several professional kite fliers will decorate the skies with some of the largest kites currently in production. SkyFest Over Fort Stevenson isn't merely a kite-flying exhibition. Those who attend are welcome to help decorate the sky by flying their own kites.

Admission to SkyFest is free!

### TODAY'S CHUCKLE

Out of the mouths of babes come things they shouldn't have heard us say in the first place.



Sky Fest over Fort StevensonPark.

PHIL BURKS.PHOTO

# North Dakota Border Towns

town is living in South Dakota.

The only other place similar to Forbes on the South Dakota state line would be North Lemmon, in southeastern Adams County. Although it might appear like a suburb of a much larger city, it is actually an extension of the community of Lemmon, in South Dakota.

So, in reality, North Lemmon is actually part of Lemmon, thus a small portion of a South Dakota town is situated in another state. Lemmon lies in Perkins County and has a population of 1,160. North Lemmon doesn't list a population, but those residents are North Dakota citizens according to the U.S. Census Bureau.

There are two border towns on the North Dakota/Montana state line. Fairview is a community many of know about, or at least have heard about. Fairview is in Richland County, Montana and has a population of 900 residents. It's "suburb" sits in McKenzie County, in North Dakota. East Fairview is an unincorporated community that had a population of 73 in the 2020 Census. If you go immediately west of town, you are on Montana.

The other is Westby, and this one is odd. When Westby was founded in 1910, it was in Williams County, in North

Dakota. Five years later, it moved just far enough west to be on a rail line. That actually placed the community in Montana, where it's been since.

There are two border towns in Burke County that are unique for two reasons. They both bump up to the Canadian border and both have towns of the same names in Saskatchewan.

The first is Portal. Most of us know it as a major, 24-hour port of entry. But there is a town there that has 125 residents.

Portal is right on the border and for some people, they can look out their kitchen window and they are looking into Canada. There's a street just west of the port of entry. If you drive on that street and you go in the ditch, you are in Canada and might have to explain yourself to Customs and Border Patrol folks.

Immediately across the international boundary is North Portal, called a village in Saskatchewan, North Portal is nearly as big as Portal with 113 people.

Portal and North Portal are unique because many of the local residents travel back and forth across the border daily for work, school functions and other reasons. When your mowing your lawn in North Dakota, your neighbor might be mowing his

lawn in Saskatchewan.

East of Portal less than 20 miles is Northgate. It also sits on the Canadian border and right across the line is Northgate, Saskatchewan. Northgate was originally founded in Canada, but was moved about a mile south and across the international boundary when a post office was established in 1914.

The town of Northgate, Saskatchewan actually split into two communities and both still remain, although Northgate, N.D., doesn't list a population and is known as an unincorporated community.

Northgate, Saskatchewan is listed as a hamlet and doesn't have an official census. It is officially part of the Municipality of Enniskillen and both communities today are known for having massive grain elevators.

Next is Neche, in Pembina County. This is a community of 350 people that is less than a mile south of the Canadian border and it's sister city is Gretna, Manitoba, with a population of just over 500.

Finally, we come to Maida, in Cavalier County. In this case, there isn't a community on the other side, only Manitoba farmland. It has a port of entry and is the halfway point between Langdon and Morden, Manitoba.



# Measles in Minot? What You Should Realistically Do

ERIN BEENE, NORTHERN SENTRY

Measles has been considered eliminated in the U.S. since 2020, according to the Centers for Disease Control and Prevention (CDC). But as of this week, the U.S. has tipped the scales to over 1,000 measles cases. It’s all over the news, and the Minot AFB Facebook pages have been buzzing about what this means for families, especially as North Dakota just announced its 9th measles case of 2025. Some people are nervous to venture outside and into the community. Is the not-so-distant memory of the COVID pandemic scare starting to resurface?

The issue, it seems, stems from the growing number of people choosing not to vaccinate or choosing to delay the Measles, Mumps, and Rubella (MMR) vaccine for their children. People may opt out for many reasons: religious beliefs, health issues, or mistrust in “Big Pharma.” While the choice is personal and can depend on an individual’s health status, there are consequences, intended or not, on both sides of the decision.

CNN reported that a school district in Williams County, North Dakota, where a few measles cases were discovered, recently issued a health statement to families of unvaccinated students:

“On Tuesday, families of 188 unvaccinated students in the Williston Basin School District No. 7 received a letter informing them

that their children would need to quarantine for three weeks.”

The article also mentioned that the main source of the outbreak remains in West Texas and surrounding states, but the district is concerned about what an outbreak could mean for North Dakota. Read the Full CNN Article: <https://www.cnn.com/2025/05/09/health/measles-outbreak-north-dakota>

According to the CDC, measles was a common illness in the U.S. long before 1912, but that year marked the beginning of official case tracking. During the first decade of recorded data, about 6,000 people died annually due to measles. However, by the 1950s, with medical advancements, that number dropped to around 400–500 deaths per year, though an estimated 3–4 million people were still being infected annually. Of those, 48,000 were hospitalized, and 1,000 developed encephalitis (swelling of the brain). So by the time the measles vaccine was introduced in 1963, less than 1% of those infected died from the disease, but it was still widespread and serious.

On May 8, 2025, the 5th Medical Group at Minot AFB released a statement about the current measles outbreak: “We understand this news may be concerning, especially for families with young children. Please know we’re here to support you with information, care, and

guidance.”

The statement also listed symptoms to watch for: High fever, Cough, Runny nose, Red, watery eyes, Rash (usually begins on the face and spreads). They also provided instructions on how to seek medical help and check if your vaccines are current.

According to the Mayo Clinic, people who are fully vaccinated against measles still have a small chance, about 3%, of contracting the illness. “It’s rare, but some people may get measles after being fully vaccinated. In this small number of people, the symptoms tend to be mild.” <https://www.mayoclinic.org/diseases-conditions/measles/expert-answers/getting-measles-after-vaccination/faq-20125397>

Measles has been around for centuries, and while it was nearly wiped out in the U.S., it appears to be lingering. Talk to your medical provider, stay informed, and make the best choices you can for your family’s health and safety.

*\*This article is not attempting to provide proof for either side of pro- or anti-vaccination. It’s a choice that Americans are allowed to make, and each person should choose what’s best for them, their medical history, and lifestyle. Additionally, this article does not attempt to serve as a medical consultation. Please always discuss your medical choices and options with your licensed medical provider.*

## MINOT AIR FORCE BASE

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“The fact...people are so selfless that they can give a part of them to help other people without even knowing the why, I think that’s amazing.” – Raelynn

All donors who come to give blood, platelets or plasma May 1-31, 2025, will be automatically entered for a chance to win one of two family vacation packages to Universal’s Epic Universe theme park. Package includes: 4 tickets to Universal Epic Universe theme park at Universal Orlando Resort, Travel voucher to cover 4 airline tickets and hotel accommodations in Orlando, Fla, \$2,500 prepaid electronic gift card. Total trip package valued at \$12,500!



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<b>JOSEY-LIVE MUSIC</b> Friday, May 16 at 9:00pm	<b>KENMUJO-LIVE MUSIC</b> Tuesday, May 20 at 8:00pm
<b>2ND ANNUAL KLUB OFF!</b> Saturday, May 17 at 4:00pm	<b>TRIVIA NIGHT</b> Wednesday, May 21 at 9:00pm
<b>MYTHTICKLE-LIVE MUSIC</b> Saturday, May 17 at 5:30pm	<b>FREE NACHOS</b> Thursday, May 22, 4:00pm-Close
<b>DANNY SAVAGE-LIVE MUSIC</b> Saturday, May 17 at 8:30pm	<b>IT WAS HER IDEA-LIVE MUSIC</b> Friday, May 23 at 7:30pm
<b>\$6 HAMM’S &amp; GRILLED CHEESE</b> Tuesday, May 20 at 4:00pm	<b>PEYTON LILY</b> Friday, May 24 at 9:00pm

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# NDSF Spells Opportunity Join The Fun & Make Money!

ROD WILSON, NORTHERN SENTRY

There are 9 great days of the North Dakota State Fair, and that means 9 great days that need to have staffing at everything from the concerts to the entrance gates to the parking lots to the barns, just to name a few.

The formula is pretty simple according to Daryl Frye, Facility Rentals and Service Groups, “we look for community groups to supply volunteers to help out with the State Fair, and we reimburse them for their time, which can be a great fund-raiser for them. We have job positions for everyone. There are more opportunities than ever for these organizations to help out and make extra dollars for their group.”

There are a lot of new groups that have taken the opportunity to jump on board and help out at the fair to raise money “we have the curling club out here this year, and the Alzheimer’s Association and even the Minot Public School Foundation helping out and making money” according to Frye.

“Another point I would like to point out is that there are limited opportunities for people to volunteer for a shift, make money for their organization and in addition, get their brand out in front of the public. I can look at groups like Special Olympics that help out with picking up trash in

the mornings on the fairgrounds, and I have told them that if they come in with their t-shirts and stay in a group, people will see them and recognize that these folks are certainly committed to helping out Special Olympics and keeping their name and their brand in front of the public. This is an opportunity to put your jerseys on, pass out your schedules, it’s all about building relationships and this (the North Dakota State Fair) is a great place to do it!”



Daryl Frye, ND State Fair

For groups looking to make money, the North Dakota State Fair provides not only the opportunities, but the training, and in most cases the volunteers, if they work 4 hours in a day, will receive free admission to the fair. “I kind of look at it this

way. Whatever we, at the North Dakota State Fair, can do to make this a great experience, we will. If they sign up in advance (on the ND State Fair web site) we can give them a schedule so they can re-arrange their work schedule to not only volunteer, but to spend time attending the ND State Fair” says Frye. “We all people to show up for work at 5 PM to help out at the gates of a concert, and once we get through the busy time we can cut staff and the volunteer can attend the concert. So, a volunteer comes to the fair, receives a free gate admission if they work a long enough shift and then get to attend a concert or have fun at the fair. It really is a good deal for these groups. We try to help them (volunteer groups) make as much as possible and have fun doing it.”

During the ND State Fair there are 2-300 volunteer positions to fill every day “which means we more than likely have an opportunity for every group that is looking to be part of the volunteers at the fair” continues Frye.

There are several volunteer stories that will be shared in the next few weeks about volunteers at the ND State Fair, and how they have enjoyed working at the fair, and in turn have made money for groups they are associated with.



Sawyer Brown will play in The Grandstand at the 2025 ND State Fair.

To find out more about how to get your group involved in volunteering at the ND State Fair, scan the QR code below. It

will take you to a special page that talks about the volunteer jobs available at the 2025 North Dakota State Fair.



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# North Dakota State Parade

THE NORTH DAKOTA STATE PARADE COMMITTEE

The North Dakota State Parade Committee has selected Randy Hedberg, Parshall, ND native, as the Grand Marshal of the 2025 North Dakota State Parade. Please see full bio & headshot attached. The 43rd parade, with the theme, “Small Town Roots, Big Dakota Touchdowns,” will be Saturday, July 19, 2025, in Minot.

The parade starts at 9:15 a.m. on Saturday, July 19, 2025, and follows Burdick Expressway east from Broadway and through the North Dakota State Fairgrounds. Since North Dakota’s inaugural State Parade in 1981, it has only been cancelled twice due to the 2011 flood and the Covid epidemic in 2020, making this year’s the 43rd parade.

Online Applications are open. Visit the parade’s website at [www.ndsparade.com](http://www.ndsparade.com). Entry forms must be completed online. Online applications will close at midnight on 21 June 2025 at midnight. Our contact info is website: [ndsparade.com](http://ndsparade.com), email: [committee@ndsparade.com](mailto:committee@ndsparade.com); or call 701-838-0104 and

leave a voice mail if you have any questions or need more information. Your call will be returned. You can mail the ND State Parade Committee for more information at P.O. Box 2157; Minot, North Dakota 58702-2157.

Non-commercial entries will be assessed a \$1.00 application fee; there is a \$65.00 fee for commercial entries (with a \$50.00 fee for each additional unit in the entry). 1 entry equals a vehicle, a truck & trailer or 1 piece of machinery, etc. There is also an additional \$5.00 fee for all entries wishing to be judged.

Entries are lined up according to the date received. Entry number notifications will be e-mailed out after June 21, 2025. The deadline to guarantee being announced, judged or listed in the newspaper is June 21. Payment will be credit card only.

The NDSP Committee is made up of volunteers who meet throughout the year and plan for the following year’s parade, pick a theme and select a Grand Marshal. New volunteers are always welcome.



2024 North Dakota State Fair.



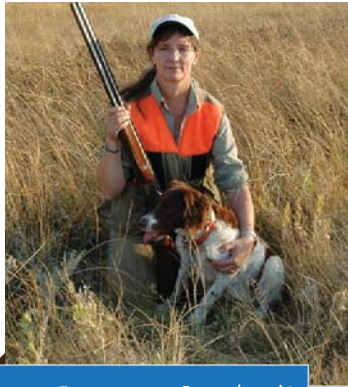
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by Patricia Stockdill

### FISHING:

Lake Sakakawea elevation, May 12: 1,830.69 feet above mean sea level (MSL); 21,000 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,449.57 feet above mean sea level (MSL). Stump Lake elevation: 1,449.47 MSL.

•N.D. Game & Fish Dept. game wardens: No reports from the east end of Lake Sakakawea but midsection around New Town producing nice walleye activity. No reports from Devils Lake or north-central area lakes.

•Devils Lake, Woodland Resort, Devils Lake: Try pitching crankbaits in shallow water along the weed lines for walleye.

•Lake Metigoshe, Four Seasons, Bottineau: Decent walleye activity with increasing boat activity. A few small bluegill from the docks but generally slow yet.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing a few walleye but look for improving success as water temperatures warm and post-spawn lull winds down.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: lake Audubon continues producing good smallmouth bass activity with a few walleye. Not much activity on the east end of Lake Sakakawea yet with better success west in the New Town area. Some walleye success in the Missouri River tailrace.

•Lake Sakakawea, New Town: River portion of Lake Sakakawea around New Town producing good walleye activity. Try Lindy rigs and minnows. A few walleye showing up in the Van Hook Arm but generally inconsistent yet.

•Lake Sakakawea, Van Hook Bait & Tackle New Town: Van Hook Arm slowly starting to produce some walleye activity. Try 12 to 16 feet with lindy rigs and minnows. Water temperatures remain cool yet. Better

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

- Deer gun and muzzleloader applications now available. Go to the N.D. Game & Fish Dept. website, ([gf.nd.gov](http://gf.nd.gov)), for details and online application. Deadline is June 4.
- Paddlefish season is snag-and-release only with season closing May 15.
- Lake Darling and Beaver Lodge Canoe Trail now open for boat fishing.
- May 18: Spring turkey season closes.
- May 24: Golden Glow Walk, 10 p.m., Lewis & Clark State Park, east of Williston.
- May 24: EMS Kind Event celebrating EMS week with family activity and tours of emergency equipment provided Public Service organizations, 4 p.m., Fort Stevenson State Park, Garrison.
- May 24 – 26: Sky Fest over Fort Stevenson Kite Festival with kite flying and array of other kite-related family activities beginning 10 a.m. each day, Fort Stevenson State Park, Garrison.
- May 28: Conservation Days celebrating World Otter Day, Roosevelt Park Zoo.

### TOURNAMENTS:

- May 17: Lake Sakakawea, Lewis & Clark State Park; Devils Lake, Creel Bay.
- May 31: Devils Lake, East Bay.

walleye success in the New Town area in about 16 feet.

•Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace slow for walleye from boat and shore with better success in the evening. Also try the wing walls in the morning. East of Lake Sakakawea slow for walleye. Try Douglas Bay along the north shore with jigs and minnows.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Missouri and Yellowstone rivers remain high and muddy. Some catfish success. Best walleye activity on the upper end of Lake Sakakawea is on either side of the casino in the New Town area. Try jigs and plastics with some success using minnows or nightcrawlers. Trenton Lake producing nice crappie activity from shore. Kota-Ray Dam now stocked with rainbow trout.

•North-central/central N.D. lakes, Townner Halwe. Hank, Townner: Souris River remains low with no activity. Area lakes also quiet.



### N.D. RIVERS PADDLE CRAFT GAUGE HEIGHT AND STREAMFLOW (conditions can vary rapidly):

- Des Lacs River, Foxholm: Gauge height, 5.66 feet; streamflow, 12.7 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 96.3 feet.
- Little Missouri River, Medora: Gauge height, 2.47 feet; streamflow, 242 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 8.03 feet; streamflow, 341 CFS.
- Missouri River, Williston: Gauge height, 16.83 feet.
- Missouri River, Washburn: Gauge height, 9.84 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.83 feet.
- Yellowstone River, Cartwright: Gauge height: 65.86 feet.

### NUMBERS TO KNOW:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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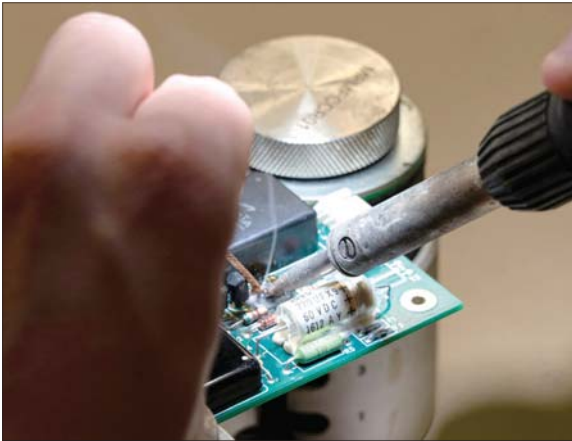
U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS VINCENT PADILLA



Senior Airman Nicholas Lane (right) and Senior Airman Christopher Malhert (left) Air Force Repair Enhancement Program technicians assigned to the 5th Maintenance Squadron, repair a circuit board on Minot Air Force Base, North Dakota, April 21, 2025. The 5th Maintenance Group complies with all processes established across four squadrons with a clear vision on pure innovation.



A soldering station is used by aircraft electrical and environmental technicians assigned to the 5th Maintenance Squadron on Minot Air Force Base, North Dakota, April 21, 2025. The 5th Maintenance Group complies with all processes established across four squadrons with a clear vision on pure innovation.




A micro solder is used to repair a circuit board on Minot Air Force Base, North Dakota, April 21, 2025. Micro soldering and 3D printing are the two main capabilities that allow the Air Force Repair Enhancement Program to make efficient and inexpensive repairs to minor defects in flight equipment.



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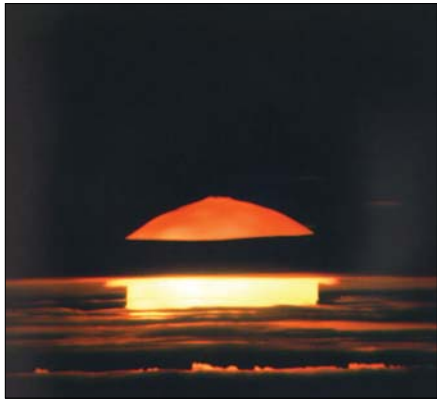
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# A LOOK BACK

## THIS WEEK IN USAF HISTORY

**B-52 BOMBER DROPS FIRST AIRBORNE  
HYDROGEN BOMB OVER BIKINI ATOLL**

MAY 21, 1956




On May 21, 1956, a United States Air Force B-52 Stratofortress from the 4925th Test Group at Kirtland AFB, New Mexico, dropped the first airborne Hydrogen bomb over the Bikini Atoll, Marshall Islands. Before this test, the idea of dropping an H bomb over an enemy was theoretical, but the test proved the USAF's capabilities. The bomb was dropped about 8 miles above the ground and released a blast estimated at 10 to 15 million tons of TNT. The test, called Cherokee, was part of Operation Redwing, in which the United States conducted 17 nuclear test detonations from May to July of 1956. Redwing Cherokee upped the ante in the nuclear arms race with the Soviets and proved that United States had the ability to adapt to new situations of war. In 1963, the Limited Test Ban Treaty prohibited open-air and underwater nuclear testing as a result of concerns from environmentalists and scientists.

The fireball created by Redwing Cherokee over the Bikini Atoll, Marshall Islands.  
(thisdayinaviation.com)

Information courtesy of: history.com / Fitchburg Sentinel, Mass. May 21, 1956 / thisdayinaviation.com

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# Allyson Baloga a Military Spouse from Minot AFB Receives Distinguished Award

FHSU ALUMNI OFFICE

HAYS, Kan. – The Fort Hays State University Alumni Office proudly announced its 2025 commencement award recipients during a press conference Tuesday morning in the Memorial Union. Family, friends, and the FHSU community gathered to celebrate the tremendous achievements of this year’s Torch, Lighthouse, and Pilot Award recipients, recognizing the outstanding efforts and achievements of FHSU students and faculty throughout the 2024-25 academic year.

Ella Burrows, a senior political science major, received the Torch Award, and Allyson Baloga earned this year’s Lighthouse Award as an exceptional graduate student earning an education specialist degree in school psychology.

Eric Deneault was honored with the Pilot Award for his work as a faculty member in the Department of Applied Technology.

### TORCH AWARD

Ella Burrows is a Fort Hays State University senior majoring in Political Science with a pre-law concentration from Satanta. As a fourth-generation Tiger, Ella takes great pride in her family’s long-standing connection to FHSU, with 17 degrees earned and counting. Interestingly, her mother, Karen (Meier) Burrows, was honored with the Torch Award in 1998.

Throughout Ella’s time at Fort Hays State, she has held significant leadership roles, including two consecutive terms as Student Government Association president. Serving in this position has allowed Ella to advocate for the university at local, state, and national levels, including representing FHSU at the American Association of State Colleges and Universities Day in Washington, D.C.

Ella is proud of her involvement in coordinating the Kansas Student Government Conference and creating the FHSU Period Project, supplying free period products to the university campus.

“Perhaps more important than earning exemplary grades, Ella enjoys learning new things and seeks out opportunities to expand her knowledge in diverse areas,” said Wendy Rohleder-Sook, chair of the Department of Communication Studies, Law, and Political Science.

Aside from participating in the Student Government Association, Ella has been an active Delta Zeta sorority member, serving in multiple leadership positions. She has also participated in on-campus organizations such as Pi Sigma Alpha (a political science honor society), Order of Omega, and Phi Kappa Phi. Ella has received the Newman Civic Fellowship and

the Florence Hood Milner Award during her studies at FHSU. As Ella prepares to attend Washburn University to earn a law degree, she is committed to maintaining her leadership skills in the future.

### LIGHTHOUSE AWARD

Allyson Baloga is a graduate student at Fort Hays State, earning her education specialist degree in school psychology. As a military spouse, Allyson has worked hard to follow her dream of becoming a school psychologist. Allyson’s thoughtful approach to academic endeavors, advocacy efforts, and service to others has shone through her work at FHSU and in her military community. Her contributions to the field of school psychology include coauthoring an article featured in “Communiqué,” the journal of the National Association of School Psychologists, and presenting at a national conference. Allyson has provided legislative testimony advocating for improved access to school psychology services, especially for military families, a cause close to her heart.

“Allyson demonstrates unmatched reliability, initiative, and organizational skills,” said Whitney Whitaker, Department of Psychology chair. “She handles her responsibilities with the poise and expertise of an experienced professor.”

Allyson serves as a student leader for NASP (National Association of School Psychologists), and a senate member of the FHSU Online Student Government Association, where she connects with fellow online FHSU students. Allyson is a graduate teaching assistant, regularly supporting faculty with grading, course monitoring, course refinement, and student support. Faculty members frequently comment on Allyson’s reliability, her ability to inspire and engage students, and her skill to create a supportive and inclusive learning environment. Allyson exemplifies the spirit of the Lighthouse Award and remains dedicated to making a difference in the field of school psychology as her career progresses.

### PILOT AWARD

Eric Deneault believes teaching is more than books and lectures – it’s about making a lasting impact on a student’s life. Eric realized education was his calling as a freshman in high school when he stepped into his first drafting class and experienced learning in a way he hadn’t before. Everything clicked when he realized education could be engaging, rigorous, and rewarding. Each day in his applied technology classes, Eric strives to

cultivate lifelong learners who will thrive in their careers, contribute meaningfully to society, and carry forward the spirit of mentorship and growth.

“He connects with students not just intellectually, but personally. He motivates, challenges, and supports them every step of the way,” said Kim Stewart, Department of Applied Technology chair. “He doesn’t just teach students; he believes in them, and in turn, they believe in themselves.”

Students often comment on Eric’s deep knowledge of engineering drawings, architectural and mechanical design, computer-aided drafting, and the building construction industry. However, his supportive and motivating teaching style keeps students engaged in learning. Despite having to work hard, Eric’s one-on-one approach helps students thoroughly enjoy his classes.

Beyond the classroom, Eric has had several scholarly pieces published locally, nationally, and internationally, and regularly presents his research at conferences. His service work in the community is notable, with participation in the “Grow Hays” initiative and his work with Kansas, regional, and national educators.

“To my students, past and present, you are the reason I chose this occupation,” Eric said. “Watching you grow into successful professionals and outstanding human beings is the most rewarding aspect of my career.”

Fort Hays State faculty and staff nominate Torch Award and Lighthouse Award candidates based on classroom excellence, leadership, participation in campus, community, or national organizations, and student, civic, or research activities. Awardees are selected by a committee of FHSU faculty and staff from a pool of nominated students.

The Torch Award recognizes an outstanding senior, which includes May 2025 graduating seniors or students who graduated in December 2024. The Lighthouse Award recognizes an outstanding graduate student who is graduating.

Pilot Award candidates are nominated by graduating seniors based on classroom excellence, ongoing research, and service activities. They are selected by a committee of graduating seniors, faculty, and Alumni Office representatives.

To learn more about the commencement awards or to view a list of past recipients, visit [fhsualumni.com/commencement-awards](https://fhsualumni.com/commencement-awards) or contact the FHSU Alumni Office at [alumni@fhsu.edu](mailto:alumni@fhsu.edu) or 785-628-4430.



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FORT HAYS STATE UNIVERSITY

## 2025 COMMENCEMENT AWARD RECIPIENTS



**TORCH AWARD**  
Exceptional Undergraduate Student  
Ella Burrows



**LIGHTHOUSE AWARD**  
Outstanding Graduate Student  
Allyson Baloga



**PILOT AWARD**  
Exemplary Faculty Member  
Eric Deneault







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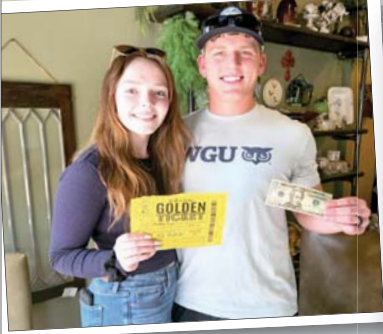
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It's easy—just subscribe to our weekly email newsletter, The Post Brief, Subscribe. That's it! You're in the running to give your child a summer they'll never forget.

### IMPORTANT DETAILS

- Contest runs May 13-18, 2025
- Winner will be notified via the registered email by May 20, 2025
- One entry per email address
- Open to Minot AFB-assigned members and their dependents only
- Must be 18+ to enter

Don't miss your chance to win this amazing summer adventure—for FREE! Get more info on the camps at <https://www.triangleycamp.org/resident-camp> but don't forget to Enter to Win!



### Lance & Chloe Boggs

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### Bruce Bartholomew

Bruce found a \$20 Golden Ticket in the Northern Sentry delivered right to his front door in base housing by one of our amazing delivery kids. MAFB kids ROCK!

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## NOTES ON BEING SAFE

# NATIONAL SAFE BOATING WEEK

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As summer approaches, Americans are looking forward to enjoying our Nation's rivers, lakes, and oceans. National statistics show that recreational boating is safer today than ever before, with the number of boating fatalities declining even as the number of boats increases. However, lives continue to be lost needlessly, and we must remain committed to boating safety. During National Safe Boating Week which is 17 - 23 May, we are reminded that practicing simple steps can make recreational boating safer and more enjoyable.

Drowning remains the number one cause of recreational boating fatalities. According to the American Boating Association, there were 613 boating fatalities in 2020. In many of these cases, life jackets were available on board, but were useless to the passengers in the boats because the speed and suddenness of the accident prevented them from having time to put on their life jackets. The chances of surviving a serious boating accident increase dramatically by wearing a life jacket. Modern life jackets are smaller, lighter, and more flexible, making them easier and more comfortable to wear.

The National Safe Boating Council, the National Association of State Boating Law Administrators, and the U.S. Coast Guard are working with other campaign partners to encourage safe boating practices through the 2021 North American Safe Boating Campaign. In addition to wearing life jackets, the campaign encourages boaters to enroll in a boating safety class, to ensure that boats are properly maintained and checked for

safety, to follow regulations and guidelines relating to homeland security issues, and not to consume alcohol when operating a boat. By improving our skills and increasing our knowledge of recreational boating safety, we can reduce the loss of life, the injuries, and the property damage that occur on our waterways.

Safe boating also contributes to homeland security and frees the time of public safety officers to focus on enforcement issues. The same Coast Guard members, local police, and fire departments who respond to recreational boating accidents are also responsible for protecting the security of our nation's ports and waterways. By avoiding boating accidents, Americans can help these officials devote more time and effort to safeguarding our homeland.

More information about staying safe on the water is available by visiting the U.S. Coast Guard's Office of Boating Safety website at [www.uscgboating.org](http://www.uscgboating.org).



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# Vehicle maintenance tasks drivers don't want to overlook

Savvy drivers recognize that maintenance is essential to keeping their vehicles running strong for years on end. Such maintenance ensures vehicles are safe to take out on the road, and basic upkeep also protects drivers' financial investments in their cars and trucks.

Drivers who are not mechanically inclined tend to put their vehicles in the hands of a trusted mechanic to perform routine maintenance like oil changes. But there's a host of simpler vehicle maintenance tasks that drivers don't want to overlook, some of which can be performed without visiting the auto body shop.

- **Brake inspections:** Brake inspections are best left to the professionals, who can check the thickness of brake pads and look for other indicators of excessive wear. The automotive resource Cars.com recommends having brakes inspected during routine tire rotations, which many automotive professionals suggest should be done every six months.
- **Car wash:** Car washes might not be the first task drivers associate with vehicle maintenance, but they can prevent long-term damage to cars and trucks. Damage from bird droppings and road salt and ice melt products in the winter can damage a vehicle's paint job and its undercarriage. Wash the car on your own at home or visit a professional car wash to

perform this simple yet vital maintenance at regular intervals and whenever you notice significant buildup of dirt and grime on the car's exterior.

- **Air filter:** The air filter on a car or truck prevents debris, dirt and other contaminants from getting into the engine. The auto insurance experts at Allstate® advise drivers to inspect their vehicle air filters once a year. Air filters in need of replacement may appear dirty, and reduced fuel economy, unusual engine sounds and reduced horsepower are some other potential indicators that an air filters needs to be replaced.

- **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.

Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.



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- The Southern Ground Hornbill is the largest hornbill in the world. They are named for their habit of walking on the ground as it feeds.
- The call of the Southern Ground Hornbill is a very deep, reverberating booming sound that can be heard up to 3 miles.
- The Southern Ground Hornbill has acute eyesight.
- Their long eyelashes act as sunshades.
- As the Southern Ground Hornbill ages, their facial skin becomes entirely red.



Fact File	
Life Span	40 - 50 years
Male Weight	7 - 13 pounds
Female Weight	5 - 10 pounds
Body Length	35 - 50 inches
Wild Diet	Omnivore (Carnivore) Herbivore Arthropods, Amphibians, Lizards, Snakes, Small rodents





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# MINOT AFB PHARMACY

## How YOU can communicate with US!

**Do you need to ACTIVATE a new prescription?**

Here are three ways to ACTIVATE a prescription at Minot AFB Pharmacy:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Using the link or QR code
  - Click on 'Message' tab
- Q-Anywhere**
  - Text "Get in line" to 1-833-274-5419
- In Person**
  - Come pull a ticket at the pharmacy and wait for your number to be called

**Do you need to REFILL an existing prescription?**

Here are two ways to REFILL a prescription at Minot AFB Pharmacy:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Use the link or QR code
  - Click on 'Rx Refills' tab
- Automatic REFILL Hotline**
  - Call 1-701-937-4688
  - Follow the prompts

\*If you are out of refills, a new prescription will need to be activated. Please contact your provider to get started.

**Do you need to COMMUNICATE with your pharmacy team?**

Here are three ways you can COMMUNICATE with pharmacy staff:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Using the link or QR code
  - Click on 'Message' tab
- Q-Anywhere**
  - Text "Get in line" to 1-833-274-5419
- In Person**
  - Come pull a ticket at the pharmacy and wait for your number to be called



MHS Genesis  
Patient Portal



Q-Anywhere

**Duty Hours**  
Monday - Friday:  
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Sunday: CLOSED



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For **emergent** needs, visit us in person. You can also call the appointment line at 1-701-723-5633 and a request will be sent for a member of our team to call you back within 48-72 hours!



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U.S. AIR FORCE PHOTO BY MINOT AFB PA



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# Upcoming Events

17 MAY

**COMMUNITY EVENT – KIDS DAY**  
**11:00 AM - 2:00 PM**  
Get Air Minot, 1210 4th Ave NW  
Minot, ND

KIDS DAY is back!!!  
Join us on Saturday, May 17th from 11am-2pm at Get Air Trampoline Park, located right north of Oak Park, in Mlnot, ND.  
Bring the family and enjoy:  
\*\*Meet & Greet with Nodak Speedway drivers and their racecars,  
\*\*Jump Discounts on Jump Prices inside the Trampoline Park,  
\*\*Boy Scouts Pinewood Derby track and Legos for kids to build their own Lego cars to race.

**For more information:**  
Facebook/ Nodak Speedway/ 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, kranskake, 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

21 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!! Starts at seven.  
And feel free to bring your appetite; we’ve got Jimmy’s Pizza, grilled cheese, pop-tarts and peanuts!

**For more information:**  
Facebook/ Blue Rider/ Events

26 MAY

**HOT TOTS BASEBALL**  
**6:30 PM**  
Corbett Field,  
1124 E Burdick Expy

The Hot Tots Baseball season is here! Don’t miss out on the fun as we cheer on the Minot Hot Tots for another exciting season at Corbett Field!  
This year promises thrilling games, community events, and plenty of family-friendly fun. Whether you’re grabbing tickets for a group outing, joining Tate’s Kids Club, or enjoying the Vibelo Ortho Fun Zone, there’s something for everyone!  
Get ready for an unforgettable season of action-packed baseball and great memories. Let’s make it a season to remember!

**For more information:**  
[www.northwoodsleague.com/minot-hot-tots/](http://www.northwoodsleague.com/minot-hot-tots/)

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Solution to last weeks  
Crossword puzzle.

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

Solution to puzzle on page B9

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

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### Across

1. Grifter's game
5. It gives a good reception
10. Salt measure
14. \_\_\_ Alto
15. Not of this world
16. American social reformer  
Baker
17. Westernmost Aleutian
18. Heston epic
19. Handy to
20. What's-his-face
22. Pilfer
24. They can bear cafeteria  
food
26. Sampan propeller
27. Checkers, compared to  
chess
30. In close combat
35. Crookedly
36. Autographs
37. Ornamental container
38. Govt. agency since 1949
39. Held title to
40. \_\_\_ for tat
41. Back muscle, to Billy  
Blanks
42. Weave in and out
43. One with parts
45. How some like to see  
things
47. Quick on the uptake
48. Type of meal?
49. Less common
51. Uno, for one
54. After a while
58. Grand story
59. Gerald Ford's birthplace
62. Heavenly glow
63. Kind of cracker
64. Pat or Richard
65. Word with line or post
66. Shearing sound
67. Wield, as influence
68. Princely Italian family

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	44			
45				46					47					
			48				49	50						
51	52	53						54				55	56	57
58					59	60	61				62			
63					64						65			
66					67						68			

**Down**

- |  |  |  |
|--|--|--|
| <b>1.</b> Places where jets are a big draw | <b>21.</b> Emulated Homer Simpson's creator  | <b>43.</b> Wilderness or staging, e.g. |
| <b>2.</b> "The Elder" Roman statesman      | <b>23.</b> Homburg and derby, e.g.           | <b>44.</b> Slaughter                   |
| <b>3.</b> Vega __, Puerto Rico             | <b>25.</b> Word in a Bugs Bunny catchphrase  | <b>46.</b> Shoe part                   |
| <b>4.</b> Dudley Do-Right, e.g.            | <b>27.</b> Links' rara avis                  | <b>47.</b> Legendary Bear of Alabama   |
| <b>5.</b> Shakespearean subject            | <b>28.</b> Analyze                           | <b>50.</b> Find loathsome              |
| <b>6.</b> Metal mixture                    | <b>29.</b> Make tracks on ice                | <b>51.</b> Robert Stack role           |
| <b>7.</b> Pen or lighter                   | <b>31.</b> Molding type                      | <b>52.</b> Resting atop                |
| <b>8.</b> Sweet-smelling necklace          | <b>32.</b> "__ Frutti" (Little Richard tune) | <b>53.</b> Skirt style                 |
| <b>9.</b> Contiguous                       | <b>33.</b> Celestial hunter                  | <b>55.</b> Twosomes                    |
| <b>10.</b> "Ronin" star                    | <b>34.</b> Journal item                      | <b>56.</b> Impish one                  |
| <b>11.</b> On the safe side, at sea        | <b>36.</b> Move from side to side            | <b>57.</b> Jodie Foster's alma mater   |
| <b>12.</b> Montenegro native               | <b>39.</b> Perfectly matched                 | <b>60.</b> Be sociable                 |
| <b>13.</b> Fabled fast starter             | <b>42.</b> Ascend suddenly                   | <b>61.</b> Give the heave-ho           |



# Minot Cadet Team Represents North Dakota

CIVIL AIR PATROL

Six, well practiced, cadets from Minot, represented North Dakota over the weekend at the Civil Air Patrol North Central Region competition in Salina, Kansas. The



Presentation of the colors. North Dakota’s competition team is graded presenting the colors at Salina, Kans. Cadet Master Sgt. Ezekial Hoverson holds rifle, led by Cadet Tech. Sgt. Emma Slocum holding the US flag, Cadet Master Sgt. Divine Okonkwo holding the Civil Air Patrol flag, and Cadet Master Sgt. Kohen Merkel holding rifle.

CIVIL AIR PATROL PHOTO BY CAPT. NICHOLE MCLAUGHLIN

closely formed team, from Magic City Composite Squadron, proved their skills against the best teams from the region in multiple events including military discipline,

physical fitness, public speaking, and academics. This competition marked the first time all seven states gathered with at least one team.

Arrival and opening events took place Friday night, testing each team’s performance in the mile run, followed by an early morning the next day. “Judges were very impressed with how well [the North Dakota team] communicated!” exclaimed adult team coach, Capt. Nichole McLaughlin. Team members grew to know their tasks and each other well over the past four months as they practiced an average of four hours per week. The team could not have accomplished the training required to properly represent the state without the service hours provided by nearly one-dozen CAP volunteers, guided by McLaughlin.

Competition season may be over, for now, but Minot and the surrounding community still has the chance to witness a performance by Civil Air Patrol. The discipline and skills learned have allowed the team to present the American and State flags at community events, such as the Air Force Association banquet last month. CAP can be joined as age 12 for cadets; adults can volunteer at any age. More information can be found at [gocivilairpatrol.com/join](http://gocivilairpatrol.com/join).



Aerospace build assessment. Cadets Favour Okonkwo, Isaac Sager, Emma Slocum, Divine Okonkwo, Ezekial Hoverson, and Kohen Merkel are timed at designing and building a small glider to compete against the other teams during regional competition at Salina, Kans.

CIVIL AIR PATROL PHOTO BY CAPT. NICHOLE MCLAUGHLIN



Leadership challenge. Cadet Master Sgt. Ezekial Hoverson, Cadet Master Sgt. Kohen Merkel, and Cadet Staff Sgt. Isaac Sager use the resources provided to solve a prescribed task at regional competition, Salina, Kans. Saturday.

CIVIL AIR PATROL PHOTO BY CAPT. NICHOLE MCLAUGHLIN

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- \$5 Moscow Mule
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FORM TO THE APPOINTMENT



# Playground Safety and Student Success Outside

As a certified Early Childhood Playground Inspector since October 2020, I have inspected seven playgrounds on Minot AFB. The first one was the Lewis and Clark Park, which satisfied my final project requirement for certification. Next, the Bud Ebert Park, which consists of ten play structures and is located at the far end of the base. Then, three playgrounds at the Child Development Center (pre-toddler, toddler, and preschool) and two playgrounds at the Youth Center. In fact, it is a Department of the Air Force requirement to inspect the CDC and YC playgrounds annually; therefore, I've revisited and re-inspected these sites multiple times, just completing and submitting my 2025 reports to leadership last week. Why am I telling you this? To provide you with the knowledge that the Air Force is committed to child safety, and to educate you on playground hazards so that you may know how to keep your children safe.

Students will soon be out of school for summer break. The weather is warmer and as opportunities for learning continue as children grow and develop, so learning environments extend from indoor class to outdoor grass! Unfortunately, we often make the mistake of assuming community playgrounds are safe. Instead of maintaining this naivety, here are three—of many—potential playground hazards to look for and rectify before play:

1. Head Entrapment. This is a 3.5 inch to 9-inch space between two play panels or two solid structures that could cause strangulation in a child when he/she is able to get their body through the area, but not their head. The child gets stuck, not realizing that if they turn their head, they could be free of the entrapment. If you see this, do not permit your child to play here and notify Balfour Beatty or your local community park who can then locate the manufacturer for correction.

2. Inadequate Fall Surfacing. Playgrounds typically have loose-fill fall surfacing, such as mulch, wood chips, or pea gravel. This prevents serious injury or death by cushioning falls. However, what most people don't realize is that the efficacy of this safety measure is determined by the depth of the material. According to Thompson, Hudson, and Olsen in my S.A.F.E.



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



Play Areas: Creation, Maintenance, and Renovation book, "Pea gravel must be 9 inches deep for heights of 5 feet and 12 inches deep for heights of 6 feet. After 6 feet of height, pea gravel will no longer absorb the impact of a fall regardless of the depth. Wood chips will pass the critical height test at 7 and 8 feet if it is 9 inches deep. However, both the NPPS and CPSC recommend that 12 inches of loose fill material be used. Because wood products will decompose, the extra 3 inches provide a cushion of safety" (2018/2007, 122). How often do you see a foot of wood chips under a play structure?

3. Equipment Degradation. We have extreme temperatures, wind, hail, and sometimes flooding in North Dakota. The play structures do not put on protective gear during these months. What I've noticed from routine inspections of the same playgrounds is that the equipment degrades quickly here. Before you place your baby in the bucket swing, turn it over and check for cracks. Prior to your school-age child using the monkey bars, examine for handlebar integrity. Check all equipment by testing it with your own body weight and then once you're confident that the structure is sound, permit your precious youth to play on it.

We all want our children to have fun outside. They learn and grow through play and hands-on experiences that test their agility and imagination. And on that note, it's no surprise that I'm a huge fan of outdoor curricula! Meeting Ms. Angela Hanscom—Pediatric Occupational Therapist and founder of Timbarnook (award-winning nature-based program)—was a wonderful experience that I'll share with anyone interested, but she and her program are just one of many outdoor curricula available to you. However, before anyone can learn, safety must prevail. That starts with you. Please be aware of the

not-so-guaranteed-safe-play spaces you visit this summer.

Thompson, D., Hudson, S., & Olsen, H. (2018/2007). S.A.F.E. Play Areas: Creation, Maintenance, and Renovation. Champaign, IL: Human Kinetics.

*The information in this article is provided as a resource and does not constitute endorsement by Minot AFB, the United States Air Force, or the Department of Defense of the external website, or the information, products, or services contained therein.*



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Optional: What they enjoyed most about their Senior Year

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# MINOT NORTH SENTINEL REPORT

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### SOFTBALL: A WEEK OF HIGHS AND LOWS SHOWS TEAM RESILIENCE

The Minot North softball team experienced a mix of disappointment and determination this past week, splitting a hard-fought doubleheader against Bismarck before facing tough competition at the Midseason Madness tournament.

In game one against Bismarck, the Sentinels struggled to find their rhythm both offensively and defensively, falling 5–12. Despite the setback, the team showed incredible resilience and came back with renewed energy in game two. Fueled by strong hitting, aggressive base running, and tighter fielding, the Sentinels dominated the rematch with a commanding 14–4 win. The turnaround showcased the team’s ability to bounce back quickly and adapt under pressure.

However, the momentum didn’t carry over to the Midseason Madness tournament, where Minot North dropped all three games. While the results weren’t what the team hoped for, the experience gained playing high-level competition is expected to benefit the squad going forward. Coaches and players remain confident, emphasizing growth, focus, and team chemistry as they prepare for the remainder of the season.

### GIRLS SOCCER: OFFENSIVE EXPLOSION IN A 14–0 BLOWOUT OVER WILLISTON

Minot North girls soccer delivered one of their most dominant performances of the season in a blowout 14–0 victory over Williston. The team came out firing from the opening whistle and never let up, displaying flawless communication, precise passing, and relentless pressure in the attacking third.

Nearly every offensive possession was a threat, with multiple players contributing to the scoring effort. The midfield controlled the tempo, while the defense ensured the ball rarely crossed midfield. The clean sheet win reflects not only the offense’s firepower but also the team’s balanced performance across the field.

This victory builds on the team’s strong season and boosts their confidence heading into a crucial stretch of games.

### TRACK & FIELD: SIX SENTINELS QUALIFY FOR STATE

The track & field team continues to shine, with six standout athletes qualifying for the state meet this past week. Congratulations to Malia, Coley, Nola, Treasure, Kiarra, and Brynn for punching their tickets to compete against the best in the state.

Each athlete has put in countless hours of training, and their results speak volumes about their dedication. Whether in sprints, relays, jumps, or throws, these six have consistently risen to the occasion. Their qualification is not only a personal achievement but also a boost to team morale.

Boys Golf: First Place at Vardon with Standout Individual Performances

Minot North boys golf had an outstanding outing at the Vardon Invitational, securing first place with a total team score of 306. The Sentinels dominated the course, staying composed and consistent under pressure.

Leading the team was Kaden Rostand, who claimed first place individually with an impressive 72, showing poise and precision throughout his round. Walter Langhans followed closely with a 77, finishing sixth, while Teegan Dangel rounded out the top scorers with a 78, earning eighth place.

Their strong showing highlights the depth and talent of the team. With a few more competitions left before postseason play, the Sentinels are shaping up to be strong contenders for regional and state titles.

Despite some tough losses, the overall energy in Minot North athletics remains high. The softball team is hungry to rebound, soccer is riding a wave of momentum, track is sending stars to state, and boys golf continues to dominate the leaderboard.

As spring sports move into the latter half of the season, expect more highlights, more hustle, and more reasons to cheer on the Sentinels.



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MINOT NORTH MARCHING BAND PERFORM IN BISMARCK PARADE

The Minot North Marching Band brought energy, precision, and school pride to the streets of Bismarck last weekend as they performed in the annual Bismarck Band Day Parade. After nearly four months of preparation, their hard work paid off with a polished performance that impressed the crowd and represented Minot North with excellence.

At the heart of their performance was the band's rendition of Michael Jackson's iconic hit "Beat It." The song choice challenged the band musically and rhythmically, pushing every section—especially the drum line—to new levels. Since January, the band has been rehearsing both inside the band room and out on the practice field, focused not just on the music but on marching fundamentals, coordination, and execution.

Preparing for a parade like Bismarck Band Day takes more than just playing a song. The band spent countless hours refining every detail—practicing drill formations, adjusting turn angles, and maintaining step alignment across the block. Marching while playing requires intense focus, especially when the band is moving in formation through city streets lined with cheering spectators.

Band directors emphasized the importance of clean transitions and synchronized visuals, with students putting in time after school and during class to lock everything in. The drum line, a crowd favorite,



Minot North Marching Band in Bismarck

has been especially focused on perfecting their cadence and timing. Their tight rhythms and dynamic beats set the pace for the rest of the band and helped carry the energy all the way through the parade route.

On parade day, the Minot North Marching Band stepped off with confidence. Wearing full uniforms and marching with pride, they turned heads with their strong sound, crisp lines, and powerful performance of "Beat It." The music echoed through downtown Bismarck, with the beat carrying all the way down the route as

parents, supporters, and parade goers clapped along.

Spectators noted how well the band moved together, with clean angles, sharp turns, and strong projection. It was clear to anyone watching that the band had poured months of effort into getting every detail right.

Marching band is more than just a performance—it's a team effort built on discipline, cooperation, and school spirit. The Bismarck Band Day performance was a reflection of all those values. From early morning rehearsals to late-night sectionals, the students have

supported one another every step of the way.

"Seeing everything come together on parade day made it all worth it," said one band member. "We've worked so hard, and we were proud to represent our school."

With Bismarck Band Day now behind them, the Minot North Band is looking ahead to graduation. The focus will continue to be on growth, precision, and passion for music.

If their Bismarck performance is any indication, the Minot North Marching Band is well on its way to incredible things.



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# JackPine Savages Take 3rd Place at State Envirothon

The JackPine Savages from Minot North High School proudly secured 3rd place at the North Dakota State Envirothon, held this May at Crystal Springs. Competing against some of the brightest student teams in the state, the JackPine Savages demonstrated strong environmental knowledge, teamwork, and problem-solving skills that earned them a top-three finish and widespread recognition — especially for their outstanding oral presentation.

The team was led by advisor Joseph Super and featured six committed and talented students: Bryleigh McBride, Amisa Miller, Bolutife Omole, Jovie Rafferty, Kaden McLeod, and Mikiyas Asmamaw. This diverse group of students brought their individual strengths to the table and worked seamlessly as a unit to navigate the many challenges of the Envirothon competition.

Envirothon is a hands-on environmental education competition for high school students, designed to cultivate an understanding of natural resource management and sustainable practices. Hosted annually at the state level (with opportunities to advance to nationals), the event brings together teams from across North Dakota to test their knowledge in five key categories: Soils and Land Use, Aquatics, Wildlife, Forestry, and a rotating Current Environmental Issue — which for 2025 focused on “Renewable Energy for a Sustainable Future.”

Each topic is covered through outdoor field testing stations, where students are challenged to apply scientific reasoning to real-world scenarios. Students identify soil types, examine aquatic organisms, assess habitat features, calculate forest management practices, and evaluate human impacts on the environment. The competition not only tests scientific understanding, but also the ability to think critically and work under pressure.

But what truly sets Envirothon apart is the Oral Presentation Component — often considered the heart of the competition. In this portion, teams are given a complex environmental scenario related to the current issue and must develop a practical solution. They then present their proposal to a panel of judges, who are typically professionals from environmental and natural resource fields.

At this year’s event in Crystal Springs, the JackPine Savages impressed both judges and peers alike with their well-rounded

performance across all testing areas. Their preparation, which began months before the event, involved learning to identify trees and animal tracks, studying North Dakota’s soil types, analyzing water samples, and mastering the intricacies of renewable energy systems.

Their standout moment came during the oral presentation. The team was tasked with creating a riparian forest along the Missouri River by addressing three challenges associated with climate change, biodiversity, and wildfire. Not only did the JackPine Savages present a feasible, well-researched solution — incorporating prescribed burning and options tailored to North Dakota’s unique climate — but they also considered economic and social impacts, including on the local population. They delivered their plan confidently and clearly, demonstrating a deep understanding of the topic, strong public speaking skills, and a professional group dynamic.

Judges praised the JackPine Savages for their creativity, critical thinking, and ability to respond effectively to challenging follow-up

questions.

Placing 3rd in the state is no small feat, especially in a competition as rigorous and respected as the Envirothon. For the JackPine Savages, the experience was not only about winning, but also about growing as environmental stewards and learners. Each team member came away from the event with greater confidence, a stronger connection to nature, and a deeper understanding of the environmental challenges facing the world today.

The JackPine Savages’ success at State marks an exciting chapter for Minot North High School’s growing environmental science program. As more students become interested in conservation, sustainability, and STEM careers, opportunities like Envirothon help connect classroom learning with real-world applications.

Congratulations to the JackPine Savages — Bryleigh, Amisa, Bolutife, Jovie, Kaden, and Mikiyas — and to Mr. Super for guiding them to such a remarkable achievement. The future of environmental leadership is in good hands.



Minot Envirothon oral presentation.



Jack Pine Savages celebrating their 3rd place win, preparing for their final presentation.

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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.

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Splashes of color dot the prairie landscape, as if in celebration of warm weather, sunshine, and summer in the Northern Great Plains.

At first glance, North Dakota's open skies, gently rolling hills, fields, and native prairie may seem boring and bland. There are not grand mountains; no rocky, breath-taking cliffs.

Simply put, much of the state is a gentle roll of the earth, dotted with an occasional tree or two, some shrubs, a wetland, and some cattails, all thanks to massive glaciers creeping across its landscape millions of years ago. .

But that's why a person needs to stop. Look around at the vast sky and perhaps, most importantly, look down at the ground.

Native prairie is one of the most vibrant, busiest ecosystems in the world.

It is truly alive. In a given three-foot expanse of native prairie, it can be challenging to count the number of different plants and grasses. And the funny thing about prairie is when environmental conditions change, such as a wet cycle moves through or a drought hits, that same three-foot area will look completely different.

Native prairie plants and grasses have evolved to survive the wild weather swings of life on the Northern Great Plains. Plants that thrive in wet conditions typically just go dormant, their seeds laying patiently in wait for another wet cycle so they can shine again.

Conversely, plants that can handle dry conditions typically sit in the background through a wet cycle until it's their turn to take center stage.

In other words, native plants can punt when they have to, rocking and rolling with the weather - perhaps better than humans.

Generally, though, there are some typical blooming native flowers gracing North Dakota's prairie – if there really is ever anything "typical" on the prairie, that is.

The state is fortunate to still have a few remnant chunks of native prairie with beautiful tracts in public ownership, including U.S. Fish and Wildlife Service National Wildlife Refuges and Waterfowl Production Areas.

Lostwood National Wildlife Refuge near Stanley, N.D. is an example. A 5,577-acre Wilderness Area established in 1975 within the 27,589-acre refuge epitomizes the region's mixed grass prairie habitat.

As May marches towards the month of June, pasque flowers – crocuses – have long said good-bye. Instead, look for them early in the spring, almost like an Easter present greeting people after a long winter.

By now, torch flowers – also called prairie smoke – will begin to resemble someone having a bad hair day.

A really bad hair day.

Prairie smoke flowers from about May into July. The pinkish, lavender to rose colored flowers themselves are somewhat small, with three on a short stalk. Later in the

summer, each fruit grows a long, feathery-like plume, which waves in the breezes and accounts for how it got the nickname prairie smoke.

The prairie wild rose is another pinkish flower arriving on the prairie in late May and early June. Its deep rose petals fade to pale pink. Look for it in the prairie, along roads, and in open woody areas. It's common – and it's also North Dakota's state flower.

Missouri milkvetch and American vetch, members of the legume family, are two perennial herbs valuable to grazing livestock. American vetch flowers range from rose to purple and blue while Missouri milkvetch flowers are more pinkish. American Indians savored both for cooking in a variety of ways.

A yellow member of the legume family, prairie golden pea (or prairie buck bane), can grow to about a foot in height. Also a perennial herb, it could be found on upland prairies and Badlands type open banks and eroded slopes. Look soon, though, because it's almost done blooming.

Red false mallow can be found in dry, gravelly prairie, along roads and trails, and badlands-type terrain. Its flower petals are orange to brick red with bright yellow centers.

A trip to the areas where plants such as prairie smoke, members of the vetch family, and red false mallow dot the prairie now will be completely different in a few weeks and later into summer's full glory – and worth another look.

Stay tuned and enjoy another prairie walk on another day, exploring the next floral awakening.



The prairie rose will start blooming in late May. It's North Dakota's official state flower.

PATRICIA STOCKDIL PHOTO



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# WHAT’S GOING ON MINOT AFB

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

SATURDAY17

- 4-H Activity Day, 0930-1500, Youth Center
- Pencil Drawing Class — Level 2, 1300-1500, Arts & Crafts Center
- Star Wars Trivia, 1700-1900, Rockers Bar & Grill

SUNDAY18

- Sunday Escapes Book Club, 1330, Minot AFB Library

MONDAY19

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, McAdoo Fitness Center
- NCO Foundation Course, 0800-1600, Professional Development Center
- Bootcamp, 0900, McAdoo Fitness Center
- Family Strength & Tone, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center
- Sponsorship Training, 1300-1430, M&FRC
- Intro to Crochet, 1630-1830, Arts & Crafts Center
- Cycle, 1700, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library

TUESDAY20

- AFFT, 0530, McAdoo Fitness Center
- Run Fast, 0600, Dome, hosted by McAdoo Fitness Center
- NCO Foundation Course, 0800-1600, Professional Development Center
- Bundles for Babies, 0900-1030, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center — Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library
- Run Far, 1900, Dome, hosted by McAdoo Fitness Center

WEDNESDAY21

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, McAdoo Fitness Center
- NCO Foundation Course, 0800-1600, Professional Development Center
- Spouses Welcome on the Road, 0830-1430, M&FRC
- 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
- Yoga, 1700, McAdoo Fitness Center

THURSDAY22

- AFFT, 0530, McAdoo Fitness Center
- NCO Foundation Course, 0800-1600, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center — Room 211

FRIDAY23

- AFGSC Family Day
- For a full listing of Memorial Day Holiday facility hours, visit 5thforcesupport.com
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY24

- For a full listing of Memorial Day Holiday facility hours, visit 5thforcesupport.com
- Trading Post Rendezvous, 0800-2000, Fort Union, hosted by Outdoor Recreation

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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