



WHAT'S INSIDE THIS WEEK:



5TH COMPTROLLER SQUADRON BUILDS FINANCIAL READINESS

A2



PICKLEBALL FEVER: WHY EVERYONE'S OBSESSED (AND WHERE TO PLAY)

A8



ROOTED IN HERITAGE, GROWING FOR THE HUNGRY

B11



## LAMARAND TRANSFERS COMMAND IN DUAL CEREMONIES

U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, passes the 5th Mission Support Group guidon to Col. Richard Zeigler during a change of command ceremony at Minot Air Force Base, North Dakota, June 2, 2025, symbolizing Zeigler's assumption of command. Two days later, on June 4, Lamarand presented the 5th Maintenance Group guidon to Col. Tiffany Arnold during a separate ceremony, marking her official assumption of command.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS WESLEY DAVIES

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN ALEX NOTTINGHAM



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# 5th Comptroller Squadron builds financial readiness through targeted training days

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

MINOT AIR FORCE BASE, N.D.

The 5th Comptroller Squadron strengthens its financial mission and operational readiness through structured training days held weekly for both military and civilian personnel.

Every Tuesday, office hours are limited to appointments only from 9 a.m. to noon, followed by two hours of finance training in the afternoon. During these training hours from 1:00pm to 3:00pm, the 5th Comptroller Squadron (CPTS) has its doors closed to focus on these trainings.

The goal of these training days is twofold: to meet mandatory contingency training requirements and to address recurring trends or knowledge gaps that impact the squadron’s effectiveness.

The 5th CPTS is responsible for the maintenance of congressional appropriations by resource management, budgetary planning and programming and providing fiscal oversight of Wing funds.

The squadron is divided into two sections: the Financial Management Analysis (FMA) flight, which manages budgets and execution documents and the Financial Services (FMF) flight, which handles everything from military and civilian pay to travel entitlements and final payments for separations and retirements.

Both the FMA and FMF flights attend training sessions together, ensuring that every member—military and civilian—receives standardized instruction. Training focuses on common mistakes and how to avoid them, while also giving new Airmen insight into how their role affects the broader mission.

“Topics do change by the week,” said Tech. Sgt. Alexander Stojadinovic, noncommissioned officer in charge of the Financial Operations Flight. “The NCOIC and the Flight Chief map out each year all the training days for each quarter. These topics are subject to change and we flex due to mission requirements.”

Stojadinovic emphasized the importance of laying that foundation now, before Airmen find themselves in a contingency environment.

“It is probably difficult to directly attribute an Airman’s performance as a direct result of training days as two-thirds of the training is targeted towards contingency operations,” said Stojadinovic. “But I do think it’s important to lay that foundation for when Airmen do deploy down range, that it is somewhat familiar to them and they’re not seeing it for the first time when they get there.”

Beyond technical proficiency, the training aims to build cohesion,

mission awareness and long-term readiness. In a career field where accuracy and timing are essential, the squadron’s approach reinforces not only individual competence but the reliability of financial operations that support every airman at Minot AFB.

In a role where accuracy, timing and understanding of fiscal policy are critical, the 5th CPTS’s training approach aims to ensure every Team Minot member is mission-ready and financially competent.



The 5th Comptroller Squadron’s symbol hangs in the PRIDE building at Minot Air Force Base, North Dakota, May 20, 2025. The 5CPTS is responsible for the maintenance of congressional appropriations by resource management, budgetary planning and programming, and provides fiscal oversight of wing funds.



Airmen from the 5th Comptroller Squadron attend a squadron training day at the PRIDE building at Minot Air Force Base, North Dakota, May 20, 2025. Beyond technical proficiency, the training aims to build cohesion, mission awareness and long-term readiness.



Senior Airman Kristalyn Valdez, a 5th Comptroller Squadron financial services technician, and Senior Airman Jamari Daley, 5CPTS financial accountant, take notes during a training day in the PRIDE building at Minot Air Force Base, North Dakota, May 20, 2025. The goal of these training days is twofold: to meet mandatory contingency training requirements and to address recurring trends or knowledge gaps that impact the squadron’s effectiveness.

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

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5:30PM TBD  
7PM TY & JERILYN OF  
MENDENHALL CROSSING  
Downtown Minot

SUN, JUNE 22  
4PM & 7PM  
MINOT CITY BAND  
Oak Park

THUR, JUNE 26  
5:30PM INTERNATIONAL BRASS  
QUINTET  
7PM MINOT CITY BAND  
Downtown Minot

SUN, JUNE 29  
4PM JERRY SCHLAGG  
7PM WILD HANDS  
Oak Park

SUN, JULY 6  
4PM & 7PM  
MINOT CITY BAND  
Oak Park

THUR, JULY 10  
5:30PM SWING BAND  
7PM LEGION OF SOUND  
Downtown Minot

SUN, JULY 13  
4PM & 7PM  
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7PM  
MINOT CITY BAND  
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SUN, JULY 20  
7PM 188TH ARMY BAND  
Oak Park

SUN, JULY 27  
MINOT SYMPHONY ORCHESTRA  
BEAT BEETHOVEN 5K RUN 5:05PM  
7PM SOULSHINE  
Oak Park

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ALLEN BURGARD  
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BABY GIRL BORN ON  
MONDAY, MAY 19, 2025 TO:  
ABIGAIL KING AND TRAVIS FEIRING  
WILLISTON, ND

BABY BOY BORN ON  
TUESDAY, MAY 20, 2025 TO:  
CECILIA AND ROBERT MEAGHER  
MINOT, ND

BABY GIRL BORN ON  
TUESDAY, MAY 20, 2025 TO:  
MADELINE AND ZACHARY HOLMES  
MINOT, ND

BABY BOY BORN ON  
TUESDAY, MAY 20, 2025 TO:  
ELLYSA AND MATTHEW DIXON  
MAFB, ND

BABY GIRL BORN ON  
TUESDAY, MAY 20, 2025 TO:  
DANIELLE AND ANDREW KEELEY  
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WEDNESDAY, MAY 21, 2025 TO:  
JANESSA AND JOURDYN GOMEZ  
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THURSDAY, MAY 22, 2025 TO:  
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ISAAC FONTOURA  
MINOT, ND

BABY BOY  
THOMAS JAMES HERD  
BORN ON WEDNESDAY, JULY 17, 2024  
AT 5:17AM, 7LB 1OZ, 20 INCHES  
PROUD PARENTS:  
ASHLEY AND PETER HERD  
MINOT, ND

BABY GIRL BORN ON  
THURSDAY, NOVEMBER 28, 2024 TO:  
ACACIA AND DEREON VOYER  
MAFB, ND

BABY GIRL BORN ON  
FRIDAY, MAY 09, 2025 TO:  
DANA AND MATTHEW RUBY  
MINOT, ND

BABY BOY BORN ON  
SUNDAY, MAY 11, 2025 AT  
5:01AM, 7LB 10OZ, 20 INCHES  
PROUD PARENTS:  
MARY AND JOSHUA BOWEN  
MAFB, ND

BABY BOY BORN ON  
WEDNESDAY, MAY 14, 2025 TO:  
TINA CHOQUETTE AND  
ZACHARY ROTHERMUND  
MINOT, ND

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.



# Ongoing engagement: Minot AFB and local leaders connect monthly

SENIOR AIRMAN LUIS GOMEZ, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. -- Team Minot leaders and community members came together during a Military Affairs Committee (MAC) luncheon at Minot Air Force Base, May June 5, 2025.

Hosted regularly by both the Minot Area Chamber Economic Development Corporation (EDC) and Minot AFB, the MAC lunch provides a platform for civic leaders and military personnel to connect,

exchange ideas, and stay informed about the base's mission and activities.

During this specific luncheon, wing leadership shared mission updates, discussed ongoing initiatives, and recognized the continued support from the Minot community.

"For decades, the Minot MAC has preserved and strengthened the relationship between the local community and Air Force through education and advocacy," said Abigail Kinder, 5th Bomb Wing Public Affairs chief of community relations. "MAC lunches allow local leaders the opportunity to see inside the Minot AFB world and vice versa. They provide us with a sense of fellowship that is the building block of our partnership."

The event also featured a presentation from unit representatives across the wing, detailing their roles in strategic deterrence and allowing MAC members to gain an in-depth understanding of Team Minot's mission.

These events play a vital role in fostering mutual support and collaboration between the base and local leaders and ensure Team Minot remains connected with the broader community it serves.



A 91st Missile Maintenance Airman briefs Tom Rafferty, Military Affairs Committee chairman, on the payload transporter vehicle during a Military Affairs Committee luncheon at Minot Air Force Base, North Dakota, June 5, 2025. These vital vehicles are responsible for transporting the Minuteman III intercontinental ballistic missile across vast distances, utilizing public roads to reach strategic locations, and ensuring precise emplacement or removal at launch facilities.



Senior Airman Trust Tate, 5th Bomb Wing public affairs specialist, captures video of a speaker during a Military Affairs Committee (MAC) luncheon at Minot Air Force Base, North Dakota, June 5, 2025. Hosted regularly by both the Minot Area Chamber Economic Development Corporation (EDC) and Minot AFB, the MAC lunch provides a platform for civic leaders and military personnel to connect, exchange ideas, and stay informed about the base's mission and activities



A 54th Helicopter Squadron (HS) UH-1N Iroquois flight engineer briefs a member of the city of Minot community on the helicopter's capabilities during a Military Affairs Committee luncheon at Minot Air Force Base, North Dakota, June 5, 2025. The 54th HS provides the 91st Missile Wing rapid security response capabilities to Team Minot's missile fields, providing overwatch security during convoy operations, as well as executing search and rescue and medical evacuation operations.



A 5th Bomb Wing B-52H Stratofortress aircrew member gives a Military Affairs Committee member a tour of the aircraft's bomb bay during a Military Affairs Committee luncheon at Minot Air Force Base, North Dakota, June 5, 2025. Luncheons like this allow community leaders to engage and discuss important topics that are happening both on Minot Air Force Base and the City of Minot.

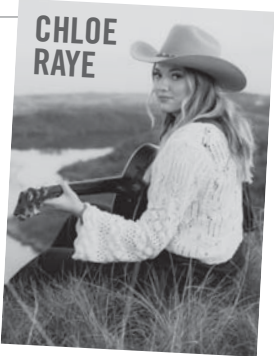
U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN ALEX NOTTINGHAM



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MINOT AIR FORCE BASE NEWSPAPER | [WWW.NORTHERNSENTRY.COM](http://WWW.NORTHERNSENTRY.COM)

It was an early morning, just after 6 AM and I was in Downtown Minot picking up something at my office on the corner of Burdick and Main. The wind hadn't come up quite yet, so the smoke that was predicted had not filled the early morning sky.

I stopped for a moment and just took a brief look down Main Street and enjoyed the many hanging pots of flowers that had recently been placed on the light poles by the Minot Park District. They seemed perfectly aligned this morning as it seemed that on each side of Main Street there was a continuous cascade of flowers.

The flowers on Main Street have always amazed me, because as easy as it seems to plant, hang and water the flowers, it's really pretty orchestrated. First, Lowe's Gardens will call and confirm with someone on the Downtown Minot committee that indeed, we will have flowers again this summer. This decision is made when there are sub-zero temperatures and snow on the ground. "Why do they call? Of course we want flowers, that's kind of a no-brainer" you say. The answer is pretty simple. The flowers in Downtown Minot come at a price north of \$3,000.00. Not only are there hanging flowerpots, but also a number of flower beds on the street corners and they need to be planted, too.

Ok, the flowers are in, what's



**UPSIDE DOWN  
UNDER**  
MARVIN BAKER

If you live along the northern tier of North Dakota, there's a pretty good chance you have visited Winnipeg sometime in your life. If you live in northeastern North Dakota, there's a pretty good chance you have shopped at The Bay.

Called "The Bay" for a number of years to be more modern, it's actually the Hudson's Bay Company, which has been in business in North America for 355 years.

It was recently announced that The Bay, for many years the most prominent department store in Canada, is liquidating its merchandise and is closing.

In a written statement from The

so hard about that? All of you green thumbs that are reading this article know that flower gardening is not a "one size fits all" process. You can certainly have a planned calendar for watering, but if it's hot and windy, you may need to water more often. Or if we have been blessed by recent rains, then maybe you skip a day. That whole decision is left up to the Minot Park District who graciously waters the flowerpots and gardens one at a time with a pickup truck and a water tank...and of course a very long hose. Every year I make sure that I stop and thank those folks that are watering the flowers. It's not a hard job, but I am guessing there are over 60 pots and flower beds to water, one at a time.

So back to my early morning experience in Downtown Minot. Recently we had a bit of maintenance to do on the famous Downtown Fountain, the one at the corner of Main Street and 1st Avenue SW. I was curious as to whether or not the fountain had been fixed, so I headed north on Main Street to see, and yes, indeed the fountain was running. It's all good, I thought. But as I turned to head back to my car I heard a song being sung, by a person on the other side of the fountain from me. The song? "You gotta stop, and smell the roses, except the young girl had replaced the word roses with "flowers". Hey, I remember that song. It was made famous by Mac Davis. What a morning I had experienced, and it wasn't even 7 AM. So, I invite all of you to take a trip through Downtown Minot some morning before everyone arrives. You may have to provide your own music because I am pretty sure that the young lady who was singing by the fountain is probably gone. But you know what? It isn't really the song that's so important, it's what the song suggests. There are some



Antique cars on display at the Pioneer Village Museum in Burlington.

days and there are some times when you just gotta stop...and kind of let the world come to you.

**HOW ABOUT A SHOUT OUT!  
...OR A PAT ON THE BACK!**

Col Schlabach of the 91st Missile Wing shared a story that I think should be repeated. Col Schlabach explained at a recent Military Affairs Luncheon that at any certain time there are a standard number of Minuteman III Missiles in the United States that are considered to be at an operating standard. These missiles can be located at one of the 3 Minuteman III bases, Minot Air Force Base, Malmstrom Air Force Base in Montana or F.E. Warren Air Force Base in Wyoming.

As Col Schlabach explained on Memorial Day they were short, albeit probably had enough, Minuteman III missiles ready to launch. But, on a 3-day weekend, a crew from Minot AFB decided that they had a missile that could be brought back on line with a maintenance trip, and so without being summoned to do so, took on the task and got it done.

As Col Schlabach said, "That's

what makes us proud of the folks who serve right here at Minot Air Force Base!"

So, to whomever those Airmen were, a big shout out and thank-you! Thank you for keeping America secure by maintaining our nuclear deterrent 24/7/365.

**TODAY'S "PLACE ON THE  
MAP!"**

(Kind of replaces best kept secrets) Our place on the map is just up the road a bit in Burlington, North Dakota. Next weekend the Pioneer Village is having a great event, their 2025 Old Settler's days. Every year the Pioneer Village ads a few new items to their every growing inventory of museum pieces. Look for the ad in this week's edition of the Northern Sentry. Mark it on your calendar, June 21st & 22nd. Old Settler's Days at The Pioneer Village, located along Highway 2 in Burlington.

**TODAY'S CHUCKLE**  
Rumor has it that the guy who invented the credit card also invented the boomerang.

# Shopping at the Bay

Bay leadership, it states, "After 355 years, it's time to say goodbye. To our valued customers – thank you. As we prepare to close our doors and shut down (thebay.com), we want to take a moment to express our heartfelt gratitude for your support and loyalty over the years. It has been our pleasure to serve you, and we are truly thankful for the trust placed in us. Select stores remain open as we continue running the closing sale. Visit your nearest location to shop while supplies last."

The nearest locations to North Dakota are at 1225 St. Mary's Road in Winnipeg and 201 1st Ave. S in Saskatoon.

Numerous department stores like Sears, Herbergers, Montgomery Ward and Daytons have all closed citing e-commerce as the greatest factor. But why is The Bay different?

It is the oldest corporation in North America, founded on May 2, 1670 in London. The company was granted a right of sole trade and commerce over an expansive area of land known as Rupert's Land, which comprised much of the Hudson Bay drainage basin.

The company had a commercial

monopoly and functioned as a de facto government in Rupert's Land until it relinquished control to Canada in 1869, just two years after Canada was formerly organized.

Two-thirds of what would become North Dakota was also part of Rupert's Land. The rest was part of the Louisiana Purchase. So, for 148 years until the 49th Parallel was established in 1818, much of North Dakota was in Rupert's Land and had the Hudson's Bay Company as a major retail business.

But things began to shift in the late 1700s. After Pembina was established in 1797, a fur trading operation called the Northwest Company established a fort at the confluence of the Pembina and Red rivers. The Hudson's Bay Company then set up trading posts at Pembina and at present-day Grand Forks, since the entirety of the Red River Valley was good for fur trading.

That territory extended west to include the Souris and Des Lacs River basins. And although no trading posts were established west of Pembina, numerous fur trappers from the Hudson's Bay Company were located throughout the area of Rupert's Land that would become

northwestern North Dakota.

Rupert's Land also extended from Minnesota's Lake of the Woods to the west and into northeastern Montana.

So The Bay has been more than a department store for a very long time. The liquidation started in April and will continue until all of the stores are sold off.

After the fur trade turned to a department store focus, the first Hudson's Bay Company department store opened in 1926 in the same building that many of us have shopped in Winnipeg. That seven-story store is now closed and is now an historic site and two remaining stores in the Polo Park Shopping Center and the St. Vital Centre are closing at the end of June.

Thus, the longest-running business in North America, that is intertwined with the history of North Dakota in more ways than one, was thought to be ending its reign. But Canadian Tire recently purchased the intellectual property rights of HBC for \$30 million, meaning many products will continue to be available long after The Bay closes all its stores.



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**MASTER SGT. SARAH BORDGES,**  
5th Logistics Readiness Squadron first sergeant,  
Minot Air Force Base



## 2025 Outstanding Airmen of the Year

<b>Airman of the Year</b>  SrA Vernica Challenger 608 AOC, Barksdale AFB	<b>NCO of the Year</b>  TSgt Christopher Marett 377 ABW, Kirtland AFB	<b>SNCO of the Year</b>  MSgt Martin Renteria Jr. 608 AOC, Barksdale AFB
<b>Honor Guard Program Member OTY</b>  SrA Aneica Espinoza 341 MW, Malmstrom AFB	<b>Honor Guard Program Manager OTY</b>  SSgt Zackary Goodwin 7 BW, Dyess AFB	<b>First Sergeant of the Year</b>  MSgt Sarah Bordges 5 BW, Minot AFB



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Video producer Adam Dyess, President Tracey Lawson and Jim Keller during video shoot.



Jim with Lion Nicole Swarthout, Lion Tricia Nechodom and Lion Sarah Burckhard

# The Heart Of A Lion! Magic City Lions Pay Tribute

ROD WILSON, NORTHERN SENTRY

Jim Keller is the final remaining charter member of the Magic City Lions, a service club that began in Minot on August 5, 1969. Although Jim is the last of the charter members that formed the Magic City Lions in 1969, he was the very first, and still to this day, the only member of the Magic City Lions who has been inducted in the Lions Hall of Fame.

For Jim a fellow Minot businessman stopped by his shop one day and asked him to consider joining the Magic City Lions. “I didn’t even know what Lions was. Olger (Barsness) from the Minot Lions club (a noon Lions club) came to my business and asked if I would like to join this new club and I indicated to him I would but he had to educate me on what Lions was about. He told me that the Lions organization did community service. We went out and made money by different projects and put that back in the community so that was my start” according to Jim.

There is no official record that would verify that the Magic City Lions was one of the first clubs to have early morning meetings, but Jim thought that these meetings that happened before the business day got started were good. “I think that’s one of the benefits of the morning meeting. You can belong and you can participate and still work your job, you don’t have to be retired.”

Over the 56 years of belonging to Magic City Lions, and moreover, Lions International, Jim has been busy. “I went through the club offices from tail twister to the vice president. I was never secretary but I was president twice over the years. Eventually I became District Governor. Part of that position (meant) it was up to me to arrange for young people to go overseas and for young people from oversea to come here to visit us in western North Dakota” Jim remembers “in the western part of the state we had 54 clubs and I had to call on them at least once and some twice during that year and that wasn’t all of the activity the district governor had; you had to help prepare the state convention and the multiple district conventions and be involved in those activities as well, so, it was a fairly big job.” Of course, all of the district level activities were on top of the activities of his home club, The Magic City Lions.

As you can imagine, 56 years of being a Lion can mean quite an accumulation of Lions memorabilia. In his home are several plaques and awards that when removed from their display cases and other storage containers covers a large table and then some. “When I first went into Lions trading pins with other Lions was a big deal. All the clubs, or most of them at least, made pins for themselves so they could trade them.” On a

horizontal cloth display Jim was able to point to many, many pins that he had collected, all with a history and all with a story. “I arranged these (as he points to the board) according to places. Some are international pins and some are just from clubs around here.” There are also several other pieces of memorabilia, perhaps one of the most prominent a hand crafted knife. “the knife that you see there has my name engraved on the blade. My youth exchange person gave that to me when she came here” says Jim.

Lions Clubs International (LCI) has a variety of recognition programs, including the Lions International Hall of Fame, which is the most prestigious honor for Lions at the state level. Jim was inducted into the North Dakota Lions Hall of Fame in 1989. “well first of all you have to list all of the activities that you’ve been part of as a District Governor or as a President or club member and the various committees (you’ve served on) and other things that you’ve been involved with. The selection was based on your background of activities and how involved you were.” Jim Keller proudly sports the recognition ring that he received as a ND Lions Hall of Fame inductee. “Going into the hall of Fame was good for me. I wear the ring always. I’ve had people ask me; “Is that a Super Bowl Ring?” and I say “Yep, it’s a



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Magic City Lions surround Jim Keller (middle) at the premiere showing of the video highlighting his 56 years as a Lion.

Super Bowl Ring of Lions” Jim says with a smile. “But I tell them what it is first of all, the significance of it (the ring) and I tell it’s because of my activities primarily with the Magic City Lions and the things that we did for the community and for each other. I try to explain it in that way.”

The other award that Jim has received is the Melvin Jones Fellowship Award. Lions Clubs International recognizes outstanding individuals by bestowing on them an award that is named for its founder, Melvin Jones. This Fellowship Award is the highest form of recognition and embodies humanitarian ideas consistent with the nature and purpose of Lionism.

As with all of us, medical issues have challenged Jim Keller along the way. But that has not dimmed the light of Lionism for Jim. “even though I am at the point in my

life where I can’t participate every week because of medical things, you (members of the Magic City Lions) know in my heart I’m still there.

For Magic City Lions President Tracey Lawson, the past year has been spent making sure that Magic City Lions members, new and old, take pride in the history and legacy left behind by members like Jim Keller. “Preserving the history of the Magic City Lions Club by celebrating the many achievements of charter members, Lion Jim Keller, is important” says Lawson. President Lawson also spearheaded a project to record a video with Lion Jim Keller that allowed him to reminisce about his years as a Magic City Lion. “The completed video provides a valuable link to our past that our club can always learn from and appreciate. It is an honor and privilege to highlight the 55+

years of active membership Lion Jim Keller has with the Magic City Lions Club!”

One article or one video can certainly not capture the many contributions Jim Keller has made to the community over the years. Every time a group of Magic City Lions gets together they often share stories from the old days, like the white sportcoats that former Lions District Governors are awarded, or how Jim Keller comes to the semi-annual Magic City Lions bake sales and walks away with literally hundreds of dollars in baked goods. “I may not be able to be out there helping on the projects anymore, so this is my way of contributing” he explained to me.

From a club dedicated to carrying on the tradition of the folks whose names are on the original Magic City Lions charter,



Jim in a white sport coat noting him being Past District Governor.

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- \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- 1/2 Flat Bread Pizza

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Tuesday	\$4 ND Breweries (all day)
Wednesday	1/2 Price Wine by the glass/bottle (all day)
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# AFGSC releases Comprehensive Health Risk Assessments for Missile Community Cancer Study

TECH. SGT. SHELBY THURMAN, AIR FORCE GLOBAL STRIKE COMMAND

Air Force Global Strike Command presented the results of its Comprehensive Health Risk Assessments for its three active missile bases during a virtual town hall Wednesday, June 4.

The risk assessments, conducted by the United States Air Force School of Aerospace Medicine, are an assessment of the risk to human health, particularly the risk of cancer, caused by the presence of chemicals detected during the three rounds of environmental sampling conducted in 2023 and 2024.

The assessments determined a range of risk based on occupancy times a notional person might have spent in the Launch Control Centers, spanning from a minimum of eight years for up to a maximum of 70 years for 24 hours a day. The risks were slightly different at each of the three missile bases.

Samples collected from the environments where the missile community works indicate the risk of getting cancer is low, but it is not zero. The lifetime cancer risk for all Americans is approximately 39 percent according to American Cancer Society data.

The Comprehensive Health Risk Assessments for each base were:

- F.E. Warren AFB estimated an excess cancer risk between <1 and 11 incidences per 10,000 Missile Alert Facility personnel, for the 8-to-70-year range of occupancy times considered by the study. This correlates with a 0.0 to 0.11 percent increase in lifetime cancer risk.

- Malmstrom AFB estimated an excess cancer risk between <1 and 23 incidences per 10,000 MAF personnel, for the 8-to-70-year range of occupancy times considered by the study. This correlates with a 0.0 to 0.23 percent increase in lifetime cancer risk.

- Minot AFB estimated an excess cancer risk between <1 and 7 incidences per 10,000 MAF personnel, for the 8-to-70-year range of occupancy times considered by the study. This correlates with a 0.0 to 0.07 percent increase in lifetime cancer risk.

“However, just because you may or may not be above the general population risk doesn’t mean there is no cancer risk,” Gen. Thomas Bussiere, AFGSC commander, said. “I am example number one of that. My cancer was number two on the top 20 list of cancers for aviators, but that doesn’t mean I was above the risk for the general population.”

This health risk assessment suggested the increased risk is from the presence of benzene, which was detected in trace amounts in a few of the LCCs. Other contaminants, including polychlorinated biphenyls detected on some surfaces in the LCCs, and chloroform, which has both natural and artificial sources, drove a smaller portion of the increased risk.

Although only PCBs were detected

at levels above the Environmental Protection Agency’s standards for clean-up and remediation, the environmental sampling was sensitive enough to detect chemicals such as benzene and chloroform at levels well below standards for remediation. These values, as well as statistical extrapolations for LCCs where environmental sampling was unable to detect any contaminants, were used to calculate the risk assessments.

The assessments measured against federal limits and a statistically based exposure hazard quotient determined continued monitoring of the missile community is warranted. While the trace amounts of chloroform and benzene detected do not pose adverse health concerns, local bioenvironmental engineers will continue sampling efforts.

The CHRAs are a model of the estimated health risk, both cancer and non-cancer, based

on sampling data. They do not directly measure cancer incidents or other health issues. The ongoing Epidemiological Review being conducted by the MCCS is examining the total population of the Air Force missile community who served between 1976 and 2010 and every incidence of cancer within that population reported to the Department of Defense or Veterans Affairs medical systems.

“The level of interest and oversight with the Department of the Air Force and Congress has not waned, and I’m very thankful and happy with the interest and actions on the part of the VA,” Bussiere said. “They’ve been great partners, and I anticipate they will continue to be great partners.”

The CHRAs and slides from the latest town hall can be found at the Missile Community Cancer Study website: <https://www.airforcemedicine.af.mil/Resources/Missile-Community-Cancer-Study/>

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- Shriners - 2nd Wednesday at 6:00PM
- Scottish Rite - 1st Wednesday at 6:00PM
- Eastern Star - 1st and 3rd Tuesdays at 7:00PM
- Prince Hall - 2nd Saturday at 9:00AM

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### A LITTLE DARLING

Patricia Stockdill

Lake Darling didn't start out being a little darling of a lake. It's not a natural lake. Its creators didn't envision it would offer almost year-around angling opportunities. Nor did they envision it would provide canoeing and kayaking opportunities from May 1 through Sept. 30. While its future recreational potential might not have been on the radar, Lake Darling is one of the focal points on Upper Souris National Wildlife Refuge (NWR) northwest of Minot.

Instead, it was designed to be part of the refuge's mission to provide a regulated water source for downstream marshes within the refuge, as well as marshes even farther downstream on J. Clark Salyer NWR near Upham.

It's also about protecting downstream residents from flooding. The Works Project Administration and Civilian Conservation Corps built the refuge in 1935, providing work for Americans in the 1930s to help bring the United States out of the Great Depression. Lake Darling Dam was completed a year later, filling in July 1936. Named after Jay "Ding" Darling, a political cartoonist and first director of the U.S. Bureau of Biological Survey – the modern day U.S. Fish and Wildlife Service – the refuge embraces about 32,000 acres of the Souris River valley. The lake accounts for about 9,600 acres of the refuge. The refuge's origin focused on droughts and floods, protecting and providing habitat for wildlife – especially migratory bird species – and protecting humans. But as Lake Darling filled with the dam's closure, native fish species like northern pike and bullheads thrived. Its flooded vegetation provided ample spawning habitat.

Early years drew the attention of avid pike anglers, providing Minot residents and those from surrounding areas new-found, year-around fishing they could only dream about.

A joint fish stocking effort of the Fish and Wildlife Service and N.D. Game and Fish Department brought walleye to Lake Darling when they became popular after stocking elsewhere across the state. They, too, gained popularity on Lake Darling. Nowadays, 90 years after the refuge and lake was established, Lake Darling provides boat fishing, canoeing, and kayaking opportunities from the N.D. Highway 28 bridge south to the dam. It offers boat ramp access and several shore-fishing locations. Three access points have picnic tables and grills while several have restroom facilities.

Downstream of the lake the Beaver Lodge Canoe Trail attracts canoeists and kayakers alike as they paddle down and back from the paddle craft launching point near the Outlet Fishing Area below the dam.

Lake Darling facts:

- \*Refuge was established in 1935.
- \*68 miles of total shoreline.
- \*26-foot maximum depth.
- \*10-foot average depth.
- \*Approximately 9,500 square-mileage drainage basin.
- \*Game fish species include northern pike, yellow perch, and walleye – even an occasional bass.
- \*The refuge and lake are open from 5 a.m. to 10 p.m.
- \*Users need to pack-in, pack-out all garbage.
- \*As a National Wildlife Refuge, special use regulations apply: No swimming, water-skiing, personal watercrafts, littering, open fires, unleashed pets, fireworks, all-terrain or utility-terrain vehicles, off-road vehicle travel, geocaching, camping, vegetation or animal collecting (including antler sheds), or removal of any artifacts. Bow and underwater spearfishing isn't allowed.
- \*Lake Darling Dam is located in Ward County, although much of the lake itself is within Renville County.
- \*Renville County's Mouse River Park is located north of the refuge west of Mohall.
- \*Contact refuge headquarters, (701) 468-5467, or go to their website, ([www.fws.gov/refuge/upper\\_souris](http://www.fws.gov/refuge/upper_souris)), for more information.



The morning sun greets Lake Darling on the Upper Souris National Wildlife Refuge northwest of Minot. The lake is a popular fishing destination for area anglers.  
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## *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](http://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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# SRT Annual Meeting is Thursday, June 19

SRT COMMUNICATIONS

SRT Communications will hold its annual meeting and director election on Thursday, June 19, 2025, at the North Dakota State Fair Center in Minot.

Registration and voting begin at 5:00 p.m. and officially close at 7:00 p.m. A catered dinner will be served 5:00-7:00 p.m. and live entertainment featuring Chloe Raye will begin at 6:00 p.m.

The business meeting starts at 7:00 p.m. and will include a report to the members, financial updates, and election results.

The following candidates are up for election:

- District 1: Allan Engh from Sherwood, Incumbent
- District 2: Tom Jespersen from Velva, Incumbent
- District 3: Stuart Rothe from Newburg, Incumbent
- District 4: Deven Mantz from Minot
- Benjamin Roberston from Minot, Incumbent
- Election results will also be posted on [srt.com/annualmeeting](http://srt.com/annualmeeting). Members are encouraged to bring the back page of the newsletter they received in the mail to be entered to win prizes.



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**13 JUNE**

**YOGA IN THE PARK**  
7:00 PM  
Oak Park  
1300 4th Ave NW

Join us for a relaxing evening of Yoga in the Park at 7 PM at the Oak Park Amphitheater. This free community event is the perfect way to unwind, stretch, and connect with nature. All levels are welcome—just bring your mat and a friend!



**For more information:**  
Facebook/ Minot Parks/ Events

**15 JUNE**

**FATHER'S DAY AT THE ZOO**  
9:00 AM  
Roosevelt Park Zoo,  
1219 E Burdick Expy

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



**For more information:**  
Facebook/ Roosevelt Park Zoo/ Events

**14 JUNE**

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5:00 PM  
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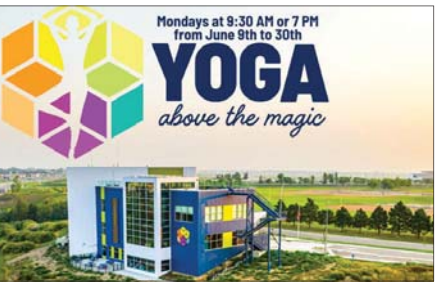


**For more information:**  
<https://northwoodsleague.com/minot-honeybees/>

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**For more information:**  
Facebook/ Magic City Discovery Center/ Events

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**For more information:**  
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CROSSWORD SOLUTION

Solution to last weeks  
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

- Across
- 1. First name in Spanish art
  - 6. Blockage
  - 10. Guarantee
  - 14. Like a raucous stadium crowd
  - 15. Red Skelton persona
  - 16. Over-the-top anger
  - 17. One at the wedding
  - 19. "Winnie \_\_ Pu"
  - 20. March through mud
  - 21. Part of the lowest possible straight
  - 22. Dealt with adversity successfully
  - 23. Foofaraw
  - 25. Prayer beads
  - 26. One at the wedding
  - 32. Whittle away
  - 33. Sugar sources
  - 34. Matterhorn, for one
  - 37. Salon supplies
  - 38. She has a ball?
  - 39. Wedding cake layer
  - 40. Maglie of baseball
  - 41. Strong cotton thread
  - 42. Naples noodle dish
  - 43. Two at the wedding
  - 46. Black or ruffed bird
  - 48. Rowboat accessory
  - 49. Chick's hangout?
  - 50. Pizzazz
  - 53. Extras in "2001: A Space Odyssey"
  - 57. Sometimes the ninth has only three
  - 58. One at the wedding
  - 60. "A Hard Road to Glory" author
  - 61. It has a Minor part
  - 62. Ancient Greek region
  - 63. Where to pick up chicks?
  - 64. Contravene
  - 65. Beginning

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				

- Down
- 1. Great achievements for hackers
  - 2. Nutmeg skin
  - 3. Former Palm Springs mayor
  - 4. Procrastinators
  - 5. Spheroid
  - 6. Blacken
  - 7. Traditional knowledge
  - 8. Follow orders
  - 9. Rocky hill
  - 10. Melodic composition
  - 11. Chief Chilean port
  - 12. One concerned with figures?
  - 13. Like a neglected garden
  - 18. City on the Thames
  - 22. Joint tenants?
  - 24. Pseudonymous surname
  - 25. Mechanical learning method
  - 26. Computer capacity, for short
  - 27. Word with code or rug
  - 28. Places for coin collectors?
  - 29. Tipping the scales
  - 30. Loesser musical "The Most Happy \_\_"
  - 31. Face that "launched a thousand ships"
  - 35. Mother of Apollo
  - 36. Hyde Park stroller
  - 38. \_\_ one's time
  - 39. Bitter green herb
  - 41. Tip at sea
  - 42. Certain tour operator, briefly
  - 44. Kind of potato
  - 45. Contest winner's cry, perhaps
  - 46. Response to a weak joke
  - 47. Shake awake
  - 50. "If all \_\_ fails ..."
  - 51. Type of cloth
  - 52. "\_\_ in a Manger"
  - 54. Word with bobby and bowling
  - 55. One of a watery quintet
  - 56. Bedframe crosspiece
  - 58. Beanie Babies or the Hula-Hoop, e.g.
  - 59. \_\_ Cuarto, Argentina



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HIGH HONORS  
GRADE 12

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HONORS GRADE 12

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HIGHEST HONORS  
GRADE 11

Zoe Alther, Abbygail Amen, Hunter Anderson, Justine Arivett, Alexander Arndt, Matthew Bacor, Zoe Bahr, Faith Bailey, Levi Balas, Malychi Baldwin, William Bentley, Astoria Bozzacchi, Athena Buseth, Jocelyn Camp, Kaden Carlson, Addison Clark, Logan Dixon, Peyton Dutenhafer, Andres Good, Kinley Gruenberg, Hudson Guidinger, Grayson Hannegrefs, Gannon Hedberg, Dylan Heidt, Tiecyn Hertz, Codey Irwin, Aven Kelly, Emersyn Kopp, McKinnley Kragh, Ava Landsiedel, Shawn Lokken, Brisa Lusson, Jazlynn Lysy, Katelyn Major, Lainey Martin, Matthew Martin, Landyn McGhee, Leia McKechnie, Ryleigh McMillan, Keira Miller, Brody Mueller, Peyton Opp, Isaac Overby, Emerson Ries, Lawrence Roanhorse, Bryleigh Roloff, Payton Russell, Sundie Schelling, Abbey Slaughter, Yvonne Slind, Madison Solberg, Abigail Speer, Parker Vigested, Alerah Walker, Martha Ward, Taeson Warner, Kate Weishaar, Kyler Weishaar, Kinzy Welstad, Ella Withers, Jdollynne Zamora, Jaelynn Zarr, Eli Ziegler.

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GRADE 11

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HIGHEST HONORS  
GRADE 10

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HIGH HONORS  
GRADE 10

Kaydence Bodtke, Eden Brooks, Mason Brown, Jason Burchett, Kambry Burckhard, Victoria Calderon, Mariah Collins, Colin Duzick, Jonathan Folk, Evan Guilmino, Rylee Halvorson, McKenzie Hansen, Brooklynn Jackson, Jamahia Joseph, Layton Kelly, Alina Kibler, Cole Kotaska, Teilanna Lantto, Rie Lønning, Jocelyn Madrid, Malia Magee, Marques McCormack, Alexis McLeod, Hudsyn Mings, Gwen Mullenix, Lauren Nelson, Aleece Officer, Danika Routhier, Lillian Sanders, Isaac Siembida, Catherine Slaughter, Ryker Stahl, Aiden Steen, Jaylin Thomas-Joyner, Braxton Thompson, Desmond Tiekü, Griffin Wald, Yesenia Walter.

HONORS GRADE 10

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Skees, Kaitlynn Smith, Cecilia Sperbeck, Sarah Sugiura, Drake Taylor, Tait Thorson, Sadie Tilstra, Grayson Untz, Aiden Weiland, Jayce Wendt, Blake Wilkie, Samuel Wolfe, Kylee Yetter, Jaina Yoder.

HIGHEST HONORS  
GRADE 9

Jaxin Anderson, Katelyn Bast, Braxtyn Bennett, Sheyenne Bingham, Bella Blier, Aubree Braaten, MacKenzie Broderson, Isabelle Brown, Quinn Burckhard, Elizabeth Burrell, Teegan Dangel, Nicholas Debowey, Kiarra Diaz, Briley Edwardson, Kaleb Edwardson, Fatimazahra Elbouab, Dawson Frantsvog, Stephanie Fundingsland, Aidan Galloway, Sara Garver, Marianna Good, Chloe Hanshew, Brienna Heit, Joseph Hunkapillar, Amelia Huus, Kadance Hyden, Tanner Jensen, Hailey Kennedy, Robert-Francis Kibler, Camden Knittel, Alyviah Kopp, Chloe Kraft, Norah Landsiedel, Joseph Langan, Tiffany Lapo Cordero, Luke Larson, Elli Laskowski, Ilyana Lavalais, Elizabeth Lewis, James Lusson, Maddison Martin, Bryleigh McBride, Javon McCree, Kalae'o Mendiola, Asher Muhs, Garrett Nikitenko, Cheyanne Perry, Stella Prebble, Jack Sandberg, McKinley Schultz, Caleb Seil, Jacob Smith, Leilani Smith, Arieanna Thomas, Chester Thompson, Olivia Tillerass, Richard Vengels, Sola Vollmer, Abigail Wake, Kynzlee Weishaar, Clara Withers.

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# MINOT NORTH

## SENTINEL REPORT



# Minot North Boys' Golf Team State Championship

BRYLEIGH MCBRIDE, FRESHMAN | MINOT NORTH HIGH SCHOOL

The North Dakota State Boys' Golf Championship concluded this past weekend at the Vardon Golf Course, and among the standout teams was Minot North High School. Demonstrating exceptional skill, perseverance, and teamwork, the Minot North Minutemen secured their first-ever state title in boys' golf with a combined score of 606 over 36 holes. Their victory reflects the dedication of the players and coaching staff, setting a new benchmark for their program and inspiring their community.

Vardon Golf Course, nestled in the scenic landscape of North Dakota, is known for its strategic layout, natural terrain, and beautiful views. The course's layout challenged even the most seasoned golfers with its undulating greens, tight fairways, and demanding hazards. These elements tested the players' accuracy, mental toughness, and consistency all weekend long.

Over the two days, teams faced grueling conditions...sometimes windy, sometimes sunny, but always demanding. Minot North rose to the occasion, displaying resilience and focus, ultimately securing the championship with a team score of 606. The victory marked

a significant milestone for the program, which has been steadily building its reputation in North Dakota golf.

While golf is a team sport, individual performances played a crucial role in Minot North's success. Leading the charge was senior Kasen Rostad, who posted a remarkable score of 146 across 36 holes, earning him third place overall in the individual standings. Rostad's consistency and composure were evident, especially during critical moments when he sank clutch putts and avoided costly errors. His leadership and steady play served as a rallying point for the team throughout the tournament.

Following Rostad was Walter Langhans, who finished with a total score of 150, placing him 12th overall. Langhans exhibited resilience, especially on the course's tougher holes, and his ability to maintain focus after a challenging first round helped propel the team forward.

Bennett Bartsch and Kyler Weishaar also contributed significantly to Minot North's overall score. Bartsch finished with a score of 154, placing 19th, while Weishaar scored a 156, placing 16th. Their

performances provided valuable depth, allowing the team to count on consistent scoring from multiple players rather than relying solely on a few individuals.

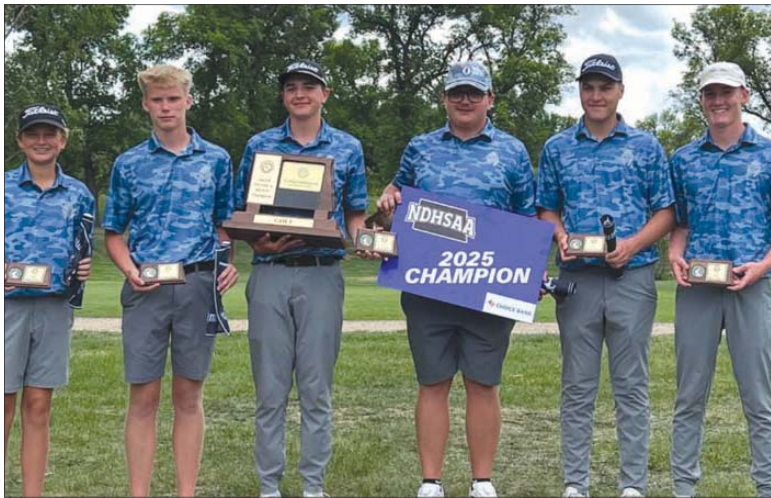
The Minot North boys' golf team's success was not solely about individual brilliance; it was about teamwork, strategic planning, and mental toughness. The players supported each other through the highs and lows of the tournament, having fun, while maintaining focus on their collective goal.

Leading up to the state championship, the Minot North team had a successful season, consistently finishing near the top in invitational tournaments and conference meets. Their rigorous practice schedule, combined with a focus on mental preparation and course management, prepared them well for the challenges at Vardon.

Several team members also credited their success to offseason training, coaching clinics, and the mentorship of the coaching staff. The team's dedication was evident.

The Minot North community responded enthusiastically to the team's victory. Students, parents, and staff. Local media outlets highlighted the team's journey,

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2025 Boy's Golf Champions

emphasizing their perseverance and teamwork. The victory also inspired younger golfers in the area, fueling enthusiasm for youth golf programs and future tournaments.

With this first historic win, Minot North's boys' golf program has established itself as a major contender in North Dakota high school golf. The team's core players will graduate next year, but the program's foundation is strong, with promising underclassmen eager to step into leadership roles.

The 2025 North Dakota State Boys' Golf Championship at Vardon was a showcase of talent, resilience, and team spirit. Minot North's victory not only highlights individual excellence, particularly Rostad's third-place finish and strong team scoring, but also underscores the importance of teamwork and mental toughness in achieving greatness.

This championship will be remembered as the first defining moment, and title, in Minot North's athletic history. It serves as an inspiration for future generations of golfers and a testament to the hard work and dedication that can turn a dream into reality. As the team celebrates their victory, they carry with them the pride of being state champions and the motivation to defend their title in the seasons to come.



Kaden Rostad securing 3rd place.



Kyler Weishaar drives on the front 9.



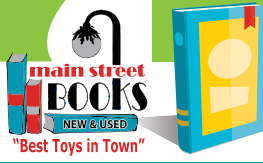
Walter Langhans with a close chip in.



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YOUTH IN ACTION

# All K-12 Students Benefit from Consistent Policies to Improve AI Education and Discipline



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



In my last article, I shared information pertaining to three executive orders issued by Mr. Donald J. Trump: EO 14242 - Improving Education Outcomes by Empowering Parents, States, and Communities, EO 14191 - Expanding Educational Freedom and Opportunity for Families, and EO 14190 - Ending Radical Indoctrination in K-12 Schooling. Here are two additional orders pertaining to education:

EO 14277 – Advancing Artificial Intelligence Education for American Youth

This EO promotes AI literacy in our Nation’s youth. Incorporating AI education into K-12 curricula and enhancing teacher training will ensure the United States “remains a global leader in this technological revolution” (The WH, 3025). This EO policy is dedicated to “promoting the appropriate integration of AI into education, providing comprehensive AI training for educators, and fostering early exposure to AI concepts and technology to develop an AI-ready workforce and the next generation of American AI innovators” (The WH, 2025).

EO 14280 – Reinstating Commonsense School Discipline Policies

This EO restores traditional discipline policies by eliminating equity-based approaches to discipline. One such equity-based approach was instituted in January 2014, when “the Department of Education and the Department of Justice jointly issued a ‘Dear

Colleague’ letter regarding school discipline” in which “the letter effectively required schools to discriminate on the basis of race by imposing discipline based on racial characteristics, rather than on objective behavior alone” (The WH, 2025). Going back to a focus on behavior and not student race will ensure students’ conduct is uniformly addressed.

These executive orders on education benefit all students, because they apply to all students. Communities, commanders, schools, and families – regardless of race – will benefit from a new focus on AI in the classrooms, places where disciplinary actions will fit the crime and not the criminal.

“Advancing Artificial Intelligence Education for American Youth.” The White House Website, 23 Apr. 2025, [www.federalregister.gov/documents/2025/04/28/2025-07368/advancing-artificial-intelligence-education-for-american-youth](http://www.federalregister.gov/documents/2025/04/28/2025-07368/advancing-artificial-intelligence-education-for-american-youth). Accessed 1 Jun 2025.

“Reinstating Commonsense School Discipline Policies.” The White House Website, 23 Apr. 2025, [www.federalregister.gov/documents/2025/04/28/2025-07377/reinstating-commonsense-school-discipline-policies](http://www.federalregister.gov/documents/2025/04/28/2025-07377/reinstating-commonsense-school-discipline-policies). Accessed 1 Jun 2025.

*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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## NOTES ON BEING SAFE

# ENJOY THE GREAT OUTDOORS



SSGT JOE VERGARA  
5TH BOMB WING  
NCOIC OCCUPATIONAL SAFETY

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

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

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

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

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

Here are 10 safety tips for choosing a campsite:

- Plan ahead and arrive at the campsite with plenty of daylight time remaining to identify hazards.
- Stay away from areas that may flood easily or get muddy if it rains.
- Be cautious. Look for sharp objects, broken glass, or other foreign objects.
- Avoid areas with rocks or other hazardous terrains.
- Watch for bees, ants and other insects, along with poison ivy and other poisonous plants.
- Avoid areas with low tree branches or dead trees. These could easily fall during gusts of wind.
- Look for an area with bushes or shrubs to block cold winds or provide shade in the heat.
- Pick an area with level ground and enough space for all your belongings.
- Pitch your tent away from your campfire.
- Build your campfire in a contained area to prevent it from spreading. Keep the fun in camping. Be sure to take the necessary safety precautions!



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# Medora Girls Golf Camp at Bully Pulpit

BRYLEIGH MCBRIDE, FRESHMAN | MINOT NORTH HIGH SCHOOL

A Summer of Growth, Friendship, and Swinging Success Nestled amidst the breathtaking Badlands of North Dakota, the Bully Pulpit Golf Course offers more than just a stunning backdrop for golf enthusiasts; it provides a nurturing environment for young girls to develop their skills, build confidence, and forge lifelong friendships. Each summer, the Medora Girls Golf Camp transforms the historic course into a vibrant hub of learning, laughter, and athletic achievement.

A Picturesque Setting for Growth Set against the dramatic cliffs and rolling prairies of Theodore Roosevelt National Park, Bully Pulpit Golf Course is renowned for its challenging layout and scenic beauty. The course's natural contours and pristine fairways serve as the perfect classroom for budding golfers. The surroundings foster focus and

relaxation, allowing campers to immerse themselves fully in their learning experience. The Mission of Medora Girls Golf Camp Founded with the vision of empowering young girls through golf, the Medora Girls Golf Camp emphasizes more than just technique; it aims to instill values such as sportsmanship, perseverance, and leadership.

The camp welcomes girls of all skill levels, from absolute beginners to those seeking to refine their game, ensuring a supportive environment where every participant can thrive. A Day in the Life of a Camper Each day begins with warm-up activities on the driving range, where campers learn proper grip, stance, and swing mechanics from experienced instructors. Following this, participants engage in on-course practice, navigating various holes under supervision to develop

strategic thinking and course management skills. Afternoons are dedicated to specialized workshops, ranging from putting clinics to mental toughness sessions, designed to hone specific aspects of the game.

Throughout the day, campers also participate in fun team-building exercises and friendly competitions, fostering camaraderie and a sense of community. Expert Instruction and Personalized Attention Led by a team of professional golf instructors, many of whom have competitive backgrounds and coaching experience, the camp emphasizes personalized feedback.

Small group sizes ensure that each girl receives tailored instruction, enabling rapid improvement and increased confidence. Building Friendships Beyond the Fairway One of the most cherished aspects of the Medora Girls Golf Camp is



Bully Pulpit's beautiful course.

the friendships that blossom over the course of the week. Campers bond over shared experiences, late-night bonfires, swimming, and group outings. Creating memories that extend beyond the golf course. These connections often foster ongoing mentorship and support, inspiring young girls to continue pursuing their passion for golf.

Many former campers have gone on to compete at collegiate levels, earn golf scholarships, or simply develop a lifelong love for the game. The camp's emphasis on character-building and resilience often translates into achievements both on and off the course. The camp adheres to strict safety protocols, including certified first aid staff, proper hydration, and equipment checks. Inclusivity is also a core value; girls from diverse backgrounds, skill levels, and communities are welcomed and celebrated. Planning your visit to The Medora Girls Golf Camp typically runs during the summer

months, with a 2 day trip. Interested families are encouraged to register early, as spots fill quickly due to the camp's popularity. Beyond the camp experience, families can enjoy the myriad attractions of

Medora—such as Theodore Roosevelt National Park tours, local museums, and live entertainment—making it a memorable summer adventure for all. In conclusion, The Medora Girls Golf Camp at Bully Pulpit is more than just a golf program; it's a transformative experience that combines sport, education, and community in one of the most beautiful settings in the state. Whether a girl is picking up a club for the first time or seeking to elevate her game, the camp offers a nurturing environment where young athletes can grow, succeed, and swing into a bright future.



Largest numbered group for Medora Golf Camp.

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JUNIORS: Annyka Anderson, Elsie Braun, Mia Braunberger, Kirstin Brunner, Ashlyn Burgardt, Katherine Castaneda, Treyson Christianson, Carmyn Durand, Claire Fegley, Anne Fricke, Jack Passa, Bentley Schneider, Tochi Udekwe

SOPHOMORES: Jaidyn Braunberger, Lauren Burns, Seth Finley, Lilly Jundt, Dani Martinez, Chisom Osuala, Elijah Penton, Thomas Postula, Adelynn Selk

FRESHMEN: Tatiana Coronell, Viosa Cumani, Hayden Deeter, Sage Feininger, Joshua Franks, Caleb Haverstock, Helen Kamba, Gryphen Leier-Wangler, Justice Lundeen, Izabella Mocko, Calvin Olson, Cambree Zwak

EIGHTH GRADE: Liam Finley, Liam Hieb, Penelope Morales, Kene Osuala, Jack Prough, Hannah Schaefer

SEVENTH GRADE: Natalie Burns, Sophia Cartier, Elira Cumani, Genevieve Deeter, Reed Feininger, Madison Fricke, Oluwafadeorehanmi Oni, Ava Passa, Emarée Ruby, Keaton Sorum, Jazmin Vazquez

SIXTH GRADE: Nhyira Boamah, Blake Burckhard, Chloe Burgardt, Hadley Duchscherer, Chloe Faken, Myla Hieb, Quinn Hulm, Brynlee Hust, Zoey Mocko, Crew Samson, Anjuli Schmidt, Deacon Wald

HIGH HONORS (3.333-3.666)

SENIORS: Boden Erck  
JUNIORS: Ella Boyle-Clark, Miyah Harvey, Celia Martinez, Cade Okeson, Haylee Schwan, Hayden Seay

SOPHOMORES: Michael Prough  
FRESHMEN: Taylor Brintnell, Cheyenne Degenstein, Akasha Pacheco

EIGHTH GRADE: Ella Brandt, Samuel Haverstock, Liam Hulm, Grady Keyes, Afton Ost, Bryleigh Thorson

SEVENTH GRADE: Camden Ahmann, Leah Brintnell, Brooklyn Ost

SIXTH GRADE: Abel Clark, Katelyn Coronell, Leo Demars, Sutton Dickinson, Paige Fournier, Josslyn Gates

HONORS (3.000-3.332)

SENIORS: Emily Plessas  
SOPHOMORES: Abigail Frey, Tytan Lundeen

FRESHMEN: Cecilia Johannsen, Violet McGough, Zachary Spain

EIGHTH GRADE: August Bice, Branson Bosch, Sasha Kowalczyk, Bailey Weigel, Kaidence Williams

SEVENTH GRADE: Matthew Bryans, Ayda Erickson, Hanley Grant, Carsten Klein, Harper Schneider, Mollie Selk, Owen Wald

SIXTH GRADE: Diego Ayala Marin, Anna Brintnell, Laila Fegley, Audrey Franklin, Dexter Olson



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Advertisement for Woodland Resort. Includes text: WOODLAND RESORT, OUTDOOR REPORT. Image of a red building and a fishing boat.



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, June 9: 1,833.65 feet above mean sea level (MSL); 22,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,449.44 feet above mean sea level (MSL).

Stump Lake elevation: 1,449.55 MSL.

• N.D. Game & Fish Dept. game wardens: limited activity on Lake Sakakawea. Lots of small bluegill activity from shore on Lake Metigoshe. No Devils Lake reports.

• Devils Lake, Woodland Resort, Devils Lake: Continued walleye success with slip bobbers and leeches in the shallows around 10 feet and less. look for a transition to spinners and nightcrawlers with warmer, stable weather.

• Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon with weather limiting activity.

• Lake Metigoshe, Four Seasons, Bottineau: Weather fronts moving through limiting boat activity although anglers continue finding bluegill success in the shallows from shore and along the docks.

• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Weather conditions limiting activity on the east end of Lake Sakakawea with reports of slower walleye success. However, more eaters-sized walleye are showing up compared to earlier in the spring.

• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Smallmouth bass success continues throughout Lake Audubon. Work rocky areas. Try shallow in 15 feet or less around Centennial or Douglas bays for walleye but weekend weather front slowed activity and success on the east end of Lake Sakakawea.

• Lake Sakakawea, Indian Hills Resort, Garrison: Water temperatures starting to warm but anglers still working shallow in 10 feet or less with slow presentation of jigs and minnows. Some anglers starting to switch to nightcrawlers.

• Lake Sakakawea, New Town: Van Hook Arm remains inconsistent. Fair to good walleye success in stable weather but fronts moving through

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.

- June 14: Monster Mash Halloween in June, Lewis & Clark State Park. Decorate camps and tents for an early spooky Halloween.
- June 14: Father’s Day at the Zoo, Roosevelt Park Zoo, Minot, 9 a.m.
- June 14: National Marina Day, 1 p.m. with Fort Stevenson State park deTrobriand Marina Open House, Garrison.
- June 16 – 19: Summer Zoo Camp, Roosevelt Park Zoo, Minot. Ages 2 to 8th grade, 8:30 a.m.
- June 16: Sensory Friendly Night, Magic City Discovery Center, 4 p.m.
- June 19: Batty About Bats Summer Art Series, Taube Museum of Art, ages 2 to 3, 9:30 a.m.
- June 19: Nature Explorers with the Ward Co. Soil Conservation, District, Minot Public Library, 10 a.m.
- June 21: World Giraffe Day at Roosevelt Park Zoo, Minot.
- June 21: Upland Hunting Seminar sponsored by Souris Valley Pheasants Forever, \$50, beginning at 8 a.m. Go to the Pheasants Forever website event link: (events.pheasantsforever.org/events/005ef85c-1958-460e-80b6-8c5dbeb68c74) for details and registration.
- June 22: World Camel Day at Roosevelt Park Zoo, Minot.
- June 23 – 26: Summer Zoo Camp, Roosevelt Park Zoo, Minot. Contact the park for details, (701) 857-4166.
- June 27: Move in the Park (free), Oak Park, 9:30 p.m.
- June 28 & 29 Frontier Military Days, living history demonstrations and historical military encampments and demonstrations, Fort Stevenson State Park, Garrison, beginning at noon each day.

TOURNAMENTS:

- June 14: Lake Sakakawea, Fort Stevenson State Park; Devils Lake, 6-Mile Bay; Hiddenwood Lake.
- June 20 & 21: Devils Lake, Grahams Island State Park.
- June 21: Missouri River, Washburn.
- June 28: Lake Sakakawea, Sportsmen’s Centennial Park; Lake Audubon, cabin sites ramp.

continue creating up-and-down activity.

• Lake Sakakawea, Van Hook Bait & Tackle New Town: Improving walleye success in the Van Hook Arm with stable weather but overall walleye activity remains scattered throughout the arm working north to south. Try leeches but minnows remain the best bait yet in 8 to 20 feet. Move around.

• Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye in the chutes and down river from boats using jigs and minnows or Lindy rigs and nightcrawlers. Also try plastics and crankbaits. Lots of small fish so sort through for keepers. Better success in the evening or morning from the chutes. A few trout showing up but limited catfish reports. Slower shore-fishing success with occasional walleye from the rocks with crankbaits or from ramp or wing walls. East end of Lake Sakakawea somewhat slow for walleye. Try pitching jigs and minnows into the shoreline along the north shore, mainly Douglas or Steinke bays. Move around with inconsistent walleye success overall. Also try spinners and nightcrawlers. Lots of smallmouth bass around rocky points.

• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Yellowstone River running high and muddy with limited reports. lund’s Landing on the upper end of Lake

Sakakawea has access at its low water ramp but no reports on success.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Area lakes generally remain quiet with inconsistent weather limiting activity.

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(conditions can vary rapidly):

- Des Lacs River, Foxholm: Gauge height, 5.23 feet; streamflow, 4.55 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 96.92 feet.
- Little Missouri River, Medora: Gauge height, 1.79 feet; streamflow, 66.9 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 7.66 feet; streamflow, 194 CFS.
- Missouri River, Williston: Gauge height, 19.84 feet.
- Missouri River, Washburn: Gauge height, 9.95 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.66 feet.
- Yellowstone River, Cartwright: Gauge height: 68.9 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.

Advertisement for Woodland Resort. Includes text: WOODLAND RESORT, Fish North Dakota’s Premiere Ice Fishing Lake, 701-662-5996, WOODLANDRESORT.COM. Image of a person holding a fish.



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4	5	3	8	2	1	6	9	7
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## MINOT AFB ANNOUNCEMENTS

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

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

**PARK UNIVERSITY MINOT** – Your degree, Your way. Park University is enrolling now. Earn your CCAF credits, AU-ABC, and your Bachelor’s degree with PARK. Let’s maximize your military experience! Find how many credits you can get from your military experience by going to [military.park.edu](http://military.park.edu). and confirmed your credits Or Ask Alexa! Enable the Park University skill on your Alexa device and say “Alexa, ask Park, How many credit hours can I get from my military experience?” She’ll even tell you your graduation date! Minot AFB @ the Education Center RM 222 | 844-884-8612 | [mino@park.edu](mailto:mino@park.edu) PARK. YOU

### TITUS & PHILEMON *Everyday adventures of Titus and Philemon and their owner Joe.*



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.

TIMMOTHY TIMM



## RESTAURANT & ENTERTAINMENT GUIDE



### Atypical Brewery & Barrel Works

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

### Applebee’s Grill & Bar

2302 15th St SW, Minot  
Phone: 701.839.2130  
[www.applebees.com](http://www.applebees.com)

### Badlands Restaurant & Bar

1400 31st Ave SW, Minot  
Phone: 701.852.7335  
[www.blgrill.com](http://www.blgrill.com)

### Bone’s BBQ Smokehouse & Grill

437 N Broadway, Minot  
Phone: 701.838.9140  
[www.bonesbbqminot.com](http://www.bonesbbqminot.com)

### Culver’s Restaurant

3000 S Broadway, Minot  
Phone: 701.852.4800  
[www.culvers.com](http://www.culvers.com)

### Ironhorse Kitchen + Bar

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

### Jamaican Vybz Kitchen

Dakota Square Mall, Minot  
Phone: 701-441-9309  
FB: Jamaican Vybz Kitchen

### Meg-A-Latte

2045 N Broadway Suite #100, Minot  
Phone: 701-838-8479  
[www.meg-a-latte.com](http://www.meg-a-latte.com)

### Mi Mexico

3816 South Broadway, Minot  
Phone: 701.852.0777  
[www.mimexicominotnd.com](http://www.mimexicominotnd.com)

### N.D. Asia

3400 16th St SW, Minot  
Phone: 701.852.1240  
[www.ND-Asia.com](http://www.ND-Asia.com)

### Noodles & Company

304 4th Ave NW Minot  
701.491.9103  
[www.noodles.com](http://www.noodles.com)

### Pink’s Bar & Grill

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

### The Blue Rider

118 1st Avenue SE, Minot  
Phone: 701.852.9050  
[www.theblueriderbar.com](http://www.theblueriderbar.com)

### The Starving Rooster

30 1st St. NE, Minot  
Phone: 701.838.3030  
[www.starvingrooster.com](http://www.starvingrooster.com)



## 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](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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Minot AFB Musicians On Facebook  
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- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **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



# The Lord's Cupboard Pantry: Rooted in Heritage, Growing for the Hungry

BRYLEIGH MCBRIDE

In the quiet landscape of North Dakota, where the Mouse River winds through fields that have fed generations, a piece of history continues to grow—both literally and figuratively. The Lord's Cupboard Pantry, located at Brekke Farm near Simcoe, is more than just a source of food; it's a living legacy of family, faith, and farming.

To understand the importance of the Lord's Cupboard Pantry, one must first look to the soil it stands on—soil that has been worked by the Brekke family for over a century. The roots of the farm go back to 1901, when Sam Brekke was born into a family destined to shape the agricultural future of the Simcoe area.

Not long after Sam's birth, his father H.O. Brekke made a daring journey to the north crossing of the Mouse River, making his way toward Simcoe with a pioneering spirit. With resilience and determination, the Brekke family began to transform the wild prairie into workable farmland.

By the time Chris Brekke was just 15 years old, he had already begun breaking sod using horse teams, a practice that would continue for nine years. Chris quickly gained a reputation as a horse expert, admired for his dedication to the hard work that early farming required. Tragically, Chris's story was cut short—he died in World War I, a loss that changed the dynamic of the farm forever. Still, the Brekke family persevered.

H.O. Brekke continued to farm, and Sam Brekke, inspired by both tradition and innovation, went on to attend the North Dakota Agricultural College in Fargo, where he studied farm mechanics. This decision signaled a shift toward modern farming techniques, helping ensure the longevity of the family farm.

Fast-forward to today, and the farm is now owned and operated by Duane and Jeanne Brekke, who carry the family torch with both pride and purpose. But the farm has taken on a new mission—one rooted in compassion. Half of the property is now dedicated to The Lord's Cupboard Pantry, a volunteer-based initiative focused on growing fresh produce for those in need.

The pantry garden, nestled in the heart of Brekke Farm, provides seasonal fruits and vegetables to local families facing food insecurity. Operated by generous volunteers from the community, the pantry is a testament to the power of local action. "It's a way of giving back while preserving what our family has built," says Duane Brekke, who now helps run the operation.

By combining historical farmland with a modern community cause, the Brekke family has managed to turn their heritage into hope for others. The impact of the pantry goes far beyond just nutrition. With rising food costs and supply chain uncertainties, access to fresh, local produce has become increasingly difficult for many rural North Dakota families. The Lord's

Cupboard Pantry not only fills that gap—it does so with food that's grown sustainably and shared with

dignity.

Volunteers from churches, acquaintances, and surrounding communities help tend the garden, from planting in the spring to harvest in the fall. It's a true collaboration, one that echoes the communal spirit that sustained the early Brekke generations.

What sets the Lord's Cupboard apart is its deep connection to place and history. Unlike many modern food pantries, which rely on store donations or boxed goods, this pantry offers produce straight from the land. Tomatoes, lettuce, squash, beans, these are foods that nourish in every sense of the word.

The name "The Lord's Cupboard" reflects the pantry's mission: to be a place where no one is turned away and where the abundance of the land is shared freely. In a world that often moves too fast, the Brekke farm stands as a reminder of

simpler, nobler values—hard work, hospitality, and hope.

For Duane and Jeanne Brekke, continuing the farm's legacy isn't just about maintaining tradition—it's about transforming it into a tool for service. Each growing season becomes a chance to not only remember the sacrifices of ancestors like Chris and Sam but also to provide for neighbors in times of need.

As the pantry prepares for another year of growth, both in the soil and in spirit, the story of Brekke Farm remains an inspiring example of what happens when history, heart, and harvest come together.

From the seeds first planted by pioneers over a century ago to the fruits now harvested for families in need, the Lord's Cupboard Pantry is a living legacy of generosity and grace.



The Lord's Cupboard Pantry.



Brekke Farm



Volunteers taking a break from gardening.



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## A LOOK BACK THIS WEEK IN USAF HISTORY

SECAF SHEILA E. WIDNALL FLIES ON MINOT B-52 BOMBER  
JUNE 24, 1996



SECAF Dr. Sheila Widnall poses after a trip on her first day in office. (National Archives)

During a global power mission on June 24, 1996, Secretary of the Air Force Dr. Sheila E. Widnall had the opportunity to fly on a B-52 Stratofortress assigned to the 5th Bomb Wing, Minot Air Force Base, N.D. Three of Minot's bombers were involved in the exercise which began at Andrews AFB, Md., and was a joint operation with Canada and the US Navy. The mission took eight hours and included Long Range Anti-Surface Cruise Missile operations in the north Atlantic, live Mark 82 bomb drops at Gagetown Range in Canada, an aerial refueling over western New England, and fighter intercepts. The mission was a successful demonstration of the Air Force B-52 bomber fleet's capabilities. Widnall, who was previously a Professor of Aeronautics and Astronautics at Massachusetts Institute of Technology, became the first female Secretary of the Air Force in 1993. Also accompanying Widnall on the mission was another female figure to make history, Lt. Kelly Flinn. Flinn, a copilot of the 23rd Bomb Squadron at Minot AFB, was the first B-52 combat-qualified woman in the nation's history. Widnall's focus as SECAF was on emphasizing Air Force values, supporting its mission in space, F-22 Fighter funding, and the development of women in the Air Force and other professional fields.

Information courtesy of: media.defense.gov



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FRIDAY 13

- Bootcamp, 0545, McAdoo Fitness Center
- SNCO Foundation Course, 0700-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Buff Bash '25, 1700-2200, Flightline

SATURDAY 14

- Minot AFB Open House, 0900-1600, Flightline

SUNDAY 15

- Registration Ends: Bully Scramble Golf Tournament, <https://www.memberplanet.com/s/minotafbdubs/22junbully>
- Father's Day Golf, 0900-Dusk, Rough Rider Golf Course

MONDAY 16

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- LinkedIn Workshop, 1300-1500, M&FRC
- Board Game Making Camp, 1500, Minot AFB Library
- Writing Club, 1800, Minot AFB Library

SPECIALS

Bomber Bistro Featured Item  
Chicken Curry Rice Bowl

The B-Fifty Brew Featured Item  
Chocolate Covered Cherry Frappe

Rockers Bar & Grill Featured Item  
Rockin' Chicken Sandwich

What's Going On  
Minot AFB  
June

TUESDAY 17

- AFFT, 0530, McAdoo Fitness Center
- Run Fast, 0600, Dome, hosted by McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1500, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library
- Run Far, 1900, McAdoo Fitness Center

WEDNESDAY 18

- Registration Ends: Missoula Children's Theatre Camp, <https://parent.afcyp.com/>
- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, 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
- Quarterly Food Advisory Board, 1300, Dakota Inn Dining Facility
- Board Game Making Camp, 1500, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center
- Dungeons & Dragons Game Night, 1800-2000, Youth Center

THURSDAY 19

- Juneteenth
- For a full listing of Juneteenth Holiday facility hours, visit [5thforcesupport.com](https://5thforcesupport.com)

FRIDAY 20

- Registration Ends: Firecracker Scramble, <https://www.memberplanet.com/s/minotafbdubs/27junfirecracker>
- Summer Run Series, 0630-0830, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library

SATURDAY 21

- Oregon Trail in D&D Land, 1200-1500, Minot AFB Library
- Harry Potter Trivia Night, 1700, Rockers Bar & Grill
- Line Dancing Night, 1900, Rockers Bar & Grill

**DUNGEONS & DRAGONS GAME NIGHT**

18 June 2025 • 6PM - 8PM  
Youth Center • Ages 9+ • \$5

Play a 2-hour Dungeons & Dragons campaign!  
No experience necessary.

Books, figures, and dice are available,  
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Register by 17 June 2025.  
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For details, call the  
Youth Center at 723-2838

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27 & 28 June 2025

Youth participating in the show are  
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Open to ages 5+. Youth under the  
age of 9 must have a parent/guardian  
present during the camp.

Register by 18 June 2025.  
Scan the QR Code to register or  
visit the CYPBMS website at  
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For details, call the  
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