



WHAT'S INSIDE THIS WEEK:



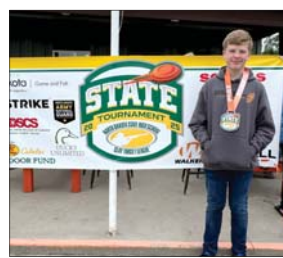
IS HOME-SCHOOL THE NEW SCHOOL HOUSE?

A7



TEAM MINOT TACKLES MARATHON WITH RESILIENCE AND PURPOSE

A8



MINOT TRAP TEAM SHINES AT STATE TOURNEY

B5



The Minot Air Force Base Color Guard presents the colors during a Flag Day ceremony on June 14, 2025, honoring the significance of the American flag and those who serve under it. See more of the event on page 2.

NORTHERN SENTRY PHOTO



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It Wasn't A Service... It Was A Duty...

ROD WILSON, NORTHERN SENTRY

On each and every light pole at Ryan Buick GMC was a red, white & blue banner that resembled the American Flag in honor of Flag Day 2025. Flag Day is a holiday celebrated on June 14 in the United States. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress. As Chris Gaddie, Director of Public Affairs of the Ryan Family Dealership group explained, this year the Ryan sponsored event was held on June 13th “because we don’t want to be in competition with the Minot Air Force Base open house, which was scheduled for Saturday, June 24th. “We also moved it inside. We have often battled the wind” according to Gaddie, “but the air quality this year made it necessary to bring the ceremony indoors.”

Although the Ryan group sponsored, provided a location and staffing for the event, Gaddie turned the event over to the Minot DAV, and emcee Frank Senn, DAV Chapter #4 Commander. After thanking the crowd that had assembled, Senn asked the audience to stand and quickly brought them to attention for the presentation of colors by the Minot Air Force Base color guard.

Then the Voices of Note, a local women’s choral group sang the National Anthem followed by the Pledge of Allegiance and a prayer.

It was Col. Jimmy Schlabach that approached the podium next, and his speech was filled with both historical and emotional moments

that have challenged the United States over the years. Col Schlabach is the Commander of the 91st Missile Wing at Minot AFB.

The next 2 events were significantly Flag Day recognition as a large American Flag was brought forward and there was an American Flag folding demonstration center stage. Along with the actual demonstration there was a narrative about the Flag Folding Ceremony. A flag folding ceremony is a formal ritual, often performed at military funerals or other solemn occasions, where the American flag is meticulously folded into a specific triangular shape. Each fold carries symbolic meaning, representing various aspects of the nation, its history, and the values it upholds.

Commander Senn then introduced members of DAV Chapter 4 performing a recognition of TAPS. It was explained that there are 3 verses to TAPS. As each a narrator spoke each verse, a single candle was extinguished on a table display:

Day is done, Gone the sun, From the hills, From the lake, From the skies

All is well, Safely rest, God is nigh

Fades the light; And afar, Goeth day, And the stars, Shineth bright, Fare thee well, Day has gone, Night is on.

Thanks, and praise, For our days, ‘Neath the sun, ‘Neath the stars, ‘Neath the sky, I

As we go, This we know, God is nigh.

Performing Taps for the Flag Day Ceremony was Pat Schwan.

Perhaps the most defining moment of the Flag Day Ceremony came from Commander Senn when he explained; “I often have people approach me and thank me for my service. But I explain to them that I appreciate their words, but really, I never considered it (my time in the military) as a service. Instead, I felt it was my duty.”

The day indeed was one of those Red, White & Blue experiences that certainly define our great nation. And moreover, build respect for our great flag.



Flag Folding presented by DAV.



Frank Senn, DAV Chapter #4 Commander.



Minot Mayor Mark Jantzer addresses the Flag Day crowd.



Ceremony speaker, Col Jimmy Schlabach, Commander 91st MW.



A portion of the audience at the Flag Day Ceremony.



Display for TAPS ceremony.

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SUN, JUNE 15 4PM & 7PM MINOT CITY BAND Oak Park	THUR, JUNE 19 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 MINOT CITY BAND Oak Park	THUR, JULY 17 7PM MINOT CITY BAND Oak Park Sousa Concert
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	
THUR, AUG 7 5:30PM SOUND OF INDEPENDENCE 30 TH ANNIVERSARY CELEBRATION! VARIOUS FEATURED ARTISTS Downtown Minot	FINALE! THUR, AUG 21 5:30PM LILA BEA 7PM LITTLE CHICAGO FUNK Downtown Minot	

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This project is supported by a grant from the North Dakota Council on the Arts, which receives funding from the state legislature and the National Endowment for the Arts.

AFIMSC refines Combat Support Integrator Course

SHANNON CARABAJAL, AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER

The Air Force Installation and Mission Support Center is enhancing its Combat Support Integrator Course, a program designed to equip combat air base squadron leaders with the skills to train and lead warfighters for deployment.

Blending classroom instruction with field training, CSIC prepares squadron leaders to navigate every phase of the Air Force Force Generation, or AFFORGEN, model. The course emphasizes tactics development, critical thinking and joint force integration.

“CSIC trains leaders and planners to support the unit of action,” said Chief Master Sgt. Karla Macey, chief of emergency management and CBRN requirements for AFIMSC. “Graduates are capable of providing in-garrison support for planning large-scale exercises and training plans.”

CURRICULUM EXPANSION AND IMPROVEMENTS

Building upon lessons learned from an initial beta test last summer, AFIMSC extended CSIC from three to four weeks. The updated curriculum, implemented during a second beta test at Joint Base McGuire-Dix-Lakehurst, New Jersey, from April 28–May 23, places greater emphasis on mission planning and training development.

“Since the beta course, we’ve made several improvements,” said

Master Sgt. Terry Myers, plans and programs superintendent with the 87th Security Forces Squadron. “We lengthened the course by a week and reworked the syllabus to focus on mission planning, exercise integration, and providing students with the skills they need to execute in the future.”

CAPSTONE PROJECT: REAL-WORLD APPLICATION

A key addition to the course is a capstone project. This final assignment requires students to develop and present training and exercise plans to their unit leadership. The hands-on experience directly supports improved unit performance in real-world scenarios, Macey said.

“The beta course revealed the need to provide students with a deliverable to give their commanders upon returning to their units,” she said. “The capstone requires students to develop a training plan and achieve at least an 80% solution, giving their units a head start on planning training events.”

PREPARING AGILE AND RESPONSIVE LEADERS

CSIC graduates leave the course ready to apply Air Force and joint doctrine to enhance combat support and enable integrated power projection in contested environments. They are equipped to serve as primary mission planners for their units’ initial

deployments and provide ongoing contingency planning within their area of operations.

The course also builds confidence and clarity in mission planning, said Master Sgt. Justin Yungvirt of the 19th Security Forces Squadron at Little Rock AFB, Arkansas.

“Mission planning is key in everything we do in the Air Force,” Yungvirt said.

The curriculum breaks it down in a way that’s easy to understand at every level, he said, and the focus on decentralized execution empowers Airmen to lead independently.

STUDENT PERSPECTIVES: PRACTICAL AND COLLABORATIVE

Students praised the course’s

hands-on approach and real-world relevance.

“The best part of the course has been the practical and hands-on training, as well as the tactics development and evaluation process,” said 1st Lt. Zolbayer Erdenechimeg, a flight commander from the 891st Missile Security Forces Squadron at Minot Air Force Base, North Dakota.

For Master Sgt. Willie Daniels, 11th Logistics Readiness Squadron superintendent, Joint Base Anacostia-Bolling, Washington, D.C., the course’s greatest value lies in its emphasis on cross-functional collaboration.

Learning how to bring together different support functions to build and sustain mission-ready teams has been invaluable, Daniels said.

Understanding the broader picture, across more than 50 Air Force Specialty Codes, “is crucial for our Air Force right now, as we evolve into units of action.”

LOOKING AHEAD: CONTINUOUS IMPROVEMENT


Going forward, AFIMSC will continue evaluating and refining the CSIC curriculum to ensure it remains relevant and effective in preparing leaders for future challenges, Macey said.

“Based on lessons learned from cadre and students, we’ll review the course material, tailor it as needed, and potentially condense or expand certain portions of the course.”



Staff Sgt. Heather Banez, 23rd Combat Air Base Squadron, Joint Base McGuire-Dix-Lakehurst, New Jersey, returns fire to defend her position during the Combat Support Integrator Course full mission profile event May 20. Held at the Air Force Expeditionary Center on JB MDL, the course equips combat air base squadron leaders with the skills to train and lead warfighters for deployment.


U.S. AIR FORCE PHOTO BY AIRMAN FRANCINE D. MARTIN





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MIDSUMMER FESTIVAL 2025



SCHEDULE

FRIDAY, JUNE 20

4 - 7 P.M. Heritage House, Sigdal House and Gol Stav Church open

5 P.M. Funtime DJ Music with Lois Zahn – Stage

5 P.M. Ribbon Cutting by Minot Chamber of Commerce Ambassadors Red Coats Heritage House – Grand Reopening After Heritage House – Ardeth Stevens Memorial Stage

5 - 10 P.M. Blue Rider Adult Beverages & Scandinavian Beer

5 - 10 P.M. Pinks Bar and Grill Food – Parking lot

5 - 9 P.M. Sons of Norway Thor Lodge, Root Beer Floats – Located by Visitor’s Center

6 - 7 P.M. Glenburn Jazz Band – Stage

7 P.M. Midsummer Welcoming and Flag Ceremony, honoring 200-year Anniversary of Norwegian Immigration, special guests.

7:30 P.M. Presentation of John Sinn Award for Community Service – Stage

7:30 P.M. Marsha DesLauriers – Special Music

8:30 P.M. Abba Music Hour and Oldies Rock by Funtime DJ – Stage

8:30 P.M. Bonfire, weather permitting.

10 P.M. Midsummer Event Closes for the day.

11 P.M. Park Closes



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SATURDAY, JUNE 21

9 A.M. - 12 P.M. Swedish Fika-Seven Bites and coffee – Nordic Pavilion, Dala Fundraiser

9 A.M. - 4 P.M. Daughters of Norway, Baked Goods Sale – Nordic Pavilion

10 A.M. - 12 P.M. Jerry Schlag – Live Accordion Music, Nordic Pavilion

10 A.M. - 5 P.M. Krans Flower Crowns for sale, SHA Information Booth

10 A.M. - 5 P.M. Viking Market (Variety of Vendors)

Lecture Series 10 A.M. - 1:30 P.M.
Visitors Center Basement – Sons of Norway Room
10 A.M. Author & Historian Barb Solberg-Midsummer Reflections: Migration, Resistance, & the Stories We Carry
11 A.M. Roll and Feast DIY Lefse Extravaganza with Liz Gjelstad
12 P.M. Artist Jane Kalmbach – Scandinavian Folk Art Class – Hands on art class, supplies provided while they last.

10 A.M. - 10 P.M. Funtime DJ Music with Lois Zahn, entertainment.

11 A.M. Graces Notes Music – Stage

12 P.M. Royal Rebel Cheer Dances – Stage

12 - 5 P.M. Finnish Sauna Open

12 - 5 P.M. Visit the Viking Tails Norwegian Forest Cats.

12 - 10 P.M. Blue Rider Adult Beverages & Scandinavian Beer

12 - 9 P.M. Sons of Norway Thor Lodge, Root Beer Floats – Located by Visitor’s Center

12 - 10 P.M. Pinks Bar and Grill Food – Parking Lot

1 P.M. Frozen T-shirt Races, Games, Parachute for Kids – Stage area

1 - 3 P.M. Children’s Scavenger Hunt

2 P.M. Marsha DesLauriers, musical story time for kids (Main stage)

3 P.M. Royal Rebel Cheer Dances – Stage

3:15 P.M. Cosplay Contest – Stage

4 P.M. Inspirational Hoops Dance with Jamie – Stage

4:30 - 5:30 P.M. Daniel Starks Music – Stage

5:30 - 7 P.M. Gene Putnam and Michael Greenup Music – Stage

7 P.M. Second Annual AFLAC Surströmming (Stinky Fish) Eating Contest – Stage area

7:45 - 8:30 P.M. Dakota Happy Music – Stage

8:30 - 10 P.M. Funtime DJ Music with Lois Zahn – Stage

8:30 P.M. Bonfire, weather permitting

10 P.M. Midsummer Event Closes

11 P.M. Park Closes

SUNDAY, JUNE 22

11:30 A.M. Non-denominational Service with Pastor Dykeman – Gol Stave Church

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A VIEW FROM OUR SIDE

ROD WILSON



It was a normal Thursday evening with not a whole lot on the schedule. OK, I'll revise that statement a bit. There is always something on the schedule to be done, but not a whole lot more was going to get accomplished, in fact we were looking forward to going out to supper with my cousin from Canada.

As I always do, I was monitoring my phone calls. Don't know about you, but it seems those darn SPAM calls seem to more prevalent between 5 PM and 7 PM. But a quick glance at my phone would reveal that my granddaughter, Addely, was calling. WOW! She had been gifted her older brother's smart watch, and with it came the ability to make calls. "Hello Addely, what's up?" Hey BePa, my Mom sent me to my room to clean it up before supper, and I want to tell you that cleaning my room is really boring, so I called you.

Now as a grandparent I am always super happy to hear from any of the grandkids. We have 4; ages 13, 11, 7 and 5. The only grandkid without some type of modern communication device is the 5 year old. I can also say that they have received a cell phone, or smart watch, at much earlier ages as the years have gone by, but Addely tells me that "all of



UPSIDE DOWN UNDER

MARVIN BAKER

Because the month of June tends to bring us the most rainfall, along with that comes unstable and sometimes violent weather in the form of hurricane-force winds and tornadoes.

While states like Oklahoma, Kansas and Nebraska get more tornadoes historically than North Dakota, we get plenty of them in any given year.

Tornadoes are labeled in intensity from zero to five. Since 1950, there have been three EF-5 tornadoes in North Dakota. One was at Fort Rice in 1953, but is considered by the National Weather Service as an Emmons County tornado, even though Fort Rice is in Morton

my friends have cell phones or smart watches" and I go along with that statement hook line and sinker and think, well why not? All common sense seems to exit when it comes to giving a young person a cell phone. A friend of mine said that she wanted her young kindergarten aged son to feel secure, so she gave him a cell phone for his 5th birthday.

The caveat for my friend was that her 5 year old son quickly took on the habits of his older brother and sister who had cell phones. "They don't talk to each other anymore, they text." I had to laugh a bit when she went on to explain that she was in need of the bathroom. Her 5 year old had taken up temporary residence inside and she was continually pounding on the door to get in... and was not receiving any answer. When the bathroom door finally did open and the 5 year old came out, my friend confronted her youngster as to why he hadn't answered her when she was pounding on the door. The answer for this now technically empowered child..."well, I sent you a text! You should have seen that I needed 5 minutes."

Back to Addely...who was multi-tasking. Cleaning her room and talking grandpa and grandma. Soon we could hear our daughter in law informing Addely that soon it would be supper time, and she needed to have her room cleaned before supper. Even though we suggested that she could hang up and give full attention to cleaning her room, Addely informed us that she was making progress and she only had 10 more minutes of battery life anyway. How quickly they become experts of their domains.

A little later I was thinking

Call Anytime...



One of the first photos of the 4 tiger cubs born at Roosevelt Park Zoo this spring.

about the phone call we received. We could have thought that Addely called us because we were less boring than cleaning her room? Of maybe of all the contacts on her phone, her grandparents would certainly go along with a conversation that was better than cleaning her room? Or, like we finally decided, it really didn't matter why Addely called us, we appreciated the fact that she called us instead of one of her friends, and when time ran out, we encouraged her to call anytime. Sometime down the road when Addely is a bit older we will remind her that we always appreciate her calling her grandparents because "we are not as boring as cleaning my room."

CITY BAND TAKES THE STAGE

The Minot City Band was on stage in Oak Park yesterday to begin our 104th consecutive season. Normally on a Sunday we play concerts at 4 PM and 7 PM. Yesterday our host organization,

The Minot Area Council of the Arts brought in 2 food trucks, a featured artist, and The Scoop, an ice cream truck.

The City Band will be in concert this Sunday at 4 & 7 PM. Our director is David Rolandson, director of bands at Minot State University. Bring a lawn chair and enjoy an hour of great music by the Minot City Band.

EVENTS YOU WON'T WANT TO MISS

Watch for information on exciting events at the Roosevelt Park Zoo, including the opening of the all new African Plains Exhibit (new giraffe building), and the coming out party for the 4 little tiger cubs born at the zoo last month. Bryleigh McBride will be covering these stories, so stay tuned to the Northern Sentry.

THIS WEEK'S CHUCKLE

In every sport you're allowed to fail occasionally. Unless its skydiving.

Are we tornado alley?

County. The second was in Fargo in 1957 and the third was in Elgin in 1978.

All 53 counties in North Dakota have experienced tornadoes since 1950. Mountrail, Hettinger, Grant, Burleigh, Kidder, Stutsman, Barnes, Richland, Traill, Grand Forks and Pembina counties have all experienced EF-4 tornadoes.

Divide, Burke, Bottineau, Rolette, Towner, Williams, Ward, Benson, Nelson, Steele, Griggs, Wells, McLean, Mercer, Golden Valley, Stark, Logan, McIntosh, LaMoure and Sargent have had EF-3 funnels.

EF-2 tornadoes were recorded in Renville, McHenry, Pierce, Ramsey, Cavalier, Walsh, Eddy, Foster, Dunn, McKenzie, Oliver, Bowman, Ransom and Dickey counties.

EF-1 tornadoes were the least plentiful and were recorded in Sheridan, Billings, Slope, Adams and Sioux counties. EF-0 tornadoes happen as well, but rarely do damage other than broken tree limbs.

Since 1950, our state has experienced 1,680 tornadoes, with the total number of counties touched by those tornadoes at 1,740. That gives us an average of 22.5

tornadoes per season. Thirty-eight percent of the time, tornadoes are recored in June, 32 percent of the time in July, 16 percent in August, 11 percent in May, 2 percent in September and 1 percent in April.

Sometimes a tornado will touch down, rise and then touch down in another county. That's why the total number of counties exceed the total number of tornadoes.

Since 1950, 27 fatalities and 388 injuries have been attributed to tornadoes. The earliest annual tornado happened March 26, 2003 in Stutsman County and the latest was Nov. 1, 2000 in Bismarck. The most tornadoes in a year were 61 in 1999, the least were two in 1950-51 and 1961. The most tornadoes in a calendar day were 24 on June 11, 1976.

In addition to tornadoes, severe thunderstorms often bring damaging wind and hail. In that respect, every county has experienced hail and high wind.

Keep in mind, hurricanes are measured by the force of the wind. Much like tornadoes, they are measured on a scale from one to five, beginning with category 1 at 74-95 miles per hour. Every county

has experienced the equivalent of a category 1 hurricane.

Although North Dakota has never experienced a category 5 hurricane-equivalent wind speed, two counties have experienced "category 4," which is considered catastrophic by the National Weather Service. Slope County has had the highest-ever wind speed in the state at 143 mph, while Mercer County recorded a 130 mph wind speed.

Sargent, Grant, Dickey and McLean have all experienced the equivalent of a category 2 hurricane, which typically cause extensive damage.

Hail can also have a devastating effect, especially on cropland. And again, all 53 counties have experienced large and damaging hail since 1950.

Mercer and Sioux, however, are the only two counties that have seen 5-inch diameter hail. A grapefruit is approximately 5-inches in diameter and a baseball is 2.86 inches in diameter. That said, every county has had at least baseball-size hail.



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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

A few weeks ago, I casually used the term “PCS season” on social media. Not long after, a message landed in my inbox: “When I heard you say ‘PCS season,’ I thought you meant ‘Pollen and Construction Season.’ It took me a minute to realize you were using a military term.” We both had a good laugh.

There are a lot of acronyms in the military world. In fact, there are plenty I’ve used without fully knowing what they meant. For example, why is it called a “DITY move” instead of “DIY”? What does DEERS even stand for? And isn’t saying “CAC card” just as redundant as “ATM machine”? I don’t make the rules—I just follow them. Or at least, I try.

But regardless of how fluent you are in military-speak, the term PCS enters every military family’s vocabulary early. And it doesn’t stand for “Pollen and Construction Season.” It means Permanent Change of Station—or, as I like to say to my civilian friends: a military move.

According to a quick Google search, PCS season runs from mid-May to the end of September, and describes the timeframe with

PCS Survival for Coming and Going

the highest number of military members relocating to new duty stations.

With PCS season in full swing, I thought I’d offer a few pieces of hard-won wisdom. Here are five tips if you’re PCSing out of Minot—and five more if you’re PCSing in.

Five Tips for PCSing Out of Minot:

1. Pack blackout curtains in your personal vehicle.
2. Keep cleaning supplies with you.
3. Pack and label by room.
4. Make yourself a “Minot care package.”

Whether you’re doing the packing or supervising movers, organize and label boxes room by room. In the chaos of unpacking, it’s easier to remember where something lived in your old home than your logic behind how it was packed.

Grab a pound of your favorite local coffee, freeze some caramel rolls, or stock up on Charlie’s meat sticks. These familiar comforts make great travel

snacks—and help ease the emotional transition. (Carbs and coffee always help me cope.)

5. Update your library card.

Before you go, make sure your card is current so you can access digital resources—eBooks, audiobooks, movies—even after you’re gone. No one should be without a good read or an audiobook during a PCS.

FIVE TIPS FOR PCSING INTO MINOT:

1. *Bring blackout curtains (or get creative).*
2. *Get all the library cards.*
3. *Get out among people.*
4. *Download the Minot Parks app.*

In summer, it’s not fully dark until after 10 p.m. If you’ve got little ones, you’ll need blackout curtains—or improvise with blankets until your household goods arrive. Uglee Box often has them in stock, and you’ll get them for less than \$10.

You’re eligible for cards at the base library, Minot Public Library, and Ward County Library. Libraries here go beyond books—they offer kids’ and teen programs, adult groups, tools, printers, laminators, and even passes to the zoo, Magic City Discovery Center, and state parks. It’s a great way to get plugged in while you find your way around.

PCSing can be isolating. Head to free community events like Summer in the City or Music in the Park. You’ll get fresh air, find your bearings, and maybe even meet your new people.

It’s a quick, easy way to find parks, playgrounds, trails and



“Moving is hard, but it’s nice to have learned some things along the way.”
AMY ALLENDER PHOTO

events—most of which are free. Minot has a great parks department, and this app will help you take advantage of all they offer.

5. *Find the WD-40.*

While unpacking, if you find yourself combating sticky residue from tape, or those inventory stickers the movers put on all your items—WD-40 is my favorite hack for removing it. Just spray it on and polish off the goo

with a soft cloth.

Happy PCS season, friends. Whether you’re heading out, arriving in, or staying put, I hope this season brings growth, perspective, and good things to your life.

For more on living well in Minot, visit amyallender.com or connect with me on social media @HeyMinot.

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101 Critical Days of Summer – Fun in the sun!

LISA GONZALES, AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. – It’s time to have some fun in the sun. The 101 Critical Days of Summer focuses on preventing the annual spikes in injuries and accidents between Memorial Day through Labor Day. These accidents not only impact individuals and their families, but also mission readiness and force lethality.

The Department of the Air Force saw an increase in injuries during the 101 CDS in 2024 with 1,477, up from 1,425 in 2023. However, over the past six years the DAF has seen a slight decrease in overall injuries and accidents. It is still not zero and the use of risk-informed decision making in all summertime activities will help prevent those unnecessary injuries or accidents.

Risks associated with summertime activities can be avoided by doing a risk assessment beforehand or taking a refresher course if you haven’t participated in some time. Make a list of essential items that will be needed for the activity. At a minimum, the list should include an emergency medical kit, plenty of water or drinks containing electrolytes, food and snacks high in potassium and protein if the activity will be strenuous. Never leave Mother Nature to chance and prepare for the unexpected.

Summer is the time to enjoy the warm sunny days but do it safely. Wear sunscreen with an SPF 30 or higher when out playing in the sun or in the water as the sun’s ultraviolet rays reflect off the surface and can damage your skin. Using sunscreen will keep your skin from sunburns or worse. According to the National Cancer Institute, skin cancer, also known as Melanoma of the skin, will have an estimated 100,640 new cases in 2024. Make sure to lather up and don’t forget about the top of ears and noses.

Additionally, consider using sunglasses with a UVA or UVB rating of UV400 to keep eyes safe from the sun’s ultraviolet rays that can also damage the eyes. According to the National Eye Institute, the suns UVA and UVB rays can cause multiple eye problems such as early cataracts, pterygula, and pterygium to name a few.

When engaging in strenuous physical activity, such as playing sports in the sun, take frequent breaks to cool down and hydrate often with water or drinks that contain electrolytes. Avoid caffeinated or alcoholic drinks as they can dehydrate you. Know the symptoms of heat exhaustion or heat stroke and how to treat them. If you notice someone in heat distress, call 911 and move them to a cooler place. Try to lower their body temperature with cool cloths or a cool bath if it is available. Do not give the person anything to drink if you suspect heat stroke.



Continue to cool their body down until first responders arrive.

Swimming in the ocean to cool down or to enjoy a game of tag or Marco Polo is another summertime favorite. Be cautious when in the water as rip currents can form without warning. Rip currents are powerful, narrow channels of fast-moving water that move away from the shore. According to the National Weather Service, rip currents are the number one hazard at the beach and are the cause of over 100 drownings per year in the United States. If caught in a rip current, swim parallel to the shore to get out of it and never swim alone.

As the days get longer, the desire to head into the great outdoors and take that long-anticipated motorcycle ride, camping or hiking trip is music to the soul. Before venturing out, be sure to plan for the unexpected, as weather can change in the blink of an eye. Make a list of items that may be needed if the weather changes. Consider an emergency medical kit with extra batteries, blankets, jackets, food and water. Once the plan is set, remember to share it with family and friends.

Before taking the first motorcycle ride of the year, make sure to check the weather, road conditions and do a T-CLOCS check. Check tires & wheels, controls, lights & electrics, oil & other fluids, chassis and stand should all be working correctly before you ride. Once the motorcycle is ready, verify what riding gear will be needed such as, helmet, gloves, long sleeve shirt or leather jacket, pants and over the ankle boots. For additional safety gear, consider packing rain gear and an airbag vest.

For the avid mountain biker, the list should also include bike supplies and personal protective gear, to include bike helmet, gloves, and riding gear that covers weather changes. Biking tools should include a pump with several needles, gear adjustment tools, extra tubes or slime to fix a flat.

Hiking can be strenuous depending on where you go or if the hike will be overnight. If the plan is an overnight hike, headlamps, water filtration devices, light layers, tent, sleeping bag, and

foods high in protein should be on the list. Plan out your trip by making a map of the area you will heading to and let someone know where you plan to be. Hiking poles can help with balance and stability in the steep ascents or descents and helps protect the knees. Stretch out muscles to warm them up before and after the hikes. Stretching before strenuous activities to stay limber can help you stay injury free.

“Summer is a time to relax and have fun in the sun but do it responsibly by incorporating risk management in all your summertime activities.” said William “Bill” Walkowiak, chief of Occupational Safety, Air Force Safety Center. “Risks are in everything we do, so this summer before you start an activity do a risk assessment to help lower the risks involved for a safer summer.”

For additional information: <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Summer-Safety/>

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Is Homeschool the New School House?

NATALY ZARRELLA, NORTHERN SENTRY

For military families stationed at Minot Air Force Base, homeschooling has become an increasingly popular educational path, offering flexibility, personalized learning, and strong community support. Whether families are new to homeschooling or seasoned educators at home, Minot AFB offers a wide range of resources to support their journey.

Like all states, homeschooling in North Dakota comes with specific requirements that homeschool families must follow. According to Military OneSource, families must submit a statement of intent to their local school district before the start of each academic year for children aged seven and older, and there are certain levels in which certain subjects are supposed to be taught. According to North Dakota requirements, “a parent is qualified to supervise a program of home education if the parent holds a high school diploma or general education diploma (GED). A parent who does not hold a GED or high school diploma can still supervise their child’s home education, but would require monitoring from their school district”

One of the really valuable assets for homeschooling families on base is the Minot AFB Library. With a wide selection of materials tailored for students of all ages, the library provides:

- STEM kits and educational materials
- Children’s and Teen Literature
- Test prep resources for the ACT, SAT, and GED
- Books on homeschooling techniques and strategies
- Audiobooks, DVDs, and more
- Newbery Book Club and Summer Reading Programs

These resources help families enrich their homeschool curriculum, explore new subjects, and keep students engaged year-round.

Military families can receive additional guidance through the Minot AFB School Liaison Office, which provides support for K-12 education and helps families navigate both local and state homeschool guidelines.

Community plays a vital role in homeschooling, and the Brilliant Minds Homeschooling Group at Minot AFB is making a meaningful impact. Led by Mrs. Jessica Walker, who previously directed the group at Keesler AFB, Brilliant Minds meets weekly at the Base Housing Community Center. The program serves students from Pre-K through high school, and families interested in joining can connect through the group’s Facebook page, where Mrs. Walker provides enrollment details and additional resources.

Jessica shared her enthusiasm for homeschooling, saying, “There’s something special about watching your child learn and seeing that moment when it finally clicks, it’s truly rewarding”.

Mrs. Walker organizes engaging activities for students from Pre-K to high school, including arts and crafts, hands-on science experiments, and educational field trips, like a recent visit to BNI Coal to explore earth sciences.

Ariel Harwood, a parent of three children in the program explained why her family loves being a part of the Brilliant Minds Group. “Jessica is organized and passionate about what she does, and you can see it when she interacts with the kids. She tailors her approach to different learning styles and really

understands that all kids learn differently.”

For families like the Harwoods, homeschooling is a deeply personal choice. “After we had Amelia, I decided to stay home and raise her,” shared Mrs. Harwood. “Though we had mixed feelings at first and my husband was hesitant, we prayed about it and ultimately decided it was right for our family.”

Parents are responsible for choosing and managing their children’s curriculum, but they are far from alone. Co-ops like Brilliant Minds and the Minot AFB Homeschooling Facebook Group give children the chance to socialize, collaborate, and learn in a group setting, essential components of a well-rounded education.

Over the past three years, the Harwood family has explored a variety of homeschool curricula, including: The Good and The Beautiful, Ambleside Online, Apologia and Notgrass History by Charlene Notgrass

There are nearly endless learning paths available for parents who choose to homeschool their children. If you think you might be interested in homeschooling, start looking around and talking to people about it, there is no right or wrong way to go about it, which is one of the most desirable things about homeschooling.

Minot AFB continues to foster a supportive environment for homeschooling families, blending educational resources with a strong



Brilliant Minds Homeschool Group of Minot AFB celebration the groups promotion to the next grade.



Siblings Nyle, Kai and Avery Prescott celebrating their promotion to the next grade as part of Minot AFB Homeschool community.

sense of community. From library offerings and test prep tools to organized co-ops and peer support, families here are empowered to craft a homeschool experience that fits their unique needs.

For more information, families are encouraged to visit MilitaryOneSource.mil or contact the Minot AFB School Liaison Officer. Additional resources are also available through the North Dakota Department of Public Instruction and the Home School Legal Defense Association (HSLDA).



A group of homeschooled students from Minot AFB touring BNI Coal as part of their co-op day.



Brilliant Minds Homeschool Group of Minot AFB allows homeschooled student to do co-ops and interact with other children as well as experience different activities such as experiments, physical fitness, and other electives.

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Team Minot Tackles Fargo Marathon with Resilience and Purpose

NATALY ZARRELLA, NORTHERN SENTRY

On May 31, a determined group of 25 runners from Team Minot traveled to Fargo, North Dakota, to participate in the annual Fargo Marathon. Participants challenged themselves by completing events based on their goals and training levels, including the 10K, half marathon, and full marathon distances.

What made this year’s trip special was not just the race itself, but the purpose behind it. The event was organized by Chaplain Brian Harris and Kelli Williamson and funded by Strong Bonds, a chaplain-led resiliency initiative supported by the Air Force Installation and Mission Support Center (AFIMSC). As part of the program, participants were encouraged to connect with fellow runners and attend two resiliency sessions hosted by the Minot AFB Chaplain Corps.

This event wasn’t just about running. It was about strengthening the bonds between Airmen, their families and building a support network that extends beyond the finish line.”

Forrest Anciso, one of the marathon participants, completed the full 26.2-mile race. “Honestly, my goal was to try and qualify for Boston,” he said. “But I had some issues this time.” Despite the challenges, Anciso, who has run both the Fargo and Bismarck marathons every year, emphasized the importance of preparation. “My advice would be to focus on nutrition and running form when training for the full marathon,” he said. “The best part about the group was meeting new people. This group was created to be like a family, a place for people to go when they’re new to Minot.”

Technical Sergeant Khadir Truth of the 891st Security Forces Squadron also had a powerful reason for joining the event. His journey toward running began a year ago, inspired by a moment of reflection on his birthday. “I started writing down goals, and ‘run a marathon’ ended up on the list,” he explained. As someone managing high blood pressure naturally, running became more than a goal, it became therapy. “It clears your mind and helps your body. I didn’t want to rely on medication, so I started looking for natural ways to take care of myself.”

Truth finished his first half marathon in 2 hours and 24 minutes, surpassing his original goal of three hours. His advice to anyone considering marathon training is simple but powerful: “Make time. At first, the training

plan starts slow, but once you hit double-digit miles, you’re taking hours out of your day. If you’re going to start something, finish it. You’ll be proud you did. And pain is part of the process, push through it.”

For Rebekah McCormick, completing the half marathon was about more than miles, it was about setting an example. “This was the first long race I’ve signed up for since having kids, and I wanted to do it as an example for my girls,” she said. “The race training and the

race itself were a great experience in pushing through difficult things and trusting God!”

The Fargo Marathon experience highlighted not only the physical endurance of Team Minot members but also the strength found in community, personal growth, and shared goals. With support from Strong Bonds and the Minot AFB Chaplain Corps, these runners proved that resiliency isn’t just built in the gym, it’s forged on the course, in the conversations, within the team and it’s a mindset!



Minot AFB runners during the team dinner the night prior to their big run. Building team spirit and resilience thanks to the Minot AFB Chaplain Corps and Strong Bonds.



Chaplain Williamson running point during the resiliency seminar for the Fargo Marathon runners.



Team Minot the morning of the Fargo Marathon ready to tackle their goals.

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Minot Hot Tots Jersey Auction Raises \$3,765 for Lure Em for Life

MINOT HOT TOTS

The Minot Hot Tots are thrilled to announce the successful conclusion of their recent specialty Lip Rippers jersey auction, held in partnership with Bravera Bank, which raised an impressive \$3,765 for Lure Em for Life, a local non-profit organization dedicated to supporting youth programs and community initiatives throughout the region.

During this exciting event, fans had the unique opportunity to bid on game-worn, one-of-a-kind Lip Rippers alternate identity jerseys, each carrying its own story from the field. All proceeds from the auction will go directly to Lure Em for Life, helping to fund programs that inspire, educate, and empower local youth through outdoor activities and community engagement.

The overwhelming generosity of the Minot community and Hot Tots made this auction a tremendous success. The exciting bidding reflected not only a love

for baseball but also a shared commitment to making a positive impact in our community.

The Minot Hot Tots extend their heartfelt thanks to everyone who participated in the auction, from the enthusiastic bidders to the dedicated volunteers and partners who made the event possible. Special recognition goes to Bravera Bank for their partnership and ongoing support of community-focused initiatives.

For more information about Lure Em for Life and how you can get involved, please visit their Facebook. To stay updated on future Hot Tots events and community efforts, follow us on social media or visit the website.

For schedules, ticket packages, and the latest updates, visit www.hottotsbaseball.com or www.honeybeesoftball.com. For questions or more information, contact the Hot Tots office at 701-838-8687.



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Monthly Business Meeting Schedule • Meet-and-Greets

- Blue Lodge - 1st and 3rd Mondays at 6:00PM
- 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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UNPACKING THE MISSION:
TMO IN ACTION

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




Airman 1st Class Emily Leavitt, Traffic Management Office inbound cargo technician, opens a piece of cargo at Minot Air Force Base, North Dakota, Jun 3, 2025. Every box is opened and inspected to count the quantity of cargo inside.




Airman Joseph Romero, Traffic Management Office inbound cargo technician, confirms a delivery at Minot Air Force Base, North Dakota, Jun 3, 2025. Every box is opened and inspected to count the quantity of cargo inside.



Airman 1st Class Maiejane Cuaresma, Traffic Management Office (TMO) inbound cargo technician, confirms an invoice with a delivery at Minot Air Force Base, North Dakota, Jun 3, 2025. On average, TMO ships 80 to 120 military assets a day such as aircraft parts, engines, ammunition, tires, bolts, screws, and a variety of other supplies



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PLEASE DON'T DO THIS...

Patricia Stockdill

Ken Skuza quickly checked off a list of the “four things wardens see the most” – when it comes to fishing and boating, that is. Skuza, retiring N.D. Game and Fish Department district game warden, covered a fair chunk of northwestern North Dakota that included the east end of Lake Sakakawea, Lake Darling, and several smaller lakes during his 32-year tenure. Earning top honors on the “Do Not Do When Fishing List” was fishing without a license. Granted, like many states North Dakota offers resident anglers an opportunity to open water fish for free without a license to encourage people to connect or reconnect with the outdoors through fishing. But it’s one weekend in June – that’s it. But after that, a person’s grace period is over – unless a person is under the age of 16 a North Dakota fishing license is mandatory. Buying a license is easy – simply go online to the Game and Fish Department’s website, (gf.nd.gov), click “Buy and Apply”, create a free account, and purchase appropriate fishing licenses. Active duty military members can fish with a North Dakota resident license. From there, be sure to print a copy or save the license as a PDF file or photo – or both - on one’s phone. Otherwise, Skuza said, that leads to the second most common fishing violation – failure to carry or present a fishing license. While it’s possible to call up an angler’s license information by logging into a Game and Fish Department account when on the water, at the ramp, or fileting at a fish cleaning station, Skuza reminds people that wireless reception isn’t available everywhere. Especially on the water. If a hard copy printed license, PDF file, or photo isn’t available upon request, that’s an invitation for a game and fish violation and possible fine. Two popular area lakes, Lake Darling and Lake Audubon, also present opportunities for the third most common fishing violation – fishing in closed areas. Both are part of U.S. Fish and Wildlife Service National Wildlife Refuges and subject to rules specific to each refuge’s mission. Fishing is allowed because it’s compatible with their mission. However, Lake Darling has closed zones. Skuza advice is to find out in advance what refuge-specific regulations apply to each lake prior to fishing. The south half of Lake Audubon is managed by Audubon National Wildlife Refuge; the north half is part of Audubon Wildlife Management Area under Game and Fish Department management. The south half of Lake Audubon is closed to summer fishing – both boat and shore-fishing. When fishing from shore, basically don’t fish within the boundaries marked by refuge signs. From boat, don’t cross south of the line of buoys stretching across the lake. When in doubt, Skuza also advised anglers to ask questions. Contact Upper Souris National Wildlife Refuge with any questions regarding fishing Lake Darling, (701) 468-5467, or go to their website, (www.fws.gov/refuge/upper-souris/visit-us) to access its fishing brochure. It’s also beneficial to review species identification and limits – daily and possession – before heading to the lake, Skuza continued. While the Game and Fish Department has a long history of striving to keep regulations as standardized as possible a handful of lakes, including the North Dakota State Fair Pond in Minot, have specific regulations. The Game and Fish Department also has regulations designed to aid in the nationwide effort to reduce or restrict the impact of aquatic nuisance species (ANS). Whether shore-fishing, fly-fishing from a float tube, or putting a boat in the water, it’s imperative to know North Dakota’s ANS regulations because they vary from state-to-state. Basically, it’s a matter of “if you don’t know, ask”, Skuza recommended. Ask a local game warden or go to the Game and Fish Department website. It has regulations, licensing, and a vast array of information regarding where and how to fish in North Dakota – species identification and even recipes on cleaning and cooking a critter like a northern pike, for example. In other words, it’s easy to avoid falling into one of the categories of “four things wardens see the most”.



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Wheel Alignment Tips

Have your Wheel Alignment checked every other tire rotation and always when installing new tires. Wheel alignment sometimes referred to as tracking, is part of standard automobile maintenance that consists of adjusting the angles of the wheels so that they are set to the car maker's specification. The purpose of these adjustments is to reduce tire wear, and to ensure that vehicle travel, is straight and true (without "pulling" to one side). Alignment angles can also be altered beyond the maker's specifications to obtain a specific handling characteristic. Motorsport and off-road applications may call for angles to be adjusted well beyond "normal" for a variety of reasons.

Primary Angles

The primary angles are the basic angle alignment of the wheels relative to each other and to the car body. These adjustments are the camber, caster and toe. On some cars, not all of these can be adjusted on every wheel.

These three parameters can be further categorized into front and rear, so summarily the parameters are:

- Front: Caster (right& left)
- Front: Camber (right & left)
- Front: Toe (left, right & total)
- Rear: Camber (left & right)
- Rear: Toe (left, right & total)
- Rear: Thrust angle

Secondary Angles

The secondary angles include numerous other adjustments, such as:

- SAI (left & right)
- Included angle (left & right)
- Toe out on turns (left & right)
- Maximum Turns (left & right)
- Toe curve change (left & right)
- Track width difference
- Wheelbase difference
- Front ride height (left & right)
- Rear ride height (left & right)
- Frame angle

Setback (front & rear) is often referred as a wheel alignment angle. However setback simply exists because of the measuring system and does not have any specification from car manufacturers.

Measurement

A camera unit (sometimes called a "head") is attached to a specially designed clamp which holds on to a wheel. There are usually four camera units in a wheel alignment system (a camera unit for each wheel). The camera units communicate their physical positioning with respect to other camera units to a central computer which calculates and displays how much the camber, toe and caster are misaligned.

Often with alignment equipment, these "heads" can be a large precision reflector. In this case, the alignment "tower" contains the cameras as well as arrays of LEDs. This system flashes one array of LEDs for each reflector whilst a camera centrally located in the LED array "looks for" an image of the reflectors patterned face. These cameras perform the same function as the other style of alignment equipment, yet alleviate numerous issues prone to relocating a heavy precision camera assembly on each vehicle serviced.



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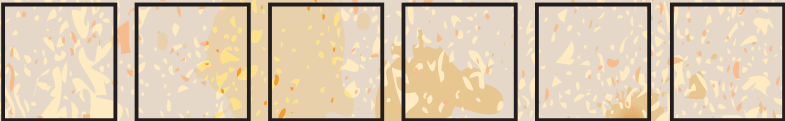
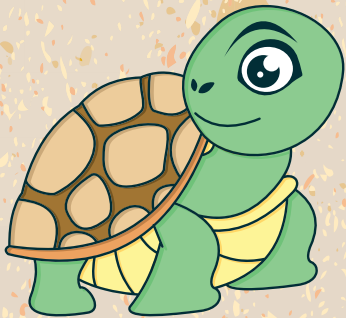
CREATURE FEATURES

- Lions live in prides dominated by one male, including several females and cubs.
- Their long retractable claws help the lion grab and hold prey. Lions have massive shoulders and strong forelimbs, long, sharp claws, and short, powerful jaws to aid them while hunting.
- The female lioness does most of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey.
- They use their roar to communicate and declare territory. A lion's roar can be heard over several miles.
- Lions sleep or rest about 20 hours a day.



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U.S. AIR FORCE PHOTOS | MINOT AFB PA



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Minot Airmen conduct ACE demo, enhance bomber interoperability on BTF Europe

STAFF SGT. BRYAN GUTHRIE

MORON AIR BASE, Spain – U.S. Airmen and support equipment from the 23rd Bomb Squadron, Minot Air Force Base, North Dakota, concluded their deployment to Moron Air Base, Spain, in support of Bomber Task Force 25-3 on May 27.

BTF 25-3 included a short-duration Agile Combat Employment demonstration across multiple theaters, highlighting integration training with NATO allies and partners to improve bomber interoperability.

“Agile combat comes down to three things: projection, presence and flexibility,” said U.S. Air Force Lt. Col. Vincent Noel, 23rd BS commander. “What makes this deployment particularly different is the scale. We have a much smaller maintenance footprint, fewer aircraft and less logistical support. So that has driven a lot of creative thinking on our part in order to accomplish the mission.”

During BTF 25-3, a U.S. Air Force B-52H Stratofortress aircraft assigned to Bomber Task Force Europe integrated with African partner forces in Morocco during a mission dubbed MIGHTY RHINO.

The bomber integrated with Royal Moroccan Air Force F-16s fighter jets in support of African Lion, the largest annual military exercise in Africa. This integration demonstrated the reach of U.S. airpower and the U.S. Air Force’s lasting commitment to collaboration with partner forces.

Training with joint partners, Allied and partner nations and other units forged the enduring and strategic relationships necessary to confront a broad range of global challenges.

“Bomber Task Force missions are important because they show bombers can go anywhere in the world,” said U.S. Air Force Maj. Noah Spitler, 23rd BS director of operations. “What that provides is the ability to put firepower downrange and show our enemies we can put bombers anywhere, at any time.”

This BTF deployment underscored the United States’ commitment to global security and homeland defense, and showcased the ability to rapidly project agile, combat-ready airpower across dynamic environments.

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5:00 PM
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FREE event with live music, good food, fun activities, local vendors, and so much more – plus the lighting of the bonfire on Friday and Saturday night (weather permitting). Walk inside the Gol Stav Church and the Sigdal House and watch the Viking Games as you’re surrounded by Scandinavian traditions like Swedish Maypole Dancing. Local bands and musicians will perform throughout Friday and Saturday alongside fun activities and performers. Kids can participate in their very own Viking Quest as they search around the park for prizes. Experience Scandinavian culture, try out rolling and making your own lelse, sweat it out in the Finnish sauna or, if you’re curious, participate in the first annual Surstromming Eating Contest



For more information:
<https://scandinavianheritage.org/>

20 JUNE **MYTHTICKLE**
9:00 PM
Blue Rider
118 1st Avenue SE, Minot

Get ready to tap your toes and sway to the lively tunes of Mythtickle. This Hebron-based band is bringing their accordion, nylon guitar, and maybe even a drummer! Enjoy a mix of new hits, polkas, waltzes, and more, plus free popcorn and good vibes. Don’t miss out!



For more information:
Facebook/ Blue Rider/ Events

25 JUNE **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. 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 JUNE **THURSDAYS DOWNTOWN – ARTS IN THE CITY**
5:30 PM - 9:00 PM
Outside The Blue Rider Bar,
118 1st Ave SE, Minot

Downtown Minot comes alive with Arts in the City on select Thursdays throughout the summer! Enjoy free concerts, delicious food, local makers, and a vibrant downtown scene.
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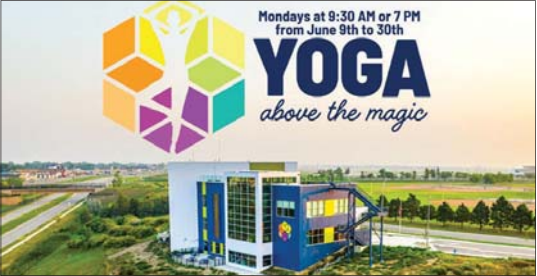
TWO CONCERTS:
5:30 PM & 7 PM

DOWNTOWN MINOT

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

30 JUNE **YOGA ABOVE THE MAGIC – MORNING CLASS**
9:00AM – 12:00PM
Magic City Discovery Center,
1545 1st Street NW, Minot

Find your calm, build your strength, and stretch it out—surrounded by sky-high views and the inspiring energy of the Magic City Discovery Center. This all-levels yoga class blends gentle tai chi, sun salutations, and flowing poses that meet you right where you’re at—whether you’re brand new or have been practicing for years. Each class ends in peaceful meditation and explores themes like kindness, gratitude, and letting go.
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For more information:
Facebook/ Magic City Discovery Center/ Events

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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Above water, barely
- 6. Narrow strip
- 11. Semi section
- 14. Cooking or sewing term
- 15. Intense obsession
- 16. Pay stub
- 17. Gasp of admiration
- 19. To the ___ degree
- 20. Eject strongly
- 21. Becomes older
- 22. Turn on a dime
- 24. Defensive effort
- 26. Gala
- 27. Engage in fantasy
- 33. Word with brief or tender
- 36. Majorette, perhaps
- 37. Mrs. Eddie Cantor
- 38. Auction site
- 39. Legendary miniseries
- 40. Cookbook instruction
- 41. Neighbor of Uru.
- 42. Westernmost Aleutian isle
- 43. Floors
- 44. React to a sprained ankle, perhaps
- 48. John ___, the Lone Ranger
- 49. Mubarak's predecessor
- 52. Czech composer Rudolf
- 54. Spanish surrealist
- 57. Popular salad
- 59. Word with parking or odd
- 60. Hosanna
- 63. Street address abbr.
- 64. "Pale Rider," e.g.
- 65. Prepare mushrooms
- 66. Unit-cost word
- 67. Physicist Bohr
- 68. Church areas

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

- 1. Basic skills
 - 2. Distorts
 - 3. To date
 - 4. Illegal passenger
 - 5. Playboy Mansion nickname
 - 6. Factory fallout
 - 7. Grow dim
 - 8. "No ifs, ___ or buts!"
 - 9. No-win situation
 - 10. Talked nonstop on a subject
 - 11. Outwardly curved surface
 - 12. Vocal range
 - 13. Thai bread
 - 18. Dry wash in Africa
- 23. "... Lord, is ___?" (Matt. 26:22)
 - 25. Orr's org.
 - 26. Ness and co.
 - 28. "Rob Roy" author
 - 29. Saw feature
 - 30. Pause
 - 31. Prefix meaning "peculiar"
 - 32. Loans to Marc Antony?
 - 33. Rachel's sister
 - 34. River through Aragon
 - 35. Comic's employee
 - 39. Legal invasion
 - 40. Golfer's bugaboo
 - 43. Hyundai rival
- 45. Moon shuttle
 - 46. WWI president
 - 47. Seemingly
 - 50. How roast is often served
 - 51. U.S. security
 - 52. Letter opener?
 - 53. Emulate nomads
 - 54. Be fond of
 - 55. "The Clan of the Cave Bear" novelist Jean
 - 56. PO box contents
 - 58. Tar's affirmatives
 - 61. "Bali ___"
 - 62. Explorer Johnson



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Board Member Spotlight: Dr. Terry Eckmann

MAGIC CITY DISCOVERY CENTER

We’re excited to spotlight one of our incredible board members and Yoga Above the Magic instructor, Terry Eckmann, Ph.D.!

Dr. Eckmann is an award-winning presenter, researcher, and author with a passion for healthy aging, brain wellness, and the power of movement. She’s spent over 25 years teaching yoga to people of all ages and stages of life, coauthored “101 Mindfulness and Meditation Practices” with her daughter Katie, and wrote two other nationally recognized books: “101 Brain Boosters” and “101 Ways to Age Gracefully.”

A familiar face to many in the Minot area, Terry hosted “Eye on Fitness” for over 25 years — a local favorite offering easy-to-follow exercises for home, from chair yoga to balance and core work.

Q&A WITH DR. ECKMANN:

Q: What are some of the biggest benefits of practicing yoga, both physically and mentally?

A: Increased balance, strength, and flexibility — plus it boosts chemicals in the brain, like GABA, that help calm the mind. Yoga is a wonderful tool to reduce stress and ease anxiety.

Q: How does practicing yoga outdoors, like on a rooftop, enhance the experience?

A: Nature is good for the mind and body. The MCDC rooftop view of Minot is absolutely breathtaking and sets such a positive, uplifting tone for the practice.

Q: How did you get started in your yoga journey?

A: I picked up classes at seminars years ago and loved them. That sparked my desire to start teaching yoga and building my education, eventually completing over 500 hours of training through YogaFit. And I still take classes today, it’s a lifelong journey of learning and growth.

Q: What’s your favorite part about teaching yoga to groups?

A: Creating an experience that both strengthens and calms the body and mind. There’s nothing better than watching people leave class feeling better than when they arrived.

Q: Do you have a personal mantra or quote you live by when it comes to wellness?

A: “It’s not what you know, but what you do with what you know that matters.”

Q: What can participants expect from the Above the Magic Yoga Series?

A: An experience that blends yoga, tai chi, and pilates — all with that breathtaking rooftop view. It’s designed to meet you exactly where

you are in both your fitness level and yoga experience.

Q: Do people need previous yoga experience to join the class?

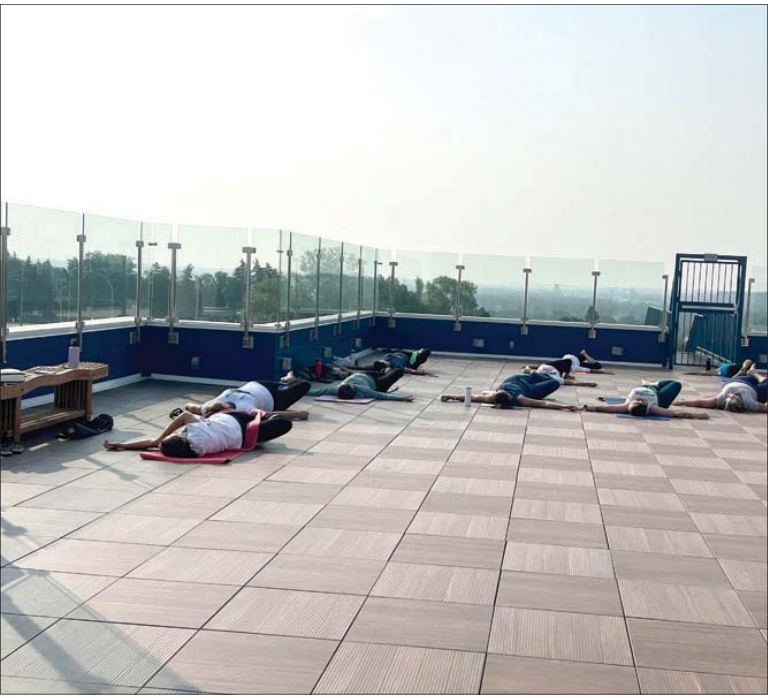
A: Not at all! There will be options for beginners through advanced participants. Everyone is welcome.

Q: If you could do yoga anywhere in the world, where would it be?

A: At the top of MCDC, of course... and then maybe any beautiful beach. With yoga, you can step out of your world and into yourself, no matter where you are.

Join us for Yoga Above the Magic and experience the magic for yourself!

Classes are open to ages 16+, all experience levels, and fitness abilities — everyone is welcome to flow with us on the beautiful MCDC rooftop. Classes are held on Mondays from June 9th to 30th at 9:30 AM and 7:00 PM. Sign up now at <https://www.magiccitydiscoverycenter.com/camps> — we’ll see you on the rooftop!



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Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at revelnd.com or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

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MINOT NORTH

SENTINEL REPORT



Minot Trap Team Shines at State Tournament

BRYLEIGH MCBRIDE, FRESHMAN | MINOT NORTH HIGH SCHOOL

The Minot Trap Team made an impressive showing at the 2025 North Dakota State Trap Tournament, with 29 athletes representing the team and several standout performances across the board. The event welcomed athletes from across the state to compete in categories divided by skill and division level. Minot's participants not only met expectations, they exceeded them. Among the highlights for Minot's Junior Varsity team were the top five scorers: Syllas Norton (89/100), Kemper Ottmar (88/100), Grant Thorson (87/100), Sam Wolfe (85/100), and Quade Everson (83/100). These athletes led the JV division with consistent and high-scoring rounds, showcasing their precision and composure under pressure. In the Novice Male category, Grady Mostad had a particularly notable showing. With a score of 87 out of 100, he placed third overall in his division, a significant achievement at the state level. Mostad, new to the sport, demonstrated both skill and

promise for future competitions. A photo from the tournament shows him proudly wearing his medal in front of the State Tournament banner—an emblem of his hard-earned success. Another major milestone for the team was the number of athletes achieving perfect rounds. Five team members shot a perfect score of 25 in a round—an impressive feat for any shooter. These athletes were Isak Nelson, Kyle Lentz, Syllas Norton, Grant Thorson, and Grady Mostad. For Norton, Thorson, Mostad, and Lentz, this was their first time hitting all 25 targets in a single round—marking a major personal best. Perhaps most memorable was Grant Thorson's perfect 25 during his final round as a senior. Ending his high school shooting career on such a high note was both emotional and inspiring. His performance embodied the culmination of dedication and growth throughout his time on the team. Coach and parent messages noted that nearly every Minot shooter either matched or

exceeded their season averages during the state competition—an indication of not just skill, but also focus and mental toughness. With 29 athletes competing, the team's widespread success reflected a strong training program and cohesive team environment. This year's state competition also highlighted the growing popularity and competitiveness of high school trap shooting in North Dakota. Backed by organizations like the North Dakota Game and Fish Department, Ducks Unlimited, and the Army National Guard, the tournament celebrates marksmanship, discipline, and safe firearm handling. The Minot Trap Team's achievements at state this year not only reflect individual success but also signal a strong future for the program. With younger shooters like Mostad already making podium finishes and returning athletes setting personal records, the team is poised for even greater accomplishments in the years to come.



Grady Mostad placed 3rd Novice Male.



Grant Thorson senior ended the season with a 25.



Minot Trap Team at State.



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YOUTH IN ACTION

North Dakota is a Homeschool Hot Spot

Homeschool or a “program of education supervised by a child’s parent” was legalized in North Dakota in 1989. Since then, many legislative updates have occurred which enabled inclusivity, such as permission to homeschool developmentally disabled children and student participation in public school extracurricular activities. Now, Minot AFB has approximately 116 military-connected K-12th grade homeschoolers and 25 additional homeschoolers in preschool. Last year’s total was 88, so we are seeing a whopping 62% increase. This coincides with the recent data published in the Johns Hopkins School of Education’s report titled “Homeschool Growth: 2023-2024,” in which North Dakota is listed as one of only a couple of states that reported the “highest-ever number of homeschoolers” with “a record number of homeschooled students in 2023-2024 and a 24% increase over the prior year” (education.jhu.edu, 2025). Why is there such a noticeable increase in this educational option here in North Dakota?

At Minot AFB, we are home to a large homeschool co-op called “Brilliant Minds Homeschool Group” run by Director, Ms. Jessica Walker. In this homeschool co-op, participation includes structured lessons, crafts, activities, and trips and requires a registration fee. We also have a broader community group for homeschoolers on base called “Minot Homeschoolers,” which is an informal group that meets once a week for recess and there is no cost to attend. Aside from these groups, parents can choose to homeschool independently. Ms. Miluska Hakkel is one such parent and is also a Family Child Care provider. To better understand why a local military family may choose this educational option, I share both Ms. Walker and Ms. Hakkel’s perspectives:

How does homeschooling in North Dakota differ from other states?

Ms. Walker responds, “Every state has its own set of homeschooling laws, but homeschooling in North Dakota is surprisingly straightforward! One of the most important things to remember is to submit your statement of intent at the beginning of EACH school year. What truly sets North Dakota homeschoolers apart, in my experience, is the strong sense of community and a shared love for nature. There’s something really special about how families here support one another!”

Conversely, Ms. Hakkel shares, “I don’t have experience homeschooling in a different state, this is my second year homeschooling in ND.”

What do you like/dislike about homeschooling?

Ms. Walker states, “One of

my absolute favorite parts of homeschooling is witnessing those ‘lightbulb moments’ when something finally clicks for my kids. It’s such a rewarding experience to be present for that kind of growth and discovery. On the flip side, I dislike the lingering stigma around homeschooling. That said, I’ve seen a huge shift in recent years, and people are becoming much more open and accepting, which is encouraging.”

Ms. Hakkel shares, “I like the planning, the lessons, the reading and trainings, establishing a routine, and creating bonds with my students. My favorite part is that the whole family is involved in the learning process, we play and learn together, we have done car schooling and world schooling. I love the flexibility! I love that you can choose to make homeschooling using free resources or pay for a core curriculum, in my opinion homeschooling can be very affordable. And I like how I can customize the curriculum to meet my students’ needs. I dislike that there are no options (at least in my area) for working homeschooling moms for co-ops or groups, most of the groups meet in the mornings/weekdays and for working moms it is very hard to participate, so we have to look for other options or end up not participating at all.”

Why do you homeschool?

Ms. Walker shares, “Our decision to homeschool was based on a combination of factors. As a military family, homeschooling offers a consistent educational experience for our children, no matter where we’re stationed. We don’t have to worry about them falling behind or being ahead due to varying state standards when swapping schools. Safety, flexibility, and having more intentional family time also played a big role in our decision.”

Ms. Hakkel responds, “My main and only reason to homeschool is MORE TIME WITH MY KIDS. You blink and they are grown adults and they are gone. I enjoy every day with my kids, it’s truly a privilege to have them with me 24/7. Homeschooling isn’t only for the kids, but also for the mom, it’s very healing. You grow in patience and knowledge, you are forced to manage well your time, have routines...everything creates strong family connections and I love that.”

Both of these women’s perspectives match the traditional reasons many homeschool. According to Ms. Angela Watson, assistant research professor at the Johns Hopkins School of Education, “Conventional wisdom suggests that military families might choose to homeschool for the sake of stability amid numerous permanent change-of-station, or PCS moves or, following a deployment, to ‘prioritize that time together’ over

sending a child to school” and Ms. Natalie Mack, founder of the Military Homeschoolers Association, agrees “stability and time together” are the traditional reasons military families homeschool. New reasons to homeschool, according to Ms. Mack, include: the ability to meet special needs, avoid bullying, and avoid the prospect of school violence (Miller).

What are your fears or hopes?

Ms. Walker shares, “It’s been amazing to see how much homeschooling has grown in recent years. My hope is that the momentum continues and that more people begin to understand what homeschooling really looks like. One of the biggest misconceptions is that homeschooled children aren’t well socialized, but in our experience, that couldn’t be further from the truth. There are countless opportunities for socialization and enrichment. I hope that families who are curious about homeschooling feel empowered to give it a try - because it is absolutely possible, and their children can thrive!”

Ms. Hakkel states, “I rely totally on the Lord to guide me through this season, and I trust that He will use me to teach my kids His ways. No fears at the moment, I am in peace with the way we are homeschooling (the method we have chosen, the curriculum, and our philosophy of education) we don’t do it perfectly, but we try our best every day. I hope that we will have more opportunities on base or Minot for homeschooling meet ups, right now I know only about 1 group on base and 1 in town, unfortunately they are not working mom friendly.”

It is evident through both perspectives that homeschool was the best educational option for each military family. Mobile and motivated, these women thrived on running their own business (co-op director/childcare provider) and homeschooling their children, although times for meeting up with homeschool groups were not always conducive for Ms. Hakkel’s schedule. Looking more into the “strong sense of community” that Ms. Walker references, I gathered a number of unique opportunities and resources available for military-connected homeschoolers here at Minot AFB and in our surrounding community:

1. Minot AFB Library – “Teacher Packs” are available for checkout. This is a form any family can submit, which requests up to 50 library books at one time on any theme/topic. The librarians will gather the books and have them ready for pick-up.
2. Minot AFB Library brochure “Services for Homeschooling Families.” This features resources available for checkout including STEAM Kits, requests for library



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



orientations to teach research skills, and summer/winter/Saturday reading programs. In addition, the library has a Homeschooling Resources Collection, which includes guides, activity books, and examples of curricula that can be borrowed.

3. Minot AFB Fitness Center access – Children with interactive adult-supervision may use the gym at the fitness center on Minot AFB. Please call to reserve in advance.

4. Military and Family Life Counseling (MFLC) Services – Free, non-medical counseling to service members and their families that help with a range of issues including deployment stress, relationship problems, and coping with life changes. Contact MFLC, Ms. Megan Armenta, at 571-376-0703 to schedule your appointment.

5. Monthly Kid Scoop News – Leftover copies from North Plains Elementary School are collected and given to the School Liaison for homeschool families. Please visit the school liaison office for your monthly copy.

6. Annual Minot Shriners Circus tickets donated by local companies for Minot AFB homeschool families. For more information, visit the school liaison office.

7. Annual Month of the Military Child Proclamation Signing every April – Held in Bismarck, ND at the North Dakota State Capitol building every legislative season and Grand Forks AFB/Minot AFB every other year. For specific information, contact the school liaison office.

8. Homeschooled students in ND can participate in JROTC programs at public high schools. To contact our Air Force JROTC in Minot, please reach out to MSgt Dan Coopman and/or Capt Scott Evans at: 701-857-7618 and 701-857-4564.

9. FIRST Robotics Team – High School team founded last year at Minot North High School. Contact minotfirstrobotics@gmail.com or 701-240-6571 to join. They’re also always looking for volunteers, so please reach out if interested.

10. Tutor.com – Free, on-demand, 24/7 online tutoring in over 200 subjects for homeschool students.

11. The North Dakota Homeschool Association (NDHSA.org) – Non-profit website with resources and support for homeschool families.

12. Minot Public Schools has a homeschool website page, which includes a “MPS Homeschool Guidelines and Procedures” document available for download: <https://www.minot.k12.nd.us/en-US/curriculum-and-instruction-073d79c8/homeschool-39bd0b1a>

13. The Military Homeschoolers Association (MHA) was recently established in 2023 and is an advocacy and resource support nonprofit for military homeschoolers with a Base2Base Military Homeschooling podcast (militaryhomeschoolers.org).

14. Check the School Liaison Facebook Page for upcoming local school opportunities in which homeschool families may take part! This year, Glenburn Public School graciously invited homeschoolers to attend their Live Music event featuring Farah Siraj. More opportunities, including Scholastic Fairs, will be posted on this page.

So, whether you decide to homeschool or not, we certainly see an upward trend for this type of schooling among military families in North Dakota and a number of resources exist to support it! As your educational advocate, I am here to assist you in whatever school choice option – homeschool, public school, inter- and intra-district, private school, or public charter school (effective Aug. 1st) – you seek!

“Homeschool Growth: 2023-2024.” Johns Hopkins School of Education Website, 2025, education.jhu.edu/edpolicy/policy-research-initiatives/homeschool-hub/. Accessed 15 Jun 2025.

Miller, Amanda. “Analysis Shows Military Families Homeschool at Twice the Average Rate.” Military.com website, 19 Mar. 2025, www.military.com/daily-news/2025/03/19/analysis-shows-military-families-homeschool-twice-average-rate.html. Accessed 16 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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Mission-Ready in the Water: Why Swimming Safety Is Essential for Every Airman

AFMS - MINOT - 5TH MEDICAL GROUP

As the weather warms and recreational activities shift toward pools, lakes, and beaches, it's vital to recognize the importance of swimming safety—especially for those in uniform. For Airmen, water safety isn't just about recreation—it's directly tied to operational readiness, fitness, and resilience. Whether training in aquatic environments or enjoying downtime with family, understanding and practicing proper swim safety can save lives and strengthen mission capability.

WHY SWIMMING SAFETY MATTERS FOR AIRMEN

- Preventing Drowning: Drowning is a leading cause of unintentional injury death. Being water-safe is critical, particularly for those involved in water-based training or operations.
- Enhancing Physical Fitness: Swimming boosts cardiovascular health, muscular strength, and stamina—all crucial for physical performance in the field.
- Promoting Mental Well-being: Aquatic exercise reduces stress and anxiety, which supports total force mental resilience.

KEY SWIMMING SAFETY TIPS

- Supervision: Always assign

a responsible adult to watch swimmers—avoid distractions.

- Swimming Lessons: Formal training helps develop life-saving skills like treading water and safe diving.
- Use of Life Jackets: Wear a U.S. Coast Guard-approved life jacket in open or unpredictable waters.
- Buddy System: Never swim alone. A partner can provide immediate help in an emergency.
- Avoid Alcohol: Alcohol impairs coordination and reaction time—don't mix it with swimming.

SWIMMING IN OPEN WATER

- Know the Environment: Learn about currents, tides, and underwater hazards before entering the water.
 - Check Weather Conditions: Sudden storms or strong winds can turn a safe swim into a dangerous one.
 - Use Designated Areas: Swim only where lifeguards are present and safety signs are posted.
- AIRMEN'S COMMITMENT TO SAFETY**
- Stay Informed: Review swim safety resources regularly and apply them both on and off duty.
 - Lead by Example: Encourage others in your unit to follow safe

- swim practices.
- Seek Training: Participate in military or community water safety courses to improve confidence and preparedness.
- Swimming safety plays a critical role in maintaining the readiness, health, and resilience of Airmen. By understanding risks and applying preventative measures, Airmen not only protect themselves but also set a standard for their peers and families. Staying safe in the water is not just good practice—it's part of being mission-ready.

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FLASHBACK: B-52 Stratofortress - First Operational Delivery

TONY R. LANDIS, AIR FORCE MATERIEL
COMMAND HISTORY OFFICE

June 29, 2025, marks the 70th anniversary of the first operational Strategic Air Command (SAC) B-52 Stratofortress delivery to the 93rd Bombardment Wing (Heavy) at Castle Air Force Base, Calif. The aircraft, RB-52B (52-8711), departed the Boeing Moses Lake testing facility at Larson AFB, Wash., and performed a seven-hour training mission prior to the delivery to Castle AFB.

From that first SAC delivery in 1955, to the final H-model delivery in October 1962, only seven years had elapsed. In total, Boeing produced 744 B-52's before production ceased (total includes the two prototypes). The Stratofortress has seen use in every major air campaign since it became operational. Continuous upgrades have kept the aircraft on America's front line bomber force for 70 years, and there's no sign of stopping.



Crew members of the first B-52 delivery: Col. W. R. Smith, Commander, 4017th CCTS; Brig. Gen. W. E. Eubank, 93rd Bomb Wing Commander; Maj. P. N. Howard, IP, 4017th CCTS; Capt. M. M. Watkins, pilot, 4017th CCTS; Maj. A. T. Brent, Observer, 4017th CCTS; Capt. E. A. Schickling, Observer, 4017th CCTS; T/Sgt J. G. Rounds, ECM Operator, 4017th CCTS and Technical Sgt. J. F. Thompson, Gunner, 4017th CCTS.

AIR FORCE HISTORICAL RESEARCH AGENCY ARCHIVES



RB-52B, Tail number 52-8711, departs Boeing's Moses Lake facility at Larson Air Force Base, Wash., beginning the seven-hour training mission prior to delivery of the first operational Stratofortress to the 93rd Bombardment Wing at Castle AFB, Calif.

Boeing Historical Archives

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Info from Dec 2024

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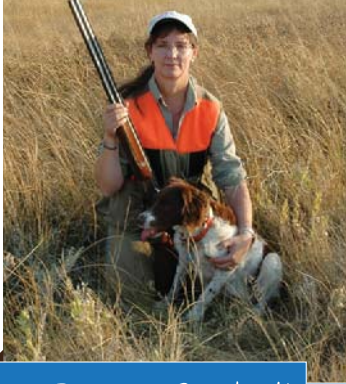
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OUTDOOR

REPORT



by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, June 16: 1,834.19 feet above mean sea level (MSL); 22,800 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.28 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.44 MSL.
• N.D. Game & Fish Dept. game wardens: No new reports from Lake Sakakawea, north-central area lakes, or Devils Lake.
• Devils Lake, Woodland Resort, Devils Lake: Anglers finding lots of small walleye. Try slip bobbers with leeches. Some anglers switching to spinners and bottom bouncers. Water clarity remains good. Move around with better walleye activity in the evening with the clear water. Fair pike activity with white bass along the rocks from shore.
• Lake Darling, Karma C-Store, Ruthville: Lake Darling slowed somewhat for walleye.
• Lake Metigoshe, Four Seasons, Bottineau: Fair for walleye using nightcrawlers with bluegill activity from both boat and shore.
• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing walleye working west to Douglas Bay. Work points along the mouth of bays and in the bays themselves with variety of presentations. Some success deeper but most activity is in 7 to 17 feet. Some walleye activity along the south shore as well. Not as many anglers on Lake Audubon but those going are finding some success.
• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Work shallow in 15 feet or less around Centennial or Douglas bays for walleye.
• Lake Sakakawea, Indian Hills Resort, Garrison: Continued fair walleye success pitching lindy rigs with minnows but a few anglers are starting to see success with nightcrawlers. Work shallow. Inconsistent water temperatures but look for stable weather to help warm up water and improve activity.

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.

- OUTDOOR NOTES:**
- Fireworks and camping prohibited on Upper Souris Nat'l Wildlife Refuge with open hours for the public from 5 a.m. to 10 p.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-80b6-8c5db6b68c74) 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: Movie 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 with Children's Stick Horse Rodeo, noon. Fort Stevenson State Park, Garrison, beginning at noon each day.
- TOURNAMENTS:**
- 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.

- Lake Sakakawea, New Town: Mixed bag of success with generally inconsistent walleye bite in the Van Hook Arm.
 - Lake Sakakawea, Van Hook Bait & Tackle New Town: Cool water temperatures and inconsistent weather continue creating inconsistent walleye success. Try 18 to 24 feet using minnows with some activity starting on leeches. Most success seems to be around the north end of the Arm with muddier water on the south end towards the main river channel.
 - Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing shore-fishing success. Try evening or morning hours casting crankbaits from the rocks for walleye. Try the wing walls during the day for a mix of species. Lots of small walleye in the spillway inlet from boats with overall fair success in the tailrace and down river. Better success from boats is in the evening hours. Lake Sakakawea producing walleye activity, although spotty at times. Try crankbaits in 20 to 25 feet with better success along the north shore, mainly Douglas Bay around Rattlesnake Island. Look for improving success farther east when water temperatures become more stable.
 - Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Van Hook Arm producing nice walleye activity in the midsection of Lake Sakakawea using spinners with nightcrawlers or leeches in 18 to 24 feet. Water is muddy around White Earth Bay. Kota-Ray Dam access available for boats now and producing some trout activity. Trenton Lake fair for crappie, pike, and walleye with ramp also available.
 - North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some activity on Buffalo Lodge Lake but limited reports from other area lakes or the Souris River.
- N.D. RIVERS GAUGE HEIGHT AND STREAMFLOW** (conditions can vary rapidly):
- Des Lacs River, Foxholm: Gauge height, 5.24 feet; streamflow, 4.68 cubic feet per second (CFS).
 - Lake Darling, Foxholm: Gauge height, 96.8 feet.
 - Little Missouri River, Medora: Gauge height, 7.45 feet; streamflow, 162 CFS
 - Little Missouri River, Long X Bridge near Watford City, gauge height, 7.45 feet; streamflow, 74.8 CFS.
 - Missouri River, Williston: Gauge height, 19.67 feet.
 - Missouri River, Washburn: Gauge height, 10.2 feet.
 - Souris River, Broadway Bridge, Minot: Gauge height, 41.63 feet.
 - Yellowstone River, Cartwright: Gauge height: 69.45 feet.
- NUMBERS TO KNOW:**
- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
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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

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. 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 | mno@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

weekly post brief

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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

MINOT AFB PHARMACY

How YOU can communicate with US!

Do you need to <u>ACTIVATE</u> a new prescription?	Do you need to <u>REFILL</u> an existing prescription?	Do you need to <u>COMMUNICATE</u> with your pharmacy team?
<p>Here are three ways to <u>ACTIVATE</u> a prescription at Minot AFB Pharmacy:</p> <div><div>1. MHS GENESIS Patient Portal</div><div>https://patientportal.mhsgenesis.health.mil</div><div><ul style="list-style-type: none">• Using the link or QR code• Click on ‘Message’ tab</div></div> <div><div>2. Q-Anywhere</div><div><ul style="list-style-type: none">• Text “Get in line” to 1-833-274-5419</div></div> <div><div>3. In Person</div><div><ul style="list-style-type: none">• Come pull a ticket at the pharmacy and wait for your number to be called</div></div>	<p>Here are two ways to <u>REFILL</u> a prescription at Minot AFB Pharmacy:</p> <div><div>1. MHS GENESIS Patient Portal</div><div>https://patientportal.mhsgenesis.health.mil</div><div><ul style="list-style-type: none">• Use the link or QR code• Click on ‘Rx Refills’ tab</div></div> <div><div>2. Automatic <u>REFILL</u> Hotline</div><div><ul style="list-style-type: none">• Call 1-701-937-4688• Follow the prompts</div></div> <div><p>*If you are out of refills, a new prescription will need to be activated. Please contact your provider to get started.</p></div>	<p>Here are three ways you can <u>COMMUNICATE</u> with pharmacy staff:</p> <div><div>1. MHS GENESIS Patient Portal</div><div>https://patientportal.mhsgenesis.health.mil</div><div><ul style="list-style-type: none">• Using the link or QR code• Click on ‘Message’ tab</div></div> <div><div>2. Q-Anywhere</div><div><ul style="list-style-type: none">• Text “Get in line” to 1-833-274-5419</div></div> <div><div>3. In Person</div><div><ul style="list-style-type: none">• Come pull a ticket at the pharmacy and wait for your number to be called</div></div>

MHS Genesis Patient Portal

Q-Anywhere

Duty Hours

Monday - Friday:
0730-1215 & 1315-1630

Saturday: CLOSED

Sunday: CLOSED

For the latest information on MDG closures and news, please visit our Facebook page at:
facebook.com/5thMedicalGroup

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!



FOR FULL DETAILS
OR TO ENTER:

SCAN
OUR QR
CODE!





We took our boys out to Fort Stevenson for some trail rides. We love that area and all of the outdoor activities they offer.

SUBMITTED BY REBECCA WANG



Took a drive through Theodore Roosevelt National Park and could have stuck our hand out the window to touch this bison.

SUBMITTED BY MCKYNZIE THOMPSON



Little Backyard Adventurers

SUBMITTED BY STACI HAYNES

NOTES ON BEING SAFE

COMPLACENCY, THE SILENT KILLER

Every day in the United States on the average, 15 workers lose their lives as a result of injuries or illnesses related to their work. When you add the figures that's over 5400 people a year. Unfortunately these people leave behind families, friends, and co-workers.

Recently there are more and more "mishaps" that come across my desk dealing with everything from damaged or lost tools and equipment, Damage to Government vehicles due to inattention, dressing inadequately for the cold weather conditions, this list can go on and on... I think you understand the point. Airmen at levels need to fine tune the skills we have been trained and imbedded to our thought processes and way of thinking.

So what is the point am I driving home? Complacency! When it comes to safety, complacency is deadly. If you come to work in an environment that has dangers, you can't afford to let your guard down, you can't relax. If you become comfortable in hazardous areas, your lax attitude will end up getting people hurt. Or worse, it gets you hurt. We can fall into the mindset, "I went to work and nothing happened, nothing happened last week and nothing dangerous happened last month." This allows you to let your guard down. We all need to remind ourselves we're working in a dangerous environment and we need to be alert.

All of us, no matter where you work, or what your job is, need to create a culture within our own organization, and remind everyone that complacency is a treacherous thing - it's a killer. Supervision at all levels needs to find ways to stimulate employees' interest in finding ways to make safety improvements.

We all need to create motivation for a positive change in the organization by believing it's possible to achieve zero mishaps or incidents and communicating that belief to all employees. All of us, by raising our right hand have an obligation to show employees the relevance of working safe to their jobs, careers, and, most importantly, their families. This will create an atmosphere where everyone at every level in the organization will



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL
SAFETY



increase their commitment and their contribution in making the workplace mishap or incident free.

Yes, I understand all of are busy we have tight schedules and deadlines to meet, but we also need to take a step backwards, think of your thought processes, take a "one more time" look around your surrounding and ask yourself "Did I leave anything behind? Are all my tools and equipment accounted for? Did I remember to do that last check before we left the building? Are all the documents properly signed off and reviewed?, am I properly dressed for the outdoor temperatures?" Never forget where you are. If you work in a dangerous fast paced environment, remember that I'm not asking you to

live your life dreading every moment at work. What I am asking each and every one of us is to follow proper procedures at work, and think ahead of what elements await us that can possibly kill us. Think of your surroundings, identify the littlest detail.

In closing, please remember complacency is an ever present danger. When a person becomes complacent their stress level for the task decreases, and consequently, so does their performance. A greater stimulus will be required in order to obtain a response. Let's all take a deep breath and a step back... your life and the life of others may depend on it.



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A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION WOUNDED WARRIOR

JUNE 26, 1954



Brig. Gen. Chester McCarty piloted a C-124 from Clark AB to Tachikawa AB on June 28, 1954. He salutes next to Maj. Gen. Henri Jacobs, Surgeon General of the French Air Force. (USAF Photo)

On June 26, 1954, Operation Wounded Warrior began with the first flight out of Saigon, Vietnam. The 315th Air Division and 6481st Medical Air Evacuation Group (USAF) transported over 500 wounded French and Foreign Legion troops to Clark Air Base, Philippines, and then Tachikawa Air Base, Japan. The operation took two weeks and five flights in total. From Japan, the critically wounded troops were flown to the United States by Military Air Transport Service and then on to France and North Africa. Wounded Warrior was carried out by C-124 Globemasters and many of those transported were survivors of the siege of Dien Bien Phu. Two French generals and the ambassador to the US met the first Military Air transport flight to reach Westover Field, Massachusetts to praise the USAF for the mission.

Information courtesy of: media.defense.gov

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FRIDAY 20

- Registration Ends: Firecracker Scramble, <https://www.memberplanet.com/s/minotafbclubs/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

SUNDAY 22

- Bully Scramble Golf Tournament, 0900, Rough Rider Golf Course
- Sunday Escapes Book Club, 1330, Minot AFB Library

MONDAY 23

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Biggest Loser/Gainer – Final Weigh In, 0800-1700, McAdoo Fitness Center
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center
- Board Game Making Camp, 1500, Minot AFB Library
- Cycle, 1700, McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item
Chicken Curry Rice Bowl

Rockers Bar & Grill Featured Item
Rockin' Chicken Sandwich

The B-Fifty Brew Featured Item
Chocolate Covered Cherry Frappe

What's Going On
Minot AFB June

TUESDAY 24

- AFFT, 0530, McAdoo Fitness Center
- Run Fast, 0600, Dome, hosted by McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- Staycation Special Lunch & Dinner, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Business & HR Education Fair, 1100-1300, Dakota Inn Dining Facility, hosted by Education Center
- Staycation Special Lunch & Dinner, 1630-1830, Dakota Inn Dining Facility
- Run Far, 1900, McAdoo Fitness Center

WEDNESDAY 25

- AFFT, 0530, McAdoo Fitness Center
- Bootcamp Express, 0545, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Overview, 0800-1600, 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
- Board Game Making Camp, 1500, Minot AFB Library
- Yoga, 1700, McAdoo Fitness Center

THURSDAY 26

- AFFT, 0530, McAdoo Fitness Center
- Run Fast, 0600, Dome, hosted by McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Run Far, 1900, by McAdoo Fitness Center

FRIDAY 27

- Bootcamp Express, 0545, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Family Bootcamp, 1000, Turf, hosted by McAdoo Fitness Center
- Sewing Workshop, 1300-1500, Arts & Crafts Center
- Firecracker Scramble, 1300, Rough Rider Golf Course
- Board Game Making Camp, 1500, Minot AFB Library
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Freedom Fest, 1800-2200, Rockers Bar & Grill Parking Lot
- Fireworks, 2230, Bud Ebert Park

SATURDAY 28

- Board Game Making Camp Competition, 1500, Minot AFB Library
- Progressive Bingo, 1730, Rockers Bar & Grill
- Karaoke Nights, 2100, Rockers Bar & Grill

Harry Potter Trivia Night
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