

5TH BOMB WING
JULY
SQUADRON
OF THE
MONTH

5TH OPERATIONAL MEDICAL
READINESS SQUADRON

WHATS INSIDE
THIS WEEK:



IT'S A DAK RAT SUMMER
(BUT AT LEAST THERE
ARE MEMES)

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DEFO PROGRAM
PREPARES ENLISTED
AIRMEN FOR OFFICER
CAREERS

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MINOT AFB AIRMAN
EARNS TOP HONORS
IN NATURAL
BODYBUILDING
COMPETITION

A8

Bries siblings show their patriotic spirit in red, white, and blue during Freedom Fest on Friday, June 27. Hosted by the 5th Force Support Squadron, the day-long celebration brought the base community together with family-friendly festivities and a dazzling fireworks display. See page A6 for full coverage.

NORTHERN SENTRY PHOTO | NATALY ZARRELLA

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July Squadron of the Month

5th Operational Medical Readiness Squadron

Providing medical care for a population of 5,900 Active-Duty Airmen is the honor of the 5th Operational Medical Readiness Squadron (5OMRS). Comprised of roughly 150 Airmen, Civilians, and Contractors assigned to nine diverse flights, the 5OMRS proudly executes several missions to support both the 5th Bomb Wing and 91st Missile Wing. Their mission sets include the Personnel Reliability Assurance Program (the largest in the Department of Defense), Mental Health, Optometry, Physical Therapy, and Health Promotions. Also included are the Dental Clinic, Bioenvironmental

Engineering, Public Health, the Base Operational Medicine Clinic, and the Warrior Operational Medicine Clinic. Plus partnering

with the base Veterinary Services in providing care to the Military Working Dogs and privately owned animals.

In addition to the day-to-day mission, the 5OMRS plays a critical role in all Bomber Task Force generations and partners with the U.S. Air Force School of Aerospace Medicine to oversee local testing for the DoD's Missile Community Cancer Study. These efforts led to them being named the 2025 U.S. Air Force Outstanding Personnel Reliability Assurance Program Team of the Year and the Air Force Global Strike Command Operational Team of the Year.



Team OMRS completing Squadron PT.



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EVENTS THIS WEEK

\$6 HAMM'S & GRILLED CHEESE
Tuesday, July 8 at 4:00pm
TRIVIA NIGHT
Wednesday, July 9 at 7:00pm

PULLTAB HAPPY HOUR
Monday, Tuesday, Wednesday,
4:00pm-6:00pm

**MILITARY APPRECIATION DAY
JULY 18
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It's a Dak Rat Summer (But at Least There are Memes)

KERIANNE NOEL, NORTHERN SENTRY

According to the Alberta Conservation Office, Richardson Ground Squirrels only spend 15% of their life above ground. But based off recent behavior on MAFB residents would not know it. Complaining about this keystone species, known colloquially as ‘dakrats’, is a right of passage for anyone who has spent a summer on MAFB.

Airfield management, safety, and security procedures that limit natural predators mean dakrats are more numerous on base. Above average winter survivability, and an active mating season have led to a natural population boom both on and off base. Many now find the situation on base untenable.

It's more than the usual antics of digging up garden beds, booby trapping open fields with their holes, and nosediving under car tires. This year there are reports of them chewing up property to include the undercarriages of personal vehicles, biting or at least attacking humans and gathering in alarming numbers of 15+ in a single yard. Spouse Rylee Whistler's 14 month old daughter was recently attacked by a dakrat that managed to rip a hole into her shirt before they were able to come to her rescue. She has since filed a complaint with base housing and the Minot AFB resident advocate, which she agreed to share with the Northern Sentry.

“My yard has now become dangerous in my eyes and in the eyes of my children. Not only is it a minefield from the cavernous holes, their feces are everywhere as well,” she wrote. “Our dog will get a hold of one and it pass away only for 3 more rodents to take their

place. I would love to even have the opportunity to take my children to the park right behind my house... My husband picks up dead rodents from there almost daily.”

The Northern Sentry reached out to 5th Medical Group Public Health and 5th Bomb Wing Public Affairs for comment. We were assured that, “In recent years, there have been no confirmed cases [of transmitted disease] from dakrats reported on base or in the surrounding areas.” However, residents were encouraged to avoid direct contact with dakrats, dispose of them in closed containers, and to thoroughly disinfect hands, tools, and surfaces that have come in contact with them or their feces. If bitten, they should wash the wound and seek immediate medical attention.

With limited funds and means such as fogging or simply filling the holes, Balfour Beatty's non-boom season tactics have been found wanting by those living in housing. Similarly, the often shared advice to simply water one's yard and flood holes is now being met with skepticism... and memes. Some residents have opted to take things into their own hands, trapping dakrats by any licit means available to them - and patrolling not only their own yard but those of their

neighbors. Others have offered to loan out their dogs to help clear out others' yards. In one instance it was humorously suggested letting some of MAFB's 'goodest boys' (small dog breeds with main character energy) loose on the population in a canine jubilee of epic proportions.

The MAFB Resident Advocate Samantha Mendoza saw and heard the complaints. On 19 June she reached out to the community noting that she had, “personally visited multiple homes, documented conditions, taken photos, and compiled resident concerns to brief our leadership.” Residents are encouraged to continue to send complaints and concerns her way. Members of the Air Force Civil Engineering team have also been out to assess the damage for themselves.

Leadership has taken steps to actively address this issue. On the morning of 23 June the Base's Facebook page shared a statement that included the following: “Base leadership is aware of the noticeably increased presence of Richardson Ground Squirrels, commonly called “Dak-Rats”, in base housing and the nuisance they present to residents. The health, safety and welfare of base residents is paramount. Action has been taken to direct Minot AFB Homes to implement a more



Sometimes a meme resonates so much it becomes the latest cover of one of Minot AFB's unofficial social media pages. This meme does not suggest endorsement by MAFB or base leadership. Shared c/o Emmanuel Santillan.

concerted effort to address the issue.”

Short term, base residents are encouraged to continue to trap the pests, put in work orders for damages, and notify housing at (701) 727-0007 of areas with increased activity. However, a more comprehensive trapping plan is also underway. Major Thomas Barger, 5th Bomb Wing Public Affairs, emphasized that units are working in conjunction with Minot AFB Homes to reallocate resources toward remediation efforts. The Pest

Management Team assigned with the 5th Civil Engineering Squadron had already trapped and removed more than 130 Dakrats from base housing. Residents are advised to stay clear of these traps.

Team Minot can look forward to continued updates from the base regarding progress against these tiny, rodent overlords. Perhaps this ‘Dak Rat summer’ marks the beginning of a shift back in favor of the men and women who live and work on Minot AFB. Regardless, we'll always have the memes.




Rylee Whistler's two year old daughter was recently attacked by a dak rat. Fortunately, only her t-shirt was harmed.



“Someone call this guy for the Dak rats!” Posted one Facebook user alongside a social media video by @phily_p, demonstrating use of a device known as “The Rodenator”. Screenshot c/o Tik Tok.



Base Residents are often told to flood the dak rat holes - a measure that many have found to be minimally effective. Shared c/o Andrea Johnson Brickley.



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**SHE'S NOT FROM
AROUND HERE**
AMY ALLENDER


After checking my son into his recreational class, I headed to the bleachers to sit with the other parents. Not long after I sat down, a mom in front of me turned and said, “I bet Amy will know.”

I’d only met this person in passing—just enough to exchange polite smiles while settling in to watch class—but I’m always up for small talk and making new friends.

“I’m intrigued,” I said. “What do you think I’ll know? No guarantees, but I’ll do my best.”

Turns out, the question was about Minot’s flood protection plan—specifically the construction currently interrupting some of our city’s most beloved summer pastimes: Roosevelt Park Pool, the skate park, the playground, and the zoo. She followed it with a side note about detours and the road construction currently blocking some major intersections.

I’ll admit, I was flattered that she thought I might have an inside scoop. And while I



**UPSIDE DOWN
UNDER**
MARVIN BAKER

In last week’s article, we touched on tuberculosis related to the San Haven facility. This was once a major disease in children in this state. There’s been a significant decline in disease and death in the last century, but it ran rampant before 1900.

It was actually a significant public health issue for adults and children. It was most prevalent in urban centers. Although we hardly had urban centers before 1900, Fargo and Bismarck, even then, were the two largest cities.

Regardless, you can go to just about any pre-1900 cemetery and find children who died of TB.

Typhoid fever, measles and diphtheria were also significant health threats. These were the leading causes of death in

A New Vantage Point

know the basics (and by basic, I mean the information gathered from watching local news and doing some light Googling), my real wheelhouse is more about playground slides, free ways to have fun, and knowledge of often-overlooked community resources.

Soon, a few others joined the conversation—each chiming in with their own grievances about construction, overcrowded splash pads, and days that were just too humid. More than answers, it seemed like everyone was simply looking for a place to air their frustration—and for someone to affirm their complaints. Like all humans, they wanted to be heard and understood—we can all relate to that. The inconvenience in front of them loomed so large that they couldn’t see anything good, and couldn’t quite pivot to a different topic.

The negative camaraderie was spiraling. And since I couldn’t offer meaningful answers or a helpful way to reframe the conversation, I quietly excused myself to watch class from a different vantage point. From there, I watched the class while also replaying the conversation in my mind.

Why wasn’t I as bothered? Why do some of us see construction projects as personal attacks on our plans and commutes, while others can overlook them entirely? Why do small annoyances sometimes spark a flood of complaints, and other times, even tough situations

barely rattle us?

I think it comes down to vantage point.

Once I moved positions, I not only had a better view of my son running and jumping—I had a clearer mind and a sense of peace after removing myself from the negativity.

When my nephew was a toddler, he’d do just about anything to see construction trucks. He was mesmerized by the machines and the people who knew how to operate them. From one perspective, construction zones were messes and sources of inconvenience. From his perspective, they were open-air museums—entertaining, inspiring, awe-inducing.

My niece, on the other hand, was a preschool train fanatic. She’d cheer whenever my sister got stopped at a railroad crossing—especially if the train came to a complete stop. From the driver’s seat, that train meant delay and rerouting. From her vantage point, it was a game, a spectacle, and even a chance to take a new path home.

I love an object lesson, and that’s what I got on the bleachers that day. It wasn’t a comfortable conversation, but it was a beautiful reminder: when we can’t control the circumstances around us, we can control our vantage point.

We can’t dictate how others think or speak, but we can fine-tune our own perspective. We can choose to see the good—to look

forward to a smooth road, an improved park, or a community project completed. We can choose our vantage point so our vision isn’t blocked by frustration.

We can’t control how others think or speak, but we can fine-tune our own perspective. We can choose to see the good—to look forward to smoother roads, improved parks, or completed community projects. We can adjust our vantage point so our vision isn’t blocked by frustration.

And isn’t that life? Holding on to hope that today’s inconveniences are shaping us for tomorrow’s challenges? That the bumps and slowdowns are smoothing out our rough edges, allowing us to grow into more gracious, present humans—ones who might even enjoy the ride of life more than we did the day before?

Next week, I’ll share another story about shifting perspective—this time, my own. When I began treatment with Cornerstone Chiropractic, I was seeking relief from back pain. What surprised me most wasn’t just how effective the care was, but how it made a meaningful difference in areas of my health I hadn’t expected at all.

For more on mindset, living well in Minot, and plenty of encouragement, join me online at amyallender.com or find me on Facebook and Instagram @HeyMinot.

Childhood mortality in North Dakota

children in the early days of statehood. Smallpox is also listed, but it was largely contained by the time Dakota Territory was established in 1861 and was eradicated worldwide by 1980.

Diphtheria, however, a serious bacterial infection, decimated entire families pre 1900. In fact, a report in the Bismarck Tribune in 1898 outlined a “peculiar” disease in July of that year that claimed the lives of nearly 50 children in Emmons County.

According to the Emmons County Health Board, in one neighborhood, a visiting doctor found there had been 18 deaths in children, all among Germans from Russia settlers. Other Russian settlements in Emmons and McIntosh counties claimed as many as 50 childhood fatalities.

The Tribune reported this peculiar disease, that is something like diphtheria, was believed to have been imported from Russia.

That disease was indeed diphtheria and took the lives of 99 people in southern Emmons County in 1898. One couple lost eight children in less than a month. It became so dire that many of the children were buried at night to avoid spreading the disease at a funeral.

A diphtheria outbreak also occurred in Winona in 1891, but authorities quickly took action to quarantine the town and shut off the ferry to Fort Yates in order to mitigate the risk.

Diphtheria is defined as bacteria that produce a deadly toxin in the nose, mouth and throat, forming a membrane from dead tissue that can suffocate a person.

Diphtheria is now well controlled in the United States because of widespread vaccination, but it’s not eradicated. The last confirmed case in the U.S., was in 1997.

Typhoid fever, although considered a low-risk issue today, was once a serious health concern like diphtheria. It was prevalent in the 1880s and early 1900s and was often linked to contaminated water and sources of poor sanitation.

In 1894, 40 percent of the Grand Forks population became sick from typhoid with 194 fatalities attributed to it. An epidemic occurred in Chamberlain, S.D., in the winter of 1932-33 that was likely due to insufficient chlorination of Missouri River water.

Although specific numbers

aren’t listed for how many children perished because of typhoid fever, children were more susceptible to the disease than adults.

Today there’s been a flare up of measles, and although it is slowly spreading among unvaccinated children in the state, it isn’t near the problem it once was.

As of this writing, 25 cases have been reported in Williams, Cass and Grand Forks counties. North Dakota Department of Health and Human Services reports the state has experienced a decline in vaccination rates with 81 percent of children 19-35 months and 90 percent of kindergartners up to date with measles vaccinations.

HHS is monitoring the outbreak and is advising anyone who may have been exposed to measles to quarantine immediately.

A disease not listed that didn’t kill, but could severely paralyze was polio. An outbreak in 1946 was the beginning of the worst outbreak in North Dakota, especially among children under 10 years old. By 1952, 21,000 cases were reported and by 2000, the oral vaccine in a sugar cube was discontinued.



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A VIEW FROM OUR SIDE
ROD WILSON

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What reporter and storyteller Amy Allender brings to the Northern Sentry is a unique perspective of not only Minot, but North Dakota. I have often said that if Amy Allender was selling you a car, it would indeed be the absolute best car available for you and your family. Like she does in her column “I’m Not From Around Here”, she would call attention to all of those little things that make the car she is trying to sell you look great.

By reading Amy’s columns, I often find myself raising my awareness of what it is I see around me. An example I always use is the beautiful yellow flowers of the hundreds of acres Canola that paint the North Dakota landscape this year. Amy would notice those flowers, too, but she would grab you by the hand and take you into the field where you can smell the Canola and watch the many honeybees, from nearby hives that she would also point out, buzzing from flower to flower.

In a recent coffee group conversation, someone asked the question “How could you not want to live in Amy Allender’s North Dakota?” Across the table was another guy who had to respond, “Well say that to me when it’s 40 below zero this winter.”

I want to continue this thought a bit with a recent conversation I had with someone who called me about my healthcare benefits. The conversation was going nowhere, when the young lady out of the clear blue said, “We’ve got some time before my computer goes back online, tell me about North Dakota.” I am pretty sure she was changing the topic because we had been waiting for her computer to re-boot for what seemed like an eternity. OK, I’ll go along with your inquiry and ask a question before I provide an answer. “Have you ever been to North Dakota?” The answer took be a bit off guard when she said, “I’ve lived in California all of my life, and to be honest I don’t even know where North Dakota is.”

Here’s my chance, I thought. I can tell her about our cold, cold winters, or I can share Amy Allender’s North Dakota, and quite honestly Rod Wilson’s North Dakota with her.

We talked about the 4 seasons, and how the trees change color and how a lot of the fields are covered with yellow flowers right now, and some of them will soon have blue flowers that kind of look like an ocean.

She asked whether we ever had picnics or whether we did anything fun outside. A recent memory brought me back to the SkyFest where there were literally 100’s of kites that dotted the deep blue sky over Lake Sakakawea. “Sakakawea what?” she asked.

Somehow we just quit worrying about her computer re-booting and talked about North Dakota, and a little bit about the plains states. She had heard about Minnesota, but then asked if we were close to Washington D.C.?

I suggested that she maybe got out an Atlas (yep, you guessed it- she had no clue what an Atlas was) and just kind of look at where North Dakota is. (Hooray, the computer came back online).

I told her that I haven’t lived anywhere else, and well, at my age probably won’t be in a hurry to move. I also told her about the buildings that mark century old farmsteads, and how everyone stops and looks up when we hear the roar of a B 52 (back to Google).

Amy, just want you to know that I am neck in neck with you when it comes to being a fan of Minot, and of North Dakota. I do so appreciate your view and how you always keep the glass half full. Last, if you don’t follow Amy’s column, take a few minutes and let her tell you good things about where we live.

ENJOY AN EVENING OF JOHN PHILLIP SOUSA

July 17th grab your lawn chair and head for Oak Park and the annual Minot City Band Sousa concert. Those marches you love to hear (we can’t play them all of course) played by the Minot City Band. Starting time is 7 PM... parking is available across 4th Avenue. Mark those calendars... and don’t be late!

TODAY’S CHUCKLE

If people actually profited from their mistakes we’d all be rich by now.

PS-

The annual Minot Fireworks Show will take place in front of the grandstand at the North Dakota State Fair. Includes a music score and probably the largest computer orchestrated display in North Dakota!



Field of yellow Canola flowers. Wind turbine is also part of the landscape.



Where you find a Canola field you’ll more than likely find beehives. North Dakota is number 1 in honey production.

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ARENA EVENTS

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Stars, Stripes, and Summer Nights: Freedom Fest and Fireworks at Minot AFB

NATALY ZARRELLA, NORTHERN SENTRY

Minot AFB came alive with celebration on Friday, June 27, as two exciting events brought the base community together for a day and night of fun and patriotic pride. The evening began with Freedom Fest, a family-friendly summer festival hosted on base, followed by a stunning fireworks display in the evening.

Organized by the 5th Force Support Squadron, Freedom Fest offered Airmen and their families a chance to unwind and enjoy the season with a variety of activities, games, food vendors, and entertainment. Held during the day, the event focused on community building, relaxation, and appreciation for the service and sacrifices of military members and their families.

Later that evening, the sky above Minot AFB lit up in spectacular fashion as the 5th Civil Engineering Squadron Fire Department, in partnership with the 5th Force Support Squadron, coordinated a powerful fireworks show. This much-anticipated display served as a dazzling close to a memorable day on base.

Freedom Fest was a way of giving back to the families who support our mission every day and ending the day with a fireworks show was the perfect way to celebrate the unity and spirit of those who serve our country.

The successful collaboration between squadrons ensured both

events ran smoothly and safely. As families looked to the skies in awe, the shared experience highlighted the strong bonds within the Minot AFB community.

With both Freedom Fest and the fireworks display now part of

this summer’s cherished memories, Minot AFB continues to show what it means to work hard, serve proudly, and celebrate together.

Here’s to a summer full of connection, gratitude, and community at Minot AFB



2025 Minot AFB firework grand finale!



Minot AFB giving their residence and those who serve an unforgettable firework display.



5 CES Fire Department ready to respond at the 2025 Minot AFB Firework Display.



Ava and Isabella Zarrella taking in the sun at Freedom Fest while playing with bubbles provided by the 5 FSS.



The Rodriguez girls getting their face painted at Freedom Fest



Minot AFB families having fun at the 2025 Freedom Fest hosted by 5 FSS



MSgt Scott Calloway and wife Michelle enjoyed the firework display with their children at Minot AFB.



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Minot's DEFO Program prepares enlisted Airmen for officer careers

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

MINOT AIR FORCE BASE, N.D.

Since its establishment on Minot AFB in July 2024, the Developing Enlisted Future Officers (DEFO) program has provided enlisted Airmen with the tools, mentorship and resources needed to explore and pursue officer commissioning opportunities across the U.S. Air Force.

The original DEFO program began in 2019 at Little Rock AFB with the aim of providing structured guidance and mentorship to enlisted members considering a transition into the officer corps. Minot AFB's DEFO program, while still under a year old, is already seeing early success.

DEFO focuses on matching interested Airmen with mentors who have navigated one of the Air Force's 18 primary and 22 sub-programs of various commissioning pathways.

The mission is two-fold: to educate Airmen on available opportunities and to prepare them to be competitive candidates.

"It is a big project but again, the primary reason we're here is to help big-A Airmen figure out their path, mentor them along the way, and be a strategic tool for the strategic decision makers that are actually going to sign their name on the paper at the end of the day," said U.S. Air Force 1st Lt. John Subick, Minot AFB's DEFO lead.

The program provides resources such as the "Commissioning 101" briefing—an in-depth, 90-minute session designed to introduce attendees to the differences between Officer Training School (OTS), Reserve Officers' Training Corps (ROTC), the Air Force Academy and other pathways. OTS, while often viewed as the default, may not be suited for everyone. DEFO helps Airmen determine the route best aligned with their education, age, family status and long-term goals.

For example, younger Airmen without dependents and with limited college experience may benefit from applying to the Air Force Academy, while older Airmen with degrees and families might find OTS more accessible. Those in between could consider ROTC or other commissioning programs.

Minot has already seen its first DEFO-supported Airmen selected for commissioning. Tech. Sgt. Marlon Portillo, 891st Missile Security Forces Squadron missile security command and control, was recently selected for OTS with the



Tech. Sgt. Marlon Portillo, 891st Missile Security Forces Squadron missile security command and control, poses for a photo at Minot Air Force Base, North Dakota, May 19, 2025. After serving on the enlisted side for a decade, the Developing Enlisted Future Officers program assisted Portillo in his commissioning process.

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

assistance of DEFO. A native of El Salvador and raised in Dallas, Texas, Portillo had long considered commissioning but initially chose to enlist for stability and opportunity. With his selection, he will remain in the security forces career field as a commissioned officer.

Portillo said being a strong example for his child and expanding his leadership role were driving factors in his pursuit of a commission. Becoming a commissioned officer is something he has been pursuing throughout his decade-long Air Force career.

"You really have to continue to push forward," said Portillo.

"I've been trying for a long time to commission and I finally was able to put in the package that got selected, but it's not something that came easy. It wasn't anything that I was able to knock out in a week or a month or within a year. It was a long term effort and continuous work to put in a package together. If you really want it, you can't give up."

His journey, marked by persistence, underscores a message DEFO tries to reinforce: commissioning is not a short-term goal, but a long-term commitment requiring resilience and preparation.



Tech. Sgt. Janvier Lauron, 740th Missile Squadron senior facility manager, poses for a photo at Minot Air Force Base, North Dakota, May 30, 2025. Lauron has a family legacy of nurses and chose to commission through the Nurse Enlisted Commissioning Program.

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Minot AFB Airman Earns Top Honors in Natural Bodybuilding Competition

NATALY ZARRELLA, NORTHERN SENTRY

Airman First Class (A1C) Williams Sullins, assigned to the 5th Civil Engineer Squadron Fire Protection at Minot Air Force Base, recently made headlines far beyond the flightline. On June 7, he competed in and won his division at the Organization of Competitive Bodybuilders (OCB) Natural Competition held in Fargo, North Dakota.

The OCB is a national organization known for its strict standards on natural bodybuilding. During a press release, Natural Spartan Director of Finance Mike Allen emphasized the competition's commitment to remaining steroid- and chemical-free. "The OCB prides itself in being a natural bodybuilding organization and providing an even play field for everyone". A1C Sullins shared that every athlete is subject to drug testing and polygraphs to comply with competition regulations.

For AIC
Sullins, this isn't
just about lifting
weights, it's a journey that began
over a decade ago. "I think I first
started getting into bodybuilding
when I was around 15," Sullins
said. "We were stationed in Japan
with my father who also served,
and one of my buddies, who's dad
was a Marine, took me to the gym.
That first workout just hooked
me."

Since then, bodybuilding has become more than a hobby. "It's not just about going to the gym," Sullins explained. "Your diet, sleep, discipline, every part of your life has to align. It builds you as a

person. And when you finally compete, you're showing the final package of everything you've worked for. That's what makes it so gratifying."

At the Fargo competition, Sullins competed in the Classic Physique category, an homage to the symmetry and proportion made famous by icons like Arnold Schwarzenegger, one of his biggest inspirations. He entered both the Debut and Open classes, ultimately winning first place in Classic Physique in the Debut division and taking the Overall title in the Open category. His performance earned him his OCB pro card, officially qualifying him to compete at the professional level.

"That means I can now compete in pro shows," he said. "My next competition is the Tampa Pro in November."

Despite his military commitments, Sullins has managed to fund his competition training and travel out of pocket. When asked what advice

he'd give to someone just starting their fitness journey or considering competing for the first time, Sullins kept it simple: "Start now. Be consistent. That's the key in bodybuilding, just show up every day, keep your diet clean, get your sleep, and go from there."

As Sullins continues balancing the demands of military service with the rigorous discipline of professional bodybuilding, one thing is clear, his journey is just getting started.



A1C Sullins at the OCB Natural Competition in Fargo, ND.



AIC William Sullins took 1st place in the category of Classic Physique at the OCB Natural Competition.



Airman assigned to Minot AFB takes home 1st place in Classic Physique showing everyone that with hard work and dedication anything is possible.

The image features the Noodles & Company logo at the top, which consists of a red stylized noodle icon followed by the word "noodles" in a bold, lowercase, sans-serif font, and "& COMPANY" in a smaller, uppercase, sans-serif font below it. Below the logo is a photograph of a white bowl filled with stir-fried noodles, topped with green onions, purple onions, and red peppers. A pair of wooden chopsticks is lifting a portion of the noodles. In the foreground, there are small white bowls containing shredded green cabbage and a mixture of green and purple vegetables. A yellow circular graphic is overlaid on the left side of the image, containing the text "15% Military Discount" in a bold, sans-serif font, and "Dine In or Take Out Only*" in a smaller, italicized, sans-serif font below it. At the bottom of the image, there is a dark blue banner with the text "304 4th Ave NW Minot" in a bold, white, sans-serif font, and "Open Daily 10:30 AM to 10:00 PM" in a white, sans-serif font below it. The website address "www.noodles.com" is displayed in a white, sans-serif font on a dark blue background at the very bottom.

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Fly Away with the Minot Aircraft Modelers!

HANNAH WATERS, NORTHERN SENTRY

The Minot Aircraft Modelers Club and Field is widely regarded as one of the premier flying facilities for model aircraft in the upper Midwest. Not ten miles east of Minot AFB, nestled in a beautiful, quiet, and country setting, the modelers club boasts two 600-foot grass runways ideal for flying a wide variety of model aircraft. The site is well-equipped to accommodate families and visitors, featuring an RV park, a playground for children, a covered spectator pavilion, and clean shower and bathroom facilities. With rural water on-site and thoughtfully maintained grounds, it offers a comfortable and inviting environment for both pilots and spectators alike.

The beginner friendly club offers an inclusive pilot training program designed to introduce newcomers to the world of remote-controlled model aviation. This program provides participants with a free three-month trial membership, which includes everything needed to start flying: airplanes, batteries, transmitters, and one-on-one instruction from experienced club members. The goal is to make the learning process as accessible and enjoyable as possible, allowing beginners to quickly gain confidence and skills in a supportive environment.

Once signed up for the pilot program, training begins with a thorough ground briefing that covers the basics of aerodynamics, flight controls, and the principles behind how an airplane flies. Students learn the functions of control surfaces such as ailerons and elevators and how to manipulate the transmitter sticks to maneuver the plane. To ease the learning curve, the club flight instructor’s uses a specialized flight simulator that replicates the experience of flying from the pilot’s perspective on the ground. This simulator allows students to practice takeoffs, landings, and basic

flight maneuvers virtually, where mistakes can be easily corrected by restarting the simulation.

Once students are comfortable with the simulator, they move on to actual flying lessons using club aircraft. Each airplane is equipped with dual wireless controllers so that the instructor can instantly take control if needed, ensuring safety during every flight. The initial flights focus on mastering takeoffs and basic maneuvers at a safe altitude, followed by lessons in taxiing the plane on the ground and ultimately learning to land properly—often the most challenging skill to master due to the pilot’s perspective and the precise control needed. The remote-flight program is backed by the Academy of Model Aeronautics (AMA), which provides insurance coverage and educational resources for members. This well-structured approach has helped many beginners transition into confident, safe pilots, fostering a growing community passionate about model aviation.

The club recently hosted one of its biggest events of the summer, opening its gates to the public for a full weekend of flying, food, and family fun. Normally a members-only facility, the club welcomed visitors to experience all the great things that come with aeronautics. The event showcased an impressive

variety of model aircraft, ranging from vintage WWII replicas to modern aerobatic planes. Pilots spent the day flying stunts and showing off detailed aircraft built from lightweight materials and factory-finished designs.

Mr. Zac Heskin, the club president, has been flying for about 27 years. He explained that starting out, someone might pay upwards of \$200 to get their aircraft built and ready to fly. He showcased some of his personal planes and explained they can be as large as a 10½-foot wingspan. Most planes are wooden and covered in Ultra Cote, which is a shrinkable plastic that is considered lightweight and perfect for covering a model aircraft! He also showed an unfinished plane made from 3D-printed pieces that had been glued together. Mr. Heskin provided a look into his remote as well. His personal remote can hold up to 250 remote-controlled (RC) aircraft! He demonstrated the ability to switch between aircraft before taking his own plane up for a flight.

When explaining the fuel used for his personal aircraft, Mr. Heskin said, “I use kerosene because it’s cleaner.” Kerosene is typically found in RC planes with turbine engines. Electric-powered planes are also a viable option, as they offer responsive control and easier operation. Electric planes



President of the Minot Aircraft Modelers, Zac Heskin, with an unfinished RC Plane at the June 21st Fun Fly.

are generally recommended for beginner fliers, while fuel planes are more suited to those with more experience. The downside is that electric planes tend to have a shorter flight time, while some fuel planes can fly for an average of 6–7 minutes. These aircraft must be flown in designated areas like the Minot Aircraft Modelers club grounds. Park Flyers are lightweight, electric-powered aircraft with wingspans under 60 inches, making them easily maneuverable and ideal for flying almost anywhere, Mr. Heskin explained.

The Minot Aircraft Modelers club offers a welcoming and well-equipped environment for both seasoned pilots and newcomers to enjoy the thrill of model aviation.

With its premier flying facilities, comprehensive training program, and supportive community backed by the AMA, it provides a safe and accessible way for anyone to get involved in this exciting hobby. The recent public event highlighted the club’s dedication to sharing their passion, showcasing a wide range of aircraft and flying styles while fostering a family-friendly atmosphere. Whether you’re interested in electric park flyers or large-scale fuel-powered planes, Minot Aircraft Modelers stands out as a vibrant hub for enthusiasts of all ages and skill levels to learn, fly, and connect.

For any more information on the Minot Aircraft Modelers club, events, or membership, visit <https://www.minotaircraftmodelers.com/>.



An RC Aircraft right after taking flight at the Jun 21st, 2025 Fun Fly!



Visit the club’s Facebook page for more events!

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

North Dakota State Fair Flash Giveaways!

The Northern SENTRY is turning up the volume with three chances to win FREE concert tickets to the North Dakota State Fair! We're running limited-time flash giveaways—each lasting just a few days—so mark your calendars and get your GIFs ready!

IAN MUNSICK – 2 TICKETS

- Concert Date: July 19
- Giveaway Dates: July 3–5
- Winner Announced: July 6

SAWYER BROWN – 4 TICKETS

- Concert Date: July 23
- Giveaway Dates: July 7–10
- Winner Announced: July 11

LIMP BIZKIT – 4 TICKETS

- Concert Date: July 25
- Giveaway Dates: July 11–14
- Winner Announced: July 15



HOW TO ENTER:

- COMMENT on each giveaway post (when it drops) with your best North Dakota, State Fair, or concert-themed GIF
 - Funny, fierce, nostalgic, or wild—just make it count!
 - One entry per person per giveaway
 - Watch our page for the official giveaway posts on the start date of each contest!
- Good luck and we'll see you at the fair!

FLASH GIVEAWAY

TWO TICKETS

IAN MUNSICK

Giveaway Dates: July 3–5
Winner Announced: July 6

FOUR TICKETS

SAWYER BROWN

Giveaway Dates: July 7–10
Winner Announced: July 11

FOUR TICKETS

LIMP BIZKIT

Giveaway Dates: July 11–14
Winner Announced: July 15

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PARTNERSHIP AT ITS BEST

Patricia Stockdill

If there's a poster child for the definition of "partnership", the N.D. Game and Fish Department and U.S. Fish and Wildlife Service would likely be the feature. And it's because the State of North Dakota doesn't own a fish hatchery. Yet the Game and Fish Department still provides anglers with a vast array of fishing opportunities – including species that aren't typically found in many lakes. While today's anglers generally focus on walleye, others diversify their catch with crappie, perch, and bass, species that wouldn't be anywhere near their present day abundance – let alone in the lake - if it weren't for the agency stocking them. Plus, today's anglers can catch trout and salmon – two species not naturally found in North Dakota waters. It all seems so routine – fish spawn, lakes are stocked, and anglers catch fish. But it's only through a unique relationship with North Dakota's two U.S. Fish and Wildlife Service National Fish Hatcheries and the Game and Fish Department that make a majority of North Dakota's fish stocking and management a possibility. Years ago the Game and Fish Department stepped up to work with the hatcheries, filling the gap for lack of a state-owned hatchery. It's win-win for all. Game and Fish Department fisheries biologists do the work of collecting eggs and then Garrison Dam and Valley City National Fish hatcheries take over, hatching eggs and rearing fingerlings such as walleye and pike. The Game and Fish Department then stocks lakes. Through the unique arrangement, the Game and Fish Department provides seasonal staffing at both the Valley City and Garrison Dam hatcheries. The agency also pays a portion of Garrison Dam Hatchery's operational expenses, as well as doing all work involved with egg collections and stocking transportation. Extended years of wet conditions beginning in the mid-1990s allowed former wetlands to grow in depth and habitat capable of supporting sustainable fisheries. That increased the number of lakes managed by the agency so that today that number exceeds more than 400 lakes. Where periods of drought over the years may have dropped water levels on some lakes but in general the agency continues ensuring fisheries are available today that weren't a few decades ago. Missouri River flooding in 2011 took out Garrison Dam Hatchery's water supply to fill its rearing ponds. The Game and Fish Department financed the cost of renting pumps to fill ponds in 2012 and 2013 until a permanent fix was possible. Only a little more than a couple of decades ago the Game and Fish Department stocked less than 100 lakes with walleye fingerlings from the two federal hatcheries in North Dakota. With the Game and Fish Department now managing more than 400 lakes, stocking is an important aspect to that overall management.

It's that working agreement with the two state and federal agencies that allows the state to meet the increased demands of managing additional lakes – plus, the ability of the hatcheries to successfully rear the fish numbers. Without the unique working relationship with the Fish and Wildlife Service and its two national hatcheries in North Dakota and the Game and Fish Department, North Dakota's statewide fisheries would likely have a different look and the ever-popular walleye wouldn't be the king fish in the state. Anglers beyond North Dakota also benefit from the partnership with fish from the hatcheries stocked in other lakes in other states. For example, the winter of 2022-2023 resulted in some lakes suffering fish mortality due to low oxygen levels. Stocking those lakes helped them rebound with catchable species quicker than simply relying on natural reproduction. As anglers head throughout the state this summer and the 4th of July holiday, they need to thank the visionaries who long ago established the working agreement between the two agencies, a blend of federal and state personnel working together to benefit the greater good. And they need to be thankful the agreement is still in place to provide opportunities that likely wouldn't be available without it.

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PATRICIA STOCKDILL PHOTO

Vehicle maintenance tasks drivers don't want to overlook

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

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

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

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

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

- **Windshield wipers:** Windshield wiper blades are easily overlooked, but various automotive experts recommend replacing wiper blades every six to 12 months. Old wiper blades won't perform at peak capacity, dramatically reducing visibility during heavy rain and snowstorms. Anyone can replace their own windshield wiper blades in a matter of minutes, and new blades won't break the bank.
- Vehicle maintenance is not exclusive to tending to what's under the hood. Keeping a car running smoothly for years involves routine tasks that many drivers can perform without professional assistance.



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7:00pm	5 MUNS	L(F)	VS	791 MSFS	W(2)
WEDNESDAY JUNE 25TH					
5:00pm	5 FSS	W(2)	VS	91 OG	L(0)
6:00pm	791 MSFS	L(F)	VS	91 MSOS	W(2)



SOFTBALL:

MONDAY JUNE 23RD					
5:00pm	791 MSFS	L(9)	VS	705 MUNS	W(21)
6:00pm	791 MSFS	L(11)	VS	705 MUNS	W(25)
5:00pm	FIRE	L(13)	VS	891 MSFS	W(20)
6:00pm	FIRE	L(19)	VS	891 MSFS	W(20)
TUESDAY JUNE 24TH					
5:00pm	91 MSOS	W(13)	VS	LRS	L(0)
6:00pm	91 MSOS	L(16)	VS	LRS	W(20)
5:00pm	791 MSFS	L(2)	VS	705 MUNS	W(7)
6:00pm	791 MSFS	L(6)	VS	705 MUNS	W(10)
WEDNESDAY JUNE 25TH					
5:00pm	791 MSFS	W(14)	VS	5th SFS	L(12)
6:00pm	791 MSFS	L(10)	VS	5th SFS	W(11)
5:00pm	LRS	L(2)	VS	891 MSFS	W(13)
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11:00 AM – 3:00 PM – Minot Parks Fourth of July Festival
3:05 PM Gates Open / 4:05 PM Game Time – Hot Tots Baseball Game
7:00 PM – Races at Nodak Speedway
10:45 PM – Fireworks at the ND State Fairgrounds
Come and enjoy a memorable Fourth of July in Minot, filled with fun, entertainment, and patriotic spirit!



For more information:
<https://visitminot.org/july4th/>

05 JULY **MINOT FARMERS MARKET**
9:30 PM
Oak Park
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The Minot Farmers Market features 35+ vendors who are local farmers, makers, and bakers! You'll find all of the happenings in Oak Park every Saturday, rain or shine but not during inclement weather, between the hours of 9am and 12pm June through September*. While every week at Market is different – it's much the same! We ring the bell and welcome in our loyal and loved customers so they have access to the freshest whole foods in the area.
Join us in Oak Park in Minot to fill up your basket and then fill up your belly.



For more information:
<https://minotfarmersmarket.com/>

06 JULY **SUNDAYS AT THE PARK:**
MINOT CITY BAND
4:00 PM - 8:00 PM
Oak Park
1300 4th Ave NW, Minot

Join us for the kickoff of our 2025 Arts in the City Summer Concert Series—a free evening of live music, art, community, and good vibes under the trees at Oak Park! Performances by: • 4 PM – The Heritage Singers of Minot • 7 PM – Daniel Starks. Bring a blanket or lawn chair, grab a bite from local food vendors, and enjoy featured artists, artisan booths, and a great community atmosphere. All ages welcome and encouraged! FREE ENTRY | FAMILY-FRIENDLY | GOOD VIBES GUARANTEED. Hosted by the Minot Area Council of the Arts.



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

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

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



For more information:
Facebook/ Blue Rider/ Events

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Another decade of the B-52's enduring legacy

AALIYAH BEVERLY, AIR FORCE GLOBAL STRIKE COMMAND PUBLIC AFFAIRS

BARKSDALE AIR FORCE BASE, La. --

Air Force Global Strike Command is celebrating the enduring legacy of one of America's most iconic strategic bombers -- the B-52 Stratofortress, affectionately known as the BUFF.

Originally entering service in 1955, the BUFF marks its 70th anniversary this year, solidifying its place not only in aviation history but also in the future of the U.S. Air Force's long-range strike capability.

While its first flight took place April 15, 1952, the AFGSC History Office notes that June 29, 2025, marks the 70th anniversary of the first operational Strategic Air Command (SAC) B-52 Stratofortress, with delivery to the 93rd Bomb Wing at Castle Air Force Base, Calif.

Before departing the Boeing Moses Lake testing facility at Larson AFB, Wash., the first B-52 performed a seven-hour training mission prior to the Castle AFB delivery, initiating its operational use.

Although AFGSC had not yet been established in 1955, the

foundational concepts behind today's command -- strategic deterrence, long-range strike and bomber readiness -- were born during this formative era. The B-52's assignment to SAC laid the groundwork for the bomber force AFGSC continues to refine and lead.

For seven decades, the B-52 has stood as a symbol of American airpower. With its unmistakable silhouette and dual-capable nature, the Stratofortress continues to serve as a visible and credible strategic deterrent for the United States and its allies.

The final B-52H model entered service in May 1961 and is still active to this day. The longevity of the B-52 is a testament to both the airframe's robust original design and the Air Force's continued investment in modernization as Airmen from both active-duty and reserve components continue to train, deploy and deter with the aircraft.

"Since its creation, the B-52 has anchored strategic deterrence for the nation," said Maj. Gen. Jason Armagost, Eighth Air Force and Joint Global Strike Operations



Photo of the first operational B-52 landing at Castle Air Force Base, Calif., June 29, 1955. The B-52 went on to serve in every major conflict and celebrated its 70th anniversary June 29th, 2025.

PHOTO COURTESY OF AIR FORCE GLOBAL STRIKE COMMAND HISTORIAN



The first B-52 Stratofortress crew stands in front of the first operational B-52, June 29, 1955.

PHOTO COURTESY OF AIR FORCE GLOBAL STRIKE COMMAND HISTORIAN



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron takes off in support of Bomber Task Force Europe (BTF) at Morón Air Base, Spain, May 27, 2025. BTF missions familiarize aircrew with air bases and operations in different geographic combatant command areas of operations to enable strategic access and integration with coalition forces in an effort to deter global conflict.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KYLE WILSON

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- ½ Flat Bread Pizza

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Tuesday	\$4 ND Breweries (all day)
Wednesday	½ Price Wine by the glass/bottle (all day)
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- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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Thursday	Pasta Pack

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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
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	FINALE! THUR, AUG 21 5:30PM LILA BEA 7PM LITTLE CHICAGO FUNK Downtown Minot
THUR, AUG 7 5:30PM SOUND OF INDEPENDENCE 30TH ANNIVERSARY CELEBRATION! VARIOUS FEATURED ARTISTS Downtown Minot		

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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Gauchos' weapons
- 6. "Beg pardon . . ."
- 10. Calendar pgs.
- 13. Circus site
- 14. Russian legislature
- 15. Lend support to
- 16. Dhaka's land
- 18. Wise about
- 19. Cockpit fig.
- 20. Comrade in arms
- 21. Sarges' superiors
- 23. A Stooge
- 24. '60s elementary-school innovation
- 25. "Cat's in the Cradle" singer
- 29. Held up
- 30. Flight word form
- 31. Sprang up
- 33. Wear away
- 37. Whole bunches
- 39. Will Smith title role
- 40. Had the nerve
- 41. Earth mover
- 42. Stupefy
- 44. Have to have
- 45. Provide funding for
- 47. Merchant ship
- 49. Not as dense
- 52. Entrepreneur-aiding org.
- 53. 2005 coin with a bison
- 54. Urban renewal target
- 55. Part of TGIF
- 58. In the past
- 59. Census figure
- 62. Swedish tennis great
- 63. Rainbow array
- 64. Perry's aide
- 65. RR stop
- 66. Allergy symptom
- 67. Burns' partner

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				

Down

- 1. Rum cake
 - 2. Paperless test
 - 3. Fat Tuesday follower
 - 4. Director Lee
 - 5. Pepperoni relative
 - 6. Discombobulate
 - 7. Nephew of Donald
 - 8. Printer's widths
 - 9. German composer
 - 10. Craze
 - 11. Largish combo
 - 12. Smidgen
 - 15. Aussie missile
- 17. "Moving right __ . . ."
 - 22. Had title to
 - 24. Like some situations
 - 25.
 - 26. Pitch in
 - 27. Square footage
 - 28. Explosive situation
 - 29. Beneath the deck
 - 32. Stubble remover
 - 34. Creme-filled cookie
 - 35. GPA spoilers
 - 36. Whirling water
 - 38. Touch or taste
- 43. Afghan capital
 - 46. Oracle site
 - 48. Holiday rival
 - 49. Snooty sorts
 - 50. Wine grape
 - 51. Ghanian capital
 - 52. Winter annoyance
 - 54. Job detail, briefly
 - 55. " __ 'er up!"
 - 56. Part to play
 - 57. __ uproar
 - 60. At lunch, maybe
 - 61. Business card abbr.



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Let’s Talk Turkey!



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



Most military-connected students in and around Minot AFB attend public schools. The majority attend the schools in the Minot Public School District, which includes attendance at the three on-base schools: North Plains Elementary School, Dakota Elementary School, and Memorial Middle School, known as “Public Schools on Military Installations” or PSMIs. However, our closest off-base neighbor—Glenburn Public School—has also seen an uptick in military-connected student attendance. Given this information, and inspired by the turkey that frequents the intersection of US 83 and the US 83 Bypass, I talk turkey or straightforwardly share the best preparation for our public-school families to help their students return to school refreshed and ready! Why? Because no one wants to end summer cold turkey!



It is July 4th, so we have 6.5 weeks until school. Here’s what you can do each week to not be a turkey and instead effortlessly glide into the 2025-2026 School Year:

JULY 6-12: Schedule dentist/eyeglass appointments. Try to get these in before the new school year. Also, have your students try on their clothes, jackets, shoes, boots, snow pants, undershirts, dress shirts etc. Donate what they no longer fit into.

JULY 13-19: Start purchasing sneakers, clothes, and other back-to-school items you may order online. Depending on where you purchase, buying early ensures you receive all items in time regardless of tariffs or other delays.

JULY 20-26: Intentionally plan each space. If you have boys, buy hair-cutting clippers or girl’s bows and hair ties. Organize your routines and establish a place where all these items are kept for routine child maintenance. Do your children complete their homework at your kitchen table? Have a pencil cup with sharpened pencils, paper,

glue, markers, crayons, etc. all ready to go and within their reach. Display tutor.com and other free websites that they can access, as needed. Designate a healthy snack cabinet for them stocked with pretzels, popcorn, and/or raisins and designate one refrigerator shelf for healthy snacks they can reach: carrots, cheese sticks, yogurt, etc.

JULY 27-AUGUST 2: If your student has any required reading to do, do it this week, so you can check it and they can edit it and have it ready to place in their backpack next week.

AUGUST 3-9: Plan to attend my Back-to-School Backpack event held at the Youth Center on Minot AFB on Friday, August 8th from 1100 – 1300! At this event, I partner with Scheels and Operation Homefront to provide 200 free backpacks and school supplies to military-connected students (registration required). In addition, over 30 organizations will be present to give you and your student additional free resources and supplies. During this week, you should also start getting your child’s sleep schedule back on track, because “Remember that while you are [receiving] new clothes, notebooks, and book bags, the most important school supply might just be a good night of sleep” (Kansagra, 2022). At least two weeks before the school year, you should get your child’s sleep schedule back on track. According to The American Academy of Sleep Medicine, children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours” (Paruthi, 2016). Adequate sleep is crucial for student success and the two-week timeframe ensures a gradual transition, so you can move bedtime up by 10 to 15 minutes per day until you reach your goal bedtime (Kansagra, 2022). Countless studies exist showing improved focus, retention, and heightened performance of student’s academic development when sleep is prioritized.

AUGUST 10-16: While you continue to work on your student’s sleep schedule, you should spend this week—your last full week of summer if you follow the MPS calendar—winging it! What do you and your family enjoy doing together? Carve out some fun! Every morning come up with a turkey-tastic plan to celebrate your student at the age they are now, because time flies!

AUGUST 17-20: During this week, your student is sleeping well, your family feels connected, you have all your school supplies, and your family spaces are organized and ready for action! Parents/Guardians – Attend, if you



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haven’t, any school orientations with your child. Write down the MPS special calendar days (early release/administrator training or no school days/breaks) in your agendas. Have a calendar up and at eye level for your children with their important dates, as well. They will ask what day it is and/or how many days until “bring your favorite stuffed animal” or “hat day”/sports practice and now you’ll be ready. If there were any dentist/eyeglass appointments you couldn’t schedule earlier, schedule them now and write them in your calendars. In addition, have your student look over their required summer reading (if applicable), so it is fresh in their mind.

The night before school, stick a note and/or small toy under your student’s pillow and tell them you know they’ll have a great year and that you’re proud of them. Stick a note of “Congratulations on

a Great 1st day!” on their snack shelves. Then, plan to spend at least 15 minutes with them, at eye-level (kitchen table/on couch facing them) actively listening right after school. As they share their day or get out homework/get-to-know-you worksheets, ask them intentional questions that stimulate deeper thinking, such as “Why do you think that happened?” or “How did that make you feel?” After 15 minutes of quality student-focused time, you do your thing readying dinner or checking your phone/email and they do their thing with homework or playing. Establishing this daily habit creates a nurturing nest from which they can grow.

Let’s go Warbirds! Let’s go Rough Riders! Through careful navigation of these 6.5 weeks, our students can exemplify both wing’s commitment to excellence and readiness. Now that’s talking

turkey! Kansagra, Sujay MD. “Getting sleep back on track for school.” Department of Pediatrics: Duke University School of Medicine Website, 23 Aug 2022, pediatrics.duke.edu/news/getting-sleep-back-track-school. Accessed 19 Jun 2025.

Paruthi, Shalimi et al. “Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine.” Journal of Clinical Sleep Medicine, Vol. 12, No. 6, 2016, 785-786, PDF download. Accessed 21 Jun 2025.

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AFOTEC COMMANDER VISITS MINOT AFB




U.S. Air Force Maj. Gen. Michael Drowley (center), Air Force Operational Test and Evaluation Center commander (AFOTEC), is greeted by members of Detachment 23, 373rd Training Squadron, at Uniform-01 on Minot Air Force Base, North Dakota, June 25, 2025. As commander of AFOTEC, Drowley visited Uniform-01 to learn the current capabilities of the training facility.



U.S. Air Force Staff Sgt. Jordan Oliva, 373rd Training Squadron's missile maintenance team topside instructor, shows the payload transporter to U.S. Air Force Maj. Gen. Michael Drowley, Air Force Operational Test and Evaluation Center commander, at Minot Air Force Base, North Dakota, June 25, 2025. Uniform-01 is the guided missile maintenance platform, which serves as the training grounds for Minuteman III missile maintenance teams.


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



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BABY GIRL BORN ON
MONDAY, JUNE 09, 2025 TO:
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MAFB, ND

BABY BOY BORN ON
THURSDAY, JUNE 12, 2025 TO:
PAIGE AND AUSTIN HANSON
DES LACS, ND

BABY BOY BORN ON
FRIDAY, JUNE 13, 2025 TO:
SHELBY AND NATHAN GANN
MINOT, ND

BABY BOY BORN ON
THURSDAY, JUNE 19, 2025 TO:
BETHANIE AND MICHAEL HARTZELL
MINOT, ND

BABY GIRL BORN ON
MONDAY, JUNE 23, 2025 TO:
MAHRY JOHNSON AND LEE ADDICOTT
STANLEY, ND

BABY BOY BORN ON
WEDNESDAY, JUNE 25, 2025 TO:
VICTORIA AND CAULDER TAYLOR
MAFB, ND

BABY BOY BORN ON
WEDNESDAY, JUNE 25, 2025 TO:
MIA AND JACOB GHIGIERI
MAFB, ND

BABY GIRL BORN ON
FRIDAY, JUNE 27, 2025 TO:
CAMRYN TAYLOR
MINOT, ND

BABY GIRL BORN ON
FRIDAY, JUNE 27, 2025 TO:
AMAYA AND QUENTIN TESCHNER
MINOT, ND

BABY BOY BORN ON
SUNDAY, JUNE 29, 2025 TO:
DANIELLE TOWNS AND LYUL LAKE
MINOT, ND

BABY GIRL BORN ON
MONDAY, JUNE 30, 2025 TO:
AYAMI AND JARED BLAND
MAFB, ND

If you wish to put a photo of your baby in the Northern Sentry, please send it to nsads@srt.com.
Please include your name and the birth date of your baby.



U.S. Air Force Maj. Gen. Michael Drowley (Center), Air Force Operational Test and Evaluation Center commander, receives a combined mission brief at Minot Air Force Base, North Dakota, June 24, 2025. AFOTEC evaluations focus on how systems effectively meet the needs of today's warfighters.

U.S. AIR FORCE PHOTO | SENIOR AIRMAN TRUST TATE

NOTES ON BEING SAFE

Obeying the law, prior planning key to fireworks safety



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



The Fourth of July is right around the corner and most of us are probably planning a special event of some type, some folks might even be looking forward to setting off their own fireworks display. More than 11,000 people are injured in the United States each year from fireworks. Most injuries are the result of the lack of adult supervision and misuse of the fireworks. If you plan on using fireworks to add to the celebration this year here are some important reminders:

- Observe local laws. The sale of fireworks is legal from June 26 until July 5 and they may not be purchased by persons under the age of 12.
- Fireworks Permitted on Base Are; Sparklers, fountains, smoke devices, snake and glow worms, trick noisemakers such as party poppers, string poppers or snappers, and toy pistol caps.
- Fireworks Specifically Prohibited on Base Are; Explosive or aerial fireworks, roman candles, and rockets or similar devices. If prohibited fireworks are discovered in your possession on the base, the fireworks will be confiscated and you will face administrative/disciplinary actions.
- Fireworks are allowed in Ward County but NOT within in the city limits of Minot. If you are caught within city limits with fireworks you will have to appear in court, pay a minimum \$150 bond and be fined between \$50 to \$75. It is also a Class B Misdemeanor.
- Use fireworks outdoors only.
- Never let children handle or light fireworks. Even sparklers can be dangerous if unsupervised. 16 percent of those injuries involved sparklers. That number increases to 33 percent of the injuries to children, five or younger, when they used sparklers. Those injuries could've been avoided if adults provided adequate supervision.
- Never ignite fireworks while holding them. Only light one at a time, and move away quickly.
- Make sure there's enough room to ignite fireworks, and keep them away from buildings, vehicles and flammable materials.
- Have a full bucket of water handy for emergencies, and douse used sparklers.
- People should watch what clothing they wear when using fireworks. Loose clothing can catch fire, and shouldn't be worn while handling fireworks.
- Never try to re-ignite fireworks that have malfunctioned. Wait 20 minutes before soaking them with water and throwing them away.
- Alcohol and fireworks do not mix. Have a "designated shooter."

The transportation and storage of personal fireworks on Minot AFB is prohibited. The fact is there are no safe and sure ways to use fireworks - it's that simple! In 2008, according to the National Fire Protection Association, fireworks caused an estimated 22,500 reported fires. These fires resulted in one death, 40 injuries and \$42 million in direct property damage. Fireworks, even the smallest of firecrackers, are explosives and very unpredictable. Some have very short fuses and some have hard to light fuses that can suddenly begin a rapid burn. Rockets and cones tend to have no programmed guidance system, making people and buildings unwanted targets.

Each year thousands of Americans, many of them children, are victims of fireworks accidents. In 2008, U.S. hospital emergency rooms treated an estimated 7,000 people for fireworks related injuries. These accidents are not minor; they include the loss or disfiguration of fingers, hands, arms, faces, vision, hearing and severe burns. Sparklers, which can burn as hot as 1000 degrees have caused countless tragic injuries to small children since parents assume they are safe for children to use.

By observing these reminders, people can help prevent unfortunate accidents. Remember, in case of an emergency, call 911.



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At The Ol' Ball Game.... Northern Sentry Hosts Reporters at Hot Tots Game

ROD WILSON, NORTHERN SENTRY

It was a great night for baseball as Northern Sentry owner Ted Bolton was able to host our reporters, and their families, at a recent Hot Tots game.

The first pitch of the game between the Minot Hot Tots and the Bismarck Larks was not until 5:05, but there was plenty of reason to arrive at Corbett Field a bit early as our VIP wrist bands entitled us to get in line for a ballpark buffet that included hamburgers, hot dogs and pulled pork sandwiches to start. Next in line was the signature tater tot hotdish...how could it get any better?

Next in the buffet line was a macaroni salad and then there were bags of chips that included plain old Lays potato chips, or my favorite Frito Lays. At this point you should really have side boards on your buffet plate to make room for everything, but a little imaginative stacking allowed everything to fit as we all headed for the drink coolers.

Could it be more perfect? Well only if you used one of your tickets to pick up a beer or iced tea at the beer tent, and then we headed for an open table trying desperately to manage our plate full of food in one hand and a drink in the other.

I wish I could say that my eyes were bigger than my stomach,

but that was not the case. I did manage to finish a pulled pork sandwich and a hot dog long before first pitch. And with a little bit of transparency here, none of the food was thrown away. Yep, I ate it all...feeling definitely full and not even thinking about going back for seconds on anything.

Besides Ted and I we were able to host reporters Hannah Waters, Natalie Zarella and Amy Allender. Not being to attend were reporters Karianne Noelle and Bryleigh McBride, Managing Editor Erin Beene and our Production Manager Nikki Greening. To be

fair, Karianne is very busy Mom, Bryleigh is a busy kid during the summer, Erin actually lives in Texas and Nikki is in New Brunswick.

The Northern Sentry, like so many community newspapers, is kind of a family. We know each other's families and appreciate each other's talents. We have a lot of fun producing the Northern Sentry, The Weekly Post Brief and managing northernsentry.com.

Our thanks to Publisher Ted Bolton and the Minot Hot Tots for a great evening of food and baseball.



It's easy to do! Grab someone from the crowd to take a photo, so we could all squeeze in. L to R- Rod Wilson, Amy Allender and kids Gideon and Silas, reporters Natalie Zarella and Hannah Waters and Ted Bolton.



The Northern Sentry staff (minus Rod Wilson) in attendance at the Hot Tot Game.



Publisher Ted Bolton and Reporter Hannah Waters enjoy a perfect day for baseball with the Minot Hot Tots.

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Big News: Northern Sentry Community Calendar Gets an Upgrade!

The Northern Sentry Community Calendar—Minot’s only digital calendar featuring both on- and off-base events—is now even more powerful! While it’s always been free to post your events and reach thousands of Minot AFB residents and local community members, we’re excited to announce a new self-service paid promotion option to get your event even more attention.

Want to boost turnout and visibility? You can now choose from several impactful upgrades:

EVENT OF THE WEEK:

Get a special shoutout on our active Facebook page.

FEATURED CALENDAR SPOT:

Be the top event people see when visiting our online calendar.

NEWSLETTER FEATURE:

Land a premium spot in The Post Brief, our weekly email sent to 1,000+ Minot AFB members, commanders, and community leaders.

Or—bundle all three for maximum reach and savings!

Whether you’re organizing a base fundraiser, local concert, family festival, or community workshop, the upgraded Community Calendar is your one-stop tool to increase attendance and awareness.

Ready to shine a spotlight on your event? Visit our website by scanning the QR code below.



northernsentry
community calendar


The Minot AFB Community wants to go to your event, but they need to hear about it first!

Get more viewership, awareness and attendance by posting your event on the


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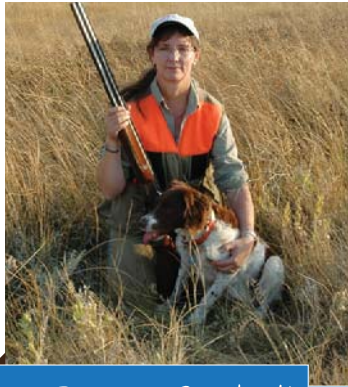


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by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, June 30: 1,835.2 feet above mean sea level (MSL); 22,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Stump Lake elevation: 1,449.48 MSL.

- N.D. Game & Fish Dept. game wardens: Devils Lake improving for walleye with better success around sunset, possibly because of clearer water than usual. No reports from Lake Sakakawea or north-central area lakes.
- Devils Lake, Woodland Resort, Devils Lake: Continued fair walleye success, wind permitting, using slip bobbers in shallow water 10 feet or less.
- Lake Darling, Karma C-Store, Ruthville: Lake Darling fair to good for walleye.
- Lake Metigoshe, Four Seasons, Bottineau: Try morning hours for walleye using spinners and nightcrawlers. Continued bluegill success from shore and along the docks. Lots of recreational boating activity.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing nice walleye numbers. Work 7 to 20 feet using a variety of presentations and bait.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea continues producing walleye in 10 to 18 feet. Try spinners and bottom bouncers with nightcrawlers or plain snell with nightcrawlers or minnows around Steinke or Centennial bays and along the north side of Mallard Island. Lake Audubon remains good for smallmouth bass with some walleye mixed in. Try working bottom bouncers along weed edges but don’t need to be in the weeds themselves.
- Lake Sakakawea, Indian Hills Resort, Garrison: Somewhat better, more consistent walleye activity with anglers starting to switch to leeches or nightcrawlers with warmer pockets of

water. Move around and locate the pockets.

- Lake Sakakawea, New Town: Walleye bite is turning on in the Van Hook Arm. Try spinners with nightcrawlers.
- Lake Sakakawea, Van Hook Bait & Tackle New Town: Water temperatures remain a little cooler than normal in the Van Hook Arm but anglers are picking up some nice eater-sized walleye. Most activity remains from Fox Island working into the north end of the Arm. Look for improving success as water temperatures warm.
- Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing variety of fish from boats. Lots of small walleye in the spillway channel with bigger fish in deeper holes down river. Continued shore-fishing success for a mix of walleye and catfish with a few trout mixed in. Slower success, though, than for those fishing from boat. Try morning and evening hours. East end of Lake Sakakawea producing some walleye from boats. Try variety of depths and presentations. Continued smallmouth bass from shore and boats along rocky gravel areas.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Good channel catfish success around Lund’s Landing and Red Mike with occasional walleye mixed in. Best walleye activity on the upper end of Lake Sakakawea remains east around the Van Hook Arm with spinners and nightcrawlers. Work a

OUTDOOR NOTES:

- N.D. Game & Fish Dept. conducting Operation Dry Water July 4 – 6.
- July 4: Celebrate the 4th of July in Minot with activities concluding with 10:45 p.m. fireworks and the North Dakota State Fairgrounds.
- July 11: Free Movies in the Park, Mufasa, Oak Park, 9:30 p.m.
- July 11 – 13: Makoti Threshing Show, Makoti.
- July 15: “Going on a Safari” Summer Art, Taube Museum of the Arts, Minot, Ages 2 & 3 with parent or guardian, 10:30 a.m.
- July 18 – 26: N.D. Game & Fish Dept. Outdoor Conservation Center activities at the N.D. State Fair, Minot.

TOURNAMENTS:

- July 12: Lake Sakakawea, Parshall Bay: Lake Sakakawea, 4 Bears; Devils Lake, Woodland Resort; Devils Lake, Creel Bay.
- July 18 & 19: Lake Sakakawea, Fort Stevenson State Park, Garrison.

variety of depths. Kota-Ray Dam continues producing active trout with lots of small bluegill, many are non-keeper size. Cottonwood Lake near Alamo producing decent pike action. Warmer water temperatures creating more active catfish on the Yellowstone and Missouri rivers.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Buffalo Lodge Lake continues producing some pike and walleye. No reports from the Souris River or Antelope Lake.

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

- Des Lacs River, Foxholm: Gauge height, 5.35 feet; streamflow, 6.25 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 96.96 feet.
- Little Missouri River, Medora: Gauge height, 2.69 feet; streamflow, 304 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 7.58 feet; streamflow, 116 CFS.
- Missouri River, Williston: Gauge height, 16.45 feet.
- Missouri River, Washburn: Gauge height, 9.87 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.26 feet.
- Yellowstone River, Cartwright: Gauge height: 65.64 feet.

NUMBERS TO KNOW:

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



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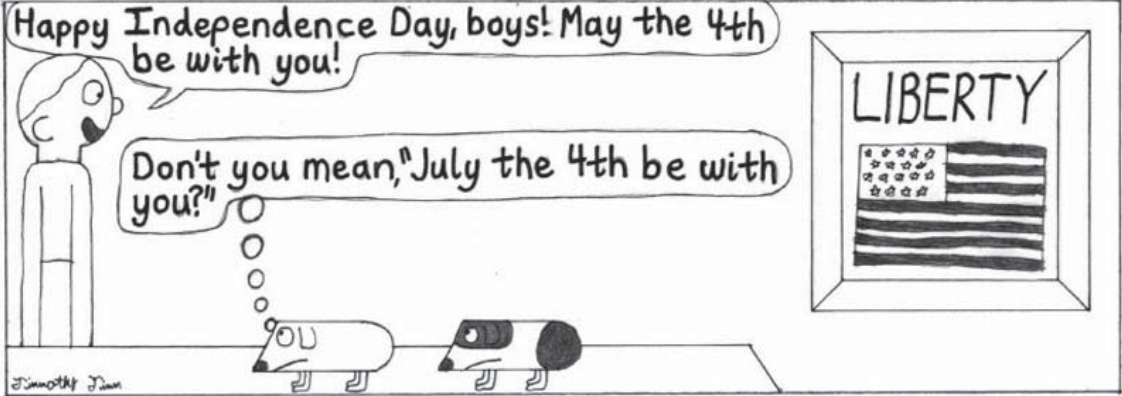
MINOT AFB ANNOUNCEMENTS

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

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

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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.

TIMOTHY TIMM

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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.

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

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- Click on ‘Message’ tab

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SUBMITTED BY DANA BERGER-



Vaida Bries 5 years old. Some summer water fun but she’s got even bigger plans, snorkeling with her barbies.

SUBMITTED BY SONIA BRIES



“Hatchery confluence” Missouri River, nodak.

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A LOOK BACK

THIS WEEK IN USAF HISTORY

OPERATION NEW TAPE
JULY 8, 1960



USAF C-130 from the 40th Tactical Airlift Squadron loads up Swedish troops who were deployed to Congo on July 20, 1960. (UN Photo)

In 1960, the Belgian Congo, a colony in West Central Africa, was granted independence and became the Republic of the Congo. Due to a power-sharing struggle between two opposing political parties and continuing unrest, a civil war broke out. The United Nations deployed troops to help keep the peace as the nation was torn apart. In order to evacuate refugees from the Belgian colony, Operation NEW TAPE began on July 8, 1960. The operation evacuated over 300 American civilians, delivered more UN troops, and flew other humanitarian relief missions. USAF in Europe provided medical air support. The 317th Tactical Hospital Detachment from Evreux Air Base, France, even set up a dispensary. C-130s and C-124s from various American and European squadrons were used to airlift over 1,000 tons of food and over 2,500 refugees. Operation NEW TAPE lasted four years and at the time, became the biggest airlift since the Berlin Airlift.

Information courtesy of: media.defense.gov / airforcemedicine.af.mil / [Air Mobility Command Museum](https://www.airmobilitycommandmuseum.org/) / [arsof-history.org](https://www.arsof-history.org/)

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- Independence Day
- For a full listing of Independence Day Holiday facility hours, visit 5thforcesupport.com
- Registration Ends: Flip the Fairway Tournament, <https://www.memberplanet.com/s/minotafbclubs/11flipthefairway2025>
- Independence Day Special Lunch, 1030-1330, Dakota Inn Dining Facility
- Independence Day Special Dinner, 1630-1830, Dakota Inn Dining Facility

TUESDAY 08

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course, 0700-1600, Professional Development Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1530, M&FRC

THURSDAY 10

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course, 0700-1600, Professional Development Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Pokémon Game Night, 1800-1930, Youth Center

SATURDAY 05

- For a full listing of Independence Day Holiday facility hours, visit 5thforcesupport.com

WEDNESDAY 09

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundation Course, 0700-1600, Professional Development Center
- Career & Certification Exploration Track, 0800-1600, M&FRC
- Bundles for Babies, 0900-1030, M&FRC
- 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

FRIDAY 11

- Summer Run Series, 0630-0830, McAdoo Fitness Center
- Junior Enlisted Foundation Course, 0700-1600, Professional Development Center
- Flip the Fairway Tournament, 1300-1800, Rough Rider Golf Course
- Progressive Bingo, 1730, Rockers Bar & Grill
- Airmen Pool Party, 1900-2300, Rockers Bar & Grill
- Karaoke Nights, 2100, Rockers Bar & Grill

MONDAY 07

- AFGSC Family Day
- For a full listing of Independence Day Holiday facility hours, visit 5thforcesupport.com
- Writing Club, 1800, Minot AFB Library

SPECIALS

- Bomber Bistro Featured Item

Chicken Quesadilla
- Rockers Bar & Grill Featured Item

Rockin' Chicken Sandwich
- The B-Fifty Brew Featured Item

Churro Frappe

SATURDAY 12

- MINOT-A-CON, 1100-1700, Minot AFB Library
- MINOT-A-CON Cosplay Contest, 1600-1700, Minot AFB Library
- Karaoke Battle, 1700, Rockers Bar & Grill

JOIN US FOR A

POOL Party

11 JUL 2025 • 1900-2300

IN COLLABORATION WITH THE AIRMEN DORM COUNCIL FOR FREE BBQ DINNER, MUSIC, GAMES, SPOOKY MOVIES, & DOOR PRIZES

MENU: RIBS, BBQ CHICKEN, SHRIMP, MAC & CHEESE, BUTTERED CORN, SMORES, & WATER/SODA (WHILE SUPPLIES LAST)

E4 & BELOW ONLY 18+

FORCE 5THFORCESUPPORT.COM

PROGRESSIVE BINGO

ROCKERS BAR & GRILL

SUMMER DATES 2025 • 28 JUN • 11 JUL • 15 AUG

NUMBERS CALLED AT 5:30PM • \$40 AT THE DOOR

PRE-REGISTERED PRICE

CLUB MEMBERS \$30 • NON-MEMBERS \$35

\$10 EXTRA PACKET & \$1 EXTRA DAUBER

PROGRESSIVE JACKPOT STARTS AT \$250 & INCREASES BY \$50 EACH MONTH UNTIL SOMEONE WINS!

SIGNUPS WILL CLOSE THE DAY BEFORE THE EVENT

SCAN HERE TO SIGN UP OR GO TO www.memberplanet.com/s/minotafbclubs/progressivebingo2025

MUST BE 18+ TO PLAY

DRINKS & FOOD AVAILABLE FOR PURCHASE

FORCE 5THFORCESUPPORT.COM

MINOT-A-CON

MINOT AFB LIBRARY

12 JULY 2025 • 11AM - 5PM

For Kids: Pokemon Scavenger Hunt and other themed activities

For Adults: Trivia Games and Table-Top Gaming

For Everyone: Escape Room Games, Cosplay Contest, Comic Book Art Classes, AND MORE!

For details, call 723-3344 or email mafblibrary@gmail.com

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Non-emergency walk-ins welcome Monday-Friday 1-4 p.m.

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 - Well Child Visits
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- Free Pregnancy Tests
 - Geriatric Care
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