



WHATS INSIDE THIS WEEK:



GROUP FITNESS CONTRACT CANCELLED

A7



MINOT NORTH STUDENTS AT NATIONAL TSA

B5



DENTIST DAY AT THE YOUTH CENTER

B7

## LOCKED & LOADED



Airmen assigned to the 5th Munitions Squadron guide a munition down a conveyer belt during a Combat Ammunition Production Exercise (CAPEX) at Minot Air Force Base, North Dakota, June 23, 2025. CAPEX is a non-aircraft mass live-munitions production exercise in support of air tasking orders, providing an opportunity to evaluate munitions combat readiness. See page A2-A3 for full coverage.

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



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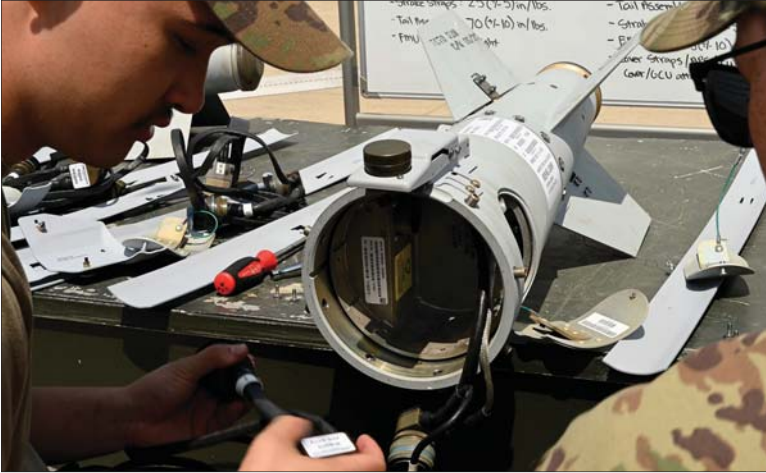
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U.S. Air Force Capt. Austin Rochester, 5th Munitions Squadron director of operations, oversees a munitions build during a Combat Ammunition Production Exercise (CAPEX) at Minot Air Force Base, North Dakota, June 23, 2025. The CAPEX allows Airmen to build a variety of conventional munitions that they might not otherwise gain experience on at their assigned duty station.

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



Two Airmen assigned to the 5th Munitions Squadron discuss their plan for a build during a Combat Ammunition Production Exercise at Minot Air Force Base, North Dakota, June 23, 2025. The exercise reinforces combat planning and production concepts taught at the Air Force Combat Ammunition Center and gives participating units an opportunity to measure their combat readiness.

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



An Airman assigned to the 5th Munitions Squadron assembles pieces of a munitions build during a Combat Ammunition Production Exercise at Minot Air Force Base, North Dakota, June 23, 2025. During CAPEX, Airmen practice rapid weapons production during simulated sustained combat operations.

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# Minot AFB accomplishes historic first during Combat Ammunition Production Exercise

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

MINOT AIR FORCE BASE, N.D.

The 5th Munitions Squadron hosted its first Combat Ammunition Production Exercise (CAPEX) here from June 22-27, marking a significant milestone for Air Force Global Strike Command (AFGSC). The exercise tested 5th Bomb Wing Airmen’s capacity to mass-produce conventional munitions in a simulated wartime scenario—while also breaking CAPEX production records across the board.

Originally established by Pacific Air Forces in 1987, CAPEX is an annual exercise designed to evaluate munitions production capabilities and validate support plans in alignment with operational requirements. This is AFGSC’s third year participating in a CAPEX, starting at Barksdale AFB in 2023, then Ellsworth AFB last year, and now here at Minot AFB. “CAPEX is a way for us to build up all of our conventional munitions, get them in, check and see where our faults are, where we can improve and see what our strengths are as well,” said Tech. Sgt. Joshua Richardson, training section chief of the 5th Munitions Squadron (5MUNS).

This year’s exercise brought together approximately 248

personnel, including teams from Beale AFB, Kirtland AFB, Malmstrom AFB and Vandenberg Space Force Base.

“It was imperative that we had their job knowledge to do all the tear downs and everything else,” said Richardson. “Otherwise, this exercise may not have been as successful.”

The small bombs pad teams were responsible for assembling various 500-pound bomb body variants, ranging from MK-82 conicals to GBU-38’s to GBU-54’s and all the variants in between.

The production line utilized the munitions assembly conveyor (MAC) system, enabling efficient throughput from gantry onload to final trailer staging.

Throughout each stage of the process and across many technical steps and movements, the 5MUNS Airmen demonstrated poise and proficiency, Richardson explained.

Minot’s CAPEX not only tested munitions production, but also incorporated an integrated load exercise for the first time.

“With the CAPEX, we had a load exercise in conjunction, which once again is the first ever,” said U.S. Air Force Master Sgt. Christopher Standard, 5MUNS munitions operations section chief. “We produced the bombs and then

those bombs went out to two B-52s where the load crews had to go through and load every single one of those munitions.”

Standard emphasized the magnitude of the exercise in both scale and impact.

“The CAPEX is an exercise to test how quickly we can produce ammo,” said Standard. “In its 30-year history, this is the first time it’s come to Minot.”

That output also translated into a record-setting number of individual asset builds, producing over 350,000 pounds of net explosive weight. Over 1200 assets were produced for this CAPEX, the largest frag in CAPEX history.

The exercise had a clear training focus, offering younger Airmen hands-on experience they may not have otherwise received in day-to-day operations.

“The exercise was phenomenal,” Standard said. “We had a great time during it and one of the main goals was to get our Airmen actual experience with rapid munitions assembly. Most of them have never done it, so going through these 12-hour shifts over the course of four days, having them build over 1200 munitions really drove home the point of how important it is to learn this stuff.”

The operation also served a

strategic purpose in affirming the wing’s ability to fulfill operational plans under a real-world threat scenario.

“The training objective for this exercise is to prove to the wing commander and [AFGSC] that Minot AFB can produce bombs, and we can do it on a full scale, as if we are supporting an operational plan or an actual war effort. We came through, we did it and we succeeded, showing everybody what Minot AFB is capable of doing,” said Standard.

According to Richardson, the most valuable takeaway was the development of Airmen proficiency and mission-readiness.

“The largest mission benefit that we had for this exercise was

allowing our young Airmen to come in and get the reps they needed on building different variants of bombs and bomb types then getting them out there on the line,” Richardson said. “We know the conventional mission is the one that’s going to go out the door first.”

As the first CAPEX hosted at Minot, the event not only broke net explosive weight records but set a new standard for execution, teamwork, and production capability under pressure—underscoring the base’s vital role in conventional munitions readiness.

“We performed great,” said Richardson. “We brought the boom!”

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N.D. County History



UPSIDE DOWN  
UNDER  
MARVIN BAKER

We all know there are 53 counties in North Dakota. It hasn't always been that way. And in the history of this state and territory, there were numerous counties with names that don't exist today.

As you might imagine, Pembina County was the first organized county in this part of Dakota Territory in 1867. It encompassed a lot more property than the Pembina County we know today.

After that, things were quite until 1873 when 15 new counties were established in Dakota Territory. Not all of them were in what is now North Dakota. However, some were.

As an example, Burbank County was established in 1873, but was renamed Barnes County two years later. Gingras County was also established that year, but was renamed Wells County in 1881. Howard County was established in 1873 from unorganized territory that later became Allred, Dunn, McKenzie and Wallace counties. Stevens County was established in 1873, but was abolished in 1892 when parts of McLean and Ward counties were named.

In 1896, Allred County became part of Billings and in 1901 was re-created from Billings County. In 1903 it was attached to Williams County and in 1905, it was abolished and became part of McKenzie County.

Also in 1896, Wallace County was abolished and became part of Stark and Billings counties. Then, in 1901, it was re-created from Billings and Stark counties and in 1905, it was abolished again and became part of McKenzie County.

Emmons County was formed in 1879, but before that was part of a much larger Campbell County that was established in 1873. Today, Campbell County borders Emmons County on the South Dakota side of the state line.

The newest county in the state is Grant that was part of Morton County until 1916 when the southwest part of Morton was partitioned to be a new county named for the former president

Ulysses Grant. Carson became the county seat.

Other counties that were formed since 1900 include Dunn in 1901, formed from Starnes and Mercer counties; Hettinger, also in 1901, formed from Stark; McKenzie in 1901, formed from Stark; Adams in 1907, formed from Stark; Burke and Renville in 1910, formed from Imperial Ward County; Divide, also in 1910, formed from Williams; Golden Valley in 1912, formed from Billings; Slope in 1914, formed from Billings and Sioux County formed in 1915 from the Standing Rock Reservation.

Officially Ward County was formed in 1885, but was called Imperial Ward County because of its huge land mass that took up a substantial portion of northwestern North Dakota. It included two counties that no longer exist, Stevens and Wynn. In 1908, residents began to petition to have the county split off into separate counties which helped to create Renville, Mountrail and Burke counties.

Mountrail County was actually created in 1873 but was annexed into Buffalo County. In 1885, it lost part of its territory to Garfield County, later became attached to Ward County for judicial purposes and finally became its own county in 1909 with Stanley as the county seat.

McKenzie County with Watford City the county seat, is the largest in the state with 2,861 square miles which is actually larger than Rhode Island or Delaware. Eddy County, with New Rockford as the county seat is the smallest. Its entirety is 644 square miles.

It's no surprise that Cass County has the greatest population with approximately 196,000 people since it has Fargo, the largest city with 133,000 population. Part of the significant population growth is coming from outlying communities around Fargo such as West Fargo, Horace, Kindred, Mapleton and Casselton.

Slope County has the fewest number of people at 727. The county seat, Amidon, was the smallest county seat in the United States with 24 until the 2020 census was taken. It is now the second-smallest behind Brewster, Neb., which has only 17 people.

It's interesting to note that if you include county commissioners, the Slope County courthouse has more employees than does the entire town of Amidon.

And finally, a small patch of land known as "Lost Dakota," existed as a remote exclave of Dakota Territory until it became part of Gallatin County, Montana Territory in 1873.

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

As I approach my 49th year living in Minot, North Dakota, there are events that still cause me to stop and reflect on how the Minot Air Force Base affects this community on a daily basis.

Not for any reason in particular, I will start with the flyover of a B 52 on final approach to Minot Air Force Base. It seems so surreal when you hear those jet engines and immediately look to the sky for that signature silhouette. I will watch them until they disappear into the horizon. When I used to help on the farm south of Velve I would catch a B 52 on a low level practice run, again watching in amazement as they flew so low with a deliberate purpose, I am guessing, in their training protocol.

The other event that is hard to describe is when you meet a convoy that is moving a missile. Leading the convoy in the air will be a UH-1 Huey helicopter, followed by the blue and white U.S. Marshal vehicles and then a variety of security vehicles including the BearCat which is one mean looking security vehicle.

WELL-ORCHESTRATED

I have often thought about how well orchestrated the movement of a missile or a warhead is. If you watch enough of them go by, you have a sense of just “what’s next”. And then of course there are variables that certainly affect the convoys, like road construction or road conditions. It can be 100 degrees

and windy or -40 degrees with even lower windchills and the convoys still go on.

It happened that yesterday I met a convoy, and last night I had Minot City Band practice. The City Band director, David Rolandson, talked about how important it was that every section in the band be heard, and just as important, every section of the band has to play well. That is kind of how the basic idea of this article came to be. For both the B 52 and the missile convoys, every member of the team has to show up and do their job. You can’t get a B 52 airborne without every piece of the puzzle being in place. And could you imagine trying to pull into a major intersection with 2 lanes of traffic coming from every direction and not have a plan and the personnel to control that intersection and get the missile convoy safely through and headed on their way to wherever they are going. It’s not exactly a band per se, but it would be fair to say that every member of the convoy needs to be heard, and conversely every member of the convoy and B 52 flight team needs to do their job.

A FINAL STORY

I love sharing stories that I hear about Airmen (big A Airmen) who perform at a high level, going above and beyond in doing their job. I have the privilege of interviewing Col’s Lamarand and Schlabach once a year. After finishing my questions, I always ask them if there is anything additional they would like to add? In this case it was a story Col Schlabach shared, and I will share here and later when his interview article is printed in the Northern Sentry.

It was during the 2025 Nuclear Surety Inspection and the Airmen of the 91st had to move a missile as part of that inspection. Col Schlabach explained that it was winter and the weather was

# An Orchestrated Event



A B-52 adds power. A sight that I’ll never get tired of witnessing.

typical for North Dakota, wind and snow. Of the 2 Airmen on the TE (Transport Erector), one had no experience, and the other had a total of 5 trips. “It’s just the way it kind of fell into place” according to Col Schlabach. The story would end with the inspection team informing Col Schlabach that his 91st Team absolutely “nailed it.”

Back to the orchestra. There are concerts that happen where the band and the direction get in sync, and they absolutely nail the concert. Some songs that were “suspect” in practice turn out perfect. And that is the way it is every day with Team Minot. There is no room for complacency when you have 2 of the most powerful nuclear weapons located on one base. And to the 2 young Airmen who “nailed it” during the recent Nuclear Surety Inspection: congratulations! And

thank you.

WHERE TO BE THIS WEEK?

The Medora Musical is no secret to anyone who has lived in North Dakota for any length of time. But early reviews are that this 60th edition of the musical is spectacular. “The best I’ve ever seen” according to someone who has attended a lot of Medora Musicals.

July 13th is Veteran’s and Military Appreciation Day. Veterans and Military get in for FREE! It’s not too late to go online and get your tickets and enjoy “The Greatest Show in the West.” More information on Medora.com.

TODAY’S CHUCKLE

You know you’re really old when you tell someone your age and they don’t even pretend to be surprised



A familiar site. A HUEY helicopter patrolling the skies above a convoy.



Team Minot getting a B 52 ready for flight.



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# CORNERSTONE

## Map Out The Road To Good Health

### Hidden Benefits

I started chiropractic care for the most common reason out there: chronic back pain. Mine had persisted for over a decade. I'd had adjustments before, but never found long-term relief. In January, I walked into Cornerstone Chiropractic with cautious optimism—mostly just hoping the pain level would reduce and daily activities would be slightly less painful.

What I didn't expect was how much my perspective—and my health—would change.

From day one, it was clear that Cornerstone Chiropractic would not be an office that did a basic adjustment and sent me on my way. Their approach is different. It's layered, science-backed, and rooted in whole-body wellness. I was introduced to an entire spectrum of therapies: laser, hyperbaric oxygen, traction, nervous system scans, and tools I'd never seen before. They didn't just aim to "crack my back." They wanted to understand what was happening throughout my body—and treat it all from the inside out.

The education surprised me most. I'm used to providers telling me what to do—or having to do extensive Googling before an appointment so I'd know what to request or tell them what I thought I needed. This is difference. I now know more about how my body works than ever before.

By the end of the first month, I was already noticing differences I hadn't expected. But improved backpain isn't the big story here. The real surprise came in the form of overall health: more energy, less brain fog, and fewer migraines. My mood was more stable. My digestion, which had been experiencing its own brand

of chronic issues for over a year, started improving too. And maybe best of all? I felt alert—present for my kids, less reactive, more patient, reduced decision fatigue. Even my family noticed.

That's a huge shift for me. And as someone with a history of major depressive disorder and anxiety, I don't take that lightly. Looking back, I wish I had explored this type of care when I was actively being treated for depression. I believe the combination of chiropractic care, hyperbaric oxygen therapy, and counseling could've been a powerful trio. And I've heard similar stories from others—people healing faster from surgeries, recovering after traumatic injury, and even easing symptoms of PTSD and ADHD. These are outcomes I didn't know were even connected to chiropractic care.

But the research backs it up. Studies have shown that chiropractic care can reduce cortisol levels (a key stress hormone) and improve sleep, digestion, and immune function. Hyperbaric oxygen therapy, like what's offered at Cornerstone, has been used to support recovery from brain injuries, decrease inflammation, and improve cellular repair. And low-level laser therapy is now FDA-cleared for treating pain and tissue inflammation. It's science-driven wellness—with proof beyond anecdotal experience to back it up.

Today, my back pain is at a level I didn't think I'd ever achieve. But what has me most convinced is how all the pieces of my wellness have been impacted. I'm more engaged, more energetic, and more equipped to live fully. I don't just feel better—I function better.



AMY ALLENDER

My experience with Cornerstone Chiropractic has changed the way I think about healthcare. Their team is passionate about synergy—the idea that multiple systems and therapies working together can create real, lasting transformation. That mindset is woven into everything they do. They don't just treat symptoms, they seek roots. This is refreshing, especially after years of treatment that offered temporary relief but never lasting change.

I'll admit it—I was a skeptic. But now I'm convinced: chiropractic care isn't just for acute injuries or pain. It's a powerful tool for anyone who wants to feel better—not just now, but for year to come. I've learned that health for the future starts with taking ownership over my health today.

If you're curious or have questions about whether this kind of care could be right for you, reach out to Cornerstone. You—like me—might be surprised at what they offer and the ripple effects that come your way.

For more of my journey toward living well in Minot, visit amyallender.com or find me on Facebook and Instagram @ HeyMinot.



Jennifer Jens, a military spouse with a passion for fitness, has been at the helm of a diverse team of trainers, mostly military spouses, who derive a sense of well-being from investing their time and talents back into the MAFB community.



Jennifer Jens, a military spouse with a passion for fitness, has been at the helm of a diverse team of trainers, mostly military spouses, who derive a sense of well-being from investing their time and talents back into the MAFB community.



Stroller fitness classes (rebranded as Family Bootcamp) remained a popular offering for moms of young children, who may struggle with isolation and the added challenge of securing childcare when seeking to meet their fitness and social needs.



# CORNERSTONE

CHIROPRACTIC

Dr. Matthew Hanson

Dr. William Fielhaber

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# Finest

**LT. MARIA CALHOUN**  
Lieutenant Maria Calhoun began her Air Force career eleven years ago as an enlisted Weather Forecaster. After commissioning in 2023, she was assigned to Minot Air Force Base as the Wing Weather Officer, where she advised commanders and staff on weather and provided forecasts for mission planning and strategic decisions. She was handpicked for her current role, where she is now serving as Executive Officer for the 5th Operations Group.  
*Info from Dec 2024*

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# Community ‘Shocked, Saddened’ After Cancellation of Group Fitness Contract

KERIANNE NOEL, NORTHERN SENTRY

Non-Mission Critical: That was the determination made by the 5th Force Support Squadron (FSS) regarding a Group Fitness Program Contract on Minot AFB. On Friday, June 27 the MAFB community was informed that the group fitness programs being offered through the McAdoo Fitness Center on base, would be no more. The decision impacts spouses, active-duty members, and the trainers who helped bring these classes to the base. A source of mental, physical, and social support, the implications of the loss may not be fully appreciated for months.

The contract was held by Jennifer Jens, mil spouse, fitness industry veteran and owner of BeachLIFE Fitness. According to Jennifer, over the past 11 years BeachLIFE has offered close to 12,000 classes, employed nearly 100 instructors - many mil spouses themselves - and reached 125,000 participants through in person as well as virtual classes. While the value of the contract was not disclosed she stated that she believed it was in the bottom one percent of all contracts on Minot AFB. The Northern SENTRY reached out for a statement from FSS who had yet to acknowledge the cuts on their own social media, but has not received an official comment as of the writing of this article.

“We first found out about our Termination [the 26th of June] - one day before we were able to announce it to our team and to our community. This was two business days prior to the date of cancellation,” shared Jennifer. She added that while many contracts were ‘on the chopping block’ due to an Executive (DOGE) order, she was under the impression that the final decision was made locally. Jennifer explained that, “this base was able to determine which programs/contracts to cut [and] FSS Leadership specifically chose to remove this one.”

Meanwhile the MAFB community was left reeling from the announcement. For many, these classes allowed them to manage stress, build community, and work on their fitness goals. Some active-duty members and dependents have taken to social media to express both their appreciation for the classes as well as the shock and confusion in wake of the decision.

Mil spouse Rebecca Dent posted a comment on Facebook saying, “The idea of having to travel to Minot city is incredibly inconvenient for many of us, especially with our busy schedules. Plus, the classes that allow us to bring our children have been a lifesaver for a lot of parents! Losing these programs feels like losing a vital support system.”

Gianna Brockhoff commented that, “My husband and I have been attending the cycle class on Monday nights and it has been a good way for us to connect after a long work day and release the stress from our day. I am so sad about this decision.”

Not just for spouses, classes were attended by active-duty members

as well. One class that ran through 2018, Fit-to-Fight, was specifically designed to help service members meet and exceed the Air Force’s fitness standards. Squadrons could even request a class be offered for their own fitness program to mix up the routine. And with more rigorous PT standards headed their way, service members now have one less tool to help them prepare.

Many resources are thrown toward mental health at remote locations with seasonal extremes such as MAFB. As the saying goes, ‘an ounce of prevention is worth a pound of cure.’ According to National Institute of Health (NIH) and military health studies, base fitness programs are linked to a 34-45% increase in PT pass rates, and 50% fewer musculoskeletal injuries. Group classes in particular are known to reduce depressive symptoms by up to 40% in active duty members, with those participating in a structured fitness program reporting a 28% reduction in anxiety in just three months. According to numerous public health studies, fitness improves sleep quality, combats burnout, and provides a healthy outlet for stress. Many unit commanders likely agree that these are desirable goals for not just their Airmen but for families as well. Keeping families happy and engaged in community is, after all, also essential to bringing in and retaining the best Airmen.

Jennifer’s message: “Access to structured, consistent fitness programming on military installations isn’t just a benefit it’s a necessity... when we make wellness



Thanks for the memories. 11 years of classes, as summed up in one photo collage.

accessible, we create a stronger force mentally, physically, and operationally.”


As to the team that brought these classes to the community - Jennifer

asserted that, “Our staff, coaches and trainers will continue to share their light and passion for well-being in this community. Our program will remain ready to activate if the time

comes. We remain hopeful that as financial constraints are lessened and the importance of this type of service is realized, we will be allowed to serve MAFB again!”

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5TH BOMB WING FACILITATES ORIENTATION FLIGHT FOR MINOT CIVIC LEADER RYAN ACKERMAN

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS WESLEY DAVIES



Ryan Ackerman, 91st Missile Wing honorary commander (fourth from left), poses for a photo with 5th Bomb Wing (5BW) leadership and 23rd Bomb Squadron flight crew after an orientation flight at Minot Air Force Base, North Dakota, June 24, 2025. The aircrew took Ackerman on an orientation flight to help give a better idea of the 5BW’s mission and capabilities.



Ryan Ackerman, 91st Missile Wing (91MW) honorary commander, steps down from a B-52H Stratofortress after an orientation flight at Minot Air Force Base, North Dakota, June 24, 2025. As a Task Force 21 civic leader and 91MW honorary commander, Ackerman works with the base to help strengthen connections between the base and the public.



Ryan Ackerman, 91st Missile Wing honorary commander, tries on an oxygen mask for an orientation flight at Minot Air Force Base, North Dakota, June 24, 2025. The Aircrew Flight Equipment flight maintains and provides life support and flight equipment to aircrew and civilians prior to a flight.

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WOODLAND RESORT

OUTDOOR

REPORT



by Patricia Stockdill

**FISHING:**  
Lake Sakakawea elevation, July 5: 1,835.17 feet above mean sea level (MSL); 23,000 cubic feet per second (CFS) Garrison Dam average daily releases.  
Devils Lake elevation: 1,449.23 feet above mean sea level (MSL).  
Stump Lake elevation: 1,449.32 MSL.  
• N.D. Game & Fish Dept. game wardens: Devils Lake remains fair for walleye. Most anglers on Lake Metigoshe going out in the evening with lots of recreational boating during the day.  
• Devils Lake, Woodland Resort, Devils Lake: Continued fair walleye success with lots of activity on Devils Lake.  
• Lake Darling, Karma C-Store, Ruthville: Lake Darling continues producing walleye activity. East end of Lake Sakakawea producing walleye around Steinke and Centennial bays. Try variety of depths depending on weather patterns.  
• Lake Metigoshe, Four Seasons, Bottineau: Continued good bluegill success in the shallows and off the docks. Lots of recreational activity with walleye anglers going on in the evening hours when lake is quieter.  
• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Lots of recreational activity on the east end of Lake Sakakawea and variable weather creating fair but inconsistent walleye success.  
• Lake Sakakawea, Indian Hills Resort, Garrison: Warmer water temperatures improving walleye success. Lots of small fish with most success using spinners or slow death hooks and nightcrawlers. Try the south shore.  
• Lake Sakakawea, Van Hook Bait & Tackle, New Town: Solid walleye bite in the Van Hook Arm, especially on the north end. Try flicker shads or live bait presentations using nightcrawlers or leeches with some minnow success.  
• Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues

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

**OUTDOOR NOTES:**

- July 11: Free Movies in the Park, Mufasa, Oak Park, 9:30 p.m.
- July 11 – 13: Makoti Threshing Show, Makoti.
- July 12: Colorful Christmas, Lewis & Clark State Park east of Williston, 9 a.m.
- July 15: “Going on a Safari” Summer Art, Taube Museum of Art, 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.
- July 19: Run the Route (North Dakota State Fair Parade Route) 5K, starting at Our Redeemers Church (South Hill Sports Complex), 8 a.m. registration.
- July 19: Native Flute Music & Storytelling by Matt Shanandore, Lake Metigoshe State Park, 8 p.m.
- July 22: MHA Indian Horse Relay, North Dakota State Fair, 7 p.m.
- July 24: Terrific Summer, Taube Museum of Art, Minot, Ages 6 and older.
- July 25: Yoga in the Park, Oak Park, 5 p.m.
- July 25: Jackpot Barrel Racing Stampede, North Dakota State Fair, 6:30 p.m.

**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.

producing walleye from boats using jigs, spinners, or lindy rigs with nightcrawlers. Lots of small fish around the spillway channel. Good numbers of catfish with some trout mixed in. Some walleye and catfish from shore, as well, using crankbaits off the rocks or along the ramp. Try points and around islands on east end of Lake Sakakawea, including Riverdale Bluffs on the south or Steinke, Centennial, and Douglas bays on the north side. Work a variety of depths using live bait presentations in shallow water around 15 feet or crankbaits in deeper water. A few salmon showing up along the Riverdale Bluffs and face of the dam using crankbaits or downriggers. Continued smallmouth bass success.  
• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Try spinners and nightcrawlers around the Van Hook Arm for the better walleye success on the upper end of Lake Sakakawea. Look for pockets of walleye as water clears farther west on the upper end using larger spinner blades. Kota-Ray Dam continues producing rainbow trout and bluegill. Kettle Lake producing good trout numbers, as well.

• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports but look for continued activity on Buffalo Lodge Lake.  
**N.D. RIVERS GAUGE HEIGHT AND STREAMFLOW** (conditions can vary rapidly):  
• Des Lacs River, Foxholm: Gauge height, 5.39 feet; streamflow, 6.91 cubic feet per second (CFS).  
• Lake Darling, Foxholm: Gauge height, 96.93 feet.  
• Little Missouri River, Medora: Gauge height, 2.07 feet; streamflow, 121 CFS  
• Little Missouri River, Long X Bridge near Watford City, gauge height, 7.66 feet; streamflow, 150 CFS.  
• Missouri River, Williston: Gauge height, 15.58 feet.  
• Missouri River, Washburn: Gauge height, 10.04 feet.  
• Souris River, Broadway Bridge, Minot: Gauge height, 41.32 feet.  
• Yellowstone River, Cartwright: Gauge height: 64.73 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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A child in winter gear holding a large yellow perch.



# Minot Area Chamber EDC Recognizes Keli Rosselli-Sullivan for Workforce Development Achievement

MINOT AREA CHAMBER EDC

Minot Area Chamber EDC (MACEDC) is excited to announce that Keli Rosselli-Sullivan, Military Liaison | Workforce Development, has successfully completed the Certificate in Workforce Development Fundamentals program, offered through a partnership between the Association of Chamber of Commerce Executives (ACCE) Foundation and the International Economic Development Council (IEDC). As a member of the third cohort, Keli has demonstrated a strong commitment to advancing her skills and promoting inclusive workforce development practices. This rigorous program provided a deep dive into the intersection of economic and workforce development. Over six weeks, Keli engaged in expert-led sessions, interactive exercises, and a comprehensive curriculum, culminating in an online exam. One of just over 150 professionals

to earn this certificate, Keli now joins an esteemed group of workforce development leaders. “We are proud to celebrate Keli’s achievement and see her join a growing network of professionals dedicated to workforce development,” said Ryan Ackerman, MACEDC Board Chair. “Our board is incredibly supportive of all MACEDC employees’ efforts to further their education and participate in training opportunities that reflect evolving industry trends. MACEDC a hard-working team that is leading the way for the Minot area.” Along with completing this valuable program, Keli participates in events and conferences where she can connect with individuals from across the country to compare and explore additional recruiting opportunities. Most recently, she attended the RoleCall Talent Attraction Summit in Cleveland,

Ohio, which focuses entirely on talent, bringing together leaders and practitioners to dig deep, share successes, and continue pushing the talent attraction industry forward. Keli also serves on the Minot City Council’s Committee on Childcare to help the city with solutions that will improve childcare availability, thus expanding workforce opportunities for parents and providers alike. MACEDC leads workforce development for the Minot area and works closely with strategic partners in the community and across the state. MACEDC has helped to fund numerous workforce initiatives in the region. The first Workforce Summit was held in Minot this past fall, and MACEDC has piloted several workforce initiatives to support business and industry. Childcare and housing solutions are a part of the MACEDC workforce development strategy.

“Workforce Development is one of the key pillars of the Minot Area Chamber EDC, and Keli is consistently showing her commitment to expanding local workforce and growing opportunities for the Minot area,” commented Brekka Kramer, MACEDC President | CEO. “We know that we need to attract talent to our region to address workforce needs, and this takes an all-in effort. MACEDC is focused on workforce development strategy that addresses not only our current needs but the workforce that will be needed for major projects that are on the horizon for our community. Keli has grown the Workforce pillar by leaps and bounds the last couple years, and we can’t wait to see how this opportunity will improve the organization and create a lasting impact in the community.”



## ND Norsk Høstfest Seeking Volunteers

The 46th annual Norsk Høstfest is slated for Sept. 24-27, 2025. To ensure a successful event, hundreds of volunteers are needed to assist with many tasks before and during the festival. Volunteers will receive free admission (\$45 value) to the festival each day they volunteer, a free Høstfest t-shirt, a pizza coupon, concert ticket discount (a volunteer may purchase one Great Hall \$60/\$65 concert ticket for just \$15/\$20 (your one free admission wristband is valued at \$45.) and a great time. For volunteers who volunteer for more than one shift per day, they will receive 20% off Høstfest swag and a meal voucher. Signing up now will guarantee volunteers their desired shift(s). Signing up with a friend will double the fun! Volunteers are needed to scan tickets, help chefs in the Scandi Kitchen, assist with move-in setup, sell tickets, cashier, be a roaming troll, along with many other jobs. Go to to get [hostfest.com/volunteer-2/](http://hostfest.com/volunteer-2/) more information and choose your job(s) and shift(s). The festival’s four-day slate of Great Hall entertainers are Bjørø Håland, The Killer Vees Neil Diamond Tribute, Abbadabra, Cash vs. The King; an Elvis Presley & Johnny Cash Tribute Presented

by Medora (back to back shows!), and Little Texas. Side stage entertainers include Brian Sklar & The Western Senators, Fiddling Lefty, Midwest Murder Podcast, Waddington Brothers, Moon Cats, and Project Constellation, along

with many others. Tickets can be purchased at [Høstfest.com](http://Høstfest.com) or at the office at 1020 S. Broadway between 9 a.m. and 3 p.m. For more information, contact Teresa at the Hostfest office at 701.852.2368 ext. 3.



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# NORTHERN CELEBRATIONS

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## 50-YEAR MILESTONE

Patricia Stockdill

North Dakota's three premier fisheries – Lake Sakakawea, Devils Lake, and the Missouri River – have hosted a litany of big name national fishing events for decades.

But none compare in longevity and size to Lake Sakakawea's North Dakota Governor's Walleye Cup, a tradition that began when the United States celebrated the nation's Bicentennial back in 1976.

Who could have imagined that only a world pandemic would halt its annual consecutive streak in 2020? When the 2021 event was held, the tournament enjoyed its largest field ever after expanding to 260 two-person teams.

The 2025 tournament will be held July 18 and 19.

Based out of Fort Stevenson State Park 3 miles south of Garrison, a determined duo of local Garrison anglers jumped through months of regulatory hoops and hurdles to get the first tournament launched as part of the community's array of community Bicentennial activities.

Their efforts grew to become an annual highlight for anglers across the region, Fort Stevenson State Park, and the Garrison area.

For years the tournament field has filled the first day entries are accepted, often with a waiting list of teams wanting to participate should a team have to drop out for any reason.

The tournament is traditionally held the third Friday and Saturday in July. The first flight of 65 boats departs at 7 a.m. with remaining flights departing at one-half hour intervals. It's pretty impressive sight for those watching from various vantage points in the park as flights depart.

The first morning flight has to return to the park by 3 p.m. with the others following at the same one-hour intervals. The last flight must arrive at the park by 4:30 p.m. Anglers then trailer their catch to Garrison's City Park on Main Street for official weigh-in.

Teams oftentimes come in early if they have their five-fish daily limit. Anglers can catch a total of eight fish daily but weigh their five

biggest fish with a two-day total of 10 fish allowed for weigh-in.

The 2025 winning team garners \$15,000.

People can watch boats depart in flights and returns at the park at no cost other than daily N.D. Parks and Recreation Department daily entrance fees (or annual pass). Weigh-in activities are free at Garrison City Park located on the north end of Main Street.

It might be appropriate that Wally the Walleye greets people at the park, a gigantic fiberglass replica of the fish being weighed in.

While anglers of all ages can participate in the North Dakota Governor's Walleye Cup, a special shore-fishing opportunity is available July 19 for anglers 17 years of age and younger – the North Dakota Junior Governor's Cup.

Also held at Fort Stevenson State Park, the event features prizes and lunch and begins at 10 a.m.

Look for a lot of boats on the east end of Lake Sakakawea not just on July 18 and 19 but the days prior to the tournament as anglers try their best to get an idea of where some of the "Big Lake" walleye will be lurking when tournament time rolls around.

Tournament participants can fish right up to the U.S. Highway 83 embankment on the east side of Sakakawea or head as far west as if a person drew an imaginary line from the west point of Berthold Bay on the lake's north shore to the east point of Expansion Bay on the south shore.

Walleye could be shallow or they might be in deep water.

They might like spinners or they might prefer crankbaits or other types of artificial presentations.

While it remains who will claim top honors in 2025 and how many pounds of walleye it takes to do it, it's a given that the state's largest fishing tournament will once again garner a lot of angling attention on Lake Sakakawea as the Governor's Cup, as it's nicknamed, celebrates 50 years of fishing on the on the region's premier fisheries.



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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.





## U.S. AIR FORCE PHOTOS | SENIOR AIRMAN TRUST TATE



A large group of soldiers in camouflage uniforms posing for a group photo on a tarmac. A green helicopter is visible in the background, flying low over the group.

A UH-60 Black Hawk helicopter is shown in flight, carrying two soldiers on its hoist. The helicopter is olive green and has the number '100' on its side. Two soldiers in camouflage uniforms are visible, one inside the cockpit and one hanging from the hoist. The background shows a clear blue sky and a green field.

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**Military Appreciation Day · Tuesday, July 22**  
Free Annual Beef Industry Military Appreciation Picnic hosted by North Dakota Stockmen's Association  
Free carnival rides from 1-3pm  
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# DAKOTA DATEBOOK: Minuteman Missiles

DAKOTA DATEBOOK WRITTEN BY SARAH WALKER

July 11, 2025 – On this day in 1965, more than 2,000 people gathered (such a large crowd on such a small site!) about five miles outside of Michigan, North Dakota. They were going to view a Minuteman missile launch control facility. North Dakota is not generally known for its nuclear activity, but it actually had several Minuteman missile sites. And as it was the midst of a generation poised for nuclear war, an exhibit of this type would hold great interest. Of course, the Minuteman missiles were not completely installed at the time of the open house. So when the visitors “peered down the open mouth of an underground silo” that would eventually hold the intercontinental ballistic missiles, they had to use their imagination. More than 2,900 people visited this site over the two-day open house. The first day was reserved for military personnel and their families and for local businesses. Visitors were to be taken by bus from one and a half miles east of Whitman at the Sherman Moen farm to Launch Facility H-21, where they would visit

the underground ‘silo’ in which the Minuteman missiles were to be stored. Equipment and displays were set up for the event so the visitors could become more familiar with the construction of and operation of the missiles. Members of the Dads’ Club, an organization of Air Force dads who promoted youth activities, offered refreshments. The public invitation to this event, printed in the Nelson County Arena, was published with a caveat. “Due to the potential hazards at the partially completed facilities,” parents were asked not to bring their children, if they were 12 years old or younger. Ladies were also advised to wear low-heeled shoes. “Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at [prairiepublic.org](http://prairiepublic.org), subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at [shopprairiepublic.org](http://shopprairiepublic.org).

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**9:30 PM**  
Roosevelt Park Zoo  
1219 Burdick Expy E, Minot

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**For more information:**  
[Facebook/ Minot Parks/ Events](#)

**16 JULY**

**WINGS AND WHEELS**  
**6:00 PM**  
Dakota Air Museum,  
100 34th Ave NE, Minot

Come enjoy a fun evening with cool airplanes and classic cars with the Dakota Cruisers Car Club! The Dakota Territory Air Museum is hosting its annual Wings and Wheels event. You'll see vintage planes, old cars, and hot rods all in one place. There will be food trucks, music, and fun for the whole family. Admission is \$10 (free for museum members). Bring your friends and family for a great summer night!



**For more information:**  
<https://dakotaterritoryairmuseum.com/>

**16 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. 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](#)

**18 JULY**

**SEVERIO MANCIERI AT BLUE RIDER**  
**7:00 PM**  
Blue Rider  
118 1st Avenue SE, Minot

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

**19 JULY**

**NORTH DAKOTA STATE PARADE**  
**8:00 PM - 8:00 PM**  
Downtown Minot  
1300 4th Ave NW, Minot

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**For more information:**  
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# Minot State Spring 2025 VPAA and Engagement Honor Roll

Minot State University announced that 255 students have been named to the Vice President for Academic Affairs' Honor Roll for Spring 2025, and six students earned a spot on the Engagement Honor Roll.

Students who earned a term grade point average of 3.5-3.79 while enrolled for 12 or more credits during the Spring 2025 semester were named to the VPAA list. The honor will show on the student's transcript for the semester in which it was earned.

The Engagement Honor Roll is an opportunity for Minot State University undergraduate students to receive recognition for the engagement activities they participate in while a student at MSU. This distinction is included in their transcripts. Students must complete a minimum of 50 hours, verified by supervisors, in any combination of engagement activities in order to be recognized during any given term.

## ENGAGEMENT HONOR ROLL

Minot Cheyenne Douglas  
Minot Faith Hauck  
Minot Chaylee Hewson  
Minot Addyson Hughes

## VPAA HONOR ROLL

Minot Ellington Anderson,  
Isabelle Anderson, Kylie Anderson,  
Mattison Balas, Savannah Barnes,  
Eva Bloom, Maxwell Boeckel,  
Stivenson Bouton, Benjamin

Brown, Samuel Buchanan,  
Matthew Cook, Taylor Coonrod,  
Shannise Crawford, Tara Czemerer,  
Joshua Czyz, Dominic Demma,  
Addisen Dennis, Kennady Dewitz,  
Julianna Folk, Molly Frey, Kasidee  
Fuller, Ceirra Fulton, Brittan  
Godejohn, Mikel Green, Blake  
Guttormson, Nicholas Harbort,  
Jeannie Hochstrasser, Amber  
Holcomb, Mabel Hopkins, Benjamin  
Hornaday, Isabella Howard, Trevor  
Huss, Jersey Johnson, Tyler Johnson,  
Dejarius Jones, Savanna Jones,  
Isaac Keller, Kye Keplin, Lindsey  
Kielbowick, Ryan Kostenko, Payton  
Lang, Charles Larsen, Casey Larson,  
Logan Layman, Christian Long,  
Emma Lundeen, Weston Martell,  
Casey McMahon, Kailee McRoy,  
Madalyn Meagher, Shiloh Mende,  
Emelea Miller, Ethan Miller, Erik  
Moore, Tyler Nelson, Fathima  
Newsath Malikshaw, Eden Olson,  
Peter Panales, Axel Parker, Sydney  
Popinga, Dallas Reese, Kelsie Richey,  
Haylee Ritzke, Haley Rosinski, Kari  
Schalesky, Hadyn Schuler, Morgan  
Shay, Anna Smith, Jamie Snyder,  
Kerzy Sorensen, Tatum Stebleton,  
Zoe Struckness, Andrew Swartwout,  
Abigail Tallman, Eduardo  
Taromaru Matsuoka, Reese Terrel,  
Kaitlyn Thorson, Hayden Tinker,  
Melissa Tuttle, Ashley Vargas,  
Laney Wahus, Mariah Weatherford,  
Cali Wilson, Kyleigh Wiltse, Jaeger  
Zarr

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# Minot State Spring 2025 President's List

Minot State University announced a total of 482 students were named to the Spring 2025 President's List, according to MSU President Dr. Steven Shirley.

Students who earned a term grade point average of 3.8 or higher while enrolled for 12 or more credits during the Spring 2025 semester were named to the list. The honor will show on the student's transcript for the semester in which it was earned.

**MINOT**

Mia Aberle, Ahmed Abusaqer,  
Tsneem Abusaqer, Jillian Ackerman,  
Markelle Alexander, Kinley Allery,  
David Alonso, Crysta Alvarado,  
Sonja Andersen, Claire Anderson,  
Peyton Andes, Jory Ault, Derek  
Baker, Alissa Barber, Anthony  
Barrette, Natalie Becker, Mikkell  
Benjamin, Teagan Bennett,  
Sydney Berg, Trisha Billadeau,  
Kristen Boger, Kaydee Boyce,  
Brady Braasch, Kendal Braun,  
Trystan Brey, Brooklyn Brugger,  
Trey Burk, Leah Calavera, Stella  
Cantu, Maxie Cardinal, Brooklyn  
Casey, Christopher Cebulak, Alyssa  
Chandler, Megan Combs, Kubsam  
Daniel II, Faith Davis, Dominik  
Degele, Nathan Demme, Alondra  
Dominguez-Munoz, Kara Dull,  
Anndelyn Eaton, Brandon Engh,  
Victoria Estrada, Rayna Falcon,  
Drew Feist, Kinsey Fjeld, Camby  
Frantsvog, Carolyn Gilstad,  
Krysten Glab, Alaina Gochanour,

Day Grogan, Karlyn Gudz, Diego Guerrero, Konnor Guthrie, Melaina HaagenSON, Sara Haddow, Brooklyn Hansen, Jenna Hardy, Jennifer Hartleib, Faith Hauck, Hannah Henderson, Annika Henjum, Skye Herman, Andrew Hove, Shad Huber, Addyson Hughes, Parker Hummel, Tanner Hunskor, Camden Jasmin, Brook Jenks, Jack Johnson, Mckayla Keelan, Sophia Keeling, Gloria Kennedy, Carley Kersten, Ella Kesler, Mikayla Kippen, Megan Klabo, Amanda Kolobakken, Olivia Lade, Peyton Lamoureux, Christina Larsen, Nathaniel Larsen, April Lawrence, Hannah Lawson, Mia Lewis, Patrick Lips, Manuela Martinez, Gavin Mathews, Avory McDonald, Mariah Mcdonald, Emily Mills, Maura Mills, Emma Miltenberger, Ana Morelli, Derek Morse, Aynzlee Mosser, Aubree Mueller, Madison Mundy, Abbie Napoles, Arik Napoles, Kirstin Nelson, Brynn Neumann, Teagen Nicholes, William Novak, Breanna Olson, Elsa Olson, Colby Opp, Gianna Osborn, Kaitlyn Pellenwessel, Morgan Perrin, Abigail Pineau, Lauren Potter, Alexis Predinchuk, Caitlin Rafala, Tanner Rafteseth, Leelah Ramirez, Emma Rathbun, Samantha Repko, Jasmine Rogers, Brittany Rohn, Emma Rouse, Tyson Ruzicka, Alyxys Sabile, Bryer Samuelson, Annie Scheeler, Emma Scheeler, Jaycee Schnaible, Jayda Shiner, Addison Sorenson, Jasper Sorenson,

Tre Sortland, Luke Spelhaug, Madelaine St. Yves, Kylie Stein, Mya Stein, Hannah Stockie, William Strand, Madison Stromswold, Audrey Sundahl, Kaitlyn Sundbakken, Sophia Svystunova, Megan Swenson, Tanner Swenson, Abbsidy Taft, Emily Thiele, Brek Thompson, Sydney Upton, Kyley Van Dyke, Emma Vance, Carter Vogel, Lucas Vollmer, Brendon Watson, Zoe Weishaar, Morgan Wheeler, Connor White, Madelen Wick, Grace Wiedrich, Josh Will, Kelsey Wingenbach, Andrew Young

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Muhlenkamp, Sydney Ottinger,  
Collin Roth

Scan for a complete list of students on the President's List and Honor Rolls:



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**SUN, JUNE 1**  
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7PM DANEIL STARKS  
Oak Park

**SUN, JUNE 8**  
4PM & 7PM  
VOICES OF NOTE  
Oak Park

**THUR, JUNE 12**  
5:30PM JARED SCHUMAIER  
7PM MISSING LYNX  
Downtown Minot

**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  
**Sousa Concert**  
Oak Park

**SUN, JULY 20**  
7PM 188TH ARMY BAND  
188th ARMY BAND OF THE NORTH DAKOTA NATIONAL GUARD  
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  
30th 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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**Minot Area Council of the Arts**

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**THURSDAYS DOWNTOWN** **SUNDAYS IN THE PARK**



CROSSWORD SOLUTION

Solution to last weeks  
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Flower support
- 5. Escritoire
- 9. Invitation closer
- 13. Robust
- 14. Kick out
- 16. Western Samoa capital
- 17. Egyptian sacred bird
- 18. Flora's partner
- 19. Othello game piece
- 20. What some farmers do
- 23. Lepidopterist's weapon
- 24. It may test the water
- 25. Horse chow
- 26. Classic TV name
- 28. Bonkers
- 29. Beaming
- 32. Chopper blade
- 35. Interpret
- 36. Adjoin
- 37. Brought on board
- 39. Printer's supplies
- 40. Type of artery
- 42. Plague
- 43. Where boxers may be trained
- 44. Smith or Warner
- 46. Make sound
- 47. South Beach, for one
- 48. Famous oversleeper
- 51. It may take some hops
- 53. What some cheerleaders do
- 56. It can be "big" or "no big"
- 58. Truism
- 59. Barcelona thirst quencher
- 60. Capp of comics
- 61. Gullible rustic
- 62. Weightlifting technique
- 63. Didn't sit still?
- 64. A smaller amount
- 65. Abound

	2	3	4		5	6	7	8		9	10	11	12	
13					14				15		16			
17					18					19				
20					21					22		23		
24					25				26		27			
				28				29				30	31	
32	33	34					35							
36						37	38				39			
40					41					42				
43								44	45					
					46				47			48	49	50
51	52				53		54				55			
56					57		58				59			
60						61					62			
63							64				65			

Down

- 1. It might be "stuffed"
  - 2. Morally wrong
  - 3. Upper crust
  - 4. Tableland
  - 5. Vanquish
  - 6. Demands, as payment
  - 7. Team from Texas
  - 8. Game of chance
  - 9. "Awesome!"
  - 10. What storytellers do
  - 11. Holding device
  - 12. Covenant
  - 15. It's largely within the Arctic Circle
- 21. Travel from place to place
  - 22. Dishwater
  - 27. Municipalities
  - 28. Opposite of all
  - 29. Sturgeon delicacy
  - 30. Microwave, slangily
  - 31. Assay
  - 32. Pool hall device
  - 33. Wind in a pit
  - 34. What attractive models do
  - 35. Be lachrymose
  - 37. Vestibule
  - 38. Place for returns
- 41. Sans rocks
  - 42. Wine pouch
  - 44. Places for stagnant water
  - 45. Defies authority
  - 47. Circumnavigator Sir Francis
  - 48. Deceitful scoundrel
  - 49. Become accustomed
  - 50. Biblical poem
  - 51. Jewish month
  - 52. Late-night TV host
  - 54. Graven image
  - 55. Diplomacy
  - 57. Soap-making ingredient



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# Minot North Students at National TSA

BRYLEIGH MCBRIDE, FRESHMAN | MINOT NORTH HIGH SCHOOL

From June 27 to July 1, five students from Minot North High School traveled to Nashville, Tennessee to compete in the 2025 National TSA (Technology Student Association) Conference. Held at the sprawling Gaylord Opryland Resort and Convention Center, this annual event brought together all of the most talented STEM students from across the United States to engage in competitions focused on science, technology, engineering, arts, and mathematics.

Representing Minot North were Bryleigh McBride, Darian Tyan, Scott Tollefson, Kaydence Bodtke, and Ashley Carr. These students qualified at the state level earlier in the school year, earning the right to compete on the national stage. They were supervised by TSA advisor Matthew Ruhland, who has been instrumental in developing and mentoring the school's chapter since its founding.

The experience offered much more than just high-stakes competition. Students gained hands-on experience in leadership, time management, creative thinking, and collaboration, while also participating in national ceremonies, networking events, and student leadership development

programs. The conference tested their knowledge, technical ability, and composure under pressure, and each team member contributed to Minot North's growing reputation as a center for STEM excellence in North Dakota.

Darian Tyan competed in three events: Technology Bowl, Problem Solving, and Coding. Technology Bowl required a deep understanding of science and technology concepts as well as general TSA knowledge. In Problem Solving, he worked alongside a teammate to develop a solution to a hypothetical engineering issue using limited materials and a tight deadline. The Coding competition challenged Darian to sort through multiple choice questions, deciphering the many languages of code.

Scott Tollefson entered Technology Bowl and Dragster Design. In Dragster Design, he was responsible for creating a CO<sub>2</sub>-powered model dragster using CAD software. The event tested his understanding of aerodynamics, structural integrity, and speed optimization. The project involved multiple phases: research, design, drafting, and production. Combined with his performance in Technology Bowl, Scott's contributions reflected

a strong grasp of both mechanical and academic disciplines within STEM.

Bryleigh McBride participated in Problem Solving, Coding, and OnDemand Video. Each event required a different set of skills: the logical and collaborative elements of Problem Solving, the structured algorithmic work of Coding, and the fast-paced, creative production required for OnDemand Video. The OnDemand Video competition tasked her with producing a one minute video from scratch based on a surprise prompt, including storyboarding, filming, editing, and final rendering, all within less than 36 hours. This event is considered one of the most intensive and creatively demanding in the entire TSA lineup, and one of the most populous groups.

Kaydence Bodtke competed in OnDemand Video, Board Game Design, Photographic Technology, both of which fall within the digital media category. Her work demonstrated technical knowledge of camera equipment, editing software, and design principles, along with a strong ability to communicate ideas visually. Photographic Technology required submission of a themed digital



North Dakota has fun, taking a humorous photo.

portfolio, where Kaydence had to capture, edit, and arrange original images that showcased both storytelling and technical execution.

Ashley Carr participated in Board Game Design and Technology Bowl, while also representing North Dakota as the incoming State President for TSA. In Board Game Design, Ashley and her partner created an original game concept with full rules, a playable prototype, and a pitch presentation. The game was judged on playability, creativity, strategy, and mechanics. As state president, Ashley also attended leadership meetings, workshops, and ceremonies that prepared her for a year of guiding North Dakota TSA chapters.

In between competition rounds, students had the opportunity to attend general sessions, explore the convention center, and meet students from across the country. The Gaylord Opryland Resort, with its vast indoor gardens, rivers, bridges, and iconic architecture, served as an impressive and energizing backdrop to the week's activities. Students from Minot North used the time between events to practice, support each other, and refine their skills. The team worked late into the night on their projects, bonding over shared goals and a drive to succeed, while also taking the time to have fun.

The conference also emphasized personal growth and professional development. Students gained exposure to real-world applications of the skills they were learning, everything from product design and storytelling to coding and game

mechanics. Workshops and career panels introduced them to industry professionals and college programs, helping them envision how their current experiences could evolve into future careers.

The national conference provided invaluable exposure to high-level competition. Students witnessed firsthand the dedication and ingenuity of peers from larger, more established TSA programs, motivating them to continue growing their chapter back in Minot. The event gave students a glimpse into the competitive atmosphere of collegiate-level engineering and design projects, while encouraging a culture of innovation and collaboration.

With the 2025 conference complete, the Minot North team returns home with a renewed sense of purpose and inspiration. Several members are already planning for next year's competitions, eager to improve their techniques, expand their event repertoire, and mentor new members. As the school's TSA chapter continues to grow, this year's national experience will serve as a foundation for future success.

The students are also expected to share their experience with the school community. Through presentations, recruitment efforts, and mentoring incoming members. Plans are in motion to increase student participation. With talented competitors, dedicated leadership, and a growing presence on the national stage, Minot North TSA is positioned for even greater achievements in the years to come.



North Dakota TSA





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YOUTH IN ACTION

Beat the Summer Slide



ALYSSA KELLY

SCHOOL LIAISON PROGRAM MANAGER, GS-12

DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



In this article, I am not referring to the new water slide that was recently added to Polaris Park! Instead, I encourage all parents/guardians to continue to embed learning into daily activities, so that there is no regression when school starts back up in August.

To help you stay engaged over the summer, consider participating in the following:

- The Minot AFB Library offers a summer reading program with an opportunity to win prizes!
- The Roosevelt Park Zoo is looking for volunteers to assist the Zoo’s Education Department with handling, monitoring, and transporting the animals to senior living facilities to provide education to Minot and the surrounding area!
- The Woodland Trail offers a natural setting to observe ND birds and turtles, just bring a bird chart and binoculars!

-The Child Development Center on Minot AFB is looking for volunteers to assist with cleaning windows, organizing closets, organizing laundry, cleaning and organizing the break room, cleaning and organizing the playground, and labeling shelves and cubbies!

-The Minot Commission on Aging is looking for volunteers to assist in Meals on Wheels delivery to help feed elderly members in our community!

Numerous hands-on learning opportunities away from a screen exist in and around Minot AFB. These have the potential to become some of the fondest memories for your children, because when you give of your time to them and our community, you instill in them a sense of pride, value, and purpose. We all know learning doesn’t end when the school year ends and people always need help, so make this summer count!



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SAFETY & HEALTH AT THE NORTH DAKOTA STATE FAIR

There’s no better way to enjoy the summer celebration than the North Dakota State Fair – for the most part it’s the last chance before school begins to enjoy the sounds, sights, smells, tastes and activities only to be found at the fairgrounds here in our own city of Minot.

Before heading out to enjoy all the festivities... being prepared ensures your family’s experience is fun, healthy and safe by considering these tips as you plan your family outing.

Be realistic. Everyone goes to the fair for all kinds of “forbidden” foods and hours of fun, so recognize your limitations and the inevitable choices there for the taking. But also recognize there are things you and your family can do to stay in control, such as taking frequent breaks, eating a balanced and filling meal before you leave and getting a good night’s sleep the night before.

DRINK WATER

Be sure to drink plenty of water before and during your visit. You can also take a cooler with you so water is readily available to prevent dehydration. Water can also help cut back on overeating.

DRESS APPROPRIATELY

Ensure everyone is wearing a hat, has generously applied sunscreen and is wearing comfortable walking shoes. For a nominal fee, power and manual wheelchairs are available for those in need of mobility assistance.

PRACTICE SAFETY

Do your children have identification should they become separated? Remind your children about strangers, for assistance, Ward County Sheriff officers are accessible throughout the fairgrounds.

Going to the North Dakota State Fair should be fun, so please remember these tips to keep your family and friends healthy and safe.



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# Dentist Day at the Youth Center

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On Wednesday, June 18th, five members from Minot Air Force Base's Dental Clinic spent the afternoon at the Minot AFB Youth Center in support of Dentist Day activities. During the event, 20 children learned about the importance of daily oral hygiene and maintaining a healthy diet. The participants engaged in hands-on activities that emphasized proper brushing and flossing techniques, as well as making nutritious food choices.

Fan favorites included the "Brush Off the Plaque" board and the "Floss Off the Greens" prop. After a brief demonstration, each child had the opportunity to practice brushing and flossing on the interactive models, reinforcing the importance of daily oral care. As children grow into their pre-teen and teenage years, it is critical to continue promoting strong oral hygiene habits. According to the American Dental Association, adolescents should receive routine dental checkups (typically every

six months) as they face increased risk of cavities and gum disease due to hormonal changes, diet, and hygiene practices. Teens should be encouraged to take full ownership of their oral care by brushing twice daily with fluoride toothpaste and flossing once per day. Common challenges in this age group include frequent snacking on sugary or starchy foods, consumption of soda and sports drinks, and inconsistent hygiene routines. Establishing good oral health habits early can help support lifelong dental wellness.





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# Chasing Rainbows: The Science, Wonder, and Magic Behind the Colors

MAGIC CITY DISCOVERY CENTER

At the Magic City Discovery Center, we believe some of the best learning starts with a spark of curiosity, and few things inspire wonder quite like a rainbow! Whether it's spotting one after a summer rain or painting one in Creativity Studios, rainbows are not only beautiful, they're packed with fascinating science and creative inspiration.

### WHAT IS A RAINBOW, REALLY?

A rainbow is not a physical object you can touch or go to—it's an optical phenomenon that happens when sunlight interacts with water droplets in the atmosphere. According to the National Oceanic and Atmospheric Administration, when sunlight enters a droplet, it bends (or refracts) as it slows down in the denser water, reflects off the inside of the droplet, and then bends again as it exits. This process causes the light to separate into its separate wavelengths—the colors of the rainbow. Because each color bends at a slightly different angle, we see a spectrum with red on the top and violet on the bottom. Rainbows appear when the Sun is behind you and there are water droplets in the air, typically after a rainstorm. While they often appear as arcs, rainbows are actually full circles; we just can't see the whole shape from the ground. Occasionally, a double rainbow forms when light reflects twice inside the droplet, producing a fainter, reversed second arc above the main one. You can play with

rainbows and test refraction in our Light Lab!

### LEGENDS AND LORE OF THE RAINBOW

Rainbows have held meaning and mystery for cultures throughout history. According to National Geographic, in ancient mythologies, rainbows often served as bridges between humans and the divine. Norse legends speak of Bifrost, the rainbow bridge linking Earth to Asgard, the realm of the gods. Similarly, in Japanese and Gabonese traditions, rainbows were believed to be the pathways through which ancestors descended to Earth. Many cultures saw rainbows as positive omens—symbols of divine promise or power. For instance, the Epic of Gilgamesh and the Christian Bible both describe rainbows as divine signs to never again flood the Earth. However, not all interpretations were favorable. In parts of Burma, rainbows were considered child-threatening demons, and in the Amazon Basin, they were sometimes associated with illness. Despite these varied beliefs, the rainbow has consistently captured human imagination as a symbol of wonder, connection, and storytelling across time and geography.

### TRY THIS AT HOME: MAKE YOUR OWN RAINBOW!

All you need is a sunny day, a garden hose, and a little bit of experimenting. Turn on the hose and spray a fine mist into the air with the sun at your back. Watch closely—and you might just catch

your very own rainbow! You can also create indoor rainbows using a glass of water, a small mirror, and a flashlight. By shining light through the water at just the right angle, you can simulate the same light-bending magic that happens in the sky. You can find the full directions here: Scientific American Rainbow Experiment.

### LEARNING THROUGH RAINBOWS

At the Magic City Discovery Center, we see rainbows as the perfect way to spark curiosity and connect science with creativity. These bursts of color help kids explore big ideas like how light bends and reflects, how weather works, and how colors come from different wavelengths of light. They also encourage kids to think about perspective—rainbows only appear under just the right conditions, which helps children understand how observation plays a role in discovery. But rainbows don't just teach science. They open the door to storytelling, imaginative play, and artistic expression, too. Whether your child is experimenting with prisms in the Light Lab, drawing rainbows in Creativity Studios, or just spotting one in

the sky, they're learning to ask questions, test ideas, and create something magical from what they observe in the world around them. So next time you spot a rainbow, take a moment to wonder—then come join us to keep that curiosity growing!





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## All About Pets

### The scoop on dog grooming



Whether you go to the groomer or do it yourself at home, grooming your dog is essential. Every dog's needs are different, but here are a few pointers to get you started at home or in between visits to a professional!

•Bath time: the ASPCA recommends bathing your dog at least once every three months. If your dog has skin problems or spends a lot of time outdoors, you may need to bathe more often. However, bathing too often can lead to more skin irritation and dryness, so use your best judgement and be sure to keep an eye on your dog's condition. If you're bathing at home, be sure to do your research on the best bathing method for your dog's coat. Keep the water warm but not hot, and use a shampoo and conditioner that is best for them (medicated, puppy formula, detangling, etc.). Make sure to keep water out of your dog's ears and use a wash cloth or towel to gently wipe their face clean.

•Brushing: Regular fur brushing will help spread natural oils throughout your dog's coat, remove dirt, and prevent tangles and matting. Slicker brushes will help remove loose fur and detangle all coat types, but are best for medium-long haired dogs. Don't use too much pressure with a slicker, as this can cause discomfort. Pin brushes are like slickers, but they have pins tipped with plastic or rubber. These are great for longer, silkier, or curly coats. A bristle brush is a great option for a dog with a short or wiry coat and will remove excess fur and give your dog's coat a beautiful shine. Rakes are designed to penetrate a thick undercoat and remove tangles and debris in long-haired dogs. Make sure you pick the best brush for your dog's coat and brush them at least every few days. Brushing is also a great time to check out your dog's skin for signs of irritation, skin conditions, or bugs.

•Dental care: Dogs need their teeth brushed too! You can use a toothbrush/finger brush and dog safe toothpaste and you can also keep your dog's teeth healthy by providing a healthy diet, plenty of chew toys/bones, and treats that are specially formulated for their dental needs. It is best to brush their teeth every day, but even three times a week is better than none. Just like brushing fur, it gives you a chance to check out your dog's condition and find any signs of illness or irritation.

•Ear care: Regularly checking your dog's ears is important, especially for those who produce excessive earwax! If your dog's ears are dirty,

you can gently clean them with a cotton ball dampened in a liquid ear cleaner. You may want to contact your vet before doing this to make sure that you are using the proper technique/products and not accidentally causing harm to your pooch.

•Nail trimming: Many dogs are uncomfortable having their nails trimmed, but trimming your dog's nails is one of the most important things you can do to keep them happy and healthy! Nails should be cut when they almost touch the ground when your dog walks. This could be every week or every few weeks, depending on the dog and its activity level/type. You can use scissor or guillotine type clippers, a nail grinder, and some owners even opt to train their dog to use a scratch board for light nail maintenance. Be careful not to cut your dog's quick, as this can cause bleeding and lots of pain. If your dog is really struggling with feeling comfortable during nail clipping, be sure not to force them to continue or you can risk putting your dog off from it completely. Some owners are able to clip all their dog's nails in one sitting, some can only do one nail a day. Either way, with the proper training, plenty of patience, and rewards, you can teach your dog to tolerate nail maintenance. If you are unable to train your dog to tolerate it, contact a professional groomer or even a veterinarian immediately. If your dog's nails get too long, it can cause discomfort, pain, or injury.

•To shave or not to shave: There are many reasons why a dog may need to be shaved, especially in severe cases of matting, but you should try to avoid this if possible. A dog's coat serves a purpose to insulate them in hot or cold temperatures and protect from sunburn, among many other things. If you have a double-coated dog, it is especially important not to shave as it can cause more damage than good! A light trim is acceptable to make their coat more manageable or presentable. If you think your dog might need to be shaved, be sure to ask a professional for their input. There may be other ways to resolve the problem before resorting to that.

With the right tools and research, you can successfully groom your dog at home. However, be sure to consult your vet or a professional with any questions you may have! And if you don't have the time or knowledge to groom at home, make sure you keep up by taking your dog to the groomer regularly.

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PUZZLE ON PAGE B4

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3	6	2	8	4	7	5	9	1
4	9	5	6	3	1	7	8	2
6	3	9	5	7	4	2	1	8
2	8	1	3	6	9	4	5	7
5	7	4	1	8	2	9	6	3
1	5	7	4	9	8	3	2	6
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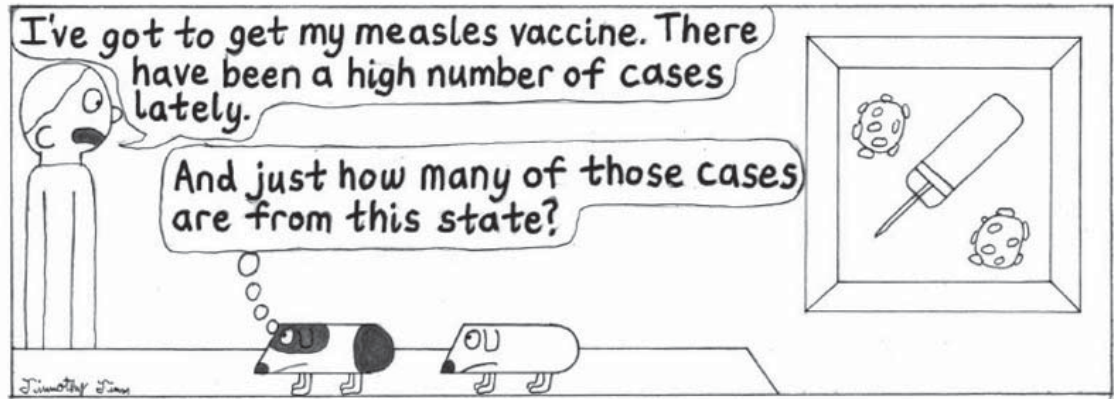
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Timothy Timm of Minot currently attends Minot State University, is a Minot High School graduate, artist, cartoonist, author and illustrator. Timm has also created other works of art that are on display in his art studio downtown located at 201 Main St. S. in Minot.

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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 ACTIVATE a new prescription?**

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

1. **MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>

- Using the link or QR code
- Click on ‘Message’ tab

2. **Q-Anywhere**

- Text “Get in line” to 1-833-274-5419

3. **In Person**

- Come pull a ticket at the pharmacy and wait for your number to be called

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

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

1. **MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>

- Use the link or QR code
- Click on ‘Rx Refills’ tab

2. **Automatic REFILL Hotline**

- Call 1-701-937-4688
- Follow the prompts

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

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

Here are three ways you can COMMUNICATE with pharmacy staff:

1. **MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>

- Using the link or QR code
- Click on ‘Message’ tab

2. **Q-Anywhere**

- Text “Get in line” to 1-833-274-5419

3. **In Person**

- Come pull a ticket at the pharmacy and wait for your number to be called



MHS Genesis Patient Portal



Q-Anywhere

**Duty Hours**  
Monday - Friday:  
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](https://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!



*Sensational*

**SUMMER**

*Photo Contest*

FOR FULL  
DETAILS  
OR TO ENTER:

SCAN  
OUR QR CODE!



We pick a new place to explore each weekend. This past weekend, we checked out Lund’s Landing. We had so much fun searching the beach for fossils and seashells.

SUBMITTED BY REBECCA WANG



Cooling down at Raging Rivers Waterpark in Mandan!

SUBMITTED BY MELVINA MURRAY

Oh, It’s GAME ON.

2 GIG IS HERE

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Hadley golfing with daddy on Father’s Day at Rough Rider golf course!

SUBMITTED BY JESSE LITTLE

**5 DAY MONEY BACK**

**30 DAY EXCHANGE**

3520 S. BROADWAY

[CARTIVAOFMINOT.COM](https://cartivaofminot.com)

# A LOOK BACK

## THIS WEEK IN USAF HISTORY

GROUNDBREAKING FOR MINOT AFB  
JULY 12, 1955

The original base control tower under construction in 1956. (Minot Daily News Photo)

During the Cold War, the United States was preparing for the possibility of an attack by enemy bombers. Given its strategic position near the northern border of the country, the city of Minot, N.D., was chosen as the site for the Air Force’s new base. Locals donated nearly \$50,000 to purchase the land for Minot AFB, and on July 12, 1955, the groundbreaking ceremony took place. The base took nearly two years to complete. MAFB was originally a part of Air Defense Command and the 32nd Fighter Group was its first unit activated in 1957. In its 66 years, MAFB has hosted the B-52H Stratofortress for long range strategic bombing, the F-106 Delta Dart for interception of enemy aircraft, the KC-135A Stratotanker for air refueling, and even a U-2 reconnaissance aircraft as a part of Operation Crowflight, as well as many helicopters. In 1961, Minot AFB was selected for a Minuteman I ICBM complex. Today, Minot AFB is the only USAF base with two legs of the nuclear triad, and the 5th Bomb Wing and 91st Missile Wing continue to provide strategic deterrence for the nation.

Information courtesy of: [minot.af.mil](https://minot.af.mil) / A 40th Anniversary History of the Minot Air Force Base

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# What's Going On Minot AFB July

FRIDAY11

- Registration Closes: Lego League, School Liaison Office
- 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

SATURDAY12

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

SUNDAY13

MONDAY14

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- TAP Overview, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center
- Craft Club, 1800, Minot AFB Library

DUNGEONS & DRAGONS GAME NIGHT




17 July 2025 • 6PM - 8PM  
Youth Center • Ages 9+ • \$5

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

Books, figures, and dice are available,  
but you can bring your own!

Register by 15 July 2025.  
Scan the QR Code to register or visit the  
CYPBMS website at <https://parent.afcyp.com/>

For details, call the Youth Center at 723-2838



TUESDAY15

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Yellow Belt Process Improvement Foundation Training, 0800-1500, Atomic Spark Innovation Lab, next to B-Fifty Brew
- TAP Services and Benefits Briefing, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1300-1400, Professional Development Center
- Grease and Gears – Fresh Faces/Newcomers, 1730-1930, Auto Hobby Shop
- Lego League Parent & Team Member Information Meeting, 1800, School Liaison Office
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY16

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- 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
- Operation Sole, 1800-2100, Rockers Bar & Grill

SPECIALS

Bomber Bistro Featured Item Chicken Quesadilla	Rockers Bar & Grill Featured Item Rockin' Chicken Sandwich
The B-Fifty Brew Featured Item Churro Frappe	

THURSDAY17

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Craft Club, 1800, Minot AFB Library
- Dungeons & Dragons Game Night, 1800-2000, Youth Center

FRIDAY18

- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill

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](mailto:mafblibrary@gmail.com)



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ROUGH RIDER GOLF COURSE

23 JUL - 1 AUG 2025  
1700 & 1800  
REGISTER BY 21 JUL • \$75

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ROUGH RIDER GOLF COURSE IS HOSTING  
A FUN & EXCITING KIDS GOLF CLINIC FOR  
AGES 6 TO 12.

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