

WHATS INSIDE THIS WEEK:



THE PLATINUM STANDARD

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END OF AN ERA ON HIGHWAY 83: THE COLLAPSE OF A QUIET ICON

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ARE YOU LOOKING FOR PREK?

B6



TOP HONORS FOR 91ST MISSILE WING

Gen. Anthony Cotton, U.S. Strategic Command commander (left), U.S. Air Force Col. James Schlabach, 91st Missile Wing commander (center), and Mr. Randy Norwood, Omaha Chamber assistant vice president (right), pose for a photo during the Omaha Trophy ceremony at Minot Air Force Base, North Dakota, July 9, 2025. The Omaha Trophy was awarded to the 91MW due to their exemplary readiness, performance and dedication to safeguarding national security. See page A2 for full coverage.

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91st Missile Wing Earns Omaha Trophy for Excellence in Strategic Operations

SENIOR AIRMAN TRUST TATE,
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MINOT AIR FORCE BASE, N.D. - Gen. Anthony Cotton, commander of U.S. Strategic Command, announced the 91st Missile Wing as the 2024 Omaha Trophy winners during the Omaha Trophy presentation here, July 9, 2025.

The Omaha Trophy represents the highest civilian honor awarded to top-performing military units supporting U.S. Strategic Command's USSTRATCOM strategic deterrence efforts.

USSTRATCOM is a global combatant command charged with deterring strategic attacks through a secure, reliable, and effective military capability — and, responding decisively if called upon.

Founded in 1971 by the Strategic Air Command Consultation Committee (SACC), the award has continued under the Strategic Command Consultation Committee (SCCC) following USSTRATCOM's formation in 1992.

"These Airmen work day in and day out with a level of grit, determination and dedication that I haven't seen in my 26 years in the Air Force," U.S. Air Force Col. James Schlabach, 91st Missile Wing commander said.

This prestigious recognition is given for excellence in areas such as intercontinental ballistic missiles, ballistic missile submarines, strategic bombers, and global operations.

General Cotton praised the honored units for their exemplary readiness, performance, and dedication to safeguarding national security.

"I couldn't be prouder of the

men and women that represent STRATCOM and all three legs of the triad, but I have a special place for the 91st," Gen. Cotton stated. "The culmination of my career to be able to hand out my last Omaha Trophy to the 91st is pretty special."

The Omaha Trophy remains the top civilian recognition for excellence within the nuclear enterprise.

For more information, contact the USSTRATCOM Public Affairs Office at 402-912-0020 or USSTRATCOMPA@mail.mil or visit www.stratcom.mil.



Gen. Anthony Cotton, U.S. Strategic Command commander (USSTRATCOM), Chants the 91st Missile Wing slogan "Bully" with the crowd during the Omaha Trophy ceremony at Minot Air Force Base, North Dakota, July 9, 2025. The Omaha Trophy represents the highest civilian honor awarded to top-performing military units supporting USSTRATCOM's strategic deterrence efforts.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN TRUST TATE



The Omaha Trophy awarded to the 91st Missile Wing, displayed on the Defender Dome stage at Minot Air Force Base, North Dakota, July 9, 2025. This prestigious recognition is given for excellence in areas such as intercontinental ballistic missiles, ballistic missile submarines, strategic bombers, and global operations.

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Gen. Anthony Cotton, U.S. Strategic Command commander, speaks to a crowd of Airmen assigned to the 91st Missile Wing during the Omaha Trophy ceremony at Minot Air Force Base, North Dakota, July 9, 2025. The Omaha Trophy was awarded to the 91MW due to their exemplary readiness, performance and dedication to safeguarding national security.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN TRUST TATE

US Airmen deploy in support of Indo-Pacific Bomber Task Force exercise

STAFF SGT. WREN FIONTAR
PACIFIC AIR FORCES PUBLIC AFFAIRS

JOINT BASE PEARL HARBOR-HICKAM, Hawaii --

A Bomber Task Force deployment of multiple U.S. Air Force B-52 Stratofortress aircraft, Airmen, and support equipment from the 23rd Expeditionary Bomb Squadron, Minot Air Force Base, North Dakota, arrived at Andersen Air Force Base, Guam, July 8, 2025.

This deployment is in support of Pacific Air Forces' training efforts with Allies, partners, and joint forces and strategic deterrence missions to reinforce the rules-based international

order in the Indo-Pacific region.

The BTF missions enable different types of strategic bombers to operate in the Indo-Pacific region from a broad array of overseas and continental U.S. locations with greater operational resilience.

This deployment includes support for regional Joint events. The USAF uses cutting-edge capabilities to integrate with other Department of Defense components, our Allies and partners in delivering air power worldwide.



U.S. Air Force Airmen assigned to the 5th Bomb Wing, Minot Air Force Base, North Dakota, greet new arrivals supporting a Bomber Task Force mission at Andersen Air Force Base, Guam, July 7, 2025. These missions deter adversaries, assure allies and partners, strengthen interoperability, and maintain readiness and global strike capability.

U.S. AIR FORCE PHOTOS BY
SENIOR AIRMAN
ALYSSA BANKSTON



U.S. Air Force B-52H Stratofortress crew members, assigned to the 23rd Expeditionary Bomb Squadron, Minot Air Force Base, North Dakota, disembark from a B-52H Stratofortress after a Bomber Task Force mission at Andersen Air Force Base, Guam, July 7, 2025. These missions deter adversaries, assure allies and partners, strengthen interoperability, and maintain readiness and global strike capability.

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

Where I come from, “the fair” refers to the local county fair. In northern Indiana, we’re less interested in the state fair and more invested in each county fair. Going to the fair means attending your own county’s event, then planning weekends around the neighboring counties’ fairs too. Obviously, it’s different in North Dakota.

Here, it’s all about the state fair—and in Minot, we’re right in the center of it all.

I distinctly remember my first trip to the North Dakota State Fair. It felt so different from the fairs I grew up with. I couldn’t find my way around, didn’t know what to see or eat, and had no idea how to spend my time. I wandered, ate something overpriced and overly greasy, and went home wondering what the hype was about.

I felt like I was taking crazy pills. Everyone loved the fair, but I seemed to be missing something. Instead of throwing in the towel, I’ve spent years figuring out how to have the most fun at the North Dakota State Fair. If you’re new to the fair—or just haven’t cracked the code yet—here’s my unsolicited but hard-won advice for making the most of it.

1. BE DISCERNING ABOUT ATTENDING THE PARADE.

The North Dakota State Fair Parade is not for the faint of heart. This year’s event will feature more than 200 floats. It’s a marathon, not a sprint. For some, it’s the highlight of fair week; for others, it’s a sticky, sweaty test of endurance. If you go, pack plenty of water, something to sit on, and big bags for all the candy and swag. If parades aren’t your thing, steer clear of the route most of the day



**UPSIDE DOWN
UNDER**
MARVIN BAKER

Traveling across U.S. Highway 2 Monday on the way home, a thought entered my mind. How do the highways get named. For instance, why is U.S. 2, U.S. 2? Why is N.D. Highway 1806 so named?

Apparently, it’s a mixed bag of examples and explanations that start with the interstate system.

We all know that North Dakota has two interstate highways, soon to be three. I-94 runs west to east across the state from Beach to Fargo. I-29 runs north to south from the Canadian border just north of Pembina, to near Hankinson where it crosses the South Dakota state line.

U.S. Highway 85, running from the Canadian border to south of

A First Timer’s Guide to the Fair



The North Dakota State Fair is overwhelming at first. I’m happy to share tips to help the next family enjoy it more.

and plan ahead for road closures.

2. TAKE ADVANTAGE OF MILITARY APPRECIATION AND PEPSI DEAL DAY.

Tuesday, July 22 is Military Appreciation Day. Active-duty military members and dependents receive half-off gate admission, free lunch from the North Dakota Beef Producers, free carnival rides from 1 to 3 p.m., and discounted unlimited ride wristbands. They also get free admission to the Sawyer Brown concert on Wednesday, July 23. And if you’re not military-affiliated, Tuesday is also Pepsi Deal Day—bring a Pepsi product and receive half-off gate admission.

3. PLAN YOUR VISIT WITH THE DAILY SCHEDULE.

The fair’s daily schedule and full visitor guide is available online. Look it over before you arrive to plan your visit around free stage shows, events, and special attractions. Each day carries a theme—like Family Day, Water Day, or Senior Day—but

not all perks are listed online. Asking volunteers or vendors once you arrive can help you uncover lesser-known deals or events.

4. PRIORITIZE THE BEST FREE ATTRACTIONS.

There’s a lot of free fun to be found, especially for families. My favorite spots include:

- *The Giant Sandbox*—a shaded, sensory-friendly zone that’s perfect for slowing the pace.
- *The all-abilities playground*, which opened last year and provides a great break for kids of all ages.
- *The North Dakota Game and Fish Skills Park*—a beautiful, park-like area with pond fishing, archery, pellet shooting, and hands-on outdoor activities.

5. EMBRACE THE NODAK EXPERIENCE.

I call this my “North Dakota State Fair Trifecta.” If we only do three things before everyone melts down, this is what we’re doing.

- *Daryl’s Racing Pigs*—a fairgrounds tradition for nearly 40 years.
- *Pride Dairy ice cream*—delicious, nostalgic, and probably the best value food on the grounds (bring cash!).
- *One more lap through the Game and Fish Skills Park*—yes, again. It’s that good.

The North Dakota State Fair is different from what I knew growing up—but that’s the beauty of it. Once I adjusted my expectations and embraced the rhythm of how things are done here, I started to see the charm. There’s something really special about gathering in one place, celebrating summer, and seeing a whole state show up in one small city. Whether you’re a parade junkie, a pig race loyalist, or just in it for the ice cream, there’s something for you here.

For more of my perspective on life in Minot and making the most of where you are, visit amyallender.com or find me on social media @HeyMinot.

Highway isolation

Bowman and into South Dakota is also called the Theodore Roosevelt Expressway and will eventually take on a new title, Interstate 27.

Why 27? Why not 39 or 44? It seems like 56 is a good number too. As it turns out, north-south interstate highways are numbered from west to east and are always odd numbers while west-to-east interstates are even numbers.

For instance, Interstate 15 in Montana starts at Sweetgrass with Coutts, Alberta right across the border. It goes into Idaho near Monida.

On the other side of our state, in Minnesota, is I-35 which is a major north-south route from Duluth to the Iowa state line. So naturally, any interstate that is north and south in North Dakota would have to be in the 20s, thus I-27 in the west.

U.S. highways are numbered in a similar fashion. But because they often take lots of turns and often merge with other highways, it’s hard to be abstract.

However, generally speaking, when a highway carries multiple routes, the lowest numbered route typically takes precedence for the designation. For example, if a

road carries both U.S. Highway 52 and U.S. Highway 281, it will generally be designated as U.S. 2.

North Dakota state highways aren’t part of the interstate or U.S. system, although a U.S. highway will take precedence when it merges with a state highway. A good example would be U.S. 52 intersecting with N.D. Highway 200 west of Carrington. It is most often referred to as U.S. 52.

State highways are named based on a numbering system developed by the State Highway Commission in 1923.

Major routes are assigned one or two digits with odd numbers generally running north-south and even numbers running east-west. The North Dakota Department of Transportation manages and maintains these routes producing various maps.

This numbering system isn’t as rigid as the U.S. and interstates systems. Examples of that include N.D. Highway 5 that runs east-west parallel to the Canadian border from Joliette in Pembina County to near Westby, Mont.

Then we find N.D. Highway 11 which runs parallel to the South Dakota state line starting west

of Hague in Emmons County and running east to I-29 near Hankinson.

As far as north-south, N.D. Highway 1 starts at Maida, north of Langdon and meets the South Dakota state line and S.D. Highway 37 near Ludden, south of Oakes. N.D. Highway 8 also starts at the Canadian border at Northgate and meets S.D. 75 south of Hettinger.

But then N.D. 66, yes, North Dakota’s route 66, starts 3 miles south of Dunseith and meets Minn. 11 at Drayton. So they aren’t numbered in sequence like U.S. and interstate highways.

It should also be pointed out that sometimes highways in North Dakota are named for individuals but are unofficial designations. As an example, U.S. 83 south of Moffit at the Emmons County line to the South Dakota state line is designated the Lawrence Welk Highway.

N.D. 1804, on the east side of the Missouri River and N.D. 1806 on the west side of the Missouri, are designated Lewis and Clark trails.

In addition, some state and county highways are named as scenic byways and backways.



A VIEW FROM OUR SIDE
ROD WILSON

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

Well folks, it's Juneberry picking time. Because of a rather dry spring and early summer there was little confidence in those of us who watch patiently for Juneberries to appear, and then to get enough rain to grow and ripen, that we would even have a Juneberry crip this summer. But a timely rain of around half an inch has given new life to Juneberry bushes and we have been out and picked a couple of ice cream buckets full. Perhaps this is only the first of 2 or 3 trips to the Juneberry patch.

Those who pick Juneberries have locations they always go, normally near a stream or riverbed. These locations are a guarded secret, although I am pretty sure that the birds and other wild creatures also know these locations and are probably more competition for the ripe berries than other humans. Still, it's kind of an unwritten rule that you don't ask anybody where they found their Juneberries this year. As the saying goes "if they want you to know, they will tell you."

The window of opportunity is rather short, perhaps 10-14 days at most for the best berries. The effort to find Juneberry bushes is certainly rewarded when you are able to add them to your pancakes or ice cream, or as Mayor Jantzer shared on a recent email "to make scones or pies."

MORE OF THINGS THAT JUST HAPPEN

Flax Fields- We are pretty much through the prime time for Canola to flower and bloom, but I have yet to see my first flax field. Flax has bright, blue flowers and when they bloom it kind of looks like an ocean. Add to the blue flowers a wind and you get an action that looks like waves.

North Dakota Thunderstorms- What? You like a thunderstorm? Let me explain. Thunderstorms normally form later in the day when the summer temperatures rise and create more moisture in the atmosphere. That moisture creates clouds, and when the clouds form they create spectacular formations. These cloud formations sometimes stretch thousands of feet upward into a blue sky. It's hard to get a good photo of these thunderstorms when they are forming because they are so massive. Now if the clouds "behave themselves" as my Dad used to say, they move rapidly and the formations change almost by the minute. Behaving themselves means they don't become violent storms capable of tornados or hailstorms. So yes, I do enjoy those thunderstorms as they form, and with the longer days there are many opportunities to watch and enjoy.

Rainbows- It is a surprise to me how many people who have moved to Minot from other locations and have never seen a rainbow. There are 3 ingredients for a rainbow; rain, of course, sun and an unobstructed view of the horizon. The first 2 are pretty much common to all locations, even the deserts, but North Dakota, and for that matter most of the plains states, offer miles and miles of unobstructed views of the horizon. I have witnessed hundreds of rainbows, and even hundreds of double rainbows; but only once have I been afforded

Sometimes It Just Happens



A thunderhead rises above Minot. Common sight on a hot summer day, but impressive.



A triple rainbow, unfortunately not my photo.

the opportunity to view a triple rainbow, and it didn't last long. This was before cell phones and the ability to reach in my pocket and have immediate access to a camera. Instead, I had to watch and just take it all in. It's what makes life special, right? Those special events that "sometimes just happen."

WHERE TO BE THIS WEEK

The North Dakota State Fair Parade kicks off at 9 AM this Saturday, July 19th. The Minot City Band, now in its' 104th season, will take center stage in their

bright red bandwagon. Of course, there are many other floats and exhibits. Bring a lawn chair and pick a spot along the route.

TODAY'S CHUCKLE

I went through childhood and practiced telling my parents only what I wanted them to hear. I went though parenthood and knew that my kids were only telling me what they want me to hear. And now that I am a grandparent with both kids and grandkids, I know for sure that I am only being told what my kids and grandkids want me to hear....



Minot City Band on their famous bandwagon. Leading the band on this photo is long time director, Jerry Spitzer.



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| JOEY CHRISMAN- LIVE MUSIC Saturday, July 19 at 11:00pm | TRIVIA NIGHT Wednesday, July 23 at 7:00pm | BRANDON FOSTER- LIVE MUSIC Friday, July 25 at 9:00pm |

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COLONEL JAMES L. SCHLABACH
91st Missile Wing
Commander

It’s an honor and a privilege to sit down with either of the wing commanders at Minot Air Force Base. But for a reporter to be able to have a conversation with both Col Jesse Lamarand and Col Jimmy Schlabach within a week of each other; to discuss their first year as commanders of the 5th Bomb Wing and 91st Missile Wing respectively, is an opportunity that few reporters get in their career.

For Col Jesse Lamarand. We met for our first interview shortly after he had arrived in Minot. Both Col Lamarand and Col Schlabach found themselves leading the annual Minot Shrine Club 4th of July Parade. Col Schlabach had been stationed in Minot and was fresh off of his final year as Commander of the 91st Operations Group at Minot Air Force Base. But for Col Lamarand, this was his first assignment in Minot for he and his wife Nathalie. It was Col Lamarand who set the groundwork for what would be a common theme in both interviews in his opening statement. “This past year has probably been my favorite in my entire career!”

Col Lamarand paused for a minute as he reflected on my question about the past year and continued, “Getting into the seat about this time last year it was a deluge of information, it was overwhelming. One of the most overwhelming things was how the community and the base, the people who live and work up here, welcomed myself and my family. I have never had a welcome like that before. Right off the bat we (Col Lamarand and his family) felt like we were part of something big. It’s hard to put into words, the incredible mission and people that live and reside in this part of the country... it’s unlike any other. Thankfully, I had an incredible team. My front office here in combination with Mr. Elliott and the civic leaders, Brekka Kramer, Peter Hankla, Mark Jantzer and Cassidy Hjelmstad, they really went out of their way to make specific time in their incredibly busy schedules to give me the lay of the land without any expectations. I feel that I was better prepared and had a better soft landing here because of them.”

Even though Col Lamarand is commander of the 5th Bomb Wing, he is quick to point out the

The Platinum Standard

ROD WILSON, NORTHERN SENTRY

importance of both wings at Minot Air Force Base.

Col Lamarand: “Having 2 of the 3 legs of the nuclear triad, this is unlike any other base. There’s a different atmosphere; there’s a different approach to doing readiness exercises like Prairie Vigilance because you are working with the most powerful weapons on the planet. That (the readiness exercises) is where you started to see the expertise and the professionalism of Minot Airmen shine. We immediately jumped in to ensuring that we could get the number of jets and the number of weapons that our nation’s leaders called for. I was impressed with our approach right from the start. And then the second deluge started, and that was in October of last year when we executed Global Thunder. We did a couple of things there that we hadn’t done in the past, generating conventional jets and nuclear jets simultaneously, preparing for a Bomber Task Force that the 69th Bomb Squadron went to in November. The team was what we call max performing. Everybody, every jet...everything was falling into place and executed perfectly. Everybody was on board and executing and it went beautifully” explains Col Lamarand.

And there was an Oh By The Way caveat added with the Nuclear Surety Inspection that was just ahead in February.

Col Lamarand: “Everyone had a little bit of scar tissue from past Nuclear Surety Inspections. Any inspection of that magnitude puts a little extra stress on everyone across the base. But we came together well and we communicated well; we understood the nature of the mission. We focused on what we learned from the past, and what we need to learn for the future. We passed the Nuclear Surety Inspection with the best results we have had in at least the past 6 years. I was really proud” relates Lamarand.

“But as soon as that Nuclear Surety Inspection was over the 23rd Bomb Squadron would take their turn in a Bomber Task Force. As you can see the pace of my last 11, now almost 12 months in command has almost been non-stop, but I wouldn’t have it any other way.”

And Col Lamarand is also quick to point out the importance of the down time for his troops. “We had an incredible morale, welfare and recreation program through this time period, we had a concert series here and of course we just tried to execute our first open house since 2018. To follow that up I can say that the people who live and work here both on base and off base in the community have helped this base be successful, and I can’t thank them enough and I am really looking forward to this next year.”

So as I remember it you were asked to send off an entire squadron of jets during what is perhaps one of your most strenuous exercises, Global Thunder?

Col Lamarand: “As far back as I can tell we set a couple of precedencies here. Global Thunder is StratCom’s premiere nuclear readiness exercise, not for just B 52’s but for missiles and for subs across the United States. We are expected to bring up a certain number of jets with a certain number of weapons over a certain period of time. It’s a standalone, stop everything else, get that done exercise. And another one of those Oh By The Ways, we are also catching jets coming here from Barksdale. But there were 2 missions and we were expected to execute both missions. We did not have the luxury to focus on one mission. We were asked to commit and execute both of our missions on the nuclear side and the conventional side, obviously because of the nature of the strategic environment. But I can say that the team came together and executed one of the most difficult, dangerous and complex combat readiness exercises on one side, and the natural execution of a mission on the other, simultaneously, and we got the job done. We set a couple of records and precedencies while the 69th was overseas as far the use of weapons and tactics was concerned.

A busy year, but would you, or they, have it any other way?

Col Lamarand: “I don’t think so. I’ve been doing this for 25 years and this is the most excited I’ve ever been, with respect to being a leader at Minot Air Force Base. We are showing the world that we have the will, the skill and the capability to establish a strengthened deterrent which helps us prevent war. Win without fighting” according to Col Lamarand “and that is the ultimate mission of the men and women at Minot Air Force Base. To be as ready as we can so we can win without fighting. But if we have to go to war we will be as prepared as we have ever been.”

What has it been like working alongside of Col Schlabach? Want is that relationship like?

Col Lamarand: I couldn’t have asked for a better partner. Col Schlabach, call sign Wolf, he’s like a long lost brother of mine. He’s an incredible leader, incredibly smart, and understands deterrence at every level. Yes, he’s responsible for the 91st Missile Wing, however we both live and breathe with thousands of Airmen on this base. Sometimes it may seem like we go into a situation almost as competitors in situations where it could be, well they get this so we need that, but there is none, and I mean none of that in our case. We immediately fell in as one symbiotic mind. We both have

the same site picture, and we both care deeply for the Airmen, and we both cooperate and shift priorities with the full understanding that there is no compromise happening. If I strengthen him, that strengthens me, and if he strengthens me, that strengthens him; so, the cooperation is unprecedented, and he has a wonderful, wonderful spouse and I’ve had a chance to meet his kids. The key point in making all of this happen is open communication. And a second point is that he made a considerable effort, as I have, to imbed me into what he does and I did the same for him. When a need comes up for the 91st Missile Wing I have a deeper understanding because of his efforts to explain what that means to the nuclear force, to this base and to his folks, and he’s got the same thing from me.

So, what are your goals before you leave Minot Air Force Base?

Col Lamarand: “I’ve got a couple of goals here. Increase the percentage of Airmen and their families thriving and working at home. That means us giving them the resources that they need so that they can accomplish their mission. And part 2 of that mission is to produce combat ready Airmen who are ready to fly, fight and win, deploy, maintain, sustain and defend our nation. Airmen are our most powerful asset. So, if I can increase our readiness, that’s our number one goal. And readiness is also at home with good mental health and physical health of Airmen and the facilities that they live and breathe in and the assets that they use. I also have other goals this next year. I am focusing on counter UAS defense. Part 2 is to expand our capacity to plane and plan for the air launch cruise missile replacement, ensuring that the right funding is in place, ensuring that we have the capacity to onload that when we need to, ensuring that the 219th and the 91st Missile Wing have the new Transporter Erector launch garages to make their job a little bit better in the winter. Also, a big thing is setting the stage for Sentinel years down the road. And finally, making sure that our child development center and our veterinary clinic and our medical facilities are as best as they can be.”

Col Jimmy Schlabach also had a chance to round up his first year;

Col Schlabach: “The first year? Well, I can list success after success and accolade after accolade. In hindsight we can look back and reflect that it was so easy...we won the Williams Award, we won the Omaha Trophy, we kicked the tail out of the NSI (National Surety Inspection), but reality? It was so much hard work and so much effort on the backs of our Airmen. It makes



COLONEL JESSE W. LAMARAND
5th Bomb Wing
Commander

it so rewarding to look back and see our Airmen get rewarded for their hard work and their hard effort, because they put it in every day. To see them get recognized across MajCom and StratCom, that’s what’s rewarding. It’s really gratifying to see our Airmen grow and develop and then to have them receive acknowledgements for everything they do.

Chief (Command Chief Master Sergeant Becky Thomas) and I see it every day, and we are the biggest fans of them (the Airmen), but it is so rewarding to have people on the outside to see what our Airmen do and see the same thing we do. They are really that special. So, looking back over the last year it is so rewarding to see the Airmen get recognized for essentially carrying this mission on their backs.”

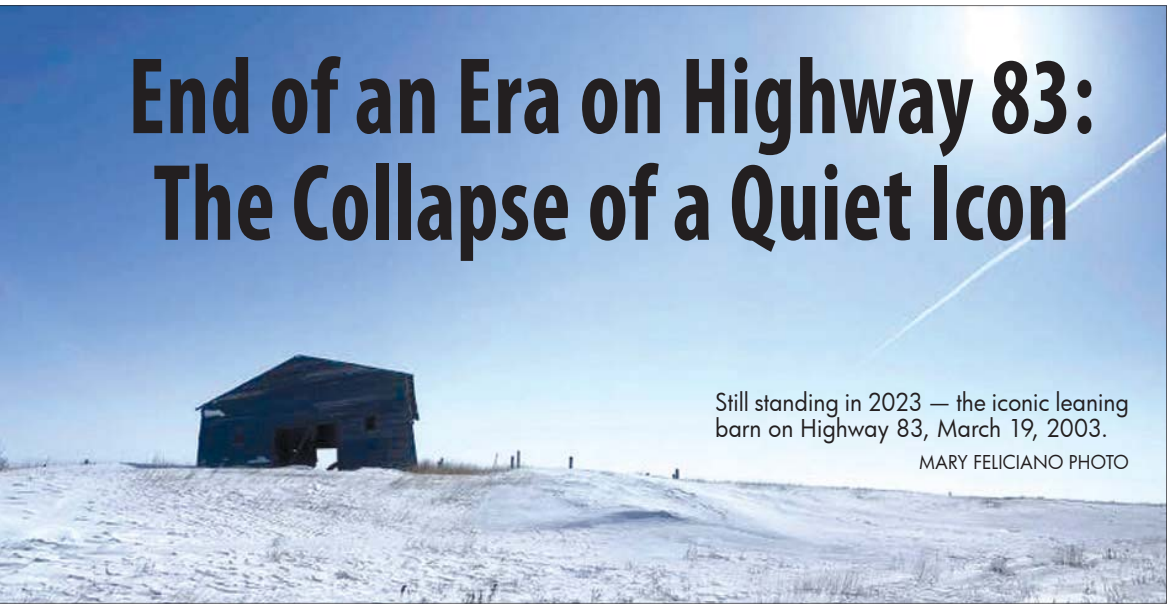
So all of what you just said speaks to the professionalism of the leadership and the Airmen of the 91st Missile Wing. Can you reflect a bit on that?

Col Schlabach: “All of this wouldn’t happen without the Airmen putting their nose(s) to the grindstone, and without the Airmen’s dedication, patriotism and their absolute iron will to get things done the right way, and to do the hard work that is necessary, and that’s the big thing; it looks smooth it looks like everything was so easy and that’s good because it shows all the hard work and the grind was worth it. It doesn’t just happen. I’ve been in the Air Force for almost 26 years now, and 12 month periods like we’ve (Team Minot) just gone through, those just don’t happen. It takes a lot of effort, it takes a lot of work, and it takes the big L (leadership) word...it takes leadership at every level from Junior NCO’s, front line supervisors up to the group commanders and group senior enlisted leaders; looking at folks, looking at processes, looking at what resources our folks need and advocating for them. A lot of times, honestly, it takes them being the bad guy saying what people don’t want to hear but what they need to hear, which is so important. And doing it in a way that articulates why it is so important, and that takes leaders at every level.

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Col. James Schlabach, 91st Missile Wing commander, poses for a photo with his wife Monica, son Andrew, and daughter Lilliana in a vibrant sunflower field.



End of an Era on Highway 83: The Collapse of a Quiet Icon

Still standing in 2023 — the iconic leaning barn on Highway 83, March 19, 2003.
MARY FELICIANO PHOTO

NATALY ZARRELLA , NORTHERN SENTRY

The 14-mile drive from Minot Air Force Base into the Magic City may seem unremarkable to some, dotted with a handful of homes, a church, and a golf course along Highway 83. But for many commuters, one familiar landmark on the east side of the road near Ruthville, North Dakota, stood out for years, a dilapidated, slanting barn that looked as though it could topple over at any moment.

Last week, after years of enduring North Dakota’s brutal winds, snowstorms, and harsh conditions, the iconic barn finally collapsed. The news quickly spread through the “Minot AFB Families Uncensored” Facebook group, sparking an unexpected flood of emotions, excitement, sadness, nostalgia, and even admiration.

“We PCSed and stayed on Minot pages specifically to see this, we have been waiting for this for like seven years” wrote one commenter.

But for one Airman, the collapse of the barn was far more than the loss of a roadside oddity. For Technical Sergeant Dorian Garland assigned to the 5th Logistic Readiness Squadron, it marked the end of a deeply personal chapter and a powerful symbol of perseverance.

Garland’s journey to Minot wasn’t an easy one. Originally stationed in Turkey with follow-on orders to Yokota Air Base in Japan, Garland’s plans were upended in November 2020 during the height of the COVID-19 pandemic.

Garland recalled. “Then my orders were denied due to some ‘shenanigans’ with the medical squadron, and I was diverted to Minot.”

Arriving in February 2021, Garland admits he struggled with resentment and disappointment. “I was very bitter. I didn’t want to be here. I had built up animosity,

to say the least.”

TSgt Garland shared that the first time he saw the barn, he thought, “It was the most random thing I ever seen and thought it was pretty typical of Minot as the base is way out there in some random field”.

What began as a curiosity soon became something much more. Garland began to use the weathered barn as a metaphor for his own mental resilience.

“I saw it every day. Even if just for a few seconds, I could see the changes over time. I told myself: If that barn can withstand all the brutal weather this place throws at it, then I can deal with whatever trials and tribulations that would come my way.”

Over time, the barn became a symbol, a constant reminder to “grin and bear whatever life throws my way” as Garland described. He even came to believe its fate was linked to his own.

“I used to say that the day I leave Minot, the barn would finally collapse. And now, it has.”

Garland recently received orders to South Korea, not quite Tokyo, he jokes, but “close enough.” Just as he prepares to close the chapter on his time at Minot, the barn finally gave in.

Though the structure has fallen, part of its roof still juts out of the ground, a final defiant gesture from a building that, like Garland, refused to give up.

“I recently took a photo of it,” he said. “I hope to use it at my retirement party one day as a symbol of resilience. It sounds silly, but that barn was a big part of me being able to make it through Minot.”

To some, it was an eyesore. To others, a punchline. But for one Airman, it was a beacon of strength.

As Garland prepares for his next assignment, the barn may be gone but the lessons it taught him remain standing.

This may be Garland’s story, but that leaning shack likely meant something to countless others who passed it every day on their way to and from base. Over the decades, it became a sort of secret icon, not widely known, but deeply familiar to those who lived and served at Minot AFB. It stood through everything, quietly marking time and change, until it couldn’t anymore. Now it’s gone, but for those who remember it, it’ll always be part of what made Minot feel like its own unforgettable place.



The end to the leaning barn on the Highway 83 towards Minot AFB.
AUDREY HUMMER PHOTO



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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.

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Lend-A-Paw 5K Color Run Returns to Minot with Purpose and Passion

HANNAH WATERS, NORTHERN SENTRY

The second annual Lend A Paw Run, Walk or Roll 5K Color Run and Festival is set to take place on Friday, August 9th, at Oak Park in Minot. Designed as both a fun run and a heartfelt tribute, the event celebrates mental health awareness and the life-changing impact of emotional support animals and service dogs. Haley Burchett, the fundraising and events coordinator with Souris Valley Animal Shelter, described the event as “me personified,” saying that Lend A Paw aims to become one of the largest festivals in the city, rivaling longstanding events like the Food Truck Festival. “There’s no reason we shouldn’t have something like this,” she said. “Service animals deserve their own day of recognition.”

The day kicks off at 9:30 a.m. with a colorful vendor festival featuring more than 20 booths, four food trucks, and activities for all ages. Attendees can enjoy face painting, balloon art, “paw art” created by pets, axe throwing, bouncy houses, and music from local favorite DJ Moni, who is donating his time, and the Minot Police Department will showcase their bomb squad and therapy dogs. Organizers are also inviting all area rescues, vet clinics, and animal welfare groups to get involved and help grow the festival’s reach.

The color run officially begins at 10:30 a.m., with options for all abilities, including a Run, Walk, or Roll for those using strollers, wheelchairs, or preferring a relaxed pace. Each of the five colored powders used (green, blue, orange, pink, and yellow) were intentionally selected for its emotional symbolism, with green specifically representing mental health awareness. Signs posted along the route will help participants reflect on the deeper meaning behind each color, reinforcing the event’s mission of promoting mental wellness and honoring the animals who support it.

Beyond the race, Lend A Paw is also a peer-to-peer fundraising campaign, where participants can raise money through their own donation pages. The person who raises the most earns a free professional photo shoot for

their pet, who then becomes the official spokes-animal for the next year’s event. Last year’s winner, Lyle from Lyle’s Adventures, is featured on all current marketing materials. “If I knew my dog could be the face of something this cool, I’d be on it yesterday,” said Burchett. Registration automatically sets up each participant’s fundraising page, making it easy to support the cause and compete.

The event would not be possible without key sponsors, including Boppre Law Firm, the color powder sponsor, and Niess Impressions, which

provides t-shirts, banners, and signage. “Without Boppre Law and Niess Impressions, this event wouldn’t be what it is,” Burchett said. The Lend A Paw 5K Color Run continues to grow in both size and purpose, driven by the belief that service animals deserve more recognition and that mental health deserves more conversation. With the help of community partners like Sergeant Caisee Sandusky from the Minot Police Department, Nicole Sasso, and Cameron Paris, this event is quickly becoming one of Minot’s most meaningful summer traditions.



A few participants from last years event.

SVAS PHOTO



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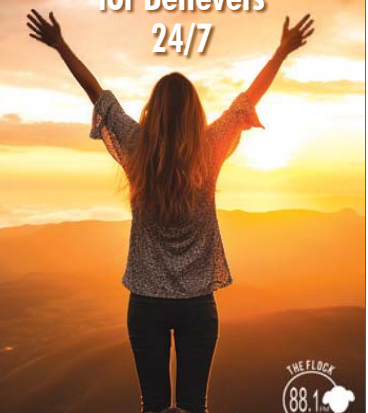
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Scottish Rite - 1st Wednesday at 6:00PM
Eastern Star - 1st and 3rd Tuesdays at 7:00PM
Prince Hall - 2nd Saturday at 9:00AM

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Wednesday Evening Schedule
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JULY 2025

CHEYENNE BUTLER



What do you enjoy most about being an FCC Provider?

I enjoy watching the children grow and learn new things daily. I also love being a part of the families and working together with parents to ensure the health and safety of kiddos in and out of care. There are so many things I love about being a provider, but nothing beats the relationship with families and the community!

What are your interests/hobbies?

My interests are helping others around me and making sure I am keeping a great relationship with families and friends all over the world, especially since we live so far from everyone. I love spending time with my family and always going on random adventures with my children. My hobbies are mainly videogames and painting! I play games with my husband almost daily and paint when I can.

What advice do you have for new providers/those interested in being an FCC provider?

My advice to anyone interested in FCC is to take it slow and give yourself grace. There are high expectations for providers considering we are caring for a whole community and opening our homes to many people. Make sure to take time for yourself and have fun with it! Your home will be their safe haven so focus on that and with time the paperwork and expectations will eventually catch up. This isn't easy but the FCC community is always so helpful and the relationships you build with families will create memories of a lifetime for you and them! Reach out to providers or coordinators and take breaks when needed. You got this! If there is ever anything you have questions or concerns about, my door is always open!

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It's bluegrass music, the unique sound that for its aficionados, the only way to explain it is to experience it: The wickedly amazing talents of musicians playing any variety of stringed instruments – mandolin, guitars, bass, or a mean fiddle – and maybe toss in a bit of harmonica all the while telling stories of happiness, sadness, and anything in between in song.

Its Bluegrass goes PINK and its back July 26 at Cross Ranch State Park south of Hensler, N.D.

The annual event melds the bluegrass festival atmosphere and the park's natural, primitive forested Missouri River bottoms while benefiting the Bismarck Cancer Center, heighten cancer awareness, and support patients and their families.

Bluegrass music is rooted in history and the atmosphere of a festival is unique. A person kind of feels like everyone is just sitting and jamming together in harmony around a campfire. It's all about people having fun, listening to music, and enjoying everyone's company.

But the day begins long before the musicians take to the stage for those looking for a bit of a run: The Bluegrass Goes PINK 5K/10K Fun Walk/Run begins with 8 a.m. registration (pre-registration is available by calling (701) 315-0017). The walk/run begins at 9 a.m. and children, strollers, bicycles, walkers, and runners alike are welcome.

The \$20 Walk/Run Trail Race fee allows participants to attend the bluegrass festival for an additional \$5.

If a morning walk or run isn't one's agenda, festival tickets for the Cottonwood and Friends, a popular local North Dakota bluegrass band, concert beginning at 7 p.m. are \$10 with children 16 years of age and younger free.

The evening winds down with a 10 p.m. Glow Hike beginning at the Visitor Center.

A \$7 N.D. Parks and Recreation daily entrance fee or \$35 annual good for all North Dakota state parks is also needed.

Proceeds support the Bismarck Cancer Center and its foundation's mission to help care for the "whole" patient through educational programs,

transportation and housing assistance, support groups, dietary, and prevention and early detection initiatives.

Washburn area churches will serve a free will offering supper beginning at 5 p.m.

The river and its woods are part of what makes Cross Ranch State Park unique. Prior to construction of Garrison Dam, the "Mighty Mo" – the Missouri River – and its bottomland woods where the park is now situated often succumbed to flooding. Many of its remaining cottonwoods are more than a century old. Nowadays, the forest ecosystem is changing due to less frequent flooding.

Cross Ranch is about the woods, the river, and the natural outdoor experience. Park visitors can rent any of its four canoes and two double or two single kayaks for \$32 per half-day or \$50 for all day. Rental fees include the use of paddles and lifejackets.

Another paddle craft option is the two-mile river paddle and float from Cross Ranch to Sanger.

If someone isn't inclined to paddle the river, the park and adjacent Cross Ranch Nature Preserve have more than 16 miles of hiking trails, which are converted to cross-country trails in the winter.

Cross Ranch is rooted in nature and the quiet appreciation of its woods and wildlife. Primitive camping, whether tent or camper, was the norm until 2016 when electricity was added to its campsites. The park also has several yurts and log cabin camping options.

Its down-to-earth, down-home atmosphere seems to be accentuated by the adjacent Nature Conservancy's Cross Ranch Nature Preserve, which is complete with a historic symbol of the Northern Great Plains – bison wandering the preserve's upland prairie above the river and its forest.

Go to the N.D. Parks and Recreation Department website, (parkrec.nd.gov/cross-ranch-state-park) for directions and more information.

When July 26 rolls around, Bluegrass goes PINK just might be the perfect opportunity to experience the allure of a bluegrass festival as well connecting with North Dakota's Great Outdoors tucked along the state's last free-flowing segment of the Missouri River.



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Car care checklist for summer road trips • Part 2

It's time for a drive vacation. You mapped a route, booked hotels, and made a checklist of things to do before you go. AAA reminds you to also make car maintenance part of your summer road trip preparation. Use this car care checklist to ensure your vehicle is ready for summer travel.

Check belts and hoses

Reinforced rubber drive belts power the engine water pump and accessories such as the alternator and air conditioning compressor so you should inspect and replace any that are cracked, glazed or frayed. Note that modern multi-rib or drive belt materials do not show easily visible signs of wear. As a general rule, replace drive belts every 60,000 miles. Inspect and replace worn, brittle, bulging or excessively soft radiator hoses. Check for leaks around hose clamps and at the radiator and water pump.

Replenish emergency kit supplies

AAA recommends keeping a well-stocked emergency kit in your vehicle. Include a flashlight and extra fresh batteries, first-aid supplies, drinking water, non-perishable snacks for people and pets, car battery booster cables, emergency flares or reflectors, a rain poncho, a basic tool kit, duct tape, gloves and shop rags or paper towels.

Plan ahead for vehicle service

In the event you should need vehicle maintenance, know ahead of time where to find an auto repair shop and technician you can trust. Use AAA.com/Repair to access AAA's network of nearly 7,000 Approved Auto Repair facilities. Each shop meets AAA's service and customer satisfaction standards. AAA members receive auto repair discounts, an extended 24-month/24,000-mile parts and labor warranty, and assistance in resolving repair-related issues.

Keep the AC running cool

Take a test drive with the air conditioner running. If you notice a decrease in cooling capacity, take the car to an auto repair shop for diagnosis. Also have the cabin filter inspected and replaced as needed.



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AMUR LEOPARD

CREATURE FEATURES

- The coat of the Amur Leopard is pale cream or reddish-yellow, which becomes lighter in the winter. In the summer, their coat hairs are 1 inch long but in the winter they are replaced by 3 inch long hairs. This helps them survive in extremely cold climate conditions.
- They have adapted long legs which enable them to walk on snow with ease.
- Primarily nocturnal, Amur Leopards have night vision which helps them to hunt and get around at night.
- Amur Leopards can jump 10 feet high vertically, 20 feet horizontally and are very good at climbing trees. They are solitary ambush hunters, stalking its prey alone and hiding its kill from predators, often in trees.

Fact File

| | |
|--------------------|--|
| Life Span | 10 - 15 years |
| Weight | 55 - 105 pounds |
| Head & Body Length | 5 feet |
| Tail Length | 32 - 35 inches |
| Height to Shoulder | 2 - 2.5 feet |
| Speed | 37 mph |
| Wild Diet | Omnivore Carnivore Herbivore Roe Deer, Sika Deer, Wild Boar, Badgers, Hares, Musk Deer |

Mathematical Maze

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| | 38 | 24 | 78 | 28 | 80 | 48 | 98 | | |
| | 79 | 57 | 4 | 5 | 6 | 58 | 90 | | |
| | 1 | 2 | 3 | 27 | 7 | 29 | 30 | | |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 8 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 9 | 49 | 50 |
| 88 | 26 | 53 | 14 | 13 | 12 | 11 | 10 | 59 | 60 |
| 61 | 62 | 63 | 15 | 65 | 66 | 67 | 68 | 69 | 70 |
| 74 | 72 | 73 | 16 | 17 | 18 | 77 | | | |
| 81 | 82 | 83 | 84 | 85 | 19 | 20 | | | |
| 91 | 64 | 93 | 94 | 95 | 96 | 97 | | | |

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Friday, July 18



Saturday, July 19



Sunday, July 20



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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

1/2 off gate admission with Military ID

1/2 off Daily Unlimited Ride Wristband with Military ID

\$2 off Go Cart rides

FREE PARKING

East Lot designated for free parking!

Additional handicap spaces added near Gate B.

Note: Gate C has been relocated to the formerly known concessions gate.

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VOLLEY BALL

VOLLEYBALL:

TUESDAY JULY 8TH

| | | | | | |
|--------|-----------|------|----|-------|------|
| 5:00pm | 91 MSFS A | W(2) | VS | 5 LRS | L(0) |
| 6:00pm | 791 MSFS | L(F) | VS | 5 MDG | W(2) |

WEDNESDAY JULY 9TH

| | | | | | |
|--------|-----------|------|----|---------|------|
| 6:00pm | 91 MSFS A | W(2) | VS | 91 MSOS | L(0) |
| 7:00pm | 5 CS | L(0) | VS | 5 LRS | W(2) |

THURSDAY JULY 10TH

| | | | | | |
|--------|-------|------|----|-------|------|
| 5:00pm | 5 MDG | L(0) | VS | 5 LRS | W(2) |
|--------|-------|------|----|-------|------|



SOFTBALL:

TUESDAY JULY 8TH

| | | | | | |
|--------|----------|-------|----|---------|-------|
| 5:00pm | 91 MSOS | W(15) | VS | 91 MSFS | L(10) |
| 6:00pm | 91 MSOS | L(12) | VS | 91 MSFS | W(24) |
| 5:00pm | 5th AMXS | W(10) | VS | MUNS B | L(9) |
| 6:00pm | 5th AMXS | W(12) | VS | MUNS B | L(2) |

WEDNESDAY JULY 9TH

| | | | | | |
|--------|---------|-------|----|--------|-------|
| 5:00pm | 5th SFS | W(15) | VS | LRS | L(4) |
| 6:00pm | 5th SFS | L(12) | VS | LRS | W(16) |
| 5:00pm | Muns A | W(19) | VS | Muns B | L(1) |
| 6:00pm | Muns A | W(12) | VS | Muns B | L(3) |

THURSDAY JULY 10TH

| | | | | | |
|--------|----------|-------|----|----------|-------|
| 5:00pm | 5th AMXS | W(23) | VS | 705 MUNS | L(22) |
| 6:00pm | 5th AMXS | W(24) | VS | 705 MUNS | L(13) |



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19 JULY MINOT FARMERS MARKET
9:30 PM
Oak Park
1300 4th Ave NW

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/>

20 JULY ARTS IN THE PARK:
188TH ARMY BAND
7:00 PM
Oak Park, 1300 4th Ave NW
Minot, ND 58703 United States

Enjoy a timeless summer tradition surrounded by music, community, and the shade of the oaks—it's Notes & Oaks at Oak Park! Join us on Sun, July 20 as the 188th Army Band takes the stage. Concert Time: • 7:00 PM. Bring a chair, bring a friend, and enjoy music drifting through the trees. Whether you're a longtime fan or a first-time visitor, this is the perfect way to spend a summer Sunday in Minot. Part of the Arts in the City: Sundays in the Park series, proudly presented by the Minot Area Council of the Arts, bringing free music, local talent, and community joy all season long. Free to attend. All ages welcome. Let the music move you—under the oaks!



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

21 JULY SENSORY FRIENDLY NIGHT
AT MCDC
4:00PM - 5:30 PM
Magic City Discovery Center,
1545 1st Street NW, Minot

Sensory Nights are designed for children and their families who may have special needs, differently-abled individuals, and those who have sensory sensitivities. We understand that the museum can be a bustling place. During Sensory Friendly Night, we provide adjusted sound levels and limit attendance to create a calmer environment. Sensory bags will also be available at the front desk. Families can explore the museum at their own pace. Sensory Night is held on the third Tuesday of each month from 4:00 – 5:30 p.m. Sponsored Sensory Nights are Free; non-sponsored months are \$5. We hope to make this a free event in the future through sponsorships.



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

23 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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The Bombshells Are Back!

Minot Honeybees' Fan-Favorite Alternate Identity Returns for One Night Only in 2025

MINOT HOT TOTS & HONEYBEES

The Minot Honeybees are thrilled to bring back the Bombshells — their fan-favorite alternate identity — for a special one-night tribute on July 31 at Corbett Field, honoring the brave men and women of Minot Air Force Base.

As part of Military Appreciation Night presented by Dakota Angus, Honeybees players and coaches will take the field in custom Bombshells jerseys to face the Madison Night Mares. The evening will feature military-themed entertainment, special in-game recognitions, and exclusive deals for service members.

Game-worn Bombshells jerseys will be auctioned off during the game, with all proceeds benefiting organizations that directly impact veterans and active duty military, thanks to Farmers Union Insurance.

The Bombshells brand pays tribute to the iconic World War II nose art that decorated bombers and symbolized both crew

morale and strength. It reflects a blend of military heritage and female empowerment, aligning with the Honeybees' mission to honor tradition while blazing new trails.

New this year: The Minot Honeybees have teamed up with North Star Community Credit Union to offer 300 FREE tickets for active duty and retired military members and their families to Military Appreciation Night on July 31. Service members can redeem their free tickets by using promo code NCCU at checkout.

Redeem here: <https://bit.ly/46z3L8q>

The Bombshells game comes during an exciting season for the Honeybees. As the second-to-last home game of the year, it's one of the final chances for fans to see this playoff-contending team in action at Corbett Field.

Originally selected as the runner-up in the Honeybees' community team-naming vote, the Bombshells identity continues

to embody everything the team stands for: strength, style, and a bold connection to Minot's Air Force legacy.

"Alternate identities like the Bombshells add a unique layer of fun and storytelling to the summer ballpark experience," said Honeybees General Manager, Monica Hocking. "This brand lets us honor our military community in a meaningful way — while also empowering the next generation of athletes and fans."

Minot Air Force Base is home to the 5th Bomb Wing and 91st Missile Wing and is the only base in the Department of Defense to host two legs of the Nuclear Triad. With nearly 12,000 personnel, MAFB continues to play a vital role in our national defense and local community.

Snag your Official Bombshells gear today: <https://bit.ly/4eG0czk>

For more on the Honeybees, visit: honeybeessoftball.com or subscribe to the team newsletter for updates.



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- 1/2 Flat Bread Pizza

DAILY SPECIALS

| | |
|-----------|--|
| Monday | \$5 Moscow Mules (all day) |
| Tuesday | \$4 ND breweries (all day) |
| Wednesday | 1/2 Price Wine by the glass/bottle (all day) |
| Thursday | \$1 up for all Tall Taps (all day) |
| Sunday | BRUNCH (11am-2pm) |

FAMILY PACKS

| | |
|-----------|------------------|
| Monday | Pizza Pack Combo |
| Tuesday | Sandwich Pack |
| Wednesday | Chef Creation* |
| Thursday | Pasta Pack |

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SUN, JUNE 1
4PM HERITAGE SINGERS
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
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

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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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Fall bloom
- 4. They may be full of shots
- 10. P, in radio lingo
- 14. Daughter of Cadmus
- 15. Gather
- 16. "Why not give it __?"
- 17. Baseball book?
- 19. Oklahoma tribe
- 20. "Nuts!"
- 21. Southeast Asian language
- 23. Flying letters
- 24. For the birds
- 25. Public relations budget?
- 28. Perfect number
- 29. Environmentalist
- 31. Wink accompanier
- 32. Lip
- 34. Barely any
- 35. XXX, perhaps
- 36. Cook with a laser?
- 39. Girl's toy
- 42. O'Neill's "The Hairy __"
- 43. Collection pit
- 47. Charm, for instance
- 48. Nimble
- 50. "Shakespeare in Amer. Communities" co-sponsor
- 51. Sticker bush cousin?
- 53. Wears well
- 55. __ Bernardo, Chile
- 56. Dream indication
- 57. Graceful women
- 58. Author Bagnold
- 60. Lee's best?
- 63. Sole
- 64. Excitement manifestation
- 65. Storm hdg.
- 66. Bunch
- 67. Dependable
- 68. "The Daughter of Time" author

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | 15 | | | | | | | 16 | | | |
| 17 | | | | 18 | | | | | | | 19 | | | |
| 20 | | | | | | | | 21 | | 22 | | 23 | | |
| 24 | | | | | | 25 | 26 | | | | 27 | | | |
| 28 | | | | | 29 | 30 | | | | 31 | | | | |
| 32 | | | 33 | | 34 | | | | 35 | | | | | |
| | | | 36 | 37 | | | | 38 | | | | | | |
| 39 | 40 | 41 | | | | | 42 | | | | 43 | 44 | 45 | 46 |
| 47 | | | | | | 48 | | | | 49 | | | 50 | |
| 51 | | | | | | 52 | | | | 53 | 54 | | | |
| 55 | | | | | 56 | | | | | 57 | | | | |
| 58 | | | 59 | | | 60 | | 61 | 62 | | | | | |
| 63 | | | | | | 64 | | | | | | 65 | | |
| 66 | | | | | | 67 | | | | | | 68 | | |

Down

- 1. Err as to the origin of
 - 2. Covered with dirt or gravel, say
 - 3. Tying up
 - 4. Temporary
 - 5. Attic, e.g.
 - 6. Certain sib
 - 7. WWW address
 - 8. Kind of ballot
 - 9. NY hospital co-founder
 - 10. Kung __ chicken
 - 11. Goes to
 - 12. Mentor's charge
 - 13. Responses to bridge bids?
- 18. Cell component
 - 22. Old Dodges
 - 25. On its way
 - 26. Nobility
 - 27. Boots out
 - 30. It engages in underground activity
 - 33. Krupp Works city
 - 35. "I Lost It at the Movies" author
 - 37. Fizzle (out)
 - 38. Mayberry boy
 - 39. Curtain adornments
 - 40. You'd hear it in Toledo
 - 41. Idiotic
- 44. Like funds on hand
 - 45. Coal mine product
 - 46. Door opener
 - 48. Secret target?
 - 49. Palace overseas
 - 52. Doctor's orders
 - 54. Jungfrau, e.g.
 - 57. Market
 - 59. Drops on the ground
 - 61. __ big way
 - 62. Former CIA counterpart



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How High School Students Can Build Financial Confidence

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

Finances may seem like something to worry about after high school. When jobs are full-time, college bills start rolling in, and taxes become real. But according to Gregory Barnhart, a financial advisor with First Command, the best time to start building strong financial habits is right now. Whether you’re mowing lawns, freelancing, or working a part-time job on base, learning how to manage your money early can change the entire course of your future.

Barnhart emphasizes that the foundation of a healthy financial life begins with three principles: be yourself, spend less than you earn, and avoid debt. For high schoolers, this starts with finding a way to earn income and then resisting the pressure to spend it all. “The earlier you start saving and making smart decisions, the easier everything becomes later,” Barnhart said. He stressed that savings don’t need to be massive, but they need to be consistent.

College planning is one of the most intimidating parts of a teenager’s financial future. Even for students hoping to earn scholarships or qualify for financial aid, Barnhart encourages planning for the possibility of unexpected expenses. His advice: take college classes in high school to save on tuition later, and if possible, start a college savings account like a 529 plan. These accounts can offer tax advantages and allow families to plan ahead without causing tax complications. “Do anything you can with less cost,” he said. “Being strategic early on helps students and families avoid unnecessary debt later.”

When it comes to investing for the long term, many teens and even adults get overwhelmed by the vocabulary. Barnhart explained the difference between Roth and Traditional IRAs in a way that makes it approachable. A Traditional IRA allows you to invest pre-tax income and pay taxes when you withdraw the money in retirement, while a Roth IRA is funded with after-tax money and grows tax-free from then on. “Everyone should care,” Barnhart emphasized, noting that although you can’t apply one rule to everyone, teens tend to benefit more from Roth IRAs. Because young people often earn lower income now than they will later in life, paying taxes now means they can enjoy tax-free growth in the future.

On the subject of saving, Barnhart explained that the smartest place to keep your money depends on what you’re saving for. “If you’re going to use the money within a year, a traditional bank savings account is best, low risk, easy to access,” he said. “But if you’re saving for college or long-term goals, consider a college savings account or even investing through a retail brokerage account.” He noted that brokerage accounts don’t have strict rules like retirement accounts do, and teens can buy shares of companies they believe in, with guidance.

Barnhart also touched on the importance of credit, which many teens are unfamiliar with until they’re denied a loan or hit with a high interest rate. “Credit matters. It’s your score for borrowing things like a house or a car,” he explained. The key is not to open a credit card unless you have money in the bank to pay it off immediately. When used responsibly, a credit card can help young people build credit by

making small purchases, like gas, and paying the balance in full each month.

One of the most powerful tools in personal finance is compound interest. Barnhart explained it like this: “If you have \$100 and earn 10% interest in one year, you’ll have \$110. But with monthly compounding, the 10% is applied to your growing balance every month, not just the original \$100.” Over time, compound interest makes a significant difference in investment growth, especially if you start young.

As students move into their 20s, Barnhart warned of common pitfalls. “Living beyond your means, overspending on credit, and not saying no when you can’t afford something. These are the mistakes that create long-term problems,” he said. Creating a realistic budget and sticking to it can prevent these issues before they even begin.

When teens start earning money through part-time jobs or freelance work, taxes quickly become relevant. Barnhart broke it down: “About 17% of what you make goes to taxes. 12% of that is for FICA: Social Security and Medicare, and the rest goes to state and federal taxes.” He added that while taxes may feel frustrating, they’re much more manageable for young people earning under \$100,000 per year and are not business owners. Still, understanding your paycheck is an important part of becoming financially literate.

For students looking to begin investing, Barnhart suggests starting small and safe. “Talk to a financial professional. Many parents can open a UGMA: Uniform Gifts to Minors Act account so that teens can start putting money aside early.” He emphasized that long-term financial success is built on three things: time, money, and rate of return. In other words, start

early, put as much money as you can afford, and choose wisely what you invest in.

When asked what a financial advisor actually does, Barnhart said it’s not just about crunching numbers. “We take the client’s data, run it through programs, and use it to make specific recommendations to meet their goals,” he said. While degrees in finance can help, he noted that a license is the only requirement and that communication, empathy, and understanding people are the most important skills. “If you’re involved in sports, clubs, or anything social, you’re already developing the skills you need.”

Emergencies and big purchases are inevitable, so Barnhart encourages students to prepare

mentally and financially. “It’s not the end of the world if you need to take on debt temporarily, but you can’t go back. You have to start where you are and change your habits moving forward.”

When asked about early retirement, Barnhart said it’s completely possible if you plan for it early and consistently. “As long as your goals match your effort, you can do it, but talk to a professional for help.”

Military families often face unique financial challenges. Deployment, relocation, and access to benefits require specific planning. “The products that work for civilian families might not work for military families,” Barnhart said. “That’s why 90% of advisors at First Command are veterans or

military spouses. They understand the lifestyle, the risks, and the importance of planning ahead.”

For those wanting to learn more about personal finance, Barnhart recommends Simple Wealth, Inevitable Wealth for understanding how to structure retirement, and The Retirement Savings Time Bomb for learning how to prepare for the unexpected. Both offer simple insights for complex systems and serve as great resources for teens and families alike.

In the end, Barnhart’s advice boils down to a message of self-discipline and intention. Start now, start small, and start smart. With the right habits, even high school students can build a solid financial future, one dollar at a time.



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There is no better time than now to take control of your financial future. Your local First Command Financial Advisor will work with you to build a personalized plan for pursuing your short and long-term goals.

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YOUTH IN ACTION

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SCHOOL LIAISON PROGRAM MANAGER, GS-12

DEPARTMENT OF THE AIR FORCE SCHOOL LIAISON PROGRAM



Although North Dakota does not have universal Prekindergarten, we do have Prekindergarten options for families in and around Minot Air Force Base! We have Head Start, PreK at Glenburn Public School, and Special Education PreK through Minot Public Schools.

Head Start has three PreK classrooms for ages three to five-years-old: one at Dakota Elementary School with 15-17 spots; one at Minot State University with 15-17 spots, and one at the Minot Area Workforce Academy with 17 spots. In addition, five PreK classrooms exist at the Main Center Building at 2815 Burdick Expressway East in Minot with 14 spots each. After speaking with Director, Ms. Karen Knowles, on July 10th 2025, their entire PreK program needs 60 more children. Head Start serves 139 Preschoolers and 50 babies in total. Sign-ups continue all year and class assignments are selected after Labor Day. Parents can request their location via a drop-down menu on the online application, which can be found at the Minot Public Schools Website – Our Schools – Other – Minot Head Start: <https://headstart.minot.k12.nd.us/en-US>.

Head Start hours are 8:30am-3:30pm Monday through Thursday at all locations, except the Main Center which is open from 8am-4pm Monday through Thursday. There is no cost to the family once accepted. If you are receiving SNAP, Head Start is on the qualifying list, so you do not need to show your income (this legislation was passed about 1.5 years ago). If you're interested in registering or have any questions, please complete their online application and/or contact their Family Services Office at (701) 857-4688.

Glenburn Public School has one PreK classroom with a total of 15 spots. Sign-ups are full for the upcoming SY 2025-2026; however, a waitlist has started in case a student moves/drops enrollment, so please call for SY 2025-2026 if interested. Openings will start in May for the following year. The current monthly cost to attend is \$200. There is also busing to and from MAFB for those enrolled. The PreK classroom hours are 8:30am to 3:10pm Monday through Thursday.

Your child must be four years old before August 1st of the year your child is enrolled. This is due to the following ND Legislation: 15.1-22-02, Subsection 6 of the North Dakota Century Code states that a school district may not enroll a student in kindergarten that is not five years old before August 1 of the year of enrollment. If you're interested in registering your child, please contact the Glenburn Public School Main Office at (701) 362-7426.


Minot Public Schools offers PreK for students with Special Education needs. Your child with any speech concerns or delays would be referred to the PreK program and more information can be found at: <https://www.minot.k12.nd.us/en-US/special-services-995f0f06>.

Lastly, I would be remiss if I did not include the various daycare options for these same ages of three to five years-old that exist both in town and on base: Child Development Center; Four Preschool Classrooms (two of the four have 12 spots, the other two have 24 spots). All are full currently; however, 17 children are moving to the Youth Center around August, so spots will be available – for more information, please contact their front office at (701) 723-3750; FCC Program (numerous daycare providers available) – for more information, please contact Ms. Arika Ekker at (701) 723-6662; and local daycares which – if enrolled –can be found at the quality rating online directory known as Bright&Early ND. More information can be found at: <https://www.hhs.nd.gov/cfs/early-childhood-services/brightnd>.

PreK lays a crucial foundation for future learning and development. As a Head Start PreK teacher from 2015-2018, I know firsthand how very impactful early education can be for children and recommend you register your student for one of the options available on and around Minot Air Force Base.

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

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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.

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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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.

891ST MSFS PARTICIPATES IN MENTAL HEALTH COLOR RUN

U.S. AIR FORCE PHOTOS | AIRMAN 1ST CLASS ANTRHONY RAMEY



A group of Airmen assigned to the 891st Missile Security Forces squadron run in the Mental Health color run at Minot Air Force Base, North Dakota, June 30, 2025. The run encourages movement, connection and a healthy lifestyle.




Airmen assigned to the 891st Missile Security Forces squadron run during the Mental Health Color run at Minot Air Force Base, North Dakota, June 30, 2025. The run encourages movement, connection and a healthy lifestyle.



A group of Airmen assigned to the 891st Missile Security Forces squadron run in the Mental Health color run at Minot Air Force Base, North Dakota, June 30, 2025. The run encourages movement, connection and a healthy lifestyle.




Airmen from the 891st Missile Security Forces squadron pose for a group photo after the Mental Health color run at Minot Air Force Base, North Dakota, June 30, 2025. The run helps build community support reminding everyone they're not alone in their struggles.



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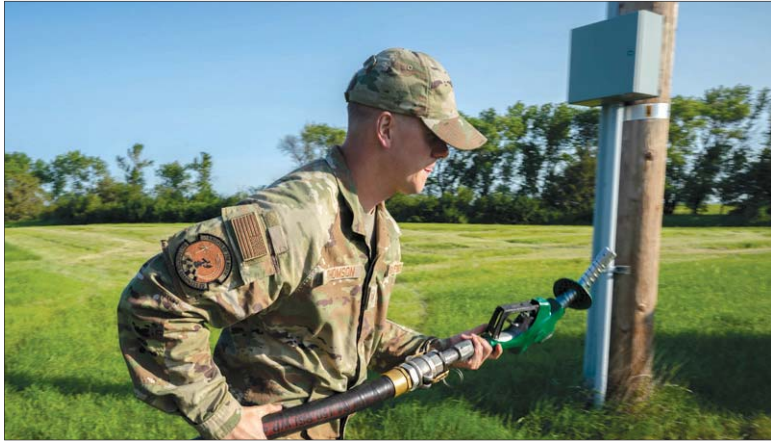
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A line of C-300 mobile fuel vehicles are parked at the 5th Logistics Readiness Squadron petroleum, oil and lubricant flight's parking area at Minot Air Force Base, North Dakota, June 24, 2025. A C-300 mobile fuel vehicle is capable of carrying 1,200 gallons of fuel and can dispense 80 gallons of fuel per minute.



U.S. Air Force Staff Sergeant Jerrold Thomson, 5th Logistics Readiness Squadron petroleum, oil and lubricant flight (POL) distribution supervisor, carries a fuel pump from a C-300 mobile fuel vehicle to a forklift at Minot Air Force Base, North Dakota, June 24, 2025. POL is responsible for providing fuel to aircraft and other vehicles on base along with storing and testing fuel.



Senior Airman Kenneth Taylor, 5th Logistics Readiness Squadron petroleum, oil and lubricant flight (POL) fuels expeditor, stores a C-300 mobile fuel vehicle's fuel pump hose after refueling forklifts at Minot Air Force Base, North Dakota, June 24, 2025. POL manages, maintains and distributes fuel to aircraft and other vehicles on base ensuring mission continuity.

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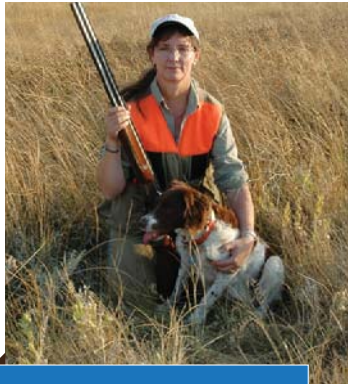
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OUTDOOR

REPORT



by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, July 14: 1,834.97 feet above mean sea level (MSL); 21,600 cubic feet per second (CFS) Garrison Dam average daily releases.
Devils Lake elevation: 1,449.1 feet above mean sea level (MSL).
Stump Lake elevation: 1,449.18 MSL.
• N.D. Game & Fish Dept. game wardens: Not much angling activity on Lake Metigoshe with lots of recreational boating. No Devils Lake reports.
• Devils Lake, Woodland Resort, Devils Lake: Nice July bite is on with overall fair to good walleye success. Try spinners and bottom bouncers in 15 to 20 feet or work structure around the Golden Highway. Also try crankbaits or around the towers with vertical jigs. Good white bass success at times.
• Lake Darling, Karma C-Store, Ruthville: Not many reports from Lake Darling or Lake Audubon.
• Lake Metigoshe, Four Seasons, Bottineau: Try evening hours for walleye. Look for a mix of crappie and bluegill from the weed beds and along the docks.
• Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea fair to good for walleye. Try 5 to 10 feet with variety of bait and presentations throughout the east end.
• Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Fair to good walleye success in 6 to 20 feet depending on cloud conditions. Best success with slow death hooks or lindy rigs with nightcrawlers. Also try crankbaits. 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: Steady walleye bite with lots of small fish. Try a mix of nightcrawlers or leeches in 6 to 15 feet. Move around.
• Lake Sakakawea, New Town: Good numbers of small walleye in the Van Hook Arm with generally good success overall. Try variety of presentations.
• Lake Sakakawea, Van Hook Bait & Tackle New Town: Fair to good for walleye with steady success from Fox Island to the north with good numbers of eater-sized fish. Try slow death hooks

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

OUTDOOR NOTES:

- July 18 – 26: N.D. Game & Fish Dept. Outdoor Conservation Center activities at the N.D. State Fair, Minot.
- July 19: Native Flute Music & Storytelling by Matt Shanandore, Lake Metigoshe State Park, 8 p.m.
- 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: Mondak Pheasants Forever Youth Range Day, Painted Woods Sporting Range, Williston, 9 a.m. register for the free event, (<https://form.jotform.com/251715794761163>).
- July 22: MHA Indian Horse Relay, North Dakota State Fair, 7 p.m.
- July 23: Registration opens for Lake Metigoshe's Sept. 12 -14 Fall Wild Outdoor Women workshop, (<https://bit.ly/LMSPShowClix>). Go to (<https://bit.ly/Fall25WOW>), to view registration booklet.
- July 24: Terrific Summer, Taube Museum of Art, Minot, Ages 6 and older.
- July 25 & 26: 20th Anniversary Halloween in July beginning 8 p.m. July 25, Lake Metigoshe State Park, Bottineau.
- 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.
- July 26: Bluegrass goes PINK, Cross Ranch State Park, Hensler, beginning with 9 a.m. 5K run/walk and concluding with bluegrass concert at 7 p.m. Go to N.D. Parks & Recreation Dept. website, (parkrec.nd.gov), and scroll down event listings for details.
- Aug. 2: Mighty Minnows Kids Fishing Event, Lewis & Clark State Park.

TOURNAMENTS:

- July 18 & 19: Lake Sakakawea, Fort Stevenson State Park, Garrison.
- July 26: Lake Sakakawea, White Earth Bay. Devils Lake, Creel Bay
- Aug. 1: Devils Lake, Spirit Lake Casino.
- Aug. 2: Lake Sakakawea, Lake Sakakawea State Park; Lake Sakakawea, Fort Stevenson State Park; Devils Lake, Round Lake Bay.

with nightcrawlers or leeches. Water cloudier towards the south end of the Arm.
• Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from boats along with good numbers of catfish. Work the holes for larger walleye. Try jigs or spinners with nightcrawlers or minnows. Also try crankbaits. Lots of small walleye coming from the spillway channel. Continued walleye success from both boat and shore at night. Try the rocks or along the boat ramp from shore. East end of Lake Sakakawea producing walleye working around 16 feet along points around islands using spinners with nightcrawlers. Try crankbaits in deeper water. Good bass success from shore with occasional pike and walleye. Try variety of depths and techniques for salmon with several nice-sized fish showing up.
• Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper Lake Sakakawea starting to clear with improving walleye success around White Earth Bay. Try spinners with nightcrawler rigs but best success still east around Van Hook Arm. Try spinners and nightcrawlers with some success using leeches. Missouri and Yellowstone rivers producing catfish in deeper holes. Blacktail Dam producing a few walleye

in the evening and dark hours using slip bobbers and leeches.
• North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Not much activity on area lakes.
N.D. RIVERS GAUGE HEIGHT AND STREAMFLOW (conditions can vary rapidly):
• Des Lacs River, Foxholm: Gage height, 5.25 feet; streamflow, 4.81 cubic feet per second (CFS).
• Lake Darling, Foxholm: Gage height, 97.03 feet.
• Little Missouri River, Medora: Gage height, 2.03 feet; streamflow, 114 CFS
• Little Missouri River, Long X Bridge near Watford City, gage height, 7.29 feet; streamflow, 44.8 CFS.
• Missouri River, Williston: Gage height, 14.9 feet.
• Missouri River, Washburn: Gage height, 9.86 feet.
• Souris River, Broadway Bridge, Minot: Gauge height, 41.33 feet.
• Yellowstone River, Cartwright: Gage height: 64.21 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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THE NORTH DAKOTA NATIONAL GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.

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PUZZLE ON PAGE B4

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

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Applebee's Grill & Bar

2302 15th St SW, Minot Phone: 701.839.2130 www.applebees.com

Badlands Restaurant & Bar

1400 31st Ave SW, Minot Phone: 701.852.7335 www.blgrill.com

Bone's BBQ Smokehouse & Grill

437 N Broadway, Minot Phone: 701.833.9140 www.bonesbbqminot.com

Culver's Restaurant

3000 S Broadway, Minot Phone: 701.852.4800 www.culvers.com

Ironhorse Kitchen + Bar

21 E Central Avenue, Minot Phone: 701.858.8183 FB: Ironhorse Kitchen + Bar Minot

Jamaican Vybz Kitchen

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

Meg-A-Latte

2045 N Broadway Suite #100, Minot Phone: 701-838-8479 www.meg-a-latte.com

Mi Mexico

3816 South Broadway, Minot Phone: 701.858.0777 www.mimexicominotnd.com

N.D. Asia

3400 16th St SW, Minot Phone: 701.852.1240 www.ND-Asia.com

Noodles & Company

304 4th Ave NW Minot 701.491.9103 www.noodles.com

Pink's Bar & Grill

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

The Blue Rider

118 1st Avenue SE, Minot Phone: 701.852.9050 www.theblueriderbar.com

The Starving Rooster

30 1st St. NE, Minot Phone: 701.838.3030 www.starvingrooster.com



CLASSIFIEDS

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

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

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



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

TIMOTHY TIMM

★Hotel★
REVEL

*Weddings
for Warriors*

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

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

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

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

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- **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

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SUMMER
Photo Contest



FOR FULL
DETAILS
OR TO ENTER:

SCAN
OUR QR CODE!





Tiny bubble, big giggles. Landon is poppin’ his way through summer vibes.

SUBMITTED BY MEGAN BARNCORD-



Minot Farmer’s Market Lil’ Vendors Event

SUBMITTED BY STACI HAYNES



North Unit Roosevelt National Park has such beautiful landscapes! This was our 4th of July day trip. The Bison were out and we got to view them in their habitat. What an awesome experience.

SUBMITTED BY GIANNA BROCKHOFF-



**5 DAY MONEY BACK
30 DAY EXCHANGE**

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A LOOK BACK

THIS WEEK IN USAF HISTORY

5TH BOMB WING ACTIVATED AT MINOT AFB
JULY 25, 1968



5th BW Emblem Meaning
Green & black: the colors of the Air Service at the time the wing was activated. Vertical line: symbolic of the clouds in the sky. Winged death’s head: represents function of aerial bombardment. ‘Kiai O Ka Lewa’ means ‘Guardians of the Upper Realm’ (a Hawaiian saying often used as a war cry).

On July 25, 1968, the 5th Bomb Wing was activated at Minot Air Force Base, N.D. The wing dates back to the 2d Group which was activated in 1919 at Luke Field in the Territory of Hawaii. It was later renamed as the 5th Group (Observation) and soon became the 5th Group (Pursuit and Bombardment). The group had major involvement in saving the city of Hilo during the eruption of the Mauna Loa volcano and became the first U.S. military force to take flight after the attack on Pearl Harbor, during which many of their planes and personnel were lost. The 5th BG changed name and assignment several times in between 1947 and 1959. In 1959, the 5th Bombardment Wing (Heavy) was assigned its first jet planes while stationed at Travis AFB, Calif. In 1968, the wing assumed command of Minot AFB and flew missions during the Vietnam and Cold Wars. The 5th BW continues as host wing of the base to this day and provides strategic deterrence.

Information courtesy of: minot.af.mil

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What's Going On Minot AFB July

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

SATURDAY19

SUNDAY20

MONDAY21

- AFFT, 0530, McAdoo Fitness Center
- AFFT, 1100, McAdoo Fitness Center
- Home Buying Seminar, 1300-1500, M&FRC
- Writing Club, 1800, Minot AFB Library

TUESDAY22

- AFFT, 0530, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 0900-1100, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Thrift Savings Plan for Civilian Employees, 1300-1500, M&FRC

WEDNESDAY23

- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- First Duty Station Officer Financial Course, 0930-1130, 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

SPECIALS

Bomber Bistro Featured Item
Chicken Quesadilla

Rockers Bar & Grill Featured Item
Rockin' Chicken Sandwich

The B-Fifty Brew Featured Item
Churro Frappe

THURSDAY24

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Jam Fest California Special Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Jam Fest California Special Dinner, 1630-1830, Dakota Inn Dining Facility

UPCOMING

FRIDAY25

- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY26

- Minecraft Escape Room Game Begins, Minot AFB Library

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Current Immunization Record and
Sports Physical must be on file to register.
Parent orientation is mandatory.

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For details, call the
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Season: 8 September - 24 October 2025

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Parent orientation is mandatory.

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