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(From left to right) Airman First Class Justin Hampton, Airman First Class Benjamin Eickhoff, and Senior Airman George Torres of the 91st Missile Security Operations Squadron defenders pose for a picture at Minot Air Force Base, North Dakota, July 11, 2025. The Airmen served as a part of the convoy during the Bully Vigilance 25-1 exercise, used to prepare defenders for any outside threats. See page A5 for full coverage.

U.S. AIR FORCE PHOTO | AIRMAN 1ST CLASS ANTHONY RAMEY



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Minot AFB expands resilience with HOPE Spiritual Fitness Initiative

SENIOR AIRMAN KENDRA A. RANSUM
MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

Minot Air Force Base continues to grow its focus on whole-person wellness through the implementation of the Air Force’s HOPE Spiritual Fitness Initiative—an effort aimed at empowering Airmen and Guardians across all ranks with tools to build spiritual resilience, support peers and strengthen leadership.

Officially established in 2023 and brought to Minot AFB in early spring 2024, the HOPE initiative embeds trained Airmen, known as “Hope Specialists,” into units as peer mentors and early responders for fellow service members experiencing stress, hardship or isolation. The initiative, guided locally by U.S. Air Force Capt. Kelli Williamson, chaplain and Minot AFB HOPE point-of-contact, builds on the Chaplain Corps’ mission to promote readiness, character and care through spiritual fitness.

“HOPE is a force multiplier for the Chapel Corps,” Williamson said. “HOPE members are embedded sensors in the units, aware of resources, guiding fellow Airmen to resources, connecting them to the Chaplain and Religious Affairs Airman as needs arise and assisting in saving lives.”

The current enterprise-wide HOPE Spiritual Fitness Initiative was introduced in 2023 by Headquarters Air Force Chaplain Corps. The program is modeled on the success of the “White Rope” program for technical school environments and aims to institutionalize a structured but flexible spiritual resilience model across the Department of the Air Force.

The program is open to all enlisted and officer Airmen and Guardians, with no restrictions by career field or rank. To join, an Airman must apply through their unit’s Religious Support Team, with endorsements from both their supervisor and first sergeant. Once accepted, volunteers complete 20 hours of training—seven hours led by Chaplain or Religious Affairs staff and the remaining 13

by either Chaplain staff or one of the base’s helping agencies. They also commit to at least six months of volunteer service.

HOPE strengthens more than just the individuals being helped. It benefits the Hope Specialists themselves by fostering leadership, character development and community service.

Hope Specialists are trained to identify early signs of crisis and stress, and to respond effectively—often by simply listening or by guiding peers to professional resources. As an embedded presence in their units, they also help bridge gaps between Airmen and the Chapel Corps.

The HOPE initiative also supports one of the four pillars of Comprehensive Airman Fitness (CAF): spiritual fitness. Unlike other peer-support models such as Master Resilience Trainers or Fortify the Force, HOPE emphasizes spiritual connection and meaning as essential to mission readiness and overall well-being.

HOPE is currently active at several Air Force installations, including Barksdale, Sheppard, Dover and Joint Base Elmendorf-Richardson, as part of a wider rollout. The program remains in a beta phase as Air Force Chaplain Corps teams collect data, share lessons learned, and refine implementation guidelines.

Minot AFB continues to expand HOPE’s reach across squadrons, with plans to onboard more units in the coming months.

“I have enjoyed observing the impact the HOPE initiative has had in the units where we have launched it and the growth of Airmen,” said Williamson. “I look forward to seeing the HOPE initiative impact the other units on base, as we get them spun up.”

For Airmen interested in joining Minot AFB’s HOPE Spiritual Fitness Initiative, applications are available through their unit Chaplain or Religious Affairs Airman. The opportunity not only enhances professional development but also builds a stronger, more connected force.



Five HOPE Spiritual Fitness Initiative patches sit on a table at Minot Air Force Base, North Dakota, May 28, 2025. HOPE is an effort aimed at empowering Airmen and Guardians across all ranks with tools to build spiritual resilience, support peers and strengthen leadership. Airmen of any profession or rank can become a HOPE specialist to support their units from within.

U.S. AIR FORCE PHOTO
SENIOR AIRMAN
KENDRA A. RANSUM

NOTES ON BEING SAFE

POOL, DIVING, AND SWIMMING SAFETY



SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY



As the weather becomes warmer, report of accidental drownings becomes all too common.

Drowning victims encompass all age groups-the toddler who fell into the family pool, the teenager who dove into a lake and struck an unseen rock, the adult who was pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases, is that the drowning accident could have been prevented. Learn these basic rules for drown-proofing before an accident becomes a tragedy.

Pool Safety – If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately. (Infants as young as a few months old can learn to swim their way to safety.) Invest in an approved safety cover and keep the pool covered whenever it is not in use. Fence in your pool to prevent curious youngsters from entering the pool area without your permission. Never, ever, allow toddlers or young children access to the pool without adult supervision.

Diving Safety – Many accidental drownings result from diving injuries. Diving into shallow water, or striking an unseen obstacle can lead to unconsciousness, spinal cord injury, and all too often, death. Always test water depth before diving, and if you are unable to see below the water’s surface, don’t dive. Even if you are sure your path is clear, keep your arms extended above your head when diving-your hands (not your head) will hit an unseen obstacle first.

Swimming Safety – Whenever you swim (in a pool, lake, or ocean), always have a partner nearby. Observe warning signs – “No Lifeguard on duty,” “Dangerous undertow,” etc. Never swim when you are tired, under the influence of alcohol, drugs, or medications, or when weather conditions are stormy. If you are not an experienced swimmer, stay in shallow water and use flotation devices. Never allow toddlers or young children

to swim without an adult supervision.

Additional Tips – Certain water sports such as boating, water skiing, and surfing, pose special drowning dangers. If you are interested in taking up any water sport, learn how to swim beforehand. Know nautical rules and regulations before going on any boat. Always wear an approved flotation device. Check your equipment before engaging in any water sport to be sure it is in good operating condition. Finally, use your common sense and avoid unnecessary risks. Drowning accidents are tragedies that can, in most cases, be prevented.

FOR YOUR SAFETY Pool Safety

- Use an approved safety cover and keep the pool covered when not in use
- Fence in pool area
- Never allow children access to the pool without adult supervision

Diving Safety

- Always test water depth before diving
- If you unable to see below the water’s surface, don’t dive
- Never attempt to dive through objects such as inner tubes

• Keep your arms extended above your head when diving

Swimming Safety

- Know and observe your swimming limitations and capabilities
- Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current until you reach safety
- Always swim with a partner
- Observe warning signs
- Stay out of the water during thunderstorms and severe weather
- Never swim when you are tired, under the influence of alcohol, drugs, or medication
- Never allow young children to swim without adult supervision



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Curb Alerts and PCS: The Hidden Trail of Stuff Left Behind by Military Families

NATALY ZARRELLA, NORTHERN SENTRY

With every move a military family makes, something gets left behind. Sometimes it's friendships that feel more like family. Other times, it's the comfort of a familiar neighborhood or the stability of a job or squadron that has helped them grow personally and professionally. But beyond the emotional and professional ties, there's another constant in military moves that isn't talked about enough: the stuff. The furniture, appliances, toys, clothes, and everyday household items, the very things that quietly mark the passing of each Permanent Change of Station (PCS).

Every spring and summer, military communities enter what is informally known as "PCS season", the annual peak in service member relocations. During this time, base neighborhoods buzz with U-Hauls, moving trucks, farewell barbecues, and garage sales. But one less glamorous sign of transition stands quietly at the curb: piles of items labeled "free," often posted online as a simple "Curb Alert."

Curb alerts are an unspoken system within military communities, a way of letting others know that someone has left something behind that still has life in it. Maybe it's a couch that won't fit in with the new base housing layout. Maybe it's a play kitchen that the kids have outgrown, or extra moving boxes and hangers. Whatever the reason, these items represent the physical residue of a life that's about to move, again.

It's a common assumption that military families accumulate too much. But that's not always the full story.

The reality is that military families are constantly adapting to different homes, climates, and family needs. What fits in one house may not work in the next. Storage space can differ dramatically from one installation to another. A three-bedroom house in North Dakota may be replaced by a two-bedroom apartment in Virginia with half the closet space. Outdoor gear, snow equipment, or even furniture that made perfect sense at one duty station becomes obsolete or simply too cumbersome to take to the next.

For some, the PCS journey includes a transition out of military life entirely. As families prepare to enter civilian life, many want a clean break, letting go of not just their base IDs but the items that have followed them through years of



Resident of Minot AFB advertises their free items on the Minot AFB Curb Alert Page.

MINOT AFB RESIDENT PHOTO

deployments, late night, pack-outs, and temporary housing.

Military families live in a cycle of building up and letting go. It's not just about physical items, it's a mindset. The culture of curb alerts and giving things away is also a reflection of community and resilience. One family's cast off bookshelf becomes another's solution to a storage dilemma. A highchair left on the curb might make life a little easier for a new parent just arriving.

Though some may see it as a waste, in many ways it's a form of resourcefulness and generosity, a way of making sure that nothing is truly wasted, even

in a transient lifestyle.

In the end, it's not just stuff, the things left behind during PCS tell stories. Stories of growing children, evolving careers, changing needs, and lives in motion. Military families may be constantly packing up and starting over, but in every community, they leave, they also leave behind a trail of shared experiences, and sometimes, a little something useful at the curb.

So next time you see a curb alert, know that it's not just a free item, it's part of a life that's moving on.



Things in curb alert are often things outgrown by one family that can be useful to another family.

KAITLYN RAMOS PHOTO

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The rumble of thunder interrupted a night of sleep, but hey, that’s OK! This has been one of those summers when rainfall has been at a premium in a lot of areas, including Minot. So yes, we can be thankful for the moisture, over ¾ of an inch, that fell early on Tuesday morning.

More than that, we can be thankful for the summer thunderstorm, not severe this time, that rolled through Minot. I quick look at the clock told me that I had at least 90 more minutes before it was time to put both feet on the floor and prepare myself for another day.

Summer thunderstorms have always been one of my favorite North Dakota events. It starts with that deep rumble of thunder and then if we are lucky those flashes of lightning followed by the sharper “claps” of thunder. Soon we hear intermittent raindrops hitting the window and gutters. There may be an adjustment to the number and location of windows that we leave open. Obviously if the rain is accompanied by wind, the windows on the windy side of the house need to be closed...darn!

Watching the sky during the lightning flashes you can take inventory of the clouds and reasonably assess the storm event. But really, a bit of a storm doesn’t hurt anyone, and unless we receive a deluge of rain, like 2 inches of rain in a short period of time.

As the rainfall intensifies the noise level increases. When you are in a house there is almost a chorus of sound. Windows, rooftops and gutters all contribute to the overall sound of the storm.

Back when I was a kid we used to have a tent for camping. The rain would hit the tent so hard that it created a mist inside the tent. The thunder could be pretty intense, and the flashes of lightning would create a brighter than daylight experience inside the tent. Still, if it was a normal thunderstorm, it made for a fairly pleasant sleeping experience, except if we needed to make a trip to the bathroom, often at least a block away.

But this morning we had the windows adjusted perfectly. There

were several instances of more intense rainfall, and the lighting and thunder made this early morning special.

It’s all part of the North Dakota experience. When the thunderstorm passed the air outside had the “it just rained” ambience. There were rain puddles on the driveway and the robins were busy hunting for worms. The 3 plus hours of this thunderstorm were special, and enjoyable.

THE NORTH DAKOTA TAPESTRY

I often write about the North Dakota tapestry, one that changes almost daily this time of year. A recent business trip would reveal many fields of flax starting to flower in western North Dakota. In one case there was a flowering flax field that covered over 4 miles. It truly did look like a large lake. At the end of their flowering period were many brilliant yellow canola fields. Starting to turn from emerald green to amber gold were barley fields, usually the first of the small grains to be harvested. Above these fields were blue skies and white clouds; well at least they were blue skies and white clouds when smoke from the Canadian wildfires did not take residence.

I never get tired of enjoying the North Dakota landscape. I make it a point to block out time to either take a business or personal trip to experience our state at its’ finest.

SHARING SOME PHOTOS

The Medicine Wheel- Crow Flies High Point

As you cross the 4 Bears Bridge, going east, you will see the Medicine Wheel on your left hand. According to Facebook posts “Medicine wheels represent the interconnectedness of all things, the four directions, and the cycles of life, often used in healing and ceremony. There is road just on the east side of the bridge that will take you to the park area on top of Crow Flies High Point.

Elk Take To The River

A friend of mine, Jason Zimmerman, shared a photo of a couple of elk swimming across the Missouri River near Red Mike Golf Course in Williston. It’s not a common site, but I am told that elk are actually fairly good swimmers.

MUST SEE SPOTS

If you haven’t taken a walk at the Bison Plant Nature Trail, east of Minot on Highway 52, I would suggest you put on your hiking shoes and head out there. A map of the Bison Plant Nature Trail is located on the Minot Park District web site.

TODAY’S CHUCKLE

The easiest way to be good at golf is to be bad at arithmetic.

Two bull elk swimming in the Missouri River near Williston.

A thriving co-op

UPSIDE DOWN
UNDER

MARVIN BAKER

In just about every community in North Dakota you’ll find a local cooperative called Farmers Union Oil Company that is part of the North Dakota Farmers Union and is affiliated with the Cenex brand.

The organization was established in 1927 around the principles of cooperation, legislation and education. It’s first convention was on Nov. 4, 1927 in Jamestown and with 13,000 farmers. NDFU had the largest membership at the time among 31 states in which Farmers Union was active.

But co-ops started long before that. Benjamin Franklin is credited with forming the first-ever co-op when he pooled people’s money together to form an insurance company.

When small-town North Dakota was springing up, numerous communities started independent co-ops that later became part of the North Dakota Farmers Union.

They included Valley United in Reynolds, 1899; Hoople Farmers Grain Co., 1906; Honeyford Co-op in Gilby, 1908; Edinburg Farmers Elevator Co., 1909; Mott Equity Exchange, 1910; Finley Farmers Grain & Elevator, 1911 and Farmers Union Oil Co., Hazelton, 1914.

These co-ops and others began essentially as buying clubs in which farmers saved money by pooling their orders to buy staples such as twine, hardware, fuel and coal. From this group effort, the understanding and experience in cooperative purchasing and marketing developed into the farmers union oil and elevator companies.

The co-op spirit rose up about the same time a political movement called the Non Partisan League started to ensure that farmers had a fair shake for their products, becoming stronger through its dividend program.

So by 1927, the NPL had come and gone, but the farmers union was quickly gaining in popularity. And by the late

‘20s, people outside North Dakota were taking notice.

One man, Charles Talbott, knew that cooperatives would need their own wholesale supply to provide oil companies with products they needed, such as gas and oil. So in 1931, he helped establish the Farmers Union Central Exchange in St. Paul, Minn., serving as its first president.

Farmers Union Central Exchange today is called Cenex Harvest States Inc.

During that same four-year period, from 1927 to 1931, hundreds of cooperative elevators were organized across North Dakota to market grain through the Farmers Union Grain Terminal Association (GTA), which later became Harvest States Cooperative and then merged with Cenex to become Cenex Harvest States Inc.

By 1940, the GTA terminal elevator in Minnesota, was the largest grain receiving organization in the world. North Dakota farmers contributed 53 percent of its entire volume. By 1943, GTA had 236 affiliated elevators in North Dakota.

North Dakota Farmers Union has also been involved in some major legislation that has assisted the state’s farmers.

As an example, the Farm Storage Act of 1929 was the first legislation sponsored by Farmers Union. The bill, sponsored by Usher Burdick, allowed farm granaries to be eligible as public warehouses.

In 1932, North Dakota Farmers Union won support for an initiated measure that prohibited corporations from owning farmland. It passed with 56 percent of the vote. At the time, corporations and government agencies owned nearly 20,000 farms, 25 percent of all farms in the state at the time. The new law required them to dispose of the property by 1941.

The same fight occurred in 1968 with anti-corporate farming forces winning an election 3-1. It was upheld again in 1979, but in 2015 NDFU referred legislation that would allow the state to have corporate dairy and hog operations.

Education has also been a hallmark of the North Dakota Farmers Union. It included publication of the Union Farmer newspaper, a Monday night radio program and by 1957, a 10-minute TV program called Focus on the News. Today, youth camps are a big part of NDFU’s education that teach leadership skills and co-op education to about 1,200 kids annually.

91st Missile Wing performs Bully Vigilance 25-1 exercise

AIRMAN 1ST CLASS ANTHONY RAMEY, MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

From July 9 -17, 2025, Airmen from the 91st Missile Wing put their skills to the test during Bully Vigilance 25-1, a Full Mission Profile (FMP) exercise held in conjunction with an inspector general-led evaluation.

The FMP, a recurring large-scale training event, challenged Airmen through simulated combat scenarios designed to improve response, communication, and put leadership in high pressure situations. The exercise, primarily focused on the 91st Missile Security Operation Squadron’s (MSOS) convoy operations and identifying unauthorized equipment in secured areas, was part of the 91st Missile Wing’s ongoing efforts to maintain mission readiness and accountability.

“We want to put them under the most rigorous training possible, something we can’t do day-to-day,” said Senior Airman Troy White, 91st MSOS convoy team lead. “Real stimuli, real reactions, real growth.”

White has participated in over a dozen FMPs, including helping design the last three. The team regularly incorporates simulated explosions, tactical maneuvers, and role-played threats to enhance realism and decision-making under stress.

“The best don’t come north,” said White. “You come to the north to become the best.”

U.S. Air Force Master Sgt.

Christopher Jungewaelter, 91st MSOS convoy flight chief, emphasized the importance of exercises like these in preparing for evolving global threats.

“My troops need to be ready for anything. Look at what’s happening in the world and the technology our adversaries are using,” said White. “This is how we stay sharp.”

While coordination with external evaluators brought unique challenges, Jungewaelter praised his team’s flexibility and initiative highlighting one Airman First Class who confidently redirected

two Staff Sergeants to a better tactical solution mid-exercise.

“That kind of leadership, from junior Airmen, is what impresses me most,” said Jungewaelter. “They continue to exceed expectations.”

With 15 years of experience on the team, Jungewaelter reflected on the mission’s importance.

“This is the number one mission in the Department of Defense when we’re out there,” said Jungewaelter. “And I remind my team of that every time we step out of the building.”



Airman 1st Class Michael Woods, 91st Missile Security Operations Squadron defender guards vehicle at Minot Air Force Base, North Dakota, July 11, 2025. Woods guarded the Joint Light Tactical Vehicle during the Bully Vigilance 25-1 exercise, designed to demonstrate the proficiency of defenders during a convoy.

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



Airman 1st Class Abigail Goodner, 91st Missile Security Operations Squadron defender, checks her surroundings on Minot Air Force Base, North Dakota July 11, 2025. Goodner served as a member of the fire observers during the Bully Vigilance 25-1, an exercise designed to demonstrate the proficiency of defenders during a convoy.



Senior Airman Drake Bruns, 91st Missile Security Operations Squadron defender guards the National Defense Area on Minot Air Force Base, North Dakota, July 11, 2025. Bruns guarded a convoy during the Bully Vigilance 25-1 exercise. Exercises like this allow Airmen to demonstrate their skills under the stress of a combat environment.



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Mary Frost

found a \$20 Golden Ticket in a Northern Sentry she picked up at the base clinic. Mary's husband, TSgt Randall served at MAFB as a Facilities Manager, retiring in 2003. Sadly he passed away in Nov of 2023. Mary we salute you, and thank you for your service as a Military Spouse. God Bless, and thanks for reading the Northern Sentry.

Pick up a copy of the Northern Sentry for your chance to win!

KERIANNE NOEL, NORTHERN SENTRY

In Minot, a bag of locally sourced foods is doing more than feeding families — it's fueling a movement. Residents of the Magic City have lots of opportunities to shop local this time of year to include the Minot and North Prairie Farmers Markets, Angelic Gardens, and Mema's Meats in Berthold. Newer as of 2023 is the Minot Multi-Farm CSA.

Those familiar with the local food movement have probably heard of Community Supported Agriculture or CSAs, which is an arrangement where the consumer pays up front for a share of a farmer's bounty. In the case of Minot Multi-Farm CSA customers can select from several subscription options. These include vegetables, dessert, meat, preserved goods, grains, beverages, eggs, and even flower bundles. In the words of the CSA's founder Desiree Carlson of Esther's Acres, "it's a whole-diet approach that celebrates the diversity of our local food system."

Desiree shared that while her ancestors had been farming since 1900 and her own family started farming in 2020, the idea for the CSA began at the end of the 2023 farmer's market season. "Many producers still had goods available—whether they were cold storage crops, value-added items, or year-round offerings (eggs, meats, milk, etc.). We had already tested the waters with our own small summer CSA, where we had collaborated with one



The Multi-farm CSA offers a variety of subscription options from dairy to eggs to vegetables and more.



Meet your Farmers, Makers! Makers and farms represented in this photo include Deanna Lozensky of Guardian Grains, Desiree Carlson of Esther's Acres, Quinn Renfandt of Betty's Acres, and Travis Gertjes of Prairie Sky Breads.

other farmer, and that experience laid the groundwork. After some reflection and a few conversations with fellow farmers, we pulled together a group of ten producers and launched our first Fall CSA together.”

Since then, they have gone on to complete two Fall and Holiday/Winter seasons as well as one Spring and one previous Summer season. Originally starting out as an “all-in-one” CSA bundle, they have since split this up to



Teisa Gleason of Sentinel Moon Farm, helping inspect CSA bags before they are picked up.

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Quinn Renfandt of Betty's acres displaying some of their micro greens.



The Holiday CSA subscription includes fun, handmade items.



The Summer CSA season will include an increase in the number of vegetable offerings relative to the Spring CSA. But that's part of the fun, each season is slightly different.

Despite this, Desiree said that the benefits have been significant: "CSA subscriptions give producers guaranteed sales each week, which is incredibly valuable. It reduces risk, supports planning, and allows them to invest in their businesses with more confidence. It also creates community—not just between farmers and customers, but among the farmers themselves. It's easy to feel isolated in this line of work, but this model helps us stay connected and encouraged." Most importantly, each farm or maker gets to focus on what they do best! These include Guardian Grains, Beagle Hill Permaculture Farm, Hilltop Farm LLC, Betty's Acres, Gardendwellers Farm & Ranch, and, of course, Esther's Acres.

So what might a customer expect when participating in the Multi-Farm CSA? Desiree said, "Each season varies in length, contents, and pricing. Summer is our longest and most abundant season,

especially for fresh vegetables. We often include 5–8 different types each week. Spring bundles are typically lighter, with 3–4 types of produce. The Holiday bundle is unique. It includes food and non-food items, highlighting the full range of what our farmers grow and make, which makes it perfect for gift giving. One of the surprises customers love most is finding fresh-milled grains, unique veggies – like purple kohlrabi, hand-mixed spices, or handmade beverages in their weekly bags—it's a little unexpected and always appreciated."

Subscription prices will vary depending on the combination of shares selected and are generally paid for up front. In the Spring, eggs were on the lower end of the price spectrum while a meat subscription was the most expensive. Larger families should also be aware that a meat share only provided enough for four individuals, and may want to

budget for an additional share. When considering these costs, it's important to remember that users are supporting these farmers and businesses in their seasonal operations and that these prices reflect an investment in the local food system. Those on a budget or who desire more direct control over their weekly menus may prefer to continue to utilize the Farmer's Market instead.

Up next is the Summer CSA, which should launch by 13 August and will run for six weeks. The sign-up period is expected to begin on or about 21 July through 4 August. Interested individuals can follow the CSA's Facebook page for the latest updates and a sign-up link. CSA shares will be picked up at The Meat Company every Wednesday from 4-5 PM.

To learn more about local food options visit the ND Local Foods Map at <https://ole.ndda.nd.gov/localfoods> or visit your local Farmer's Market.



Chris Fredrickson of 5 Freds and Ann Olson from Hilltop Farm are just two of the many farmers a CSA subscription helps support.

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SSgt RaShonda Durant
Associate of Applied Science,
Criminal Justice

Graduates Encouraged To “Go Further”

MSU President Dr. Steven Shirley Keynote Speaker

ROD WILSON, NORTHERN SENTRY

Life is always about balance. How to achieve the goals we set out for ourselves and yet manage to maintain the balance of a full-time job, a family and of course life in general. For the spring of 2025 graduates of the Community College of the Air Force, there was a message that was heard time and again... thank you to each graduate who put in the extra time and effort to complete their degrees. Thank you to the many family members in attendance who Col Schlabach recognized as part of the team that helped out. “Sometimes it takes a kick in the pants to get things

done, you know a little tough love. That’s what it took from Monica (Col Schlabach’s spouse), and I imagine that a lot of your got some of that rough love as well. From families, supervisors and fellow Airmen who helped these graduates get here, thank you. To do this is to take that extra step and go a little farther. To challenge yourself to get where you are today and that’s hard. And then after this you look down the road a little further. What you accomplished may have seemed insurmountable, but here you are today. Whatever that next is may to seem insurmountable,

but you won’t know unless you try...I challenge each of you to at least try.”

Next to step to the podium was Dr. Steven Shirley, President of Minot State University. “There is no question that your sacrifices, and those or your family are both considerable and substantial” began Dr. Shirley “your service is cherished by all of us in the Minot community and undoubtedly by all Americans. Thank you for that service and that sacrifice.”

Dr. Shirley went on to talk in depth about the strong partnership, over 6 decades in the making, between Minot Air Force



Minot State University President Dr. Steven Shirley delivers the commencement address to graduates of the Community College of the Air Force during a ceremony at Minot Air Force Base, July 17, 2025.

U.S. AIR FORCE PHOTOS | MINOT AFB PA

Base and Minot State University “there is no doubt in my mind that we are stronger together because of our partnership.”

“Today is an opportunity for us to gather together an recognize student achievement, and so I am please being here and joining in this celebratory day. The Community College of the Air Force has a deep and rich history in nation dating back 55 years to very humble beginnings in the early 1970’s.”

The Community College of the Air Force has granted over 600,000 degrees according to Dr. Shirley “and this has certainly helped with the mission readiness of our U.S. Air Force. The over ½ of a million graduates, including those of your who celebrate today play a vital role in our country. A most sincere congratulations to each of you.”

The graduation ceremony included the presentation of degrees by Col Lamarand and Col Schlabach; the awarding of the Pitsenbarger Award to SSgt RoShanda Durant, and degree conferral and closing remarks of congratulation by Col Lamarand. “You had to start at some point in your continued education process. It was a decision you made to give your lives to go further. Even if that additional step and that path was not entirely clear, as Robert Frost talked about taking that step on that path that was less traveled gave you the opportunity to go further. My challenge to each of the graduates today is to always challenge yourself to go further and to constantly seek and take advantage of opportunities when and where you see them.”

Pitsenbarger Award

Advancing Enlisted Force Education

ROD WILSON, NORTHERN SENTRY

The Air & Space Forces Association salutes the continued education and personal development of our Airmen and Guardians. As they improve themselves, they improve our Air Force and Space Force. AFA is proud to offer \$750 cash awards to deserving Airmen and Guardians to pursue a bachelor’s degree.

AFA Pitsenbarger Awards provide a one-time grant of \$750 and a one year complimentary AFA eMembership to selected top USAF and USSF enlisted personnel graduating from the Community College of the Air Force (CCAF) who plan to pursue a baccalaureate degree (only). The grants coincide with the CCAF graduation ceremonies held each Spring and Fall.

This year the David C. Jones Chapter 135 from Minot Air Force Base present the Pisenbarger award to SSgt Roshanda Durant who received her Associate Degree in Criminal Justice during

the 2025 Spring Graduation Ceremony of the Community College of the Air Force.

North Dakota AFA President Jim Simons presented the award to SSgt Durant, along with a check for \$750.00, and a copy

of the movie “The Last Full Measure” which chronicles the life of Airmen William H. “Pits” Pitsenbarger and the awarding of the nation’s highest military honor for his action on the battlefield.



Air & Space Forces Association State President Jim Simons presents the Pitsenbarger Award to SSgt RaShonda Durant for outstanding academic achievement in the Community College of the Air Force.

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Monthly Business Meeting Schedule • Meet-and-Greets
Blue Lodge - 1st and 3rd Mondays at 6:00PM
Shriners - 2nd Wednesday at 6:00PM
Scottish Rite - 1st Wednesday at 6:00PM
Eastern Star - 1st and 3rd Tuesdays at 7:00PM
Prince Hall - 2nd Saturday at 9:00AM

Statement on B-52 Flyover

MINOT AIR FORCE BASE PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. --

On Friday, July 18, at approximately 7:50 p.m., a B-52 bomber from Minot AFB conducted a flyover at the North Dakota State Fairgrounds. This flyover was a special event recognizing the city of Minot as a ‘Great American Defense Community,’ an honor that highlights the city’s strong support for the military.

The flyover was planned in advance and approved by the Federal Aviation Administration. This included the FAA’s local Flight Standards District Office, Minot International Airport air traffic control personnel, and Minot Approach Control (RAPCON).

At approximately 7:10 p.m. prior to the flyover, the B-52 crew contacted Minot Approach (RAPCON) to prepare for the flyover. Required checklists were completed, and the crew remained in contact with Minot Approach as it flew to its holding point 12 miles east of the fairgrounds. While holding, the B-52 crew communicated the flyover plan to both RAPCON and Minot International Airport’s air traffic control tower.

At 7:40 p.m., the B-52 crew advised Minot Approach they were departing the holding point for the fairgrounds.

Minot Approach directed the B-52 crew at 7:43 p.m. to contact Minot International Airport’s air traffic control. The B-52 crew contacted Minot International Airport tower and the tower provided instructions to continue 2 miles westbound after the flyover. The tower did not advise of the inbound commercial aircraft.

The B-52 crossed the fairgrounds show center at 7:50 p.m. and proceeded west as directed to clear Minot International Tower’s airspace before returning to Minot AFB.

The FAA is investigating the incident.





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Tire maintenance keeps drivers safe

Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance.

Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems. Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

• Tire pressure: The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.

• Rotation: Check the owner’s manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.

• Balancing: AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.

• Alignment: Vehicles have wheel alignment measurements that pertain to manufacturers’ specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.

Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.



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Fact File

Life Span	20 – 40 years
Weight	1,000 – 2,000 pounds
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Head and Body Length	9 ½ feet
Wild Diet	Omnivore Carnivore Herbivore Grasses, Shrubs, Leaves

Photo by Amanda Cone

BACTRIAN CAMEL

CREATURE FEATURES

- The species’ thick, brown coat changes with the seasons. During winter, it thickens to provide added insulation against the cold while large chunks of fur are shed in the summer to keep the animal cool.
- Their hairs can be more than 9 inches in length.
- They have large flat footpads which help them navigate rocky terrain and shifting desert sands without sinking.
- They can go for long periods without water. An adult camel can drink up to 30 gallons in only 13 minutes.
- A Bactrian Camel can run at speeds of 10 – 20 mph.
- Nomads in Asia depend on Bactrian Camels for wool, meat, milk and for transporting people and goods.



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Minot's Open-Air Living Room



HOPE ANDERSON

Last week, I was fortunate enough to get a little peek at the new Citizens Alley in Downtown Minot. Located just off Central Avenue and 1st Street SE, it's tucked between the old Soo Line FreightHouse and the 1st & Central Building. This area holds a special place in my heart because in the fall and winter of 2022, I got my first taste of owning a retail business by running a pop-up shop during the holiday season in the FreightHouse.

Owned by the Aksal Group and run by Local Motives, Citizens Alley is a year-round public plaza that will host community events such as concerts, markets, recreation, a winter ice rink, and more. Their first event took place recently, when the Minot Area Council of the Arts utilized the space for a Thursday evening Arts in the City gathering.

The plans for the space, and the opportunities it will bring to the community, are exciting and far-reaching. When I spoke with Jessica Ackerman, the visionary behind the space, she mentioned that the calendar is already filling up fast, with upcoming events that promise to bring new energy and fresh experiences to Downtown Minot.

So far, Citizens Alley's Facebook page has teased a few of the upcoming happenings. From Wednesday night yoga, offered by Ascend Wellness, to the Yodabest Food Truck serving during events and on Friday and Saturday evenings (weather permitting), there's already plenty to look forward to. You can follow along by searching Citizens Alley on Facebook.

The area surrounding Citizens Alley is rich with history. Just to the north sits the Soo Line FreightHouse. According to the Aksal Group website, the FreightHouse was built in the early 1910s by the Minneapolis, St. Paul & Sault Ste. Marie Railroad, commonly known as the Soo Line. The building served as a freight terminal



and distribution center, moving goods by rail to Minot and across northwest North Dakota. Freight traveled to and from the train cars on the northeast side of the building, through the same set of freight doors still visible on the southwest side.

On that southwest side, where Citizens Alley now lives, goods were once loaded and unloaded from trucks and horse-drawn carriages. The importance of the railroad to Minot's development cannot be overstated. It's the very reason we earned the nickname "The Magic City," as Minot sprang to life almost overnight in the early railroad era.

As Minot has grown and evolved, the need for intentional, community-focused spaces has become clear. The Aksal Group saw that need and took action, bringing Downtown Minot a unique and vibrant public plaza.

Keep an eye out in the coming weeks as more events unfold and a grand opening week begins to take shape.

Citizens Alley truly is Minot's open-air living room, a place to hang out, connect, catch an event, or simply wander in and feel inspired. It's one more bit of magic that makes Minot a remarkable place to live, work, and visit.



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VOLLEYBALL:
MONDAY JULY 14TH
5:00pm 91 MSOS L(1) VS 5 LRS W(2)



SOFTBALL:
MONDAY JULY 14TH
5:00pm 791 MSFS L(4) VS 891 MSFS W(20)
6:00pm 791 MSFS L(2) VS 891 MSFS W(17)
5:00pm 5th AMXS W(15) VS MUNS B L(5)
6:00pm 5th AMXS W(17) VS MUNS B L(0)

TUESDAY JULY 15TH
5:00pm 91 MSOS W(12) VS 791 MSFS L(2)
6:00pm 91 MSOS W(16) VS 791 MSFS L(4)
5:00pm 891 MSFS L(9) VS 5th AMXS W(13)
6:00pm 891 MSFS W(22) VS 5th AMXS L(9)

WEDNESDAY JULY 16TH
5:00pm 791 MSFS W(13) VS MUNS B L(4)
6:00pm 791 MSFS W(14) VS MUNS B L(2)
5:00pm 891 MSFS W(13) VS LRS L(12)
6:00pm 891 MSFS W(14) VS LRS L(6)

THURSDAY JULY 17TH
5:00pm 891 MSFS W(16) VS MUNS B L(14)
6:00pm 891 MSFS W(17) VS MUNS B L(2)
5:00pm Fire L(6) VS 705 MUNS W(11)
6:00pm Fire W(9) VS 705 MUNS L(8)



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Monday	\$5 Moscow Mules (all day)
Tuesday	\$4 ND breweries (all day)
Wednesday	½ Price Wine by the glass/bottle (all day)
Thursday	\$1 up for all Tall Taps (all day)
Sunday	BRUNCH (11am-2pm)

- \$7 TSR Bloody Mary & Caesars
- \$12 Bottomless Mimosas
- \$6 Breakfast Shots

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Tuesday	Sandwich Pack
Wednesday	Chef Creation*
Thursday	Pasta Pack

*Changes Weekly – Check our Facebook Page



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Upcoming Events

25 JULY

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

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



For more information:
Facebook/ Minot Parks/ Events

25 JULY

BRANDON FOSTER-LIVE MUSIC
9:00 PM
Blue Rider
118 1st Avenue SE, Minot

Get ready to rock downtown at the Brandon Foster Happening! Join us at the Blue Rider for some soul-stirring live music, stiff drinks, and free popcorn. It's bound to be a night to remember, so gather your crew and let's make some memories.



For more information:
Facebook/ Blue Rider/ Events

27 JULY

ARTS IN THE PARK: SOULSHINE
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 27 as the Soulshine 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!

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

31 JULY

MINOT FARMERS MARKET
9:30 AM
Oak Park
1300 4th Ave NW

Our small but mighty Thursday morning market gives you a chance to meet your farmer, your baker, and the friendly faces that make items locally. This rarely-any-lines market is a peaceful way to start your weekend and stock up on the in-season produce, ask questions about the product, and meet a new friend.

NEW FOR 2025! We are adding a food truck with hot breakfast items to the lineup. Check the monthly calendar for specific dates and details. The more you make it "your" Market day, the more we're able to add for shopping selection. Stop in! Say Hi and enjoy the easy parking!

THURSDAYS IN OAK PARK

9 AM - 12 PM



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

01 AUG

MOVIES IN THE PARK – SNOW WHITE
9:30 PM
Oak Park,
1300 4th Ave NW, Minot

Grab your blankets, lawn chairs, and favorite movie buddies—Movies in the Park is back for another season of free outdoor films under the stars! Hosted by Minot Parks, this summer series features a lineup of fun, family-friendly movies, and plenty of space to kick back and enjoy the show. It's the perfect way to spend a summer night— free and open to all ages.

MOVIES in the Park

all movies begin at sunset

SNOW WHITE
AUGUST 1, 2025 @ OAK PARK



For more information:
Facebook/ Minot Parks/ Events

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Peace Garden Celebrates Summer Floral Celebration with Handshake Across the Border

NORTH DAKOTA NEWSPAPER ASSOCIATION

In 1928, Dr. Henry J. Moore of Islington, Ontario, had a big, wild idea. A horticulturist and a teacher, he envisioned a ‘place of peace’ in the form of a beautiful garden on the border of the United States and Canada to celebrate friendship. This dreamer collaborated with the National Association of Gardeners, and in 1932, his grand concept – a garden spanning the border of two countries and two governments— opened to the public. On July 14, 1932, over 50,000 people gathered for the dedication of the cairn that stands at the Garden’s gateway

on the border between the two countries. This summer, we celebrate the peace and collaboration of our two countries with a Handshake Across the Border at 11:00 AM CT, August 9th, at the International Peace Garden. Unlike any other place in the world, the Peace Garden symbolizes the open and peaceful relationship between our nations, welcoming visitors from both sides—without barriers. Imagine hundreds, if not thousands, of Americans and Canadians shaking hands across the 49th parallel between our terraces and the Peace Chapel.

Enjoy the Garden in peak bloom at the height of its summer color and beauty! In addition to the Handshake Across the Border, we’re celebrating with a full day of events 9:00 AM - 6:00 PM with garden tours, Cruise In car show, (10:00 AM - 2:00 PM), floral design demonstrations, scavenger hunts, and other kids’ activities. Vendors will be on hand with a variety of items, including handmade jewelry, arts and crafts, baked goods, specialty drinks, and more. Visit peacegarden.com/ events to learn more. Nestled in the Turtle Mountains is a garden. A celebration of peace, a living monument to the ideals of friendship and cooperation among nations. Acres of uninterrupted prairie, forest and radiant floral gardens defined by nature, not borders. The International Peace Garden is a non-profit organization committed to advocating for peace.

International Peace Garden’s original dedication crowd in 1932.
S.J. MCKEE ARCHIVE PHOTO



International Peace Garden’s Floral Celebration 2025.



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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
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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.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

- Across
- 1. Recipe units (abbr.)
 - 5. Scent
 - 10. Hoard
 - 14. Cleveland's locale
 - 15. Vii
 - 16. Guilty, e.g.
 - 17. Sly look
 - 18. Beg
 - 19. Broadcasts
 - 20. Lingerie edging
 - 21. Make money
 - 22. Make disappear
 - 23. Construct
 - 25. Talked back
 - 26. Faintly lit
 - 28. More sharply inclined
 - 31. Bungling
 - 33. Candy on a stick
 - 38. Heavenly light
 - 39. Lodge
 - 41. Part
 - 42. Boulder's state
 - 44. Daisy's kin
 - 45. Knife or fork
 - 48. Saucepan
 - 49. Thinly scattered
 - 53. Preface
 - 55. Mete out
 - 56. Yes votes
 - 58. Umpire's calls
 - 61. Party
 - 62. Mistreat
 - 63. District
 - 64. Experts
 - 65. Letter after gamma
 - 66. Pull behind
 - 67. Forwarded
 - 68. Water vapor
 - 69. Royal address

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						69			

- Down
- 1. Turnpike charge
 - 2. Mets' bygone home
 - 3. Bit by bit
 - 4. More angry
 - 5. Facet
 - 6. Narrate
 - 7. Concluded
 - 8. Intend
 - 9. Furthermore
 - 10. Practices boxing
 - 11. Assumed name
 - 12. Stanza
 - 13. Relieved
 - 22. English nobleman
 - 24. Newark time zone (abbr.)
 - 25. Auction off
 - 26. ___ jockey
 - 27. Occupied with
 - 29. Singer ___ John
 - 30. "The Raven" poet
 - 32. For
 - 34. Tax agency (abbr.)
 - 35. Aromatic dried flowers
 - 36. Bread spread
 - 37. Cheeky
 - 39. Despise
 - 40. Keats work
 - 43. Corrode
 - 44. Key near the space bar
 - 46. Afternoon nap
 - 47. Trouser length
 - 49. Legendary stories
 - 50. Location
 - 51. Woody or Tim
 - 52. ___ beef
 - 54. Turnpikes
 - 56. Egg on
 - 57. Christmas
 - 59. Small rip
 - 60. Wise
 - 62. Commercials



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HELD OVER



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North Dakota State Fair - The Talk of the Town

BYLEIGH MCBRIDE, STUDENT JOURNALIST

The 2025 North Dakota State Fair kicked off with a bang this past weekend, delivering unforgettable memories across two action-packed days of carnival fun, mouthwatering food, and high-energy performances, despite a little rain trying to get in the way.

From sunrise to well past sundown, fairgoers of all ages flooded the fairgrounds to ride the dizzying, delightful lineup of rides. Crowd favorites like the Ring of Fire, Sky Trip, and Downdraft were back and better than ever, with lines wrapping around the midway.

For thrill-seekers, rides like Air Maxx tested nerves and stomachs alike, while the littlest visitors delighted in gentle spins on the Carousel, Dragon Wagon, and Bear Affair. With rides costing just a few credits each, the midway stayed bustling from morning until night.

It wouldn't be the state fair without the iconic food and the vendors delivered. From the very first fried Oreo to the final



Bailey Zimmerman takes center stage during opening night of the North Dakota State Fair.

sip of fresh-squeezed lemonade, the options were endless and indulgent.

Fair staples like funnel cakes, turkey legs, corn dogs, and deep-fried pickles drew big lines and

bigger smiles. Adventurous eaters hunted down spicy barbecue, loaded nachos, and artisan bratwursts, while others cooled off with slushies, shaved ice, or fruit smoothies.

Friday night brought the first Grandstand headliner: Bailey Zimmerman, who took the stage with a roar from the crowd. Opening with hits like Religiously and Rock and a Hard Place, Zimmerman's gritty vocals and lively performance set the tone for what's shaping up to be one of the Fair's best musical lineups yet.

Fans sang along word-for-word, and his energy kept the audience on their feet for the entire set. It was the perfect kickoff for the nine-night concert series.

Saturday night looked like another clear win, until the clouds rolled in halfway through Ian Munsick's set. But even as raindrops began to fall, spirits stayed sky-high.

Munsick, ever the showman, pushed through the drizzle with



A scenic view from the top of the Ferris wheel overlooks the grounds of the North Dakota State Fair.

charm and determination. His Wyoming-born country western sound, mixing fiddle-fueled ballads with modern cowboy swagger, rang out loud and clear.

From Long Live Cowgirls to emotional tracks of White Buffalo, the performance became something special. Not just a concert, but a shared experience. Soaked fans danced under the

sun, singing along in a moment that will live long past the small rain puddles.

The North Dakota State Fair runs for 9 action packed days. There will be more concerts, more rides, and more deep-fried everything through Saturday, promising small-town fun on a state-sized scale.



Minot took center stage as the city was proudly recognized as a Great American Defense Community. A delegation from the Association of Defense Communities, Gov. Kelly Armstrong, and leaders from Minot Air Force Base were on hand, while a B-52 Bomber flew overhead to honor our city's unwavering support of the armed forces.

NORTH DAKOTA STATE FAIR PHOTO

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FORAGING BASICS

Patricia Stockdill

Nowadays it's become more popularly known as foraging but it's amazing how many edible wild plants, berries, roots, and flowers can be found right under our noses.

The trick, though, is knowing how to identify them. While many wild, native plants are edible for human consumption, some aren't and they can get a person pretty darn sick.

Really sick.
For example, death camas is poisonous yet can be confused in appearance with edible wild onions. It's important when picking something resembling a wild onion to get one with typical onion aroma. If it looks like an onion and smells like an onion, it's a wild onion. But avoid it if it's odorless because it just might be poisonous.

The rule when picking and eating wild, edible plants is proper identification. If you don't know what it is, don't eat it.

When eating wild, edible plants – especially for the first time – it's also good to follow another five simple rules:

- When in doubt about a plant's identification, don't eat it. Sorry if that is repetitive but that message can't be driven home enough.
 - Don't eat anything that doesn't taste good.
 - Eat new foods only in small amounts in case of an allergic reaction.
 - Don't disguise the flavor when cooking but don't hesitate to enhance flavors with salt, butter, sauces, sweeteners, or other seasonings.
 - Don't harvest plants from any area that may have been sprayed with chemicals.
 - Never remove any native plant unless it's found in abundance and never disturb rare plants. Also know where plants can be picked when on public land – not all managing state or federal agencies allow foraging.
 - Always ask landowner permission if considering foraging on private land.
 - Always leave plenty of wild plants for critters.
- While cooking and dining on wild, edible plants can be an entertaining hobby or special treat for humans; it's survival for critters of all sizes. This rule holds true for all wild, edible plants and perhaps especially so for berries.

A look at some common wild, edible plants and berries:

- Prickly pear cactus: For the adventurous or brave folks out there – wearing good leather gloves for self-defense against spines - ripe fruit, pads, buds, and flowers during the summer can be eaten raw, cooked or dried. De-spine flower buds and roast or dry for cooking in stews. Seeds in the fall can be dried, then

roasted and ground for use in soups. Yellow flowers produce oval pinkish-purple fruits. Be careful to remove all of the spines, even the tiniest ones. There might even be tiny ones within the fruit. However, dry conditions its short growing season means fruits could be dry and unpalatable.

- Wild onion: Usable any way a garden onion is used – raw or cooked – this perennial blooms until mid-August. It's stronger than a garden onion, though, so use sparingly and be absolutely certain of its identification because of its resemblance to the poisonous death camas. Wild onion flowers are small and light purple and bulbs are about 1 to 3 centimeters in diameter.

- Chokecherries and buffaloberries are berries from two native edible shrubs. The chokecherry is the official North Dakota State Fruit. Both make awesome jelly, syrup, and wine. Look for chokecherries in late July and August but wait until after the first frost – typically sometime in September - to pick buffaloberries. The bright red fruit is bitter until frost sweetens it.

Some wild plant identification publications:

- "Edible Wild Plants of the Prairie" by Kelly Kindscher.
- "Grassland Plants of South Dakota and the Northern Great Plains" published by South Dakota State University.
- "Wildflowers of North Dakota" by Paul B. Kannowski.
- "Wildflowers and Grasses and Other Plants of the Northern Plains and Black Hills" by Theodore Van Bruggen.

In addition, go to the N.D. Game and Fish Department website, (gf.nd.gov/backyards-and-beyond/foraging) for more information.



The small berries on a buffaloberry shrub will develop into bright red edible fruit enjoyed in jelly, pies, syrup, and wine. A fall frost sweetens its flavor.

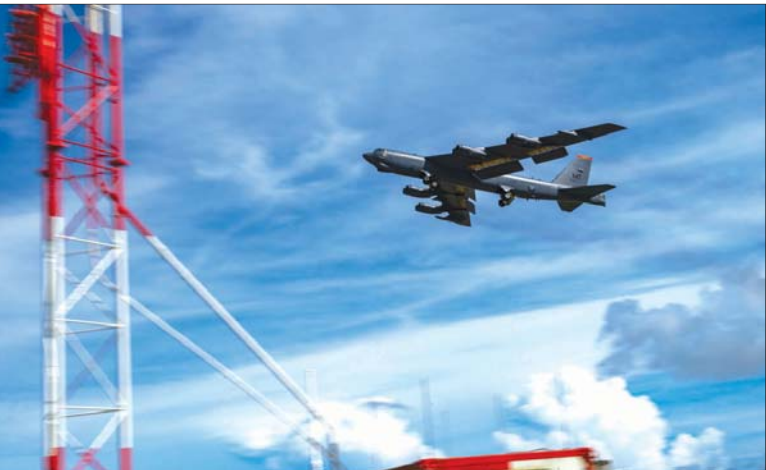
PATRICIA STOCKDILL PHOTO

BTF25 - 23RD EXPEDITIONARY BOMB SQUADRON ENHANCING READINESS

U.S. AIR FORCE PHOTO | SENIOR AIRMAN ALYSSA BANKSTON



U.S. Air Force Capt. Dylan Collins, 23rd Expeditionary Bomb Squadron B-52H Stratofortress evaluator weapons system officer, waits to board a USAF B-52H Stratofortress for a Bomber Task Force mission at Andersen Air Force Base, Guam, July 16, 2025. The BTF missions enable crews to maintain a high state of readiness, proficiency and validate the always-ready global strike capability.



A U.S. Air Force B-52H Stratofortress assigned to the 23rd Expeditionary Bomb Squadron, Minot Air Force Base, North Dakota, takes flight for a Bomber Task Force mission at Andersen Air Force Base, Guam, July 16, 2025. The BTF missions employ U.S. strategic bombers globally, supporting national and combatant commander goals through enhanced strategic capabilities.

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collective ability to immediately respond to regional security challenges. This is the third trilateral flight of 2025 between the three nations, to include a bomber escort flight in January, while a trilateral flight in June refined

defensive counter-air training. Our steadfast commitment fosters trust, strengthens cooperation, and reinforces the collective will and ability to maintain security and stability in the Indo-Pacific.



Fighter aircraft from Japan and the Republic of Korea conducted a trilateral escort flight of U.S. bombers operating in the Pacific, July 11, 2025. Two Japan Air Self Defense Force F-2 fighter aircraft and two ROK Air Force KF-16 Fighting Falcons escorted two U.S. Air Force B-52H Stratofortress bombers. The flight continues to demonstrate and train the collective ability to immediately respond to regional security challenges.

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YOUTH IN ACTION

New Logo for High School Co-Ops



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



At the Virtual Special School Board meeting on July 2nd 2025, the School Board of Minot Public School District No. 1 voted to approve the official name—Minot United—and official co-op logo, featuring an image of Half Magi/ Half Sentinel for the following Minot Public Schools co-op activities:

Boys Hockey
Girls Hockey
Boys Wrestling
Girls Wrestling
Girls Cross-country
Dance
Speech
Student Congress
Drumline

The co-op teams will not have a “mascot” name. Colors will be

any combination of Minot High School and Minot North High School Colors (maroon, gold, silver, and navy blue). In addition, new uniforms will not be issued, but a patch is in consideration. According to Superintendent of Minot Public Schools, Dr. Scott Faul, this logo was created to be “more inclusive.” Both Minot North High School students and Minot High School students are now represented together!

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.

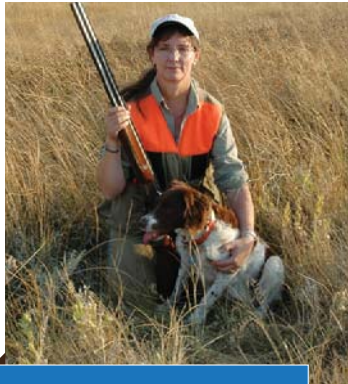


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by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, July 21: 1,834.47 feet above mean sea level (MSL); 21,800 cubic feet per second (CFS) Garrison Dam average daily releases. Devils Lake elevation: 1,448.93 feet above mean sea level (MSL). Stump Lake elevation: 1,449.06 MSL.

- N.D. Game & Fish Dept. game wardens: No Lake Sakakawea, Devils Lake, or north-central area lake reports.
- Devils Lake, Woodland Resort, Devils Lake: Best walleye success coming with spinners and bottom bouncers in 15 to 20 feet or jigs in 10 to 20 feet if working sitting on one location.
- Lake Darling, Karma C-Store, Ruthville: No new reports with lots of people at the N.D. State Fair.
- Lake Metigoshe, Four Seasons, Bottineau: Continued bluegill activity with some nice crappie mixed in off the docks in the weed beds. Best walleye activity remains in the evening with lots of recreational boating activity.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea remains fair to good for walleye with larger fish trending west towards Douglas Bay. Try 12 to 19 feet.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East end of Lake Sakakawea continues producing eater-sized walleye in 15 to 25 feet during the day pulling lindy rigs with nightcrawlers. Try mouth of Steinke Bay, 7 Sisters, or Mallard Island. Lake Audubon producing decent walleye activity in 15 to 20 feet depending on the weed edge line. Try lindy rigs or spinners with nightcrawlers.
- Lake Sakakawea, Indian Hills Resort, Garrison: Try 10 to 25 feet for walleye but move around using spinners and nightcrawlers. Also try crankbaits in deeper water.
- Lake Sakakawea, New Town:

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

- OUTDOOR NOTES:**
- 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 Derby, Lewis & Clark State Park east of Williston, 11 a.m.
 - Aug. 6: Pronghorn applications due.
- TOURNAMENTS:**
- July 26: Lake Sakakawea, White Earth Bay; Devils Lake, Creel Bay.
 - Aug. 1: Devils Lake, Spirit Lake Casino Marina.
 - Aug. 2: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Sakakawea State Park; Devils Lake, Round Lake Bay.
 - Aug. 8: Lake Sakakawea, Fort Stevenson State Park.
 - Aug. 8: Devils Lake, Creel Bay; Lake Sakakawea, White Earth Bay; Lake Sakakawea, Van Hook Arm.

Weather fronts moving in and out creating inconsistent walleye success throughout the Van Hook Arm.

- Lake Sakakawea, Van Hook Bait & Tackle New Town: OK with somewhat steady walleye bite in 14 to 22 feet using a variety of presentations in the Van Hook Arm.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing small walleye in the spillway channel using jigs and minnows or lindy rigs and nightcrawlers. Move around in the river itself and locate deeper holes for bigger walleye. Also try the chutes at night from boats for walleye. Continued catfish activity with some as big as 8 pounds. Some trout activity, as well. Try late evening and dark hours from shore for walleye. East end of Lake Sakakawea continues producing small walleye with better success in the morning. Try Riverdale Bluffs, points off bays, or sunken islands in 16 feet. Larger fish running in deeper water. Continued good smallmouth bass success from shore. Try 75 feet for salmon from the intake up to Deadman's Bay with some nice-sized fish showing up.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea continues clearing with improving walleye success around Lund's Landing using spinners and

nightcrawlers or crankbaits. Bigger walleye coming from Antelope Flats area. Catfish active throughout the upper end of the lake as well as the Yellowstone and Missouri rivers. Blacktail Dam fair for pike with occasional walleye. Kota-Ray continues producing rainbow trout.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No new reports from area lakes.

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

- Des Lacs River, Foxholm: Gauge height, 5.3 feet; streamflow, 5.5 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 96.96 feet.
- Little Missouri River, Medora: Gauge height, 2.97 feet; streamflow, 431 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 7.35 feet; streamflow, 55.2 CFS.
- Missouri River, Williston: Gauge height, 14.65 feet.
- Missouri River, Washburn: Gauge height, 9.94 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.47 feet.
- Yellowstone River, Cartwright: Gauge height: 64.30 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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4	5	9	6	8	1	2	3	7
2	3	8	7	4	5	6	9	1
5	6	2	9	3	7	4	1	8
3	8	7	1	5	4	9	2	6
1	9	4	8	2	6	5	7	3
9	7	5	4	1	8	3	6	2
8	2	1	3	6	9	7	4	5
6	4	3	5	7	2	1	8	9

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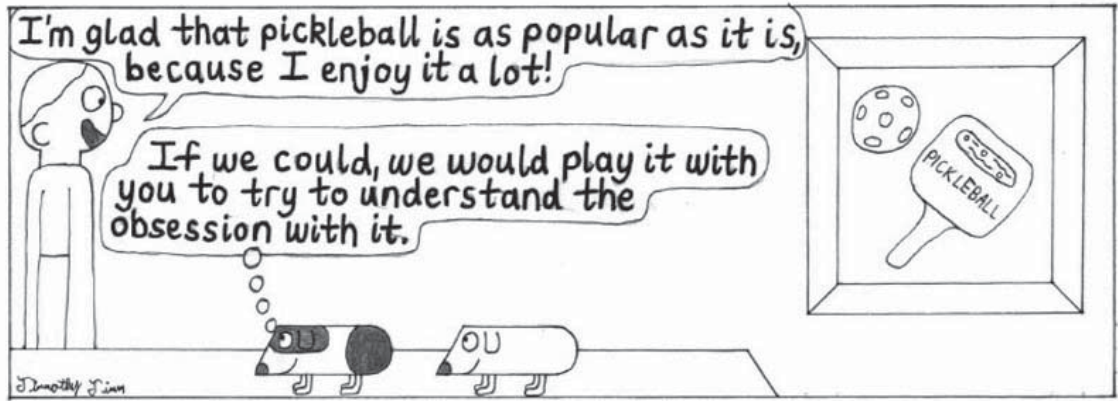
MINOT AFB ANNOUNCEMENTS

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

TIMOTHY TIMM

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A LOOK BACK
THIS WEEK IN USAF HISTORY

AIR FORCE DAY PROCLAMATION SIGNED BY TRUMAN
AUGUST 1, 1947



President Truman signs the Presidential Proclamation designating August 1, 1946 as Air Force Day. With him are Gen. Carl A. Spaatz, Commanding General of the Army Air Forces, and Lt. Gen. Ira C. Eaker, Deputy Commander of the AAF. (USAF Photo)

On August 1, 1947, President Truman signed a proclamation observing the first Air Force Day, which celebrated military airpower in the aftermath of World War II. At the time, the Army Air Forces were in charge of the nation's airpower, and the United States was beginning to understand the true potential of military air endeavours. The USAF would branch into its own service nearly one month later. Truman addressed the nation after proclaiming the first Air Force Day, saying "I remind all of our citizens that the air power of the nation is essential to the preservation of our liberty, and that the continued development of the science of air transportation is vital to the trade and commerce of a peaceful world." The last official AFD was observed on August 1, 1949.

Information courtesy of: afd.defense.gov / militarybenefits.info /

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What's Going On

Minot AFB July-Aug

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full event
details



FRIDAY 25

- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 26

- Minecraft Escape Room Game Begins, Minot AFB Library

SUNDAY 27

- Sunday Escapes Book Club, 1330, Minot AFB Library

MONDAY 28

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center
- Kids Golf Clinic, 1700-2000, Rough Rider Golf Course

TUESDAY 29

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

WEDNESDAY 30

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center

SPECIALS

Bomber Bistro Featured Item
Chicken Quesadilla

Rockers Bar & Grill Featured Item
Rockin' Chicken Sandwich

The B-Fifty Brew Featured Item
Churro Frappe

THURSDAY 31

- Registration Closes: Youth Cheer Sports, <https://parent.afcyp.com/>
- Registration Closes: Flag Football, <https://parent.afcyp.com/>
- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211

FRIDAY 01

- Registration Ends: BUFF Golf Tournament, <https://www.memberplanet.com/s/minotafbdubs/08augbuff>
- July 2025 Photo Scavenger Hunt Ends, Minot AFB Library
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Fun Fri-yay, 1600-2100, Jimmy Doolittle Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 02

- Baby and Me Storytime, 1100, Minot AFB Library
- Karaoke Battle, 1700, Rockers Bar & Grill

MINECRAFT ESCAPE ROOM GAME

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