



WHATS INSIDE THIS WEEK:



SHOPETTE 2.0: MINOT AFB UNVEILS UPGRADED EXPRESS STORE

A2



SING OUT LOUD AND PROUD!

A8



THE BEAUTY IS THERE, JUST LOOK FOR IT

A11



Roosevelt Park Zoo just got a lot more stripes and roar! July 29, 2025 was a special day as the city of Minot gathered to celebrate the official naming of four adorable new tiger cubs with the 69th Bomb Squadron having the the honor of naming them! See page B1 for more on the event.

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The “Beer Bunker,” a newly organized section of the store, provides a dedicated space to keep cold drinks chilled and easily accessible for customers.



The “Whiskey of the World” wall now separates the Shopette from Trusted Tires and Auto, marking one of the most significant updates in the remodel.



5 BW Commander Col. Lamarand and 91 MW Commander Col. Schlabach join the AAFES team for the ribbon-cutting ceremony at the Express grand opening.

NORTHERN SENTRY | KERIANNE NOEL

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Shopette 2.0: Minot AFB Unveils Upgraded Express Store with Big Celebration

NATALY ZARRELLA, NORTHERN SENTRY

Minot Air Force Base marked a major milestone on July 30th with the grand opening of its newly remodeled Army and Air Force Exchange Service (AAFES) Express, commonly known as the “Shopette.” Although the Express remained operational throughout the renovation, the celebration marked the official debut of the fully upgraded facility, a space now better equipped to serve the evolving needs of Minot’s Airmen and their families.

Store Manager Mrs. Elena Kilpatrick, who oversaw the transformation from start to finish, spoke about the project’s purpose and the commitment behind it. “The decision to upgrade the Minot AFB Express was due to our commitment to serving those who serve,” Kilpatrick said. “We’re evolving alongside the needs of our shoppers and always striving to enhance their quality of life.”

One of the biggest benefits of the Minot Express is its 24/7 service, a critical resource for Airmen working late shifts. “Being open around the clock allows us to provide consistent support to those who might not have access to food or essentials during traditional hours,” Kilpatrick explained.

The newly renovated Express offers hot, ready-to-go food, a

revamped coffee station featuring Nitro Brew, and customer service focused on convenience and care, all delivered tax-free.

Another thing that you might notice about the grand opening is the separation of the facility from the Trusted Tires and Auto. The two locations, which were once connected, are now divided by a wall and have separate entrances, giving each business its own identity and improving the customer experience.

The updated Shopette aligns with broader quality-of-life initiatives across Minot AFB, which aim to improve everyday experiences for the military community. “We want to make sure our Airmen and families have what they need, when they need it, especially with competitive pricing and quality service that they can count on,” said Kilpatrick.

Despite supply chain setbacks, weather-related construction delays, and staffing shortages, the team’s dedication to remaining open never wavered. “The hardest part was continuing to serve our customers while renovating,” Kilpatrick said. “But we leaned into our core value of serving those who serve, and I’m proud of how the team handled it.”

The remodeled Express now includes an expanded food service, highlighted by a newly dedicated

space for Hunt Brothers Pizza, a crowd favorite that has already surpassed expectations.

“We thought we were ready, but we ran out of supplies within the first week,” Kilpatrick laughed. “It was a good learning experience, and we’re now adjusting inventory to keep up with demand.”

Mrs. Kilpatrick is also actively working with distributors to bring new products to Minot AFB, expanding the variety and convenience available to customers in the months ahead.

To mark the occasion, Kilpatrick and her team hosted a community celebration with a host of giveaways and vendor support. Prizes included free Hunt Brothers pizzas, a 55” Amazon Fire TV, a Blackstone grill, an outdoor basketball hoop, and gift bags filled with snacks and samples.

“I feel like Oprah with all the stuff we gave away!” Kilpatrick joked. “It’s our way of saying thank you to the Minot AFB community.”

The grand opening of the Minot AFB Express is more than just a fresh coat of paint, it’s a symbol of ongoing investment in the well-being of the base’s Airmen and families. With upgraded amenities, extended hours, and a renewed spirit of service, the Express stands ready to meet the mission any hour, any day.



New mural at Minot AFB Express shopette captures the iconic B-52 bomber receiving mid-air refueling, a tribute to the mission and spirit of the base.



Hunt Brothers Pizza now has a newly designated area to better accommodate the growing demand for their popular pizza.

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Record July Rains Will Bring Great Outdoor Activities



**A VIEW FROM
OUR SIDE**
ROD WILSON

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MINOT AIR FORCE BASE NEWSPAPER | WWW.NORTHERNSENTRY.COM

Late in June as I looked out over my back yard I could only guess how long it would be before my lawn would succumb to the dry conditions. Hot weather and limited rainfall had made left my lawn looking like it was August. And then it happened! There were a couple of late night rains that amounted to well over 3 inches of moisture. The once forgotten lawnmower would now be dusted off and gotten ready to attack the now growing grass. Not only did the lawn benefit from the July moisture, which was near a record for Minot, a trip to the Metigoshe area, and Lake Metigoshe State Park, also revealed great camping and hiking conditions in the Turtle Mountains.

Pretty much everywhere we drove you could tell that outdoor recreation conditions had vastly improved over the past couple of weeks. Not to be a naysayer, but we may be back to normal conditions for mosquitoes. Yeah, I know, why bring it up? Well, if you are headed out to do some walking or hiking, be aware that you might want to bring along bug spray to fend off these pesky critters.

FARMER’S MARKET REPORT

My friend Anne Gates tells me that she’ll have a lot of what she had last week. Radishes, garden lettuce, kale and elderberry preserves. “Add to that crookneck squash, onions, banana peppers, onions and garlic. Plus, the

Saturday starting at 11 AM we’ll have the kids’ market so there will be kids with booths this week as well. Always a lot of fun...” according to Anne.

Another friend of mine, Elizabeth LeDoux is at the other Farmer’s Market in Oak Park and says that she has a good supply of potatoes, “Yukon Gold and Norland Reds.” And we are really lucky “we hope to bring fresh garden carrot to market this week” says Elizabeth.

MARK YOUR CALENDARS

The Brass Band of Minot has been informed that a group from the 188th Army Band will be joining us for our October 12th concert. The “The No Brass No Ammo Woodwind Ensemble” will be part of our Salute To Veteran’s concert held at Anne Nicole Nelson hall on the campus of Minot State University. “We’re super excited to have the No Brass No Ammo Ensemble join us for our Salute to Veterans concert on October 12th” said Director Wayne Schempp. “The ensemble will take center stage for about 20 minutes doing their own music and then will join the Brass Band of Minot for a couple of songs including John Phillip Sousa’s

Stars & Stripes”.

Bacon & Brew Scheduled for September 4th

The always popular Bacon & Brew will be back on September 4th according to Amanda Manuwal of the Greater Minot Zoological Society. “We have a lot of new features this year including VIP tickets, many new vendors and of course the new tiger cubs will be on display” according to Amanda. Stay tuned to next week’s Northern Sentry for a detailed interview about with more about this year’s Bacon & Brew.

BEST KEPT SECRETS

Last week we stopped at the Fort Stevenson Marina store for a “little” bit of ice cream. 1 scoop we said...with Juneberry being the most popular. We could not believe the ice cream that was piled into one little plastic cup for, get this, \$3.00. So, we are calling this a best kept secret, especially the Juneberry Ice Cream from Pride Dairy in Bottineau. It just doesn’t get any better than this.

TODAY’S CHUCKLE

It may be a free country, but you’ve still got to pay the operating expenses.



Get ready for Bacon & Brew on September 4th at Roosevelt Park Zoo.



No Brass No Ammo Woodwind Ensemble from the 188th Army Band.

Old grain elevator getting a facelift

and Faulkton, S.D., were picked in the past.

Exactly what Van Helten is painting is unclear and it’s doubtful anyone could tell exactly at this point because of the massive size of this artwork. However, if you look at some of the work Van Helten has done in the past, it’s amazing, it’s unique and none of us can imagine how someone could paint a picture that massive in their mind.

He knows exactly what he is doing. And because he is Australian, it’s obvious that most of his work has been done there. More specifically, a large percentage of his artwork is in rural Australian communities where grain elevators are called silos.

He’s painted farmers, wheat fields, livestock, first responders, teachers, nurses and some, cliché as they may seem, sunsets.

There’s one small town west of Melbourne called Brim that was just like any other rural town in Victoria until Van Helten painted a “silo” there. Now, people don’t just stop passing through. This community has become a destination for people from the city to see this massive display of Van Helten’s work.

Since he got started in Minot,

there have been several local media reports that have moved over to social media. And, as you might imagine, there are always negative comments on any subject on social media.

Why wasn’t someone locally hired? Does anybody care? Is it worth it?

First of all, those messages are meaningless and the only reason they are mentioned is because the people who made them obviously know nothing about Guido Van Helten.

Why wasn’t someone locally hired? OK, is there any artist, anywhere in the state of North Dakota, who can create artwork like this? If so, they should come forward and present themselves because there are a lot of dull and blase concrete grain elevators that could use some color and flair. Even the most popular and professional artists will tell you they can’t produce something like this.

Does anybody care? Of course, the Minot business community, people who live in the neighborhood, visitors to Minot and even North Dakota Tourism are taking a serious look at this. Right now, it’s just another elevator in downtown Minot. And for those who think nobody

cares, stop by roundabout late October into early November and see if you care at that point!

Is it worth it? Yes, Van Helten was commissioned, but what he was paid is unknown. Regardless, this man carries an impressive resume and knows exactly what he is doing. So I would submit to you that yes, any amount of money paid to Van Helten will be worth it in the end. Call anyone up in Fort Dodge and ask them.

If you are still skeptical of Van Helten or his work, I suggest you do an Internet search about him. First, you’re going to see some incredible sights in Australia. Then, you’ll see the work he’s done in the United States and finally, you’ll see that he’s done unique works of art in parts of Europe on the sides of tall office towers rather than grain elevators.

Those of us who live in and around Minot know full and well how ugly that elevator is downtown just a couple of blocks away from the Ward County courthouse and very near the downtown business district. It’s going to transform downtown Minot and you can bet tourism will be picking up.



**UPSIDE DOWN
UNDER**
MARVIN BAKER

In case you hadn’t noticed or seen this on the news, there’s a sort of art renaissance going on in Minot and this isn’t your average, every day painting.

There’s an Australian man who is in the process of transforming a downtown Minot grain elevator into a massive work of art. This man is world renowned in his profession and expects to have his work completed before it gets to cold this fall.

Guido Van Helten has visited Minot numerous times in the past two years to get an artist’s idea of what the area is like so his art represents Minot and north-central North Dakota.

It’s been said that Van Helten does one display of art in each state and for North Dakota, Minot was chosen, just like Fort Dodge, Iowa, Mankato, Minn.,



WELCOME HOME AIRMEN

This weekend, B-52H Stratofortresses completed Bomber Task Force 25-3 & returned to Minot Air Force Base, North Dakota. Thank you for your dedication, hard work and service. We're glad to have you back home where you belong!

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The power of showing up

In the beginning, I walked into Cornerstone Chiropractic because of pain.

In December 2024, when I started thinking about goals for the new year, I had one thing on my mind: giving myself a real chance at living with less pain. I decided that starting in January, I was going all in on reducing the chronic pain I'd been experiencing—and hopefully finding a path toward lasting relief.

That's why I started walking through the office doors. But I keep walking in because I discovered something even more powerful than pain reduction: wellness.

What began as a way to treat pain has become something different over the last eight months—a way to stay well. It's now part of an overarching wellness plan I'm counting on to carry me into the next phase of my life.

For years, I'd used chiropractic care (alongside other treatments), but I'd been going about it backwards—using it reactively instead of proactively. You get hurt, something feels out of place, so you go in for a quick adjustment. I was looking for instant gratification—and often got it. I'd spent so long in chronic discomfort that I forgot preventative care was even an option for this part of my health.

I see it differently now.

Now, I'm not just showing up for myself—I'm showing up for my future. In military families, we never quite know what the next season might bring, but wellness habits like this give me a sense of anchor. It's a part of life I can control. I'm no longer focused on today's pain (because, finally, I'm having pain-free days!). I'm thinking about how I can take care

of my 70-year-old self, too. It's not about chasing perfection; I'm just trying to make choices now that will serve me well in the long run.

What I've learned through my own experience—and what the team at Cornerstone teaches—is that chiropractic care isn't just for when something goes wrong. It's a powerful tool for keeping things right. That shift in mindset has quietly, but significantly, changed how I care for myself.

Instead of putting off care until things get bad, I'm learning to be proactive. To view this kind of preventative care as a worthwhile investment—like going to the dentist or scheduling regular wellness checks. Instead of running myself ragged, I've got a plan in place to maintain health, and a team of people rooting me on and keeping me accountable.

Preventative wellness isn't always flashy—and it doesn't have to be. For me, it's meant using some seriously cool technology—like FX cold laser, hyperbaric oxygen chambers, and soft wave (shockwave) therapy. Other times, it's meant struggling to lay on an orthotic pillow for three minutes each evening to begin correcting tech neck.

Sometimes the changes aren't dramatic, but they are measurable. Things like living with fewer headaches, being able to stay on my feet long enough to give my kids a haircut, or knowing I can give an underdog on the swing without regretting it for days.

That's what I've found and the science backs it up. Regular chiropractic care has been linked to improvements in immune function, reduced stress levels, better sleep, and a decreased risk of injury. It's about treating the



AMY ALLENDER

body as a whole—not just chasing down symptoms or scrambling to manage pain from a dozen directions.

And in a culture that often encourages us to push through, hustle harder, and wait until crisis hits to slow down, there's something restorative about choosing care now. Not because you're falling apart, but because you want to stay well.

I'll be the first to admit: I didn't always think this way. But one of the greatest parts of being human is the ability to learn, grow, take in new information, and change your mind. I

This rhythm of showing up has quietly changed a lot for me. It's not always dramatic, but it's effective. It's sustainable. And it's something I'm building my future on.

If you're curious about how chiropractic care might fit into your wellness routine—not just for fixing, but for sustaining—I hope you'll ask questions and explore what's out there. You might be surprised by what you find.

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

Sailing Defines Life

Hope for Sunshine & Fair Winds

ROD WILSON, NORTHERN SENTRY

The sun was about to set and put an exclamation point on a perfect North Dakota sailing day. The winds had been consistent all day at 10-15 knots, the temperature had topped out around 80 degrees and the sun had broken through intermittent white, puffy clouds.

Our boat is a Cal 27 christened Celebration by the previous owners, and you dare not change the name of boat or take the chance of years of bad luck according to those previous owners. So, Celebration it is, and Celebration it will be for as long as we own the boat.

My spouse Sue and I have owned Celebration since 2010. From bow to stern Celebration is 27 feet long and the beam (the widest part of the boat) is about 9 feet. There is a cabin with a small kitchen, everything is small on a sailboat, a head (toilet) and 2 sinks. If you look up a Cal 27 on the internet you will learn that it was designed to sleep up to 6 people.

Realistically, 4 people is pretty much sleeping capacity. For Sue and me Celebration is the perfect sized boat. Not necessarily for the creature features, but more because the 2 of us can effectively sail our boat. We also quickly learned that a 27 foot boat is easier to maintain than larger boats. Maintain? Cleaning, painting and waxing each spring getting ready to launch the boat for our summer season.

Our summer season normally starts on, or around, Memorial Day and ends sometime in late September. Our boat spends a majority of the year on a trailer in the boat yard at Fort Stevenson Park south of Garrison. An obvious question would be; Why not put the boat in earlier and take it out later, extending your sailing season? The answer: The Fort Stevenson Marina is open from May 15th to October 1st. Being as we dock our boat in the Fort Stevenson Marina, the length of our summer sailing season is determined by the lease agreement we sign each year for a slip in the marina. We love to sail, but when days get shorter and nights get longer there is less sail time and more dock time. Albeit we would certainly be happy if summer was a month longer.

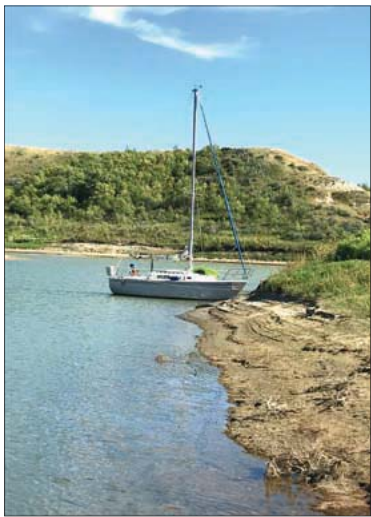
DEFINING EXPERIENCE

Sailing a boat is only part of the experience, especially on Lake Sakakawea. Lake Sakakawea, once called the Garrison Reservoir, is a man made well over 100 miles long. The lake follows the riverbed of the Missouri river, which is now, in some places, over 100 feet below the surface of the lake.

As a riverbed, it was once a valley with the Missouri River flowing through it. Technically, Lake Sakakawea is still the Missouri river, only much deeper and much wider. Some places on the lake it is



It was on our bucket list to sail under 4 Bears Bridge. We were able to check it off of our list a couple of years ago.



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Catalina Island off the coast of California is a popular destination for sailors.



The official beginning to a sailing season...launching Celebration; usually on Memorial Day weekend.



When the wind takes a break, there's always time to swim.

30 plus miles wide. It's a large body of water, but it's also a great sailing lake, one of the top sailing lakes in all of the United States. The only disadvantage is the short summer season afforded us in North Dakota. Lake Sakakawea during the summer is also a great fishing lake. It's also a great ice fishing lake start in mid-December. Local fisherman have figured out that having an icehouse, some called ice castles, gives them fishing access 12 months of the year. Boat by summer, icehouse by winter...works well for fishing, but not so well for sailing.

So, what is about sailing that defines life for sailors? Often people will joke with me about the wind in North Dakota. But a sailor will be quick to point out that even though there is a perception that North Dakota has a never ending supply of wind to power for our sails, the wind is not necessarily from

the right direction. A sailboat is designed to sail about 30 degrees off of the direction of the wind, some even less than that. What if we were not able to drive our vehicles into the wind? You want to go northwest and the wind is from the northwest. You will spend time sailing on a tack, or in a direction that is "kind of" where you want to go. I guess I can call that learning to adapt to the conditions we are given. Doesn't that sound like life in general?

Moving on I want to also make the point that there isn't always wind in North Dakota. In fact, it isn't just the odd day or two each summer when there just isn't any wind, there are actually quite a few days when the wind quits, and we aren't ready to. When that happens, it is time to take a swim off the back of the boat, lay on the front and take in a few rays, or even go underneath and read a book. Even

though there isn't enough wind to sail, there is probably enough wind to cool the cabin. Oh, did I forget that a late afternoon nap is also approved? Folks, to sail is to be flexible. The wind is never gone for good, which brings me to my next point. To sail is to be aware. Not that we aren't aware of the changing weather at home, but when you sail there are so many variables. Wind, rain, storms and heat. These factors all contribute to a heightened awareness.

Don't get me wrong, Sue & I love to sail and as such have learned a lot about life in the process. Sailing isn't turning a key and pushing a lever to make your boat go faster. Instead, it is using the resources you have, or don't have, to define your time sailing. And as they say even a bad day sailing is better than a normal day doing anything else.

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NOTES ON BEING SAFE

CAMPINGTIPS ON HOW TO PLAY IT SAFE!

As summer starts to dwindle and the warm weather suppresses to a comfortable temperature, our tendency to spend time outdoors becomes more often since winter is around the corner. From beaches to lakes to high mountain trails, packing up the family for a trip into nature proves a wonderful warm-weather venture. Special health and first-aid precautions, however, are necessary, especially when kids are involved, and especially if you plan to camp. While the following advice may ring familiar, read on: The value of a jogged memory is well worth the effort.

- THE ESSENTIALS**
- Take along plenty of water, especially when traveling to remote areas or those with a hot climate.
 - Always carry a small first-aid kit, even when taking day hikes.
 - Kids get hungry quick, especially with the open energy of the great outdoors. Pack plenty of non-perishable, calorie-dense food, such as granola bars, trail mix, hard fruit (apples are especially good), chocolates, and nuts.
 - Make sure you know the route, and bring detailed maps of the area.

CAMPGROUND BASICS

Scope out the surrounding area for any potential hazards, and identify a "kid-safe" zone that is within eyesight of your main camping area. Tell everyone that an adult must always accompany younger children when going further out, and older kids must leave notice of where they are heading.

Protect yourself and your kids against potential hazards of the woods: Wear long pants, closed shoes, and socks to avoid contact with poisonous plants and stinging creatures. Never let kids run barefoot in the woods, as this leaves the skin vulnerable to insect and snakebites, ticks, poison oak, and the general hazard of stepping on sharp objects. Always protect yourself and your children against the sun with sunscreen, hats and sunglasses, keeping in mind that harmful rays can penetrate even thick cloud covers. As with all other camping rules, be sure to explain to children why it is important to follow these safety procedures, instead of simply requiring them to do so.

Keep all food in tightly sealed

containers to avoid attracting unwanted flies and other insects. Also keep your food stash out of reach of prowling animals. Emphasize to your children the importance of not leaving any food out in the open, and of cleaning up after themselves in the woods (remind them--and yourself--never to carry out less than you carry in; this includes all trash).

Ensure to keep the campfires at minimum circumference to where it won't spread. Always keep a bucket of water close by and always ensure the fire is out before you leave the camp grounds.

HIKING

When hiking with children, make frequent stops to rest, have a snack and water, and to observe the various plants and wildlife of the surrounding area. Make a game out of trying to identify the most unusual-looking species of the wild (by sight, never by touch!).

Encourage children to carry their own daypack and water. Also equip each child with a whistle, which can be used in case of separation from the group.

OUTDOOR SAFETY

Poison Oak: Teach your kids this simple rule: "Leaves of three, let it be." Poison oak leaves grow in groups of three, almost like a largely overgrown clover. Another poison oak indicator is the roughness of the leaves' edges, which look like a small child has cut them.

If you think poison oak has come into contact with the skin, wash the area with soap and cold water (hot or even lukewarm water will open pores and increase absorption of the irritant).

Cuts and Scrapes: Any cut that punctures the skin may become infected; this tendency only increases in hot, humid weather. Make it a general rule to treat any cut or graze with an antiseptic, and refrain from using creams or ointments, as they merely keep the wound greasy. Also remove bandages and Band-Aids after bleeding has stopped; they keep wounds wet and prevent healing. If you don't have antiseptic on hand, clean and sterilize the wound by washing it with salt water.

Insect Stings: Bee, yellow-jacket, and wasp stings are generally more painful than dangerous. To relieve pain and swelling, use Calamine lotion or ice packs (ice wrapped in cloth will do just fine).

Mosquitoes: In addition to wearing protective clothing, avoid highly perfumed products and dark or brightly colored clothes, as strong fragrances and colors attract insects. Always make generous use of insect repellent, especially once dusk arrives. Remember to reapply repellent every few hours, and after swimming or exposure to rain.

U.S. Department of Agriculture studies indicate that the most effective repellent ingredient against mosquitoes, ticks, fleas, and biting flies is diethyl-meta-toluamide, commonly known as DEET. Look for DEET in topical insect repellents, and avoid repellents with a DEET content that is higher than 20 percent (10 to 15 percent for children); no more is necessary, and higher concentrations can irritate the skin.

Non-chemical alternatives for warding off mosquitoes include Avon Skin-So-Soft body oil and pure vanilla extract.

Ticks: Ticks are efficient transmitters of disease; always check your kids' and your own body after walking through a tick-infested area. If you do find one or more ticks on your own or your child's body, follow these simple steps.

The best way to remove a tick is to pull it steadily away with blunt, curved tweezers. If you don't have any tweezers, protect your hand with a plastic bag and grasp the tick with finger and thumb tips as close to the skin as possible. Do not jerk or twist the tick. When removing ticks make sure its body stays intact and is removed entirely. Any part left behind in your skin will cause inflammation and infection.

Other remedies such as Vaseline, alcohol, chlorine bleach, or oil will often persuade a tick to let go, as will a lighted cigarette end (but be careful not to burn the skin). Another removal method is to coat the tick with fingernail polish (clear or colored), which will cause it to suffocate and die. Afterward, it will

either fall off or can be brushed away or gently pulled with a pair of tweezers.

Once a tick has been removed, disinfect the affected skin with alcohol and wash hands with soap and water.

Snakes: When hiking or walking through undergrowth where snakes may be present, be sure to dress yourself and your children in boots or thick shoes with socks and long pants. Warn children not to stick their hands into holes or cracks in the ground, and always be careful while exploring. If a poisonous snake does bite someone, don't panic (snakebites don't cause instant death), but do seek medical help immediately.



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HANNAH WATERS, NORTHERN SENTRY

Cheers, music, and a healthy dose of competition filled Rocker’s Bar & Grill on Saturday August 2nd the 91st Missile Wing and the 5th Bomb Wing went head-to-head in the first round of their karaoke showdown. With a packed crowd and a \$500 check on the line, the stage was set for an unforgettable night of performances.

This event marked the first in a series of karaoke competitions between the two wings. Each month two contestants, one from each wing the 91MW and the 5 BW, will be picked to move on to the finals in January. Also, any contestant who does not win their first try, may compete again at the next monthly karaoke battle! Part morale booster, part community builder, and all-out fun, the series gives musically inclined Airmen a chance to unwind and let loose, one song at a time.

Both wings brought a mix of performers who delivered everything from soulful ballads and 2000s pop hits to hard-hitting rock anthems. Some came for laughs, others for glory, but all brought the energy.

One performer, SrA Daniel Rolon Nazario from the 791 Missile Security Forces Squadron sang an incredible rendition of “Kryptonite” by 3 Doors Down. He had the crowd in rapt attention through the song’s fruition. After his performance, he mentioned that he has a karaoke machine at home and has been practicing. TSgt Tesse Odhiambo from the 5 Force Support Squadron gave a memorable performance as well. She sang “No Scrubs” by TLC, and at one point the crowd joined in to sing the chorus along with her! She comedically mentioned she came out the womb singing. SrA Joseph Todd, from the 5 Maintenance Squadron, also performed, singing the song “Dead or Alive” by Bon Jovi. He told the crowd that he had been belting tunes since the 4th grade, and the crowd definitely could tell since his pitch was right on key! Finally, TSgt Dorian Garland, from the 5 Logistics Readiness Squadron performed a heartfelt rendition of “My Cherie Amour” by Stevie Wonder. To complete his performance he adorned some dark black sunglasses, and mimicked the deep tenor voice of Wonder himself.

The crowd at Rocker’s played a key role throughout the night, not just as spectators, but as the deciding factor in the competition. At the end of the night, audience members voted using applause and cheers. The louder the reaction, the higher the score.

The contest was neck-and-neck from the beginning. Some performances had the crowd pulling out their flashlights, while others turned the venue into a sing-along. By the end of the night, the vote was close. With one performer chosen from each squadron, TSgt Odhiambo and SrA Rolon Nazario, both snatched victory for the evening and will



TSgt Tesse Odhiambo from 5FSS, singing No Scrubs, by TLC!

continue to the finals. The night had no real losers. Both wings showed up, showed out, and showcased the kind of spirit that makes Minot AFB more than just a place to serve, it’s a place to belong.

Whether you’re behind the mic or cheering from your table, karaoke

night at Rocker’s is proving to be one of the most anticipated recurring events on base. It will be great to see how the finals turn out this January, dates are currently not announced so keep an eye of the 5 Force Support Squadron website for the dates, sign ups, and rules!



SrA Katherin Varela Loaiza after the contest ended, singing once the floor was opened to everyone!

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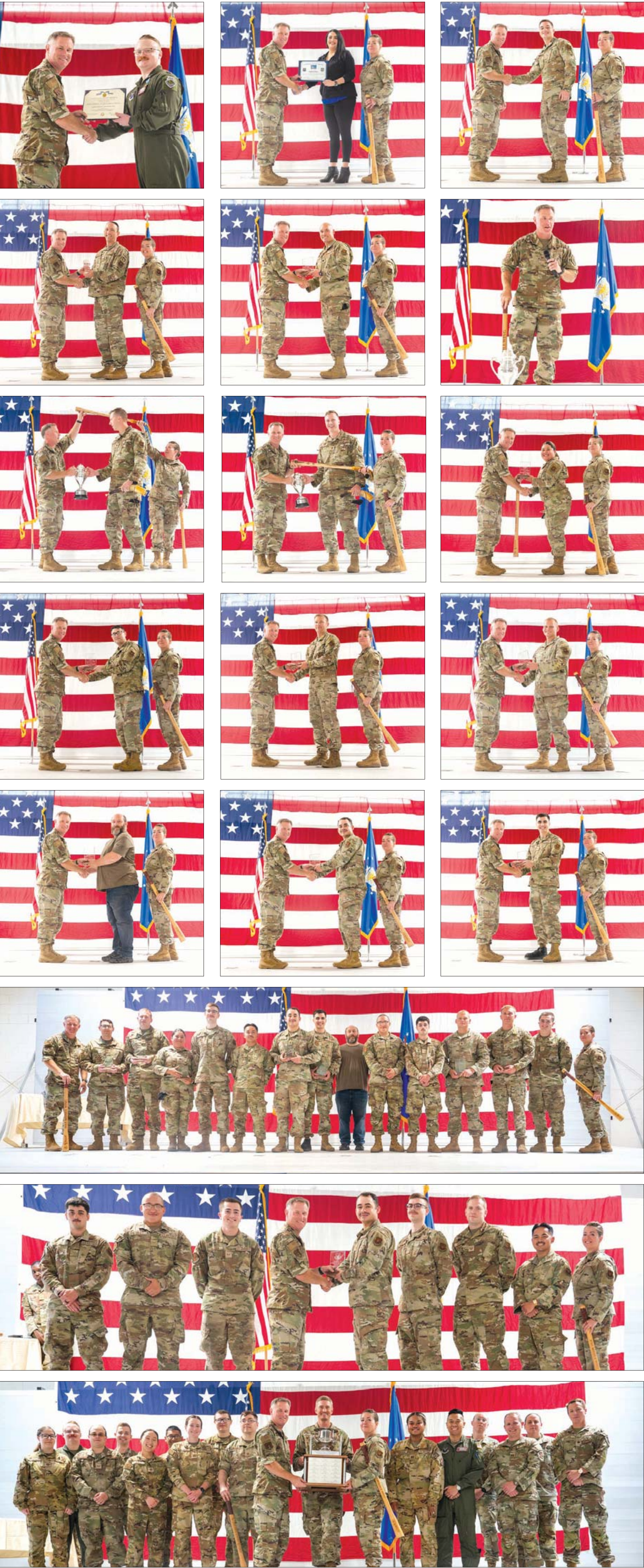
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91ST MISSILE WING 2ND QUARTERLY AWARDS


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Monthly Business Meeting Schedule • Meet-and-Greets

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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

The Beauty Is There, Just Look for It

ERIN BEENE, NORTHERN SENTRY

This article and many more are featured in the Northern Sentry’s 2025 Summer Adventure Guide, which can be found at various location on base.

What comes to mind when you’re asked to name the most beautiful state in the U.S.? Do you picture Maine’s vibrant fall foliage, Colorado’s snow-covered Rockies, or perhaps the sparkling, endless beaches of Hawaii? These destinations are well known for their breathtaking natural landscapes. But let’s take a wild guess. North Dakota probably didn’t crack your top 10, did it?

Most people don’t think of North Dakota as particularly majestic. The common image is one of flat, empty plains dotted with cows and blasted by bone-chilling wind in the winter. Honestly, that’s not entirely wrong. But this quiet, fourth-least-populated state holds a hidden kind of beauty that you don’t truly discover until you’re living in it. And that’s the magic. It’s exactly the quiet, untouched openness that makes North Dakota so unique.

The beauty here looks different. It feels different. But if you take a moment to slow down and really see it, beyond the surface, you just might fall in love with it too.

THE MOST BEAUTIFUL THINGS ABOUT NORTH DAKOTA:

THE VAST SKY.

With few buildings and little urban sprawl, the land feels almost untouched by time. On a summer day, the wind rolls softly across endless prairies, and the sky stretches wide in every direction. The daylight lingers late into the evening, almost until 11 p.m., and the air is so crisp and clean, it makes you feel fully alive.

THE PEOPLE.

There may not be a large population here, but the people who are here genuinely want to be. They’re warm, happy, and curious about you. Unlike some tourist destinations where locals grow weary of visitors or newcomers, North Dakotans welcome others with open arms. The culture is a perfect blend of Southern hospitality and Midwestern kindness, wrapped up in a strong sense of community.

THE ATTITUDE.

Yes, the winters are rough. But the summers? Absolutely dreamy. From May through September, people take full advantage of every warm, sunny day. They go camping, take fishing trips, plan lakeside getaways, or simply enjoy their backyard. Life slows down. The pace softens. There’s a shared sense of “just enjoy it” that you don’t find everywhere. It feels like a collective exhale



During the summertime, the fields around Minot blaze with gold from the yearly sunflowers.

after a long, cold season—and the joy is contagious.

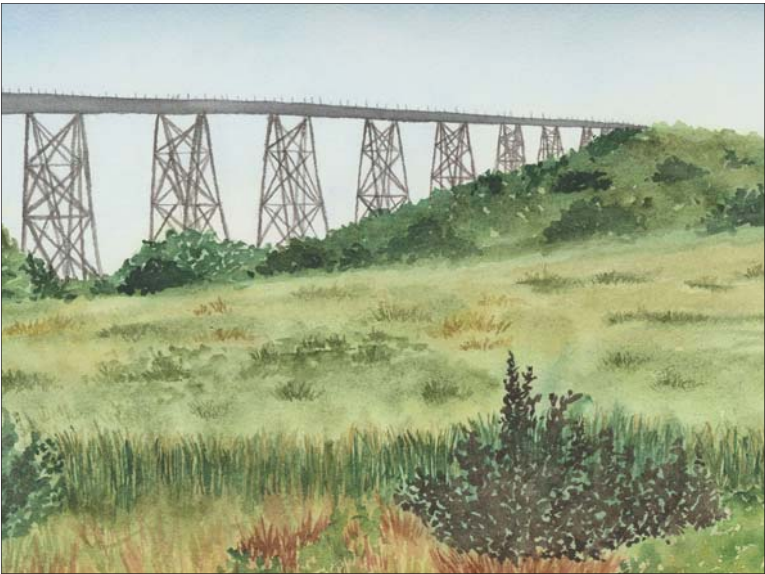
THE LAND.

Despite the old “flat and boring” stereotype, North Dakota offers a surprisingly varied landscape. A century ago, homesteaders rushed west to farm this land. Though many have moved on, their abandoned barns and buildings still stand, weathered and hauntingly beautiful. Before them, the Dakota (Sioux) and Chippewa tribes called this region home, living off the prairie, buffalo, and rivers that defined it. Today, North Dakota includes a corner of Badlands

National Park, the rolling buttes of Theodore Roosevelt National Park, and even the lush Turtle Mountains in the north.

North Dakota may not be what most would call “classically beautiful,” but that’s what makes it so special. Its beauty is raw, quiet, and deeply rooted in simplicity, and it’s something only those who live here and choose to look for it will ever truly understand.

**The images attached to this story are watercolor prints done by her spouse artist, Krystal Kennedy. Her artwork can be viewed and purchased at krystalkennedyart.com*



The Trestle Bridge. One of artist Krystal Kennedy’s favorite places to paint in Minot. She has watercolors of the bridge in every season!



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HOW LONG CAN YOU GO IN BETWEEN GETTING AN OIL CHANGE?

Keeping up with vehicle maintenance sometimes can feel like a chore, especially when you can't exactly remember the last time you took your car into the auto shop. Periodic maintenance matters in the long run so you can avoid more costly repairs down the road.

An oil change is one of the more basic services your vehicle needs to perform at its best. Oil is specifically designed to lubricate your vehicle's engine. Fresh oil helps prevent your engine from using more energy and fuel than it needs and protects engine parts from wear and tear. We'll walk you through why oil changes matter for your vehicle and how long is too long to wait in between oil change services.

WHAT HAPPENS IF YOU DON'T GET AN OIL CHANGE?

When life gets busy, it may be tempting to put things, like an oil change, on the back burner. Delaying important preventative maintenance could cost you overall. Without good engine oil, you are putting your car's engine in danger. Putting off an oil change for too long can:

Worsen engine performance: Good engine oil keeps all the parts in an engine lubricated, but as it degrades it becomes more difficult for an engine to run at full capacity. As engine oil ages in service, acids accumulate in the oil. Additive performance and protection may also fade and the oil can thicken in viscosity.
Cause costly engine damage: Neglecting an oil change long-term can have disastrous consequences. Old oil can eventually turn into sludge or deposits that can cause serious damage from a smoking engine to complete engine failure.

HOW LONG CAN YOU GO WITHOUT AN OIL CHANGE?

Now that you know how important an oil change is for your vehicle, you may be wondering what's the best way to keep up with maintenance. A lot of this depends on your type of vehicle and how you drive. The best way to stay on top of maintenance intervals is to refer to your vehicle owner manual or the oil life monitor displayed on the driver information center of your dashboard or center console.

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ANIMAL SPOTLIGHT



AMERICAN BISON

CREATURE FEATURES

- Bison are the largest land animals in North America.
- They have adapted to extreme weather conditions. Bison use their heads and hooves to dig through deep snow to reach vegetation.
- Bison are good swimmers and can cross rivers over half a mile wide.
- They have poor eyesight but acute hearing and an excellent sense of smell.
- Both male and female bison have short black horns.
- Bison are among the most dangerous animals encountered by visitors in the U.S. and Canadian National Parks.



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Photo by Amanda Crane



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69th Bomb Squadron Names Tiger Cubs, Embraces Heritage

KERIANNE NOEL, NORTHERN SENTRY

It was a perfect North Dakota summer day - sunshine and a high of 75 with just the hint of a breeze. The sounds of laughter and the occasional cries of monkeys were reverberating around the Roosevelt Park Zoo. Scavenger hunts, crafts, and carousel rides were in full swing, drawing visitors on a merry chase across the grounds. Closer to 1:00 p.m. the crowd near the renovated Amur Tiger Habitat thickened. Individuals in flight suits began to appear, congregating in groups and drawing people closer with a gravitational pull all their own.

The occasion? The naming of the Zoo's four Amur tiger cubs as part of its International Tiger Day Celebrations on 27 July. The men and women in uniform? Members of the 69th Bomb Squadron, also known as the Knighthawks. They had recently submitted the winning bids to name the zoo's most popular additions and were present to reveal the results of their deliberations. Family and strangers alike gathered to watch. As two banners were unfurled and four names appeared, the crowd erupted in cheers. The cubs were officially christened: Buffy and Afkai for the females; Brogan and Koshmar for the males.

Representing the Knighthawks and presiding over the announcement and subsequent explanation of the names' significance to their unit was Captain RJ "Whiz" Quandahl. He shared, "Buffy came from BUFF, the mighty B-52's unofficial nickname. Afkai is a placeholder before aircraft receive their official callsigns on missions as well as a term we've adopted for use in the squadron to refer to certain members. 'We make Nightmares,' is the 69th Bomb

Squadron's slogan, and Koshmar is 'nightmare' in Russian. As for Brogan, I'll keep it brief, but his name is one every B-52 aviator knows... He has done great things for our community, and we cannot thank him enough." As the saying goes, if you know, you know.

When asked what inspired this plan Captain Quandahl said, "I believe one of our navigators, Captain Daniel "SNIPE" Hunt, was the first to see and share the post advertising the fundraising for their names. His message along with the initial support of our new flight surgeon Doctor Harrison Lee started it all. After that, we just had to make sure we had enough pledged donations to win all four." Organized by their squadron booster club, all donations came from members' personal funds. He noted that it was very much a team effort with nearly 40 individual donations and squadron members getting in on the spirit of things by donating amounts ranging from \$69 on up - a wink at their unit's numeric designation and an expression of squadron pride.

"The zoo has always been great to us, our families, and the community," Captain Quandahl reflected, "As with many things in Minot, the zoo punches above its weight class, and the International Tiger Day festivities did not disappoint! I was not ready for that many families to show up. Speaking for myself here, but I was so glad to see others just as excited about these cute cubs as we were!"

Some of the most excited members of the squadron were in fact the spouses and children, who love being included in squadron events and unit heritage. Spouse Marian



A proud moment: The 69th Bomb Squadron's families pose near "their" tigers.

Weaver said, "It was really moving to see the members of the 69th Bomb Squadron and their families come together with the community of Minot to celebrate and name the baby tigers." Her kids, while newer to the squadron, were quick to catch on to the excitement that a strong unit culture can generate.

Jacob Weaver, age 7, said, "My favorite tiger was Koshmar because it means 'nightmare.' It's so awesome that the 69th Bomb Squadron got to name them."

Sabrina Weaver, age 10, shared,

"I liked the name Buffy because it's cute and the scavenger hunt was really fun! We got to see all the animals."

Minot AFB lore has overlapped with the Roosevelt Zoo's before. In the 1960s when the 5th Fighter Interceptor Squadron or "Spittin' Kittens" moved to the base, they acquired two Canadian lynx kittens. Appropriately named "Spitten" and "Kitten." These were kept and bred on the base and became part of a private MAFB zoo. When the unit was finally de-activated, the

remaining lynxes "Delta" and "Dart" were donated to the Roosevelt Park Zoo.

To learn more about this slice of base history, visit the Dakota Territory Air Museum where a display honors the men and women of the 5th Fighter Interceptor Squadron. Or participate in one of MAFB Library's 'History Walks,' which feature interesting, lesser-known stories about the base, including the tale of its former zoo. The next history walk will take place on 8 August at 6:00 pm.

September 4th - 6pm to 9pm



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Three out of four cubs make their cautious debut amidst adoring zoo visitors.



How do you say "adorable" in Russian? If only Mike Brogan were here to tell us.



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Provider of the Month Feature

AUGUST 2025



MILUSKA HAKKEL

What do you enjoy most about being an FCC Provider?

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What are your interests/hobbies?

I love reading, teaching, sewing and traveling with my family when we can.

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

I would say, start slow, take your time to plan your space, the new routine, think about your family when considering your opening hours, ask questions, and don't forget to make time for self-care.

For more information about FCC, please check out the following website: <https://5thforcesupport.com/family-child-care/>

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Upcoming Events

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For more information:

Facebook/ Blue Rider/ Events

14 AUG

MINOT FARMERS MARKET

9:30 PM

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!

For more information:

<https://minotfarmersmarket.com/>

16-17 AUG

MINOT SCHEELS DOG DAYS

10:00 AM - 5:00 PM

SCHEELS South Events Lot

2400 10th Street SW, Minot

Join Minot SCHEELS in supporting our four-legged furry friends for this FREE 2-day event during the dog days of summer!

- Watch the DockDogs jumping competition
- Bounce houses from Dakota Party Rental
- Food Trucks • In-store deals on dog toys & treats

Saturday Only 12am- 4pm:

- Visit with local dog businesses and rescues!

Sunday Only 12pm - 4pm:

- Check out some local nonprofits for National Nonprofit Day & vote for your Top 3. They'll receive a donation from SCHEELS!

For more information:

Facebook/ScHEELS (Minot, ND)/Events

24 AUG

MINOT FOOD TRUCK FESTIVAL

11:00 AM - 6:00 PM

Oak Park

1300 4th Ave NW, Minot

Featuring more than 20 food trucks from around the state!

- 15 craft vendors
- 15 jumping castles
- axe throwing
- mini gold
- food eating contests and live music!

Tons of fun for the entire family! General Ticket Admission: \$5 General Admission | \$3 Students & Children (Ages 4-12) | FREE (Ages 3 & Under)

For more information:

www.minotfoodtruckfestival.com

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CROSSWORD SOLUTION

Solution to last weeks
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

- Across
- 1. Something to let off
 - 6. "That's not good"
 - 10. Sci-fi alien of '58 (with "The")
 - 14. "... ___ is the kingdom"
 - 15. Tilling tool
 - 16. City founded by Pizarro
 - 17. Angiogram image
 - 18. Porkpie feature
 - 19. Condo division
 - 20. Colorful collegians in New Orleans, La.
 - 22. Canines, e.g.
 - 23. Die down
 - 24. Central
 - 25. Batman's butler
 - 29. Keyboard feature
 - 34. Tasty mushroom
 - 35. "Leave this in"
 - 36. Ming artifact
 - 37. Ed of "60 Minutes"
 - 39. Initially
 - 41. Thieves' hideout
 - 42. Wildebeests
 - 44. Author Horatio
 - 45. Blows up
 - 47. ___ the occasion (extend oneself)
 - 48. Bachelor's last words?
 - 49. Manual reader, say
 - 51. Non-bear bear
 - 54. Colorful collegians in Syracuse, N.Y.
 - 59. Curved molding
 - 60. Roadie's haul
 - 61. Mindful of
 - 62. Lecherous look
 - 63. Matches a wager
 - 64. Promotion basis
 - 65. Vegas line
 - 66. Opie's dad
 - 67. Sassy trio?

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

- Down
- 1. Type of beetle or party
 - 2. Hammer-wielding god
 - 3. Dublin's land
 - 4. Feed the kitty
 - 5. Have good intentions
 - 6. Name of eight popes
 - 7. Pre-glean activity
 - 8. Steinbeck migrant
 - 9. Refuse to commit
 - 10. Colorful collegians in Durham, N.C.
 - 11. Script snippet
 - 12. Pass over
 - 13. Something to draw
 - 21. Crumple up paper
 - 22. Twitch
 - 24. Damon of "Saving Private Ryan"
 - 25. Don't hurry
 - 26. Ship's positioning system
 - 27. Delicate
 - 28. Colorful collegians in Lubbock, TX
 - 30. Carrots' go-with
 - 31. Coal carrier
 - 32. It's a good thing
 - 33. Like repopularized fashions
 - 35. Last word of the year?
 - 38. Waffle brand
 - 40. Legitimate target
 - 43. Took by force
 - 46. Vitamin bottle abbr.
 - 47. Toon Chihuahua
 - 50. Smart-talking
 - 51. Game in which it's illegal to play left-handed
 - 52. Like much fine wine
 - 53. Scholarship criterion
 - 54. Sign of what's coming
 - 55. Homophone for use
 - 56. Where the Vikings landed
 - 57. Presque Isle locale
 - 58. They may prevent spikes
 - 60. Big - house connection



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Minot Park District Announces Bumper Cars at The Maysa – With a New Summer Twist

The Minot Park District, in partnership with Minot Local Motives, is excited to announce the return of bumper cars to the Maysa Arena—this time with a summer twist!

Previously used on ice, the bumper cars are now equipped with wheels designed for concrete, making them perfect for summer fun. This event will take place on Tuesday, August 12, 2025, from 4:00pm to 7:00pm on the Eck Rink at the Maysa Arena. During the summer months, the ice is removed from the Eck Rink, creating the perfect venue for this event!

For just \$10 per person, participants can enjoy a 15-minute session of spinning, bumping, and laughing with friends and family. This is a family event, but riders ages 2 - 5 must ride with an adult for safety.

Pre-registration is required, and spots are limited, so don't wait to

reserve your session! Registration can be done at www.minotparks.com.

“Local Motives purchased the bumper cars to bring more winter fun to Citizens Alley, and we’re excited to see them in action this summer through our partnership with the Minot Park District. We recently added wheels designed for concrete, allowing the community to enjoy the bumper cars even when there’s no ice. Thanks to local sponsors, donors, and this partnership, it’s another way we’re collaborating to create year-round fun in Minot.” - Jessica Ackerman, Executive Director, Local Motives

Whether you’re spinning solo, bumping with friends, or creating lasting memories with your kids, this one-of-a-kind summer experience is not to be missed!

For more information, please call the Minot Park District office at (701)857-4136.

A LOOK BACK THIS WEEK IN USAF HISTORY

CAPT. JOSEPH KITTINGER BREAKS WORLD RECORDS
DURING PROJECT EXCELSIOR
AUGUST 16, 1960



An automatic camera captured Capt. (later Col.) Joseph Kittinger just as he stepped from the balloon-supported Excelsior Gondola on Aug. 16, 1960, at an altitude of 102,800 feet. (USAF Photo)

In 1959 and 1960, Air Force Capt. Joseph Kittinger performed a series of high altitude parachute jumps as a part of Project Excelsior, which tested the parachute system that would be used for pilots ejecting from high altitudes. Excelsior III was the final test on Aug. 16, 1960. Kittinger ascended to 102,800 feet by way of a helium balloon and unpressurized gondola. The ascent took over an hour. Kittinger free-fell from the gondola for 4 minutes and 36 seconds, setting the record for longest free-fall at the time. He reached speeds up to 614 miles an hour. Falling over the New Mexico desert at 17,500 feet, Kittinger deployed his parachute and drifted down for the remaining 9 minutes and 9 seconds. He also set the record for the highest parachute jump and highest speed of a human in the atmosphere.

Information courtesy of: afhistory.org / pbs.org

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SOMETIMES “WELL MEANING” ISN'T THE BEST THING

Patricia Stockdill

It's been said there is a time and place for everything. The old adage holds true for fishing, as well, especially when it comes to well-meaning anglers practicing catch-and-release. Generally, releasing a healthy fish is a noble act, especially trout.

It's just that it's not always the best for a fish, especially if reeling it from depths of 25 feet, if severely injured, or bleeding from the gills. Granted, North Dakota has numerous lakes shallower than 25 feet. But when fishing lakes such as Lake Sakakawea, working deeper water is common as summer heats up in August.

It's the time of year when fish and anglers alike head into the “dog days”. Water temperatures warm up. Species such as walleye tend to go deeper. And that means anglers follow, oftentimes switching from spinners to crankbaits with their multiple hooks.

The problem is fish coming from deeper depths likely won't survive if well-meaning and well-intending anglers release them into the water. The best advice from the N.D. Game and Fish Department is anglers should be prepared to keep a fish and chalk it up in their daily limit if caught in 25 feet of water and deeper.

It doesn't matter if it's a walleye, skipjack, northern pike, perch, or salmon.

The reason for the recommendation to keep those fish comes down to their physical makeup: Fish can experience barotrauma, a condition occurring when fish in deep water are brought to the surface quickly and gases in its swim bladder greatly expand. It typically occurs at the 33-foot depth.

Anglers should keep any fish if its eyes, vent, or stomach is protruding or expanded because those are indications of barotrauma. The bottom line: When fishing water deeper than 25 feet catch-and-keep is the recommended practice.

Never “vent” or “fizz” a fish in an attempt to save it and release it into the water. Instead, it's simply best to keep it and enjoy it as a meal – large or small. The reality is fish die from barotrauma. Releasing it simply wastes a valuable resource.

Studying catch-and-release trends is an interesting reflection on changing times. Decades ago, fishing provided food on the table. Catching a fish of any size or type meant it was going to be kept and eaten.

That fish provided a family meal – and there were fewer fish years ago in many North Dakota lakes. Back then, pike and bullheads were species most commonly on the table. Nowadays, if it's not a walleye, it's not a keeper for many anglers in the state.

Society is changing and fishing is more of a recreational activity. With so many walleye of different sizes in many lakes, anglers can be – and are – more selective of what goes into the frying pan. North Dakota typically doesn't have many regulations relating to catch-and-release for most species. Lightning Lake near Turtle Lake and the North Dakota State Fair Pond are two area exceptions where it's catch-and-release in the summer.

It's more of a societal issue than biological in the state. That's because fishing pressure isn't as great in North Dakota compared to some other states – even if at times it seems there are a lot of anglers on the water where a person wants to wet a line.

Nowadays, many anglers opt to release larger walleye rather than keeping those 5-pound and larger fish. Historically, many anglers release smallmouth and largemouth bass – North Dakotans may consider them incidental catches.

When it comes to perch, anglers tend to use a 9-inch-length as a benchmark as to whether or not it lands on the dinner table or swims another day: Less than 9 inches, it oftentimes swims. More than 9 inches is often a perch dinner.

One area catch-and-release is regulated, though, is July and August walleye tournaments. Unless tournament format provides for immediate on-the-water release, any walleye caught during those months must be kept – it's too hot for fish to survive in a live well.

Plus some species such as muskie have a minimum size limit – 48 inches, in fact – and those less than that must be released.

Basically in most instances, though, catch-and-release is an angler's choice. As we enter the Dog Days, fishing deeper water tends to be more common, especially on Lake Sakakawea's “big water”. When a fish isn't healthy enough to survive, it becomes a wasted resource – whether it's early season and the fish is severely injured or it's coming from depths of 25 feet and more, Dog Days or not.



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Lawmakers Seek Extra Scrutiny of Air Force Missile Community Cancer Concerns

CHRIS GORDON, AIR & SPACE FORCES MAGAZINE

The Air Force has spent more than two years studying cancer risks to Airmen who work with the service’s intercontinental ballistic missiles. Now lawmakers in Congress are placing fresh scrutiny on the issue and have prepared legislation that would direct the service to clean silos and launch facilities.

Draft versions of the annual defense policy bill from both houses of Congress each contain provisions regarding the safety of ICBM facilities and the Air Force’s investigation of potential increased cancer rates among those who have worked on the sites.

In the latest update to its Missile Community Cancer Study, Air Force officials said in June that they had found preliminary indications that missileers were slightly more at risk to be diagnosed with cancer than the general population.

A “health risk assessment characterizes the health risk as low but not zero,” Col. Ric Speakman, the commander of the U.S. Air Force School of Aerospace Medicine, which is running the study, said during a town hall event. “Therefore, the appropriate action is to include missile alert facility workers in an occupational surveillance.”

Congress is looking to take more action.

The Senate version of the draft 2026 National Defense Authorization Act calls for the Air Force to conduct a “deep cleaning” of its Minuteman III launch control centers every five years. There are 45 LCCs—underground crew capsules

where Airmen operate ground-based nuclear weapons—spread across Montana, Wyoming, North Dakota, and Colorado, supporting 450 silos, 400 of which are operational.

The cleaning would continue until the launch control centers are decommissioned as the new Sentinel intercontinental ballistic missiles replace the Minuteman III fleet in the coming years. Sentinel will have new and fewer underground facilities for Airmen.

The current facilities were first deep-cleaned in 2014 as a “quality of life” undertaking, per an Air Force release at the time. During the June town hall, Air Force officials said there was a “deep cleaning contract in progress.”

The Air Force also has a separate contract for the remediation of polychlorinated biphenyls (PCBs), a likely carcinogen, at ICBM facilities should the need arise in the future. Four launch control centers were found to have levels of PCBs that required remediation.

Air Force Global Strike Command said in June that its deep cleaning would increase the focus on intake and exhaust ducts and chemical, biological, and radiological filters.

A health risk assessment for current Airmen conducted by the Air Force flagged the presence of benzene, “which was detected in trace amounts in a few of the LCCs,” according to a June 5 release from Air Force Global Strike Command. PCBs and chloroform drove “a smaller portion of the increased risk,” according to AFGSC. The Air Force said the levels of benzene

and chloroform were “well below standards for remediation.”

The Senate’s language appeared to be in line with AFGSC’s current plans, though it does not spell out exactly what constitutes a “deep cleaning.”

“There is continuous cleaning by personnel and facility managers, but there is also a deep cleaning conducted,” an Air Force Global Strike Command spokesperson said. “A deep cleaning happens annually and has for years.”

The spokesperson noted there are two types of cleaning the command plans to conduct in the future and is contracted for at its wings—the regular deep cleaning, which the spokesperson likened to “extremely thorough spring cleaning”—and separate remediation of harmful substances.

“The second type of cleaning is PCB remediation,” the spokesperson said. “PCB remediation was targeted first where PCBs were found and has been accomplished. We have a contract to conduct remediation if any future PCBs are detected. This cleaning follows methods to remediate PCB levels to below threshold levels. If the area cannot be remediated, maintenance procedures have been developed to refabricate and replace contaminated panels.”


Lawmakers are also likely to examine the Air Force’s overarching study further. The House NDAA includes an amendment from Rep. Don Bacon (R-Neb.), a former Air Force one-star general, that orders the National Academies to independently review the

findings of the Air Force’s missile community cancer study as well as to run its own study of the occupational health and safety hazards facing Airmen at Minuteman III missile facilities. Those findings are due 18 months after the bill becomes law.

The Air Force has insisted that its current study, designed by the U.S. Air Force School of Aerospace Medicine, is rigorous and may wrap up before the end of the year. But the service dismissed

cancer concerns in studies in 2001 and 2005. AFGSC commander Gen. Thomas A. Bussiere has expressed public dissatisfaction with those surveys.

“Let’s make sure that we have some outside experts working with the Air Force studying cancer rates with our ICBM missions,” Bacon said in a July 30 post on X. “We want to ensure credibility and that whatever results come out, we’ve done total due diligence.”



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BOTTINEAU, ND

BABY GIRL BORN JULY 15, 2025 TO:
BRITTANY AND BRIAN LOHAN
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BABY GIRL BORN JULY 18, 2025 TO:
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TIOGA, ND



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

November is Military Family Month: Save the Date for a NEW Minot Air Force Base Family Workshop

November is designated “National Veterans and Military Families Month.” All families are unique and, arguably, military families are even more so, given their distinct challenges and mission successes. Whatever situation defines each family or “a group of persons united by the ties of marriage, blood, or adoption, constituting a single household and interacting with each other in their respective social positions, usually those of spouses, parents, children, and siblings,” they are deserving of recognition and support (“family,” Britannica, 2025).

According to the National Child Traumatic Stress Network (NCTSN), “November was first declared as Military Family Month in 1996. Since then, November has been a time to acknowledge the tremendous sacrifices our military families make. They contend with separation from their families and make adjustments to new living situations and communities.” Twenty-nine years since the founding of Military Family Month, Minot Air Force Base recognizes our military families this November in a special way.

But before I divulge our Minot Air Force Base initiative, I would be remiss to share this wonderful all-year-long resource available to military families and I encourage you to use it: <https://www.militaryonesource.mil/>. “Military OneSource is a DOD-funded

program that is both a call center and a website providing comprehensive information, resources and assistance on every aspect of military life. Service members and the families of active-duty military; National Guard and reserve (irrespective of activation status); Coast Guard members when activated for the Navy; DOD expeditionary civilians; and survivors are eligible for Military OneSource services. These services are available worldwide 24 hours a day, seven days a week; they are free to the user” (Vergun, 2021).

In November 2025, four on-base organizations—EFMP, FAP, MFLC, SL—one off-base stakeholder—Pathfinder Services of North Dakota—and the Minot Air Force Base library, come together to present hands-on activities to support Minot Air Force Base families with tips and tricks to successfully manage a number of different transitional happenings unique to our military families in one all-day “Mission: Transition – Strengthening Our Military Families” Workshop on Wednesday, November 5th, 2025 at the Jimmy Doolittle Center on Minot Air Force Base. Through careful analysis of specific trends occurring at MAFB, all presenters share their best advice for success!

Structured in one-hour increments, our workshops respect both your time and autonomy. Feel free to come to one, two, or all!

Providing hands-on activities each hour ensures active engagement, which helps facilitate learning and understanding of all material presented. This provision promotes memorable experience.

Bestowing a take-home item associated with each activity thanks each participant for their time and offers a useful tool for future transitions.

This unique Minot Air Force Base family workshop supports military family success, which then champions retention and readiness. NCTSN affirms, “Care of military families and children sustains our fighting force, and strengthens the health, security, and safety of our nation’s families and communities.” Additionally, “The Defense Department recognizes that military families have important roles to play in supporting a strong and ready force” (Vergun, 2021). Thank you, military families, for your service and please save the date for this event: a service for you!

Barnard, Alan John. “Family.” Britannica Website, 20 Jun 2025, www.britannica.com/topic/family-kinship. Accessed 13 Jul 2025.

“National Veteran and Military Families Month.” The National Child Traumatic Stress Network (NCTSN) Website, www.nctsn.org/resources/public-awareness/military-family-month#:~:text=November%20was%20first%20declared%20

as.new%20living%20situations%20and%20communities. Accessed 13 Jul 2025.

Vergun, David. “DOD Celebrates ‘National Veterans and Military Families Month.’” DOD News Website, 29 Oct 2021, www.defense.gov/News/News-Stories/Article/Article/2826192/dod-celebrates-national-veterans-and-military-families-month/. Accessed 13 Jul 2025.

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5TH MEDICAL GROUP WELCOMES NEW COMMANDER

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



U.S. Air Force Col. Shaun Westphal, outgoing 5th Medical Group (5MDG) commander (left), and U.S. Air Force Col. Michael McCarthy (right), incoming 5MDG commander, sit next to each other during the 5MDG change of command ceremony at Minot Air Force Base, North Dakota, July 31, 2025. During the ceremony, Westphal relinquished command to McCarthy.



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, presents U.S. Air Force Col. Michael McCarthy, 5th Medical Group (5MDG) commander, the guidon during the 5MDG change of command ceremony at Minot Air Force Base, North Dakota, July 31, 2025. The passing of the guidon represents McCarthy's assumption of command of the 5MDG.



U.S. Air Force Col. Michael McCarthy, 5th Medical Group (5MDG) commander, delivers a speech to Team Minot during the 5MDG change of command ceremony at Minot Air Force Base, North Dakota, July 31, 2025. McCarthy will lead a team of 300 medics who maximize expeditionary readiness by providing high quality medical and dental support.



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OUTDOOR

REPORT



by Patricia Stockdill

FISHING:
Lake Sakakawea elevation, July 28: 1,834.44 feet above mean sea level (MSL); 21,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.99 feet above mean sea level (MSL).
Stump Lake elevation: 1,499.04MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for small walleye. Try spinners and bottom bouncers with nightcrawlers. Move around in 19 to 25 feet and sort for the keepers.
- Lake Darling, Karma CStore, Ruthville: Not many reports from Lake Darling.
- Lake Metigoshe, Four Seasons, Bottineau: Bluegill activity slowed with some small walleye success yet.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued walleye success on the east end of lake Sakakawea using a variety of presentations and bait. Bigger fish coming suspended over deeper water but work anywhere from 7 to 40 feet.

- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: East of Lake Sakakawea continues producing walleye. Try 10 to 15 feet in the weeds pulling plain lindy rigs with nightcrawlers around Steinke, de Trobriand, or Centennial bays. Not many Lake Audubon reports lately.
- Lake Sakakawea, New Town: Weather fronts and the coming hot August "dog days" creating spotty and inconsistent walleye success in the Van Hook Arm.
- Lake Sakakawea, Van Hook Bait & Tackle New Town: OK walleye success in the Van Hook Arm. Fish moving deeper with some anglers switching to minnows in 20 feet farther south in the Arm. Also try crankbaits.

- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing walleye from boats down river with lots of small fish. Catfish success continues with occasional trout and salmon. Shore-fishing producing catfish and occasional walleye during the day. Better walleye success at night from shore. East end of Lake Sakakawea producing walleye but slowed during the day with better success in the morning. Try bottom bouncers with nightcrawlers around points and sunken islands around 18 feet around Riverdale Bluffs, 7 Sisters, and other points. A pattern starting to develop for salmon around 70 feet using variety of presentations. Some larger fish starting to show up. Try the Intake Structure or between Pochant and Government bays and around the spillway. Also experiment with differing depths. Continued good smallmouth bass.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea starting to clear after rains with good walleye bite around Hofflund Island. Try spinners with nightcrawlers or crankbaits. Also try White Earth Bay. Continued catfish success on Missouri and Yellowstone rivers but a little too muddy yet for much walleye activity. Look for ongoing trout success at Kota-Ray Dam along with some nice-sized largemouth bass.
- North-central/central N.D. lakes,

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:**
- Pronghorn applications now available for N.D. residents. Go to the N.D. Game and Fish Dept. website, (gf.nd.gov), for information and to apply.
 - Aug. 1: Movie in the Park, Snow White, Oak Park, Minot, 9:30 p.m.
 - Aug. 2 & 3: Car & Tractor Show, Pioneer Village Museum, Burlington.
 - Aug. 2: Farm to Table Family Fair, Oak Park, Minot, 9 a.m.
 - Aug. 6: Pronghorn application deadline.
 - Aug. 8: Yoga in the Park, Oak Park, Minot, 7 p.m.
 - Aug. 8 – 10: 9th Annual Bison Bash, Cross Ranch State Park and The Nature Conservancy Cross Ranch Nature Preserve south of Hensler.
 - Aug. 9: Movie Night, Lake Metigoshe State north of Bottineau, 8 p.m.
 - Aug. 9: Souris Valley Animal Shelter 5K Color run/1 mile walk/jog/roll Lend-a-Paw Festival with vendors beginning at 9:30 a.m., Souris Valley Animal Shelter, 1300 4th Ave. NW, Minot.
 - Aug. 9: Evening Hike Series, Sensory Hike, Fort Stevenson State Park south of Garrison, 9:15 p.m.
 - Aug. 9: Sakakawea Pheasants Forever (free) Youth Hunt, 10 a.m. More information and registration available at (events.pheasantsforever.org/events).
 - Aug. 13: Antlerless deer licenses in units 3A1, 3A2, 3F1, & 3F2 become available on first-come, first-served basis to residents and nonresidents that haven't already received a lottery license.
- TOURNAMENTS:**
- Aug. 1: Devils Lake, Spirit Lake Casino Marina.
 - Aug. 2: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Sakakawea State Park; Lake Audubon, Totten Trail; Devils Lake, West Bay; Devils Lake, Round Lake Bay.
 - Aug. 8: Devils Lake, Creel Bay; Lake Sakakawea, White Earth Bay; Lake Sakakawea, Van Hook Arm.
 - Aug. 8 & 9: Lake Sakakawea, Fort Stevenson State Park.
 - Aug. 9: Lake Sakakawea, White Earth Bay; Devils Lake, Creel Bay; Lake Sakakawea, Van Hook Arm; East Park Lake.

Towner Hdwe. Hank, Towner: Not many reports from area lakes.

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

- Des Lacs River, Foxholm: Gauge height, 5.35 feet; streamflow, 6.25 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 97.22 feet.
- Little Missouri River, Medora: Gauge height, 2.89 feet; streamflow, 3.92 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 9.13 feet; streamflow, 921 CFS.
- Missouri River, Williston: Gauge height, 14.13 feet.
- Missouri River, Washburn: Gauge height, 9.88 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.57 feet.
- Yellowstone River, Cartwright: Gauge height: 63.46 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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NOTICE

NOTICE

Minot AFB, ND-
2d Lt Jason Turner from
5th Munitions Squadron has
been appointed the
Summary Court Officer (SCO)
for the estate of
**AB SETH S. PARANA,
705TH MUNITIONS
SQUADRON.**
All claims for or against
the estate of the deceased
must be submitted to
the SCO.

For more information,
please contact
2d Lt Jason Turner:
Office Phone: 701-723-3968 ,
Email:
Jason.Turner.37@us.af.mil

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SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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MINOT AFB ANNOUNCEMENTS

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

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

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

TIMMOTHY TIMM

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What's Going On Minot AFB

FRIDAY08

- FTEC, 0730-1600, Professional Development Center
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Operation Home Front Back-To-School Brigade, 1100-1300, M&FRC
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- History Walk on the Base, 1800, Minot AFB Library

SATURDAY09

- Minecraft Escape Room Game Ends, Minot AFB Library

SUNDAY10

- Registration Closes: Basketball Camp, <https://parent.afcyp.com/>
- BUFF Tournament, 0900, Rough Rider Golf Course

MONDAY11

- AFFT, 0530, McAdoo Fitness Center
- TAP Overview, 0800-1600, M&FRC
- NCO Foundation Course, 0800-1600, Professional Development Center
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- AFFT, 1100, McAdoo Fitness Center
- Palace Chase/Front Briefing, 1400-1500, Professional Development Center
- Get Golf Ready Ladies Begins, 1700, Rough Rider Golf Course
- Craft Club, 1800-1900, Minot AFB Library

TUESDAY12

- AFFT, 0530, McAdoo Fitness Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- NCO Foundation Course, 0800-1600, Professional Development Center
- 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
- Elevate Your Relationship, 1200-1600, Sirocco Neighborhood Home, hosted by M&FRC
- Grease and Gears – Fresh Faces/Newcomers, 1730-1930, Auto Hobby Shop

WEDNESDAY13

- AFFT, 0530, McAdoo Fitness Center
- Informed Decision Seminar, 0800-1200, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- NCO Foundation Course, 0800-1600, Professional Development Center
- 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
- National Ice Cream day, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Elevate Your Relationship, 1200-1600, Sirocco Neighborhood Home, hosted by M&FRC

SPECIALS

Bomber Bistro Featured Item

Korean Hot Pork or Chicken

Rockers Bar & Grill Featured Item

Buffalo Chicken Wrap

The B-Fifty Brew Featured Item

Toasted Velvet

THURSDAY14

- AFFT, 0530, McAdoo Fitness Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- NCO Foundation Course, 0800-1600, Professional Development Center
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- Minot Myth Busters, 1045-1145, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211
- Craft Club, 1800-1900, Minot AFB Library

FRIDAY15

- Kids Bowl FREE Ends, Rough Rider Lanes
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- NCO Foundation Course, 0800-1600, Professional Development Center
- Kids Bowl FREE, 0900-1300, Rough Rider Lanes
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Progressive Bingo, 1730, Rockers Bar & Grill
- Karaoke Nights, 2100, Rockers Bar & Grill

SATURDAY16

- Minot AFB 1997 Murder Mystery Ends, Minot AFB Library
- Summer Reading Program Ends, Minot AFB Library
- Summer Reading Program Squadron Contest Ends, Minot AFB Library
- Summer Reading Program Wrap Up Party, 1300, Minot AFB Library

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11TH ANNUAL SUMMER GAMES

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