



WHAT'S INSIDE  
THIS WEEK:



5TH  
MUNITIONS  
SQUADRON  
IS READY FOR  
AFCOCOMP  
2025

A6



"HANDSHAKE  
ACROSS THE  
BORDER":  
WHERE  
NEIGHBORS  
MEET

B4



IVY  
LEAGUES  
AND  
BEYOND

C2



Members of Minot leadership and the Chapel Team cut a ribbon during the opening ceremony for the Airmen Ministry Center at Minot Air Force Base, North Dakota, Aug. 8, 2025. The Airmen Ministry Center is a space designed to foster connection, relaxation and camaraderie among Airmen of all ranks. See page A3 for more on the opening.

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



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# Honor • Educate • Inspire

## North Dakota Plans For Military Gallery

ROD WILSON, NORTHERN SENTRY

The state of North Dakota is only one of 4 states that does not, to this date, have a military museum. But according to Jackie Huber, ND National Guard Foundation President “we have a great story that needs to be told, and it needs to be told through a statewide effort like the Military Gallery that is planned to be built on the south side of the ND Heritage Center and State Museum on the State Capitol Grounds in Bismarck.”

This is the message that Huber and a group of members of the ND Military Gallery Executive Committee brought to Minot on Monday night. “The state of North Dakota has a rich and diverse military history. Our military history and stories need to be presented and shared” according to Huber “and in talking to people around the state and here in Minot we hear, it’s about time.”

With a base funding of \$39 million dollars approved by the North Dakota State Legislature and signed by Governor Kelly Armstrong during the last legislative session, the task at hand is to raise a total of \$78 million dollars. According to a brochure that was distributed to the group gathered for the Minot

presentation Huber ads “As Americans we need to remember that the freedoms we enjoy today are due to the sacrifices of those who have served in our Armed Forces. The North Dakota Military Museum will ensure our military history is shared with the hope that a whole new generation is inspired to serve our great nation.”

If the committee is successful in their fund raising efforts, the doors to this new Military Gallery and Museum will open in 2027. “I just noticed that construction signage has gone up at the site” says Huber.

There was a short video presentation to open a short information program. After that various members of the Executive Committee took turns talking about the Military Gallery and how it would feature the great military heritage of North Dakota histories of the Native American nations in North Dakota.

From the Minot Air Force Base Col’s Mike Taylor, Deputy Commander of the 5th Bomb Wing and Col Mike Suden of the 91st MW operations Group spoke on behalf of Minot Air Force Base. “We have in Minot, and North Dakota” according to Col Taylor, a very unique relationship

between not only Minot Air Force Base and the community of Minot, but also a unique relationship between all of our military and the state of North Dakota.”

There was a bit of humor as Executive Committee member Bill Peterson spoke of wanting to bring a Minuteman III missile home with him to feature in the museum “which is something we can’t do” said Col Taylor with a smile, “but we may in the future be able to provide a different missile.”

As far as education, Huber talked about how those who toured the gallery would experience all of the military history in North Dakota and will serve as a place show our kids the sacrifice and heroism of North Dakotans who have proudly served their state and nation.

The new Military Gallery will feature an outdoor amphitheater, several indoor galleries that will include an All-Services exhibit, a Native American military history exhibit, a Regimental/Conference room, a catering kitchen along with administrative offices. Included will be an event center that will be used of military functions such as large presentations and events like military balls. There will be theater areas that will also be used to tell the North Dakota military stories.

On the ND Historical Society website, the description of the new Military Gallery explains and



Architects entrance area to the ND Military Gallery.



Minot area legislators and business professionals watch ND Military Gallery presentation.

promotes this very worthwhile endeavor. This 67,000-square foot (20,000 encompassing the Military Gallery) addition to the North Dakota Heritage Center & State Museum on the state Capitol grounds will be bursting with fascinating narratives to help us understand the military’s and North Dakota’s influence around the world. You will encounter the first Native American military societies, acts of bravery, secret

missions, humanitarian aid, and pivotal moments in history. It includes a 20,000-square-foot Military Gallery plus ample space for large events, a North Dakota National Guard Regimental Room, expanded food service, and an outdoor courtyard and amphitheater.

Yes, North Dakota, it is about time that we do honor the military heritage of our great state.



Minot ChamberEDC Chairman/CEO introduces guest presenters at chamber sponsored event to introduce The ND Military Gallery to Minot residents.

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# Minot Air Force Base celebrates the opening of the Airmen Ministry Center

AIRMAN 1ST CLASS WESLEY DAVIES, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – Minot Air Force Base celebrated the grand opening of its new Airmen Ministry Center, a space designed to foster connection, relaxation and camaraderie among Airmen of all ranks. After a year and a half of dedicated planning, coordination and preparation, the center is now open and ready to serve as a hub for recreation and relaxation.

The Airmen Ministry Center was created to provide a welcoming environment where Airmen can unwind, connect and engage in activities they enjoy regardless of their position or rank. Overseen initially by the Minot AFB Chapel Team, the long-term vision is for the center to be operated by volunteers through the HOPE Program, encouraging peer leadership and sustained community involvement.

“The Airmen Ministry Center is a place of connection for Airmen to go where they can relax and connect with people,” said Senior Airman Keolani Tran Copas, a religious affairs Airman. “It’s a place where you can go and play games, relax after work or build connections.”

Inside the center, visitors will find a variety of amenities aimed at promoting relaxation and entertainment. Including an area to watch games or movies, a space with gaming computers and an area for tabletop board games. There are also spaces for eating and lounging designed to encourage casual conversation and connection.

The facility was brought to life through months of collaboration to ensure the space met the needs of the Airmen while also upholding the standards of the base. Rules have been put in place to maintain the integrity of the center, including a strict no-alcohol policy, an emphasis on mutual respect across all ranks, and expectations for cleanliness.

Whether watching a movie, playing a video game, or gathering around a table for cards and conversation,



U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, gives remarks during the opening ceremony for the Airmen Ministry Center at Minot Air Force Base, North Dakota, Aug. 8, 2025. The Airmen Ministry Center was created to provide a welcoming environment where Airmen can unwind, connect and engage in activities they enjoy regardless of their position or rank.



U.S. Air Force Col. Thomas Taylor, 5th Bomb Wing deputy commander, and Senior Airman Keolani Tran Copas, a religious affairs Airman, play a video game after the opening ceremony for the Airmen Ministry Center at Minot Air Force Base, North Dakota, Aug. 8, 2025.

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

Airmen now have a space to relax, recharge and build the connections that strengthen their community. By offering a safe

and inclusive environment, the Airmen Ministry Center aims to become a cornerstone of support and morale on Minot AFB.



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Tuesday, September 30  
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Looking for all AFA members, and potential AFA members.

For more information contact:  
Jim Bowman- [nd135.president@afa.org](mailto:nd135.president@afa.org)

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**CONTACT US**

Ted Bolton

Publisher | Advertising

701-240-5039

bagroup@srt.com

Rod Wilson

Business Development | Marketing

sentrysales@srt.com

**GRAPHIC DESIGN BY**

Nikki Greening

nsads@srt.com

**MINOT AIR FORCE BASE**

**PUBLIC AFFAIRS**

Chief of PA

Maj. Thomas Barger

NCOIC of PA

TSgt. Ryann Holzapfel

NCOIC of Command Information

SSgt. Brendan Miller

**PA Specialists**

2nd Lt. Melissa Kagels

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**NEWS SUBMISSIONS**

Northern Sentry Office

nsads@srt.com | 701.839.0946

**MAFB Public Affairs Office**

v35bw.pa@us.af.mil

701.723.6212

**MAIL**

109 Main St S, Minot ND 58701

**VIEW ONLINE**

www.northernsentry.com

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**A VIEW FROM OUR SIDE**

ROD WILSON

**northernsentry**

MINOT AIR FORCE BASE NEWSPAPER |

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Last night (Aug 11) I had the pleasure of meeting Col Mike Taylor and his spouse Amanda. Col Taylor is the new Deputy Commander of the 5th Bomb wing, transferring in from Barksdale Air Force Base. Col Taylor was representing the 5th Bomb Wing at the Military Gallery Open house held last night at the Beowulf Golf Course. As conversations normally go, we got around to “so how has it gone at Minot AFB so far” and “what have you done exciting in North Dakota so far?” Having been in Minot for only 2 months, the Taylors have had limited time to tour the area, but with that being said Amanda was really interested in possible places to visit before winter. Well folks, I did some serious thinking and came up with 4 “can’t miss” places to visit, you know the kind of places that you would feature on your Christmas Card from North Dakota. 1) Lake Metigoshe State Park- It’s only a 2-hour drive to Lake Metigoshe State Park. Within the park there are several hiking paths that have been re-built after the Northern Lights Council of the Boy Scouts of America sold their summer camp to the state of North Dakota. There are also 4, 4 season cabins that can be rented at the camp. I think of all the areas that has a variety North Dakota experiences, Lake Metigoshe State Park is the most diverse. Right now, there are a lot of summer events like canoeing



**UPSIDE DOWN UNDER**

MARVIN BAKER

It’s no question that Norwegian and German heritage get a lot of attention in North Dakota. But, there is a small building on the west side of Villard Avenue in Dickinson that packs a powerful punch when it comes to European heritage in North Dakota. Here you’ll find the Ukrainian Cultural Institute, which houses the history, the good will and of course, the culture, of the Ukrainian immigrants and their descendants who landed in western North Dakota. Native dress, wheat fields, ethnic food, the North Dakota Ukrainian Hall of Fame, how religion tied into the settlers, traditional furniture and art; let’s not forget art, especially those special Easter eggs; are all

# So Much To See...In So Little Time

and kayaking but soon fall will hit and the trees will start to display their beautiful fall color foliage. 2) Cross Ranch State Park- Located about 90 minutes south of Minot along the Missouri river, this park lets you walk amongst tall cottonwood trees that are over 100 years old. Follow the path along the river and soon you will be taken up into what was once native North Dakota prairie to the Cross Ranch. Cross Ranch is located along the only free-flowing section of the Missouri River in North Dakota. The river is bordered by some of the most extensive floodplain forests left in the state. Farther away from the river are uplands that are covered by mixed-grass prairie, a small remnant of what once covered millions of acres before agricultural development. Although the natural flow of the river has been greatly altered by the operation of Lake Sakakawea, several endangered species are found in the river and along its banks. Least terns, piping plovers and fall-migrating whooping cranes still use the sandbars in the river, Pallid sturgeon cruise its channels and bald eagles fish the waters. 3) The Pembina Gorge Recreation Area & Icelandic State Park- Located in the north eastern tip of North Dakota, the Pembina Gorge recreation area, and soon to be Pembina Gorge State Park has become a top destination for adventure seekers throughout North Dakota and the surrounding states. The Pembina Gorge State Recreation Area encompasses over 2,800 acres of public land in the Pembina River Gorge. With steep valley cliffs towering over small, isolated prairies and pocketed wetlands surrounded by the largest continuous, undisturbed forest in North Dakota, its stunning beauty is simply unmatched. Looking for recreation trails?

With over 30 miles of trails, the Pembina Gorge provides visitors with an exceptional outdoor experience. The trails at the Pembina Gorge are open to horseback riding, hiking, kayaking, mountain biking and off-highway vehicles (OHV). There are also opportunities for non-motorized recreation on groomed trails in the winter season. Kayak rentals and transportation are available by contacting the on-site staff. When fall comes to the Pembina Gorge, so do the fall colors. It’s a photographers’ dream. 4) Fort Ransom State Park- Maybe the longest trip, closer to 3 hours, Taking its name from a 1860s military fort, Fort Ransom State Park is located in the midst of the scenic and heavily wooded Sheyenne River Valley. The river provides abundant opportunities for canoeing, fishing and bird watching, while within the park can be found a short segment of the North Country National Scenic Trail. During the summer, horseback riding and camping are favorite activities, while cross-country skiing is a popular winter sport. A farmstead within the park is the setting for the annual Sodbuster Days celebration with

demonstrations and exhibits of homesteading life. Check out the many rental opportunities in the park including the modern yurts and The Percheron Wagon. The Percheron Wagon is a one-of-a-kind experience. While the Percheron has a rustic exterior, the interior is quite homey. The wagon has a king bed and a set of twin bunk beds. It also includes a refrigerator, microwave, four barstools around a wagon wheel table, heat and air conditioning. If you have questions about destinations in the area, you can always drop me an email at [northernsentry.com](mailto:northernsentry.com). I enjoy sharing...

**MUST DO EVENTS!**  
The Downtown Minot Fall Festival is only 4 weeks away. Be in Downtown Minot Saturday, September 13th from 10 AM to 5 PM. Check out [downtownminot.com](http://downtownminot.com) for more details.

**TODAY’S CHUCKLE**  
Everybody has a dream, but most of us sleep right through it.



The Percheron Wagon at Fort Ransom State Park makes for an adventurous family state.

# From the front lines to Dickinson

on display here that includes a small gift shop. There is one particular “artifact,” however, that is catching a lot of attention and it has to do with the war that is currently happening in the old country. A military flag from the Ukrainian Third Separate Assault Brigade is currently on display, autographed by Ukrainian Soldier Yurry Shyshuck, who is currently serving on the front lines near Kharkiv, a community that has been pounded by Russian aggression. Inscribed on the lower right of the flag, and written in Ukrainian, is “To actors from Les Kurbal Theater” from Yurry Shyshuck. Since the invasion in February 2022, that particular theater has been used as a shelter for displaced people. The flag found it’s way to Dickinson in a way that many of us who embrace cultural heritage will understand. Ihor and Iha Kuchynsskky came to visit their daughter Ilona who has lived in Canada since 2022. They also came to visit Carol and Bill Kulish and together, they paid a visit to the

Ukrainian Cultural Institute in Dickinson June 23 and 24. The special flag was then presented to the institute by Bill Kulish who was representing Shyshuck, his nephew. Ihor Kuchynsskky also presented a booklet from the Les Kubas Theater from 1988 with the inscription, “Warmest regards and best wishes to UCI community and members in Dickinson and North Dakota. Glory to Ukraine, Glory to Heroes!” The people at the institute are very proud of this flag that came from the front lines, not only because it came to Dickinson, straight from a war zone, but despite all the chaos going on in eastern Ukraine, Shyshuck took the time to think about people he has a special bond with in western North Dakota. If you are not familiar with Ukrainian heritage in North Dakota, a large number of immigrants from Ukraine settled in southwest North Dakota, more specifically in Dickinson, Belfield, Fairfield, New England and the rural areas around these communities. We don’t often see it in other

parts of the state, but there is a strong spiritual and heritage connection to the old country, just like with Scandinavian heritage at the the Norsk Hostfest in Minot, or Sauerkraut Day in Wishek that showcases German heritage, or August the Deuce in Mountain that keeps Icelandic heritage alive in North Dakota. There are a number of events the institute puts on annually showing the Dickinson region how important Ukrainian heritage is to North Dakota. There are numerous workshops and meals throughout the year showcasing the best of Ukraine. The events include a booth at Pride of Dakota showcases in Dickinson and Bismarck. For more information about Ukrainian heritage in North Dakota, visit ([ucitoday.org](http://ucitoday.org)) or UCI’s Facebook page for dates, places and details of events that welcomes bus tours. Inscribed on a brochure that details the library, gallery, museum, chapel and gift shop are the words, “May the people of America never forget what we owe the immigrants.” Slava Ukraini!





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

Last week, I called an impromptu family meeting at the dining room table. I came armed with a notebook, a pen, and a mission: make the most of our last days of summer before school routines return and snow threatens to fall.

“What else do you want to do before summer’s over?” I asked my kids, ready to scribble down their big ideas—day trips, movie matinees, outdoor adventures. I was poised to make dreams come true and be a hero of epic proportions.

They stared at me blankly. “Can I have a hot dog?” my youngest finally asked.

“Are you serious? You just ate lunch 20 minutes ago,” I said, incredulous.

I prodded and prompted with ideas. I offered suggestions and reminded them this was their chance to tell me what fun they wanted to prioritize before our days were filled up with school.

Still nothing.

A soft knock on the door instantly ended the meeting. The neighbor kids were outside, ready to play. My boys bolted, nearly tipping their chairs over in the process, leaving me in front of an empty page. I jotted down a short list for myself: sunflower

photos, snow cones, bison plant trail, Bismarck day trip.

The house was suddenly eerily quiet for a Tuesday afternoon. As I sat there, I realized something: my kids aren’t stressed about making the most of these final days of summer—it’s just me. I’m the one worried we’ll miss something or lose an opportunity for fun that disappears once school starts. The pressure to “live our best summer” had been pressing down on me, and I hadn’t even noticed how heavy it had become.

The truth is, the pressure to be a summer cruise director isn’t coming from my kids. In the name of summer fun, I sometimes create unnecessary stress for myself—telling myself it’s for them, when really, it’s not what they’re craving.

Sure, they enjoy trips and activities. But just as important is freedom, the lack of schedule, and ultimate flexibility. It’s having whole afternoons to play outside with friends they don’t see much during the school year—friends who don’t wander over when the snow piles high and windchills push kids inside.

It’s the thrill of a sidewalk “sale” with a toy cash register, cast off toys and rocks from the alley as “merchandise.” It’s turning the backyard into a “water park” with slip-and-slides, sprinklers, and every water gun we own. It’s scheming for hours about how to catch a garter snake, or watching minnows dart in the shallows under the walking bridge.

My kids couldn’t care less about my coordinated fun or trusty notebook. They want the kind of fun that happens



Making the most of our final days of summer doesn’t mean doing more.

AMY ALLENDER PHOTO

naturally—when the day is long, the air is warm, and no one is in a hurry.

That little non-meeting was a reminder for me to slow down, too. To take the pressure off myself to fill every square on the calendar with one last hurrah before summer slips away. Instead, I’m trying to savor these schedule-free moments, knowing that a slower pace isn’t robbing my family of memories—it’s making space for the best ones.

We live in a world that makes it easy to compare our lives to others, even our summer vacations. It can feel like if we’re not busy, we’re missing out. But the truth is, life isn’t a competition to see who can do the most. It’s a journey we’re all taking at our own pace. And I want to end this summer not with exhaustion, but with the quiet satisfaction that we enjoyed it well.

Yes, I’ll still be sneaking off to The Shack for a snow cone.

But this year, I’m not measuring summer by how many “things” we did. I’m measuring it by how often we laughed, how much time we spent together, and how fully we enjoyed what was right in front of us.

In the end, the best way to make the most of summer might be to slow down and let it happen.

*For more on living well and embracing life in North Dakota visit [amyallender.com](http://amyallender.com) or join me on social media @HeyMinot.*

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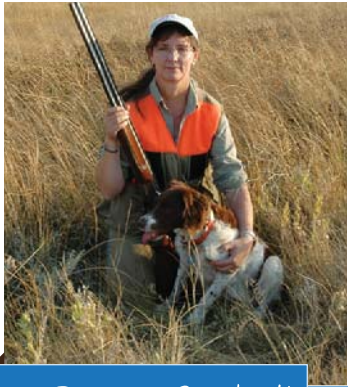
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by Patricia Stockdill

**FISHING:**  
Lake Sakakawea elevation, Aug. 11: 1,833.95 feet above mean sea level (MSL); 21,300 cubic feet per second (CFS) Garrison Dam average daily releases.  
Devils Lake elevation: 1,448.91 feet above mean sea level (MSL).  
Stump Lake elevation: 1,448.88 MSL.

- N.D. Game & Fish Dept. game wardens:
- Devils Lake, Woodland Resort, Devils Lake: Continued good numbers of small walleye pulling nightcrawlers and bottom bouncers in 20 to 25 feet. Move around to locate larger fish.
- Lake Darling, Karma C-Store, Ruthville: Not much activity on Lake Darling.
- Lake Metigoshe, Four Seasons, Bottineau: Continued fair bluegill and crappie activity. Try early morning or late evening for walleye.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing walleye in 10 to 20 feet using a variety of presentations. Move around with generally fair success throughout the area, including the bays themselves.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Decent walleye bite around 7 Sisters and Mallard Island on the east end of Lake Sakakawea using plain snells and bottom bouncers with nightcrawlers or minnows. Try Riverdale Bluffs working over to Deadman's Bay in 70 feet and deeper for salmon. Lake Audubon fair to good for smallmouth bass using top water swim baits or tubes. Work the weeds with plain snells and bottom bouncers with nightcrawlers or minnows for some decent walleye activity.
- Lake Sakakawea, Indian Hills Resort, Garrison: Try the south side across from the resort in 25 to 35 feet for walleye with bass in with the walleye and shallower. Also try

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

- Aug. 15: Early Canada Goose season opens. Go to the N.D. Game & Fish Dept. for regulations.
- Aug. 16 & 17: Dog Days (free), Scheels South Event Lot, Dock Dogs jumping competition, bounce house, and more in support of dogs and dog rescue organizations, 10 a.m.
- Aug. 16: BBQ Cook-off & activities, Minot Masonic Center, 10 a.m.
- Aug. 20: Swan applications due.
- Aug. 25: Zumba in the Park, Oak Park, 7 p.m.

**TOURNAMENTS:**

- Aug. 16: Lake Darling, West Landing #1; Lake Sakakawea, Indian Hills Resort; Lake Sakakawea; Sakakawea State Park; Upper Missouri River, Lewis & Clark Bridge.
- Aug. 19: Lake Sakakawea, Van Hook Arm.

Deepwater Bay in 25 to 35 feet.

- Lake Sakakawea, New Town: No new reports.
- Lake Sakakawea, Van Hook Bait & Tackle New Town: Inconsistent weather creating inconsistent walleye success but anglers still finding walleye in the southern end of the Van Hook Arm. Try Fox Island or around Shell in 20 to 30 feet using deep-diving crankbaits or jigging Raps with a switch to minnows if using live bait presentations.
- Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing catfish and walleye in the main river channel. Try jigs and minnows or spinners or nightcrawlers. Chutes producing a mix of catfish and walleye at night but inconsistent activity. Try casting crankbaits at night for walleye from shore. East end of Lake Sakakawea spotty for walleye with fish scattered in a variety of depths, likely due to inconsistent weather. Try Wolf Creek, 7 Sisters, or Centennial, Douglas, or Steinke bays. Continued smallmouth bass success working bays and rocky points Try Fisherman's Point in Sakakawea State Park or rocky areas along the dam from shore for smallmouth bass, as well. Salmon remain spotty with most numbers coming from 70 feet and deeper. Try Government Bay.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea slowed for angler numbers but those

going are finding some walleye success using crankbaits. Also try spinners and nightcrawlers. Try White Earth Bay or Hofflund Island. A few walleye starting to show up on the Missouri and Yellowstone rivers with continued good catfish success. Kota-Ray Dam continues producing nice largemouth bass success.

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

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

- Des Lacs River, Foxholm: Gauge height, 5.22 feet; streamflow, 1.96 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 97.5 feet.
- Little Missouri River, Medora: Gauge height, 2.48 feet; streamflow, 174 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 8.38 feet; streamflow, 497 CFS.
- Missouri River, Williston: Gauge height, 14 feet.
- Missouri River, Washburn: Gauge height, 9.65 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.83 feet.
- Yellowstone River, Cartwright: Gauge height: 63.18 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.

# 5th Munitions Squadron is ready for AFCOCOMP 2025

AIRMAN 1ST CLASS ANTHONY RAMEY,  
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D.

The 5th Munitions Squadron (5MUNS) is ready to compete in the Air Force Combat Operations Competition (AFCOCOMP) at Beale Air Force Base, California, from Aug. 11-15.

AFCOCOMP is an annual competition that pits conventional munitions maintenance Airmen from major commands across the Air Force in a battle against one another for munitions supremacy. This year, nine teams will face off in a nine-event contest designed to test everything from teamwork and precision to endurance and adaptability.

"This competition prepares us for the bigger fight," said Tech. Sgt. Joshua Richardson, conventional maintenance section chief and returning team lead. "If we were called to action and you needed a team to go out there and build a munitions conveyor, put together a bunch of bombs, and deliver them to the flightline as fast as possible, you'd want this team."

"The Minot AFB 5MUNS team, representing Air Force Global Strike Command for the second year in a row, is aiming to win first place. After narrowly missing first place last year by a single point to Seymour Johnson AFB, the team is determined to take the top spot in 2025."

"This year, we're coming back sharper," said Senior Airman Kerry Harrington, a conventional maintenance crew chief. "We're cutting down our times, reducing deficiencies, and dialing in our team coordination. We've trained

hard for this."

The team has been conducting repeated Munitions Assembly Conveyor (MAC) builds, trailer crossloads, spontaneous ordnance build drills, and constructing munitions such as GBU-54s, GBU-56s, and MK-82 conicals - many of which could appear in competition events.

One of their most recent drills featured a timed assembly of 12 conicals and two GBU-56s, the kind of mission-critical repetition that turns muscle memory into wartime readiness. "It's more than just speed," said Harrington. "We're focused on proficiency, safety, and doing things the right way the first time."

Each AFCOCOMP team consists of 10 members, ranging in rank from Airman Basic to Master Sergeant. The events test not just technical know-how, but the ability to operate efficiently under pressure in simulated contingency environments.

"We're going to be challenged with building things like the GBU-32 and handling AIM-9X and AIM-120 missiles we don't use here," said Richardson. "But our team has experience. Several members, including myself, have worked with those systems before at other bases, so we're ready to adapt."

"This squadron has 13 different sections," said Richardson. "This group of Airmen doesn't usually work side-by-side. But over the last two months, they've become one unit: smooth, fluid, locked in. I'm proud of that."



An Airman assigned to the 5th Munitions Squadron (5MUNS) tightens the fuses on the back of a MK-82 conical munition at Minot Air Force Base, North Dakota, August 4, 2025.

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U.S. Air Force Airmen from the 5th Munitions (5MUNS) huddle after completing a training event at Minot Air Force Base, North Dakota, August 4, 2025. 5MUNS is training in preparation for the Air Force Combat Operations Competition, where they will compete against other munitions squadrons in munition building exercises.



U.S. Air Force Airman 1st Class Zachary O'Shei, 5th Munitions Squadron (5MUNS) crew member, tightens the nose plug on a MK-82 conical munition at Minot Air Force Base, North Dakota, August 4, 2025. 5MUNS will compete in the Air Force Combat Operations Competition designed to test adaptability and technical sharpness.

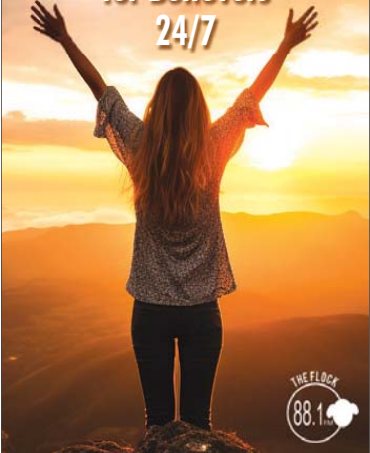


U.S. Air Force Airmen from the 5th Munitions Squadron (5MUNS) build a MK-82 conical munition at Minot Air Force Base, North Dakota, August 4, 2025. 5MUNS built the MK-82 conical in preparation for the Air Force Combat Operations Competition, where they will compete against other munitions squadrons in munition building exercises.

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

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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](http://afhistory.org) / [pbs.org](http://pbs.org)

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# Why is tire rotation so important?

Vehicle owners need to keep maintenance on the mind to ensure their cars and trucks are operating at peak capacity. Various components should be checked and serviced at key intervals. Oil changes and fluid top-offs are part of routine maintenance, but it can be easy to forget about other important parts of the vehicle, including tires.

Rotating tires is vital to their upkeep. Bridgestone Tires advises that tire rotation involves routinely repositioning a vehicle's tires in specific patterns from front to back and side to side. According to Big O Tires, the front tires tend to wear on the outside edges because the tire leans over when a driver turns a corner. The rear tires just follow the front ones, so they usually wear more evenly. By leaving tires in place, the outside edges on the front tires will wear down much faster than the rest and those tires will need to be replaced sooner. Rotation may be required by tire warranties. Rotation also keeps the tires working properly.

Experts generally advise tire rotation every 6,000 to 8,000 miles, even if they do not show any signs of wear. It is challenging to determine if weather treads are uneven or how much wear has been sustained just by looking at them. Rotating tires can prolong the life of tires and decrease how frequently they need to be replaced.

Rotating tires keeps the tread depth uniform and helps maintain traction and consistent handling across all four tires. Bridgestone says the tire rotation pattern that is best for a particular vehicle depends on the type of tire being used. Patterns are recommended by the standardizing body of the tire industry, called The Tire and Rim Association, Inc. Individuals can consult with professional mechanics about the proper way to rotate tires. Many tire manufacturers or automotive stores that have sold customers tires also will do tire rotations - some free of charge.

In addition to proper traction, minimizing uneven tire treads causes the vehicle to be more balanced, advises Wrench, a mobile auto repair and maintenance company. This enables the driver to have more control even when roads are slippery. Many auto service centers will then align and balance tires after they have been rotated. At this time the mechanic will likely check brakes as well, since it is easy to see and reach them when the tires are off.

Tire rotation is an important component of vehicle maintenance. Check with a qualified automotive professional to see if it's time to have your vehicle's tires rotated.



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# ANIMAL SPOTLIGHT

## BLACK AND WHITE RUFFED LEMUR

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- Lemurs are one of the great pollinators of the world! These Lemurs have developed a fascinating relationship with the Traveler's Palm Tree. When they pull apart the bracts of the tree to forage, the pollen sticks to the Lemur's fur and is carried to the next tree.
- Black and White Ruffed Lemurs are one of the only primates to make nests and commonly give birth to twins or triplets.

**Fact File**

Life Span	14 - 16 Years
Weight	7 - 10 pounds
Height	17 - 22 inches
Tail Length	22 - 25 inches
Body Length	20 - 22 inches
Wild Diet	Omnivore Carnivore (Herbivore) Fruit, Leaves, Seeds, Nectar, Flowers

Photos by Amanda Gane

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TEAM MINOT HOSTS EIGHTH CONSECUTIVE BACK-TO-SCHOOL SUPPLIES BRIGADE FOR STUDENTS

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



Backpacks sit on a table for the Back-to-School Supplies Brigade at the Youth Center on Minot Air Force Base, North Dakota, Aug. 8, 2025. During the event, the families that registered to receive a free backpack chose one to fill with school supplies and take home.



(L-R) U.S. Air Force Master Sgt. Timothy Boggess, 91st Security Forces Squadron operations superintendent, U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander, and Chief Master Sgt. Becky Thomas, 91MW command CMSgt, pose for a photo at the Youth Center on Minot Air Force Base, North Dakota, Aug. 8, 2025. During the Back-to-School Supplies Brigade, on-base and off-base families with military dependent children from kindergarten to 12th grade received a free backpack and school supplies.



Military families interact with on-base and off-base organizations during the Back-to-School Supplies Brigade at the Youth Center on Minot Air Force Base, North Dakota, Aug. 8, 2025. Through Operation Homefront's Back-to-School Supplies Brigade, military children receive free back-to-school supplies to jump start the school year.



(L-R) U.S. Air Force Col. Jimmy Schlabach, 91st Missile Wing commander, Monica Schlabach, Schlabach's spouse, and Natalie Lamarand, spouse of U.S. Air Force Col. Jesse Lamarand, 5th Bomb Wing commander, check off families during the Back-to-School Supplies Brigade at the Youth Center on Minot Air Force Base, North Dakota, Aug. 8, 2025. This year, over 200 families registered to receive a backpack for the upcoming school year.



Operation Homefront cutouts sit on a table during the Back-to-School Supplies Brigade at the Youth Center on Minot Air Force Base, North Dakota, Aug. 8, 2025. The Back-to-School Brigade is a nationwide campaign by Operation Homefront that collects and distributes school supplies to eligible service member dependents.



Lynda LaFond, Minot Air Force Base Environmental's natural and cultural resources manager, hands out nature-themed stickers to children during the Back-to-School Supplies Brigade at the Youth Center on Minot Air Force Base, North Dakota, Aug. 8, 2025. This year is the eighth consecutive year Minot AFB hosted the Back-to-School Supplies Brigade.

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CROSSWORD SOLUTION

Solution to last weeks  
Crossword puzzle.

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

SUDOKU

Solution to puzzle on page C5

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

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CROSSWORD PUZZLE

Across

- 1. Super Nintendo guy
- 6. Guy who may pay the Czech?
- 10. Some soccer watchers
- 14. Bedeck
- 15. One-fourth of a '60s pop group
- 16. Invisible emanation
- 17. Start of a reformed debtor's quip
- 20. Large amount
- 21. Theatredom's Old \_\_\_\_
- 22. Anti-theft devices
- 23. Amneris' rival
- 25. Go AWOL
- 27. Kind of fly or flower
- 30. To put it briefly
- 32. Sighing sounds
- 33. Man of Steel's accessory
- 34. Word with tire or fuel
- 36. Attic
- 38. Part 2 of the quip
- 40. Tourist-trap art
- 42. They're set by a doctor
- 43. Outpost
- 44. Da, translated
- 45. Wallops
- 49. Prompt
- 50. Is melodramatic
- 53. Lamb alias
- 54. \_\_\_\_ up (paid)
- 56. Candle or X ending
- 58. Printer's dashes
- 59. End of the quip
- 63. Medical ritual
- 64. Artery blocker
- 65. Point of view
- 66. 128 cubic feet
- 67. Words said with a nod
- 68. Did a coyote impression

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					
								39						
40	41							42						
43						44				45		46	47	48
49				50	51				52		53			
		54	55					56		57		58		
59	60							61				62		
63						64				65				
66						67				68				

Down

- 1. Festooned cocktail
  - 2. Be a neighbor to
  - 3. Doctors make them
  - 4. Org. with many inspectors
  - 5. Airing
  - 6. Period since 1957
  - 7. Terhune's dog
  - 8. Depression vendors' wares
  - 9. Bravery
  - 10. False face
  - 11. Hornswoggle
  - 12. X-ray relative
  - 13. Marsupial pocket
  - 18. Didn't go seek
- 19. A fraction of some plays
  - 24. Highly esteemed
  - 26. Ice cream alternative
  - 28. It is naked, in a Desmond Morris title
  - 29. Nevertheless
  - 31. He eulogized Julius
  - 33. Defoe survivor
  - 35. "Yuck!"
  - 36. Mixologist's staple
  - 37. They get shuffled around
  - 38. Crepe paper strip
  - 39. Sierra Nevada lure
  - 40. Col. Sanders' legacy
  - 41. Promissory note
- 44. Is in peak singing condition?
  - 46. First Estate
  - 47. Ignite
  - 48. Answered impudently
  - 50. List shortcut
  - 51. "Gracias" counterpart
  - 52. Parked oneself
  - 55. Wall St. patroller
  - 57. Striker's anathema
  - 59. Kind of symbol
  - 60. "Aye" dropper?
  - 61. Pseudonymous surname
  - 62. Literary collection



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TSgt Devon Ashton is a part of the 741st Missile Squadron and works as a Missile Alert Facility Manager. He ensures the upkeep, maintenance, and operability of a \$13M nuclear facility, supervising personnel from various AFSCs.

TSgt Ashton has been crushing it as a Missile Alert Facility Manager and Site Senior for F-01 Missile Alert Facility. He has multiple quarterly wins for MAF of the Quarter, setting a high standard for excellence. He’s also been hand-selected to serve as the unit’s interim NCOIC, taking on the vital responsibility of ensuring continuity of nuclear operations for 84 personnel. He’s even been leading the charge on getting \$10K of brand-new gym equipment for five Missile Alert Facilities.

I joined the military because my father served in the Air Force, and I wanted to continue the family line of service to my country. I sought to find a sense of purpose in doing something that I believe is truly meaningful.

“The one thing in your career I can guarantee is change. The Air Force is always changing; your duty station will change, your leadership will change, and your home will change. You will have hard times in your career, but it WILL change, and you may find yourself in the good times. If you find yourself burnt out or worn down, keep your head held high. Know your job, do your job well, and you will find yourself in better circumstances soon. Lastly, remember, the harder you work, the luckier you will get. Work hard, and doors will open for you. Keep an eye out for those open doors; they can be easily missed.”




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# NORTHERN CELEBRATIONS

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### THE “BIG LAKE”

Patricia Stockdill

OK, it’s not anywhere near the size of the nation’s five Great Lakes. And, yes, other natural lakes across the United State make it seem, well, not all that massive of a water body.

But in all honesty, the first time a person drives across the U.S. Highway 83 embankment dividing Lake Sakakawea and Lake Audubon, that body of water on the west side of the highway – Lake Sakakawea - seems to stretch an awfully long ways.

And flying over it? It is kind of a large body of water.

Especially considering this is North Dakota and the Northern Great Plains. With the exception of Devils Lake, most of the state’s natural lakes are small to mid-sized “kettles”, typically created by receding waters from glaciers once blanketing the region.

The lake region in the Turtle Mountains has a nice share of small lakes, fishing treasures among its wooded hills.

Other larger lakes are generally earthen-dam reservoirs created by impounding rivers –like Lake Darling on the Upper Souris National Wildlife Refuge, for example. Lake Ashtabula near Valley City is another mid-sized reservoir on the Sheyenne River. Likewise for Jamestown Reservoir, appropriately on the James River.

Even many of the state’s smaller lakes are reservoirs although places like Buffalo Lodge Lake or Antelope Lake are natural water bodies dotting the prairie.

But back to Lake Sakakawea, named after the Shoshone Indian woman who helped guide the Lewis and Clark Expedition of 1804 through 1806 in search of a Northwest Passage.

The issue with the lake’s name is its spelling differs from what many historians generally consider the proper spelling of her Shoshone name - Sacagawea.

Sakakawea is the spelling believed to be - sort of - close to the Hidatsa meaning of “Bird Woman”. The confusion stems from the fact that Hidatsa isn’t a written language. North Dakota’s official policy is to use the Sakakawea spelling, mainly based on early 1900s research of her name which translates into “Bird Woman” in both Shoshone and Hidatsa.

North Dakotans even pronounce it differently.

Lake Sakakawea is one of six Missouri River impoundments, a river beginning at the confluence of three southwestern Montana rivers – Gallatin, Jefferson, and Madison, near Three Forks, Mont. Roughly 2,341 miles long, the Missouri is the longest river in the U.S. – yes, even longer than the Mississippi.

Lake Sakakawea is the third largest man-made earthen reservoir in the country. It’s also the largest of the Missouri River reservoirs starting with Fort Peck in northeastern Montana. South Dakota claims the other four - Lake Oahe, Lake Sharpe, and Lake Francis Case, with Lewis and Clark Lake touching both South Dakota and Nebraska.

Here are some quick facts underscoring the size of Garrison Dam:

- Not counting the dam’s spillway on its east end, the dam itself is 11,300 feet long; it’s maximum height 210 feet.
- The maximum width at the dam’s base, including its berms, is 3,400 feet wide.
- Fort Union clay shale lays beneath the dam and embankment, which consists of 66.5 million cubic yards of rolled-earth fill – a lot of dirt.
- The dam has 1.5 million cubic yards of concrete.
- Its 1,336-foot-long spillway has 28 tainter gates, each one measuring 40 x 25 feet.
- The dam has one intake structure, 179 feet wide and 249 feet high. It’s 540 feet long.
- There are five hydropower generation tunnels and three regulating tunnels. Five tunnels are 24-feet in diameter, one is 26-feet, and two are 22-feet in diameter.

Here’s a look at Lake Sakakawea:

- Four major tributaries feed the reservoir – Missouri, Milk, Yellowstone, and Little Missouri rivers.
- Its upstream drainage basin covers 123,900 square miles.
- Lake Sakakawea is 178 miles long at full pool -1,850 feet above mean sea level (MSL).
- Its shoreline covers 1,340 miles when its elevation is only 1,837.5 MSL.
- Maximum depth is about 180 feet

It’s not a great ocean or amazing natural watery wonder.

But it’s North Dakota’s “Big Lake” prairie gem.



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# “Handshake Across the Border”: Where Neighbors Meet

NATALY ZARRELLA, NORTHERN SENTRY

On the morning of August 9, 2025, beneath a gray, drizzling sky, a quiet sense of anticipation settled over the International Peace Garden. The day began with rain, but almost as if nature itself understood the significance of the event, the clouds began to part just as the event was set to begin, clearing the way for a celebration that would bring two nations quite literally hand in hand.

This year marked the first Handshake Across the Border, a symbolic and heartfelt gathering at the garden that sits directly on the U.S.–Canada border, between North Dakota and Manitoba. The purpose was simple yet powerful: to bring people from both countries together in a moment of unity, reflection, and celebration.

Despite the early morning rain, spirits weren’t dampened. As the event officially began, the drizzle slowed to a light mist, and soon smiles, laughter, and conversation replaced the quiet sound of falling raindrops.

The International Peace Garden, founded in 1932, has long stood as a living testament to the enduring friendship between Canada and the United States. It spans 2,339 acres of manicured gardens, natural forest, and symbolic monuments, with no fencing dividing the two countries, just a physical and emotional reminder of peace and cooperation.

This year’s Handshake Across the Border felt especially timely as international relations have been marked with tension and division recently.

Tim Chapman, CEO of the International Peace Garden, shared the vision behind the event in an interview with the Northern Sentry. “This was something we wanted to put together this year, given the political rhetoric of both nations,” Chapman explained. “This place is meant to bring people together, and we felt it was time to create something that symbolized that in a very real, human way.”

When asked whether an event like this had ever been held before, Chapman said no one on the current staff could recall anything similar. “Maybe a few decades ago there was something close, but not quite like this. We hope it becomes an annual tradition.”

For Chapman, the importance of the event goes beyond symbolism.

He highlighted real-world examples of cross-border cooperation that often go unnoticed. “Our military and first responders are a great example of how the U.S. and Canada work together. Things like NORAD, joint disaster response, and fighting wildfires, Canada helps America, and vice versa.”

One of the most powerful aspects of the event was the wide range of people who came from both sides of the border, each with a unique story and reason for attending. Many came out of curiosity. Others, like two women from Bismarck, North Dakota, came with deeper intentions.

“We haven’t been to the Peace Garden in years,” one of them shared, “but the handshake event is what brought us back today.”

Her voice trembled slightly as she explained further: “I just feel awful about the way Canada has been treated lately. We’re here to support our neighbors because they have been great neighbors for a long time.”

The emotion in her words captured the essence of the day: this wasn’t about politics or policy, it was about people. About showing up, reaching out, and being human together.

Another compelling voice at the event was Ken Pilon, a United States Marine Corps and National Guard veteran with deep ties to both countries. His story is a living example of the interconnectedness that defines the U.S.–Canada relationship.

“I served four years in the Marine Corps and three years in the National Guard during the Desert Storm era,” Pilon shared. “I’m originally Canadian. My mom

Side by side at the International Peace Garden, Canadian and American flags waving in harmony, a symbol of lasting friendship and peace.

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Hundreds gathered at the International Peace Garden to take part in the Handshake Across the Border, celebrating friendship, unity, and peace between nations.

married a U.S. immigration officer, so we moved here, and I’ve been here ever since.”

When asked what brought him to the event, Pilon didn’t hesitate: “Just to show people that we can still get along. Things are kind of divided nowadays. I have family in Canada and the U.S., so I see both sides.”

He paused before continuing, adding a philosophical note: “It’s kind of interesting to see both perspectives. Of course, we have ours, but they get upset with things too. I try to stay neutral, see things clearly. This event is nice because we get to see two nations come together. Sometimes I wonder, our border is so big and hard to protect... Should we even have a border at all, or should we just be one?”

His remarks struck a chord with many attendees who, like him, straddle two identities, two countries, and one deeply interwoven history.

Beyond the emotional and political layers of the event, Handshake Across the Border was also simply a joyful community gathering. Local vendors lined parts of the garden, offering handmade goods and delicious food. Families participated in a cross-border scavenger hunt, children ran among the flowers, and strangers struck up conversations that turned into friendships.

There were hugs, handshakes,



A powerful moment captured, hands united across borders, symbolizing the friendship between Canada and the United States.

and photos taken right on the border line. People asked each other where they were from, discovered mutual connections, and shared stories of past visits to the garden.

It was clear that the event had touched something deeper, a desire for connection that transcends national identity. Many attendees lingered long after the official programming had ended, soaking in the atmosphere and submerged in conversation.

If Chapman and his team have their way, Handshake Across the Border is just the beginning.

“We’re hoping that every year we can get it bigger and bigger,” he said. “This event shows what’s possible when we put human connection first. It’s about neighbors showing up for neighbors.”

As the sun finally peeked through the clouds in the late afternoon, casting warm light over the border line that cuts through the garden, it illuminated more than just the landscape, it shone on a moment of hope.

A handshake may be a simple gesture, but on this day, in this place, it meant everything.



Holly Radtke from Williston, ND shows her cross-border spirit at Handshake Across the Border, proudly wearing an “I love Our Canadian Neighbors” shirt.



Even the pups joined in the fun last weekend—sharing a handshake of their own at Handshake Across the Border!

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BABY BOY BORN JULY, 25, 2025 TO: AMBER AND RYAN JONES MINOT	BABY GIRL BORN JULY, 30, 2025 TO: MEGDALYN AND BRETT JOHNSON MINOT, ND
BABY GIRL BORN JULY, 26, 2025 TO: MADISON AND ANTHONY RICHARDS SURREY, ND	BABY BOY BORN JULY, 30, 2025 TO: AUTUMN AND HENRY SAVELKOL MINOT, ND
BABY BOY BORN JULY, 26, 2025 TO: EDEA RONDON AND TYLER DEE MAFB, ND	BABY GIRL BORN JULY, 31, 2025 TO: CONNIE ALLISON MINOT, ND
BABY GIRL BORN JULY, 28, 2025 TO: JESSICA AND BRANDON POITRA ROLLA, ND	BABY BOY BORN AUGUST 1, 2025 TO: RACQUEL SLAWINSKY WELLINGTON, ND
BABY BOY BORN JULY, 28, 2025 TO: PAIGE AND ADAM SAUCIER MINOT, ND	BABY BOY BORN AUGUST 1, 2025 TO: VANESSA AND LOWELL JOHNSON JR. PALERM, ND
BABY GIRL BORN JULY, 28, 2025 TO: MANDY SWAIN AND AKIN JO ROLLA, ND	BABY BOY BORN AUGUST 2, 2025 TO: ALEXIS JACE DELONG BELCOURT, ND
BABY BOY BORN JULY, 28, 2025 TO: DARLA AND ERIC BLAIR MINOT, ND	BABY BOY BORN AUGUST 7, 2025 TO: ROBIN AND JULIO PEREZ MAFB, ND

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5:00pm	Muns B	L(5)	VS	5th SFS	W(10)
6:00pm	Muns B	L(1)	VS	5th SFS	W(15)

TUESDAY AUGUST 5TH

5:00pm	91 MSOS	(W)	VS	Fire	(L)
6:00pm	91 MSOS	(W)	VS	Fire	(L)
5:00pm	791 MSFS	W(10)	VS	705 MUNS	L(9)
6:00pm	791 MSFS	L(3)	VS	705 MUNS	W(4)

WEDNESDAY AUGUST 6TH

5:00pm	Muns A	W(28)	VS	5th SFS	L(25)
6:00pm	Muns A	W(28)	VS	5th SFS	L(13)
5:00pm	91 MSOS	W(16)	VS	891 MSFS	L(7)
6:00pm	91 MSOS	W(14)	VS	891 MSFS	L(1)

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**EVENTS THIS WEEK**

<b>PROJECT: CONSTELLATION – LIVE MUSIC</b> Friday, August 15 at 9:00pm	<b>\$6 HAMM’S &amp; GRILLED CHEESE</b> Tuesday, August 19 at 4:00pm
<b>ST. PATRICK SWAYZE DAY</b> Sunday, August 17 at 4:00pm	<b>TRIVIA NIGHT</b> Wednesday, August 20 at 7:00pm
<b>PULLTAB HAPPY HOUR</b> Monday, Tuesday, Wednesday, 4:00pm-6:00pm	<b>FREE NACHOS</b> Thursday, August 21 at 4:00pm-close
	<b>MICHAEL NIENHAUS - LIVE MUSIC</b> Friday, August 22

**HOURS**

<b>Mon/Tue/Wed/Thu</b> 4:00pm - 1:00am	<b>Fri/Sat</b> 4:00pm - 2:00am
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# Upcoming Events

**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

**20 AUG**

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

Bring your quarters to buy your chances at free drink questions, and as always, earn style points and Blue Rider respect for creative team names. Why? Because it's Wednesday. And that means Minot's toughest trivia game is on!! Starts at seven.

And feel free to bring your appetite; we've got Jimmy's Pizza, grilled cheese, pop-tarts and peanuts!

**For more information:**  
Facebook/ Blue Rider/ Events

**21 AUG**

**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!

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

**24 AUG**

**MINOT FOOD TRUCK FESTIVAL**  
**11:00 AM - 6:00 PM**  
Oak Park  
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**For more information:**  
[www.minotfoodtruckfestival.com](http://www.minotfoodtruckfestival.com)

## NEW Community at the Northern Sentry

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**For more events visit our online Community Calendar at [www.northersentry.com/calendar/](http://www.northersentry.com/calendar/)**

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**Protestant Community Service Times:**  
Traditional Service 9:00am  
Breakfast Fellowship 10:00am  
Contemporary Service 11:00am  
(Holy Communion 1st Sunday)  
Children's Church available

**Northern Lights Chapel**  
230 Missile Ave  
*(across from Rockers)*

**Catholic Mass**

Sunday 1000  
Daily Monday-Friday 1200

**Open Circle** (Wiccan/ Neo-Pagan)  
1000 on 1st & 3rd Saturdays

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1700 on 2nd & 4th Wednesdays

### St. Peter The Aleut Eastern Orthodox Church

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**Saturday, August 16**  
5PM, No Vespers

**Sunday, August 17**  
10AM, Congregational Prayer Service



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**Sunday Worship**  
8:15am Traditional Service  
9:30am Contemporary Service  
9:30am Adult Bible Study  
11:00am Contemporary Service (w/Livestream)

**Sunday, August 24**  
10:00am Outdoor Worship Service  
11:00am Potluck Picnic



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Worship ..... 10:30 a.m.

[www.trinitychurchminot.org](http://www.trinitychurchminot.org)



**Bible Fellowship Church**

**Worship Service**  
10:45am Sundays

**Sunday School**  
9:45am

1720 4th Ave NW, Minot  
838-0916  
[MinotBibleFellowship.org](http://MinotBibleFellowship.org)



**Vincent United Methodist Church**

**1024 2nd St. SE • 838-4425**  
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Sunday School ..... 9:00 a.m.  
Sunday Worship Service .... 10:00 a.m.  
Fellowship..... 11:00 a.m.

[www.vincentumc.com](http://www.vincentumc.com)



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[Northlandharvest.com](http://Northlandharvest.com)



**Cornerstone Presbyterian Church**

**1000 NE 3rd Street 852-0315**

**Sunday Schedule**  
Contemporary Worship ..... 9:00am  
Sunday School (All Ages) ..... 10:00am  
Traditional Worship ..... 11:00am

**Wednesday Evening Schedule**  
Community Dinner ..... 5:30-6:30pm  
Contemporary Worship ..... 6:30pm  
Youth Group & Small Groups.. 7:15pm  
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[www.cornerstoneminot.com](http://www.cornerstoneminot.com)



**Faith United Methodist Church**

**5900 Highway 83 N, Minot**  
[www.faithumcminot.com](http://www.faithumcminot.com)

**Pastor Rick Craig**  
701-838-1540

Sunday School (All Ages): 9:45 a.m.  
Sunday Coffee Fellowship: 10:30 a.m.  
Worship Services: Sunday 11 a.m.



**Immanuel Baptist Church**

**1615 2nd St. SE**  
[www.ibcminot.org](http://www.ibcminot.org)  
701-839-3694

**SUNDAY**  
9:30am Coffee Fellowship  
10:00am Worship  
**WEDNESDAY**  
11:30am Soup Kitchen  
**Pastor Brian Keithline**

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**St. John the Apostle Catholic Church**

  
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**839-7076**

Daily Mass Schedule:

Tuesday ..... 5:15 p.m.  
Wednesday - Friday ..... 7:00 a.m.  
Saturday ..... 5:00 p.m.  
Sunday ..... 8:00 & 10:30 a.m.

*Fr. David A. Richter, Pastor*  
Parish website: [www.stjohnminot.com](http://www.stjohnminot.com)



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11:00 am

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Sunday School ..... 9:45 a.m.  
Morning Worship .... 11:00 a.m.  
Evening Worship ..... 6:00 p.m.  
Wednesday Evening..... 7:00 p.m.

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Pastor David Miller



**Cross Roads Baptist**

**Southern Baptist Convention**

Sunday School (all ages) ..... 9:45 a.m.  
Sunday Worship ..... 11 a.m. & 5:30 p.m.  
Wednesdays (Prayer & Missions) ... 6:30 p.m.

[www.minotcrbc.org](http://www.minotcrbc.org)  
email: [minotcrbc@gmail.com](mailto:minotcrbc@gmail.com)  
**Gabe McCormick- Pastor**

**415 28th Ave SE (Behind Menards) 838-1873**



**West Minot Church of God**  
*Family Worship Center*

**1105 16th St. NW • 839-1407**

Sunday School ..... 9:30 a.m.  
Sunday Worship ..... 10:30 a.m.  
Children's Church & Nursery  
Wednesday Family Training Hour  
Meal..... 5:30p.m.  
Classes for All Ages ..... 6:30 p.m.  
Youth Center, Friday..... 7:00 - 11:00 p.m.  
ABC Child Care Center ..... 852-6352

[westminot.com](http://westminot.com)  
[facebook.com/westminot](https://facebook.com/westminot)

**St. Mark's Lutheran Church**  
*Missouri Synod*

**Sunday Divine Service**  
9:30 AM

**Sunday Bible Study**  
11:00 AM

**Reverend Philip Beyersdorf**  
2209 4th Avenue NW, Minot, ND  
839-4663  
[www.minotstmarks.com](http://www.minotstmarks.com)  
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Children's Church ..... 11:05 am.  
Wed. AWANA (Sept. to May) ..... 6:30 p.m.  
Fridays, Celebrate Recovery ..... 7:00 p.m.

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NOTES ON BEING SAFE

SUN AND SUMMER SAFETY

Being outside on a warm, sunny day is one of life’s great pleasures. The sun generates light which is the fuel that plants use for photosynthesis. This is the process by which plants create their energy. We, in turn, depend on plants for the food we eat and the oxygen we breathe. The sun’s infrared rays keep us warm and its visible light is what we use to see by, but getting too much sun can be dangerous.

Some people feel that if they tan well, they’re protected from the sun’s harmful rays. But, while it’s true that fair-haired, blue-eyed people are most prone to burning, and therefore are more susceptible to the sun’s rays, even “healthy” tans are really damage control – they’re your body’s way of trying to protect itself from the sun. In other words, there’s no such thing as a healthy tan.

The sun, however, is also very important to our health. It provides us with vitamin D (which we need for our bones), and it can lift our spirits. In fact, there’s a form of depression called seasonal affective disorder (or SAD) that can happen when there’s more darkness than daylight – sufferers feel “down” during the winter and much better when summer comes.

Along with visible light and infrared, ultraviolet radiation (UVR) is generated, which is useful, but at the same time it can be very dangerous to us. Excessive sun exposure can result in painful sunburn, but can also lead to other serious health problems. It is the cause of most skin cancers, many cataracts and 90% of the changes we see in our skin as we get older. (Nobody wants to look like an old saddle when they get older).

UVR is divided into 3 different bands: UVA, UVB, and UVC. Virtually all of UVC is filtered out by our atmosphere, so that none actually reaches the earth’s surface. UVB and UVA both reach the earth in significant amounts. UVB is stronger than UVA

having a greater ability to cause skin damage. There is about 100 times as much UVA as UVB. Despite UVA being weaker, it’s still dangerous!

Sunburn is caused by overexposure to Ultraviolet radiation, mostly UVB. During a sunburn the skin turns red, swells and, in severe cases, blisters. A sunburn continues to develop for 12 to 24 hours after exposure.

If, despite being careful, you still get burned, treat your skin as you would any other kind of burn:

- Apply cool, wet compresses for 24 to 48 hours.
- Don’t apply skin creams within the first two days.
- Drink a lot of water to keep from feeling dehydrated.

Really severe burns, the kind that produce blisters, are often treated in clinics with dressings. If you’re not sure if your burn is severe, have it checked. Severe sunburn can cause chills and fever and consulting a doctor would be wise. Keep sunburned areas out of the sun until the redness is gone.

The goal is to have fun outside but stay safe at the same time. Here are some basic rules:

Cover up whenever possible. A longer cotton skirt, for example, might feel cooler on a hot day than a pair of shorts, and will help guard you from the sun.

Babies under six months old should be kept out of the sun completely. They’re too young for sunscreen, but their delicate skin can burn easily, so keep the baby in the shade and covered as much as possible.

Wear a hat. Hats keep the sun’s rays off the scalp, face, and back of the neck, prime areas for skin cancer. A good hat will also shelter and protect your eyes from the sun’s powerful rays. Sunglasses are also a good idea.

Use sunscreen whenever you’re outside, even if the sun doesn’t seem particularly strong. Damaging ultraviolet rays can penetrate through clouds, so don’t take a chance. Always

apply sunscreen with a minimum SPF (sun protection factor) of at least 15. Be sure to follow the directions closely and reapply the sunscreen on a regular basis throughout the day, especially after you’ve been swimming or perspiring (about every two hours).

Avoid the sun when it’s at its peak. It’s strongest between 10 a.m. and 4 p.m., so use that time to do activities indoors if possible. If you have a choice, stay in the shade. Beach umbrellas will protect you from some of the sun exposure. They are actually very comfortable on sunny days.

If you take prescription drugs, check to see if they can make you more sensitive to the sun. If you’re not sure, ask your pharmacist.

The number of skin cancer cases has been rising over the years, and experts say that this is due to increasing exposure to UV radiation from the sun, tanning beds, and sun lamps. More than 1 million new skin cancer cases are likely to be diagnosed in the U.S. this year. Malignant melanoma, now with a suspected link to UVA exposure, is often fatal, if not detected early. The number of cases of melanoma is rising in the U.S., with an estimated 38,300 cases and 7,300 deaths anticipated this year.

Remember that children’s skin is even more sensitive than yours. They can start wearing sunscreen by the time they are six months old. Even so, minimize their exposure.

Watch for the UV Index. The UV Index, developed by the National Weather Service and the Environmental Protection Agency, provides a forecast of the expected risk of overexposure to the sun and indicates the degree of caution you should take when working, playing, or exercising outdoors. The UV Index predicts exposure levels on a

0 - 10+ scale, where 0 indicates a low risk and 10+ means a very high risk of overexposure to the sun.

Take care of your skin and it will take care of you.



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MINOT AFB PHARMACY

How YOU can communicate with US!

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

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  - Using the link or QR code
  - Click on ‘Message’ tab
- Q-Anywhere**
  - Text “Get in line” to 1-833-274-5419
- In Person**
  - Come pull a ticket at the pharmacy and wait for your number to be called

Do you need to REFILL an existing prescription?

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

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
  - Use the link or QR code
  - Click on ‘Rx Refills’ tab
- Automatic REFILL Hotline**
  - Call 1-701-937-4688
  - Follow the prompts

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

Do you need to COMMUNICATE with your pharmacy team?

Here are three ways you can COMMUNICATE with pharmacy staff:

- MHS GENESIS Patient Portal**  
<https://patientportal.mhsgenesis.health.mil>
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  - Click on ‘Message’ tab
- Q-Anywhere**
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**MHS Genesis  
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# Starbase ND to Start School Year 2025-2026

STARBASE is a program that “provides 25-hours of hands-on, minds-on, high-tech discovery and inquiry-based activities to fifth grade students using a common curriculum that meets or exceeds a variety of National Standards. The 25-hours of STEAM instruction is carried out as an extension of the traditional classroom, where classrooms of students are brought out to a military installation and, along with engaging in STEAM activities, are given opportunities to engage with positive role models and the technological environment found on military bases and installations” (starbasenorthdakota.com).

At Minot Air Force Base, STARBASE ND is located in North Plains Elementary School. The Minot Public School District is the program administrator and the School Liaison Program Manager is the DoD STARBASE Minot Installation Program Manager. Fifth grade classrooms from Minot Public Schools and regional schools attend the program. Additionally, STARBASE ND hosts two five-day STARBASE Summer Academies open to all regional students who just completed fifth grade and will be attending sixth grade in the fall. On June 13th, 2025, Minot AFB’s 5th



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



Mission Support Group Commander, Colonel Richard Zeigler, and his wife, Mrs. Cheree Zeigler, along with Senior Enlisted Leader, CMSgt Zakaria El Bouab, participated in the 2nd STARBASE ND Summer Academy Graduation Ceremony.

Heading into School Year 2025-2026 amid uncertain funding for this DoD Program, Minot Public Schools moved the two STARBASE teachers, Mrs. Ziegler and Mrs. McCullough, to other classrooms to ensure their employment. They really enjoyed teaching STEAM at STARBASE ND and left with heavy hearts. They will continue teaching at North Plains Elementary School and Erik Ramstad Middle School. Mrs. Powell, Office Manager, and Mr. Dawson, Director, have agreed to continue on at STARBASE ND

through the end of the fiscal year on September 30th with the hope the program remains operational after that date. They will move into the primary teaching roles for now.

We look forward to starting School Year 2025-2026 with STARBASE ND and remain hopeful that funding will be allocated to this special program so that it may continue after September 30th, 2025! For more information on the program, please visit: <https://www.starbasenorthdakota.com/>.

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.



5th MSG Commander, Col Zeigler and his wife Mrs. Zeigler, Senior Enlisted Leader, CMSgt El Bouab, and Starbase ND Director, Mr. Jon Dawson, answer student questions and share program information.

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# Ivy Leagues and Beyond

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

As the final year of high school approaches, many seniors begin to look beyond graduation toward the next big chapter of their lives: college. For students connected to Minot Air Force Base, this can be both exciting and overwhelming. Military life often means mobility, adaptability, and resilience qualities that many top universities seek in their applicants. Among the most prestigious schools in the country, five names stand out not only for their academics but also for their history, culture, and opportunities: the University of Pennsylvania, Harvard University, Yale University, the Massachusetts Institute of Technology, and New York University. Each offers something distinct, and all are within reach for driven students ready to take on the challenge.

The University of Pennsylvania, located in Philadelphia, is a member of the Ivy League with a deep commitment to blending tradition with innovation. Founded in 1740 by Benjamin Franklin, UPenn is known for encouraging students to

take an interdisciplinary approach to education, meaning that business majors often study alongside engineers, and English majors might collaborate with those in healthcare or politics. Its Wharton School is world-famous for business, finance, and entrepreneurship, while its nursing and law programs are consistently ranked among the best. For military-connected students, UPenn’s urban setting provides access to internships, networking opportunities, and cultural experiences that extend far beyond the classroom. The university also participates in the Yellow Ribbon Program, which can make its world-class education financially accessible.

Harvard University in Cambridge, Massachusetts, is perhaps the most recognizable name in higher education. Established in 1636, it is the oldest institution of higher learning in the United States and is synonymous with excellence in almost every field imaginable. Harvard has produced presidents, Nobel laureates, and

global leaders, and its academic resources, including one of the largest library systems in the world, are unparalleled. For students from military families, Harvard’s financial aid system is among the most generous in the nation, often allowing eligible students to attend with little to no cost. Its location in the Boston metropolitan area means students are immersed in one of the most vibrant intellectual and cultural hubs in the country, with opportunities to connect with professionals, innovators, and fellow students from around the world.

Yale University in New Haven, Connecticut, is another Ivy League powerhouse, known for its rich traditions, strong sense of community, and dedication to cultivating leaders across disciplines. Established in 1701, Yale places a strong emphasis on undergraduate education, with small class sizes and faculty who are deeply engaged with their students. It is also home to one of the most respected drama schools and music programs in the nation, along with exceptional



Pedestrian walkways at the Massachusetts Institute of Technology in Cambridge, Massachusetts, connect the campus’s innovative research hubs and classrooms.

offerings in law, history, and global affairs. Yale’s campus is steeped in history, but its outlook is forward-thinking, encouraging students to explore global challenges and solutions. For students connected to the military, Yale’s extensive alumni network can open doors in fields ranging from public service to international business.

The Massachusetts Institute of Technology, better known as MIT, is located just across the Charles River from Harvard in Cambridge, Massachusetts. While its reputation for science, engineering, and technology is unmatched, MIT is also a place where creativity thrives, with strengths in architecture, economics, political science, and even the arts. Founded in 1861, MIT has long been a leader in innovation and research, making it an ideal choice for students who want to be on the cutting edge of discovery. For students from military families, MIT’s culture of problem-solving and collaboration can feel familiar, much like the teamwork and adaptability often required in military life. The school’s connections to industries, startups, and government agencies provide an exceptional launchpad for future careers.

New York University, located in the heart of Manhattan, offers a completely different kind of collegiate experience. Founded in 1831, NYU is known for its global reach, with campuses in Abu Dhabi and Shanghai, and for its strong programs in the arts, business, law, and social

sciences. The city itself becomes an extension of the classroom, offering endless opportunities for internships, networking, and cultural exploration. For military-connected students, NYU’s urban campus can be a gateway to international opportunities and industries ranging from finance to media to technology. Its diverse student body reflects the globalized world students will be entering after graduation.

While each of these universities has its own personality and strengths, they all share common traits: rigorous academics, access to influential networks, and the ability to open doors to extraordinary opportunities. Applying to schools of this caliber is challenging, but military-connected students often have unique stories of resilience, adaptability, and service that can make them stand out in the admissions process. Whether your experiences come from moving across states, adapting to new schools, or taking on leadership roles in unfamiliar environments, these are qualities that resonate with admissions committees.

For rising seniors in Minot, the path to an elite university begins with preparation and self-reflection. Research each school’s programs and campus culture to determine where you might thrive. Use the fall to refine your essays, request strong letters of recommendation, and apply for scholarships, especially those geared toward military dependents. Remember that while the names Harvard, Yale, UPenn,

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MIT, and NYU carry prestige, the real value of any college experience comes from how you use the resources and opportunities available to you. The college application season can feel daunting, but it’s also a time of possibility. Whether your dream school is an Ivy

League institution, a top STEM university, or a vibrant urban campus, what matters most is finding a place where you can learn, grow, and prepare for the future you envision. For the seniors of the Minot Air Force Base community, the sky, quite literally, is the limit



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<b>SESSION 4</b> JULY 5-10 MINI RESIDENT HORSEMANSHIP BEG. EXPLORER CLIMBER	<b>SESSION 5</b> JULY 12-17 MINI RESIDENT HORSEMANSHIP INT. EXPLORER	<b>SESSION 6</b> JULY 19-24 MINI RESIDENT HORSEMANSHIP ADV. EXPLORER CLIMBER	<b>SESSION 7</b> JULY 26-31 RESIDENT HORSEMANSHIP OUTDOOR EDUCATION



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# All About Pets

**Protecting your Pet from the Summer Heat**

Summer in North Dakota is already off to a great start! It's now the perfect time to go outside and get active with your pet. But with the temperature reaching record highs so early in the season, it's important to take extra precautions to protect your four-legged friend. Since dogs are unable to sweat and cool down through panting only, here are a few things you can do to help them stay cool so you can all enjoy some fun in the sun:

- Stay off of hot pavement—if it will burn your feet, it will burn their paws. Try to take your dog for walks in the early morning or evening. Not only will the temperature be cooler, but the pavement won't be as hot. You can also opt to take them on walks through wooded forests or on dirt or grass paths. Some pet owners may use "dog shoes" when there's no other option, but most pets will probably not find this comfortable.
- Water your dog—yes, you read that right. Not only is important to have a constant supply of fresh, cool water when outside on a hot day, but it can be beneficial to literally water your dog! Fill up a kiddie pool and throw in their favorite ball, turn on the sprinklers, take your dog to a lake or creek, or grab the sprayer and hose them down. Not only are these fun ways to enrich your dog, but they will keep body temperature down so everyone's happy. If your dog doesn't like water, you can slowly work up to it through desensitization and counter-conditioning, or you can just provide them with a shaded area or leave them inside.
- Never leave your dog in the car—does this need to be said anymore? It still happens often, so yes. If you can't take your dog inside wherever you're going, leave them home. If you can't find a fully shaded parking spot and leave the AC on full blast, leave them home. If you're going to be gone for an extended period of time, leave them home.
- Find indoor activities—sometimes it's too hot for anyone, pets or parents alike, to be outside. To keep your dog busy on days like this, try getting creative with your indoor activities. You can play tug of war in the living room, let them watch dakrats scurry by out the window, play hide and seek, work on some training... the possibilities are endless. If you really want to get out of the house, there are many dog-friendly businesses where you can bring your pet inside. Any pet stores, Tractor Supply Co., and Hobby Lobby are a few favorites. (Be sure to call your location first before bringing any pets in, and make sure they're mindful of their manners!)

Despite all our efforts, dogs are still at risk for heat stroke on a hot day. Watch out for excessive panting, confusion, vomiting, bright red gums, lethargy, body temperature over 104 degrees, and collapse, seizure, or coma. Take your pet to the vet immediately if you suspect they have excessive heat stress.

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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

## RENTALS

**AVAILABLE NOW!** Several apts  
on North Hill available 4 rent. 2  
Bdrm + 1 bath. \$625 to \$895.  
Call Peggy at IPM 852-1157 or  
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Pay is \$14.49/hour plus  
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Hours Days 8a or 9a-finish  
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Friday, may include weekend  
work. Nights 5p-finish. Apply  
in person at: 605 27th St SE,  
Minot ND 58701 or contact:  
Alicia Mello by email or  
phone at amello@kalixnd.org  
701-852-1014.

**MATURE, RELIABLE, AND A  
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Kevin Beeter, Lic. #464 - Clerk Lic. #199

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## SUDOKU SOLUTION

PUZZLE ON PAGE B2

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

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# CLASSIFIEDS

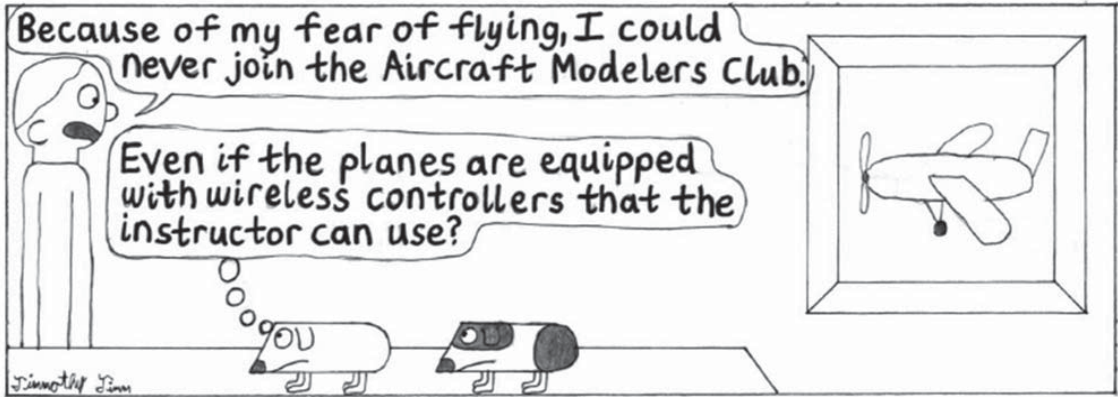
## MINOT AFB ANNOUNCEMENTS

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

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

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



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

TIMOTHY TIMM

## Weddings for Warriors

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

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

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

For further information, please send a message to the hotel at [revelnd.com](http://revelnd.com) or contact Chelewa Springs or Ashley Cutler at 701-607-4557 or 701-306-3338.

★Hotel★  
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## MINOT

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- **DEERS:** Common Access Card (CAC), Dependent Update, CAC Unlock or Reset, Awards and Decorations
- **Customer Support:** Inbound Order Amendment, Accessions, Passport and/or Visa, Initial Enlistment Bonus (IEB), Quickship Bonus
- **Force Management:** Evaluations, Duty Information, G-Series Orders, Unfavorable Information File (UIF), Special Duty Assignment Pay (SDAP)
- **Career Development:** Permanent Change of Station (PCS), Outbound Assignment, Separation, Retirement, Retention, Promotion

DEERS (Appointment Only): Mon, Wed-Fri 0800-1600, Tue 0800-1500  
Walk-in hours: Tue-Thu 0800-1600, Wed 0800-1130  
Appointment hours: Mon-Fri 0800-1600, Wed 0800-1130  
\*Closed for training every Wed from 1200-1630

## MINOT MPF OFFICE

<b>Atypical Brewery &amp; Barrel Works</b> 510 Central Ave E, Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks	<b>Applebee’s Grill &amp; Bar</b> 2302 15th St SW, Minot Phone: 701.839.2130 <a href="http://www.applebees.com">www.applebees.com</a>	<b>Badlands Restaurant &amp; Bar</b> 1400 31st Ave SW, Minot Phone: 701.852.7335 <a href="http://www.blgrill.com">www.blgrill.com</a>
<b>Bone’s BBQ Smokehouse &amp; Grill</b> 437 N Broadway, Minot Phone: 701.838.9140 <a href="http://www.bonesbbqminot.com">www.bonesbbqminot.com</a>	<b>Culver’s Restaurant</b> 3000 S Broadway, Minot Phone: 701.852.4800 <a href="http://www.culvers.com">www.culvers.com</a>	<b>Ironhorse Kitchen + Bar</b> 21 E Central Avenue, Minot Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot
<b>Jamaican Vybz Kitchen</b> Dakota Square Mall, Minot Phone: 701-441-9309 FB: Jamaican Vybz Kitchen	<b>Meg-A-Latte</b> 2045 N Broadway Suite #100, Minot Phone: 701-838-8479 <a href="http://www.meg-a-latte.com">www.meg-a-latte.com</a>	<b>Mi Mexico</b> 3816 South Broadway, Minot Phone: 701.858.0777 <a href="http://www.mimexicominotnd.com">www.mimexicominotnd.com</a>
<b>N.D. Asia</b> 3400 16th St SW, Minot Phone: 701.852.1240 <a href="http://www.ND-Asia.com">www.ND-Asia.com</a>	<b>Noodles &amp; Company</b> 304 4th Ave NW Minot Phone: 701.491.9103 <a href="http://www.noodles.com">www.noodles.com</a>	<b>Pink’s Bar &amp; Grill</b> 102 128th Ave NW, Minot Phone: 701.852-2385 FB: PinksBarGrill
<b>The Blue Rider</b> 118 1st Avenue SE, Minot Phone: 701.852.9050 <a href="http://www.theblueriderbar.com">www.theblueriderbar.com</a>	<b>The Starving Rooster</b> 30 1st St. NE, Minot Phone: 701.838.3030 <a href="http://www.starvingrooster.com">www.starvingrooster.com</a>	

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**SUMMER**  
*Photo Contest*



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SUBMITTED BY MACKENZIE BROUSSARD



Popsicle time!  
SUBMITTED BY STACI HAYNES

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# What's Going On Minot AFB

## FRIDAY 15

- Registration Ends: Club Championship, <https://www.memberplanet.com/s/minotafbclubs/23augcc25>
- 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
- End of Year Pool Party, 1100-1700, Outdoor Pool
- Summer Reading Program Wrap Up Party, 1300, Minot AFB Library
- Netflix Trivia, 1700, Rockers Bar & Grill
- Country Line Dancing Night, 1900, Rockers Bar & Grill

## TUESDAY 19

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Quiet Book Club, 1800-1930, Minot AFB Library

## THURSDAY 21

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211

## SATURDAY 16

- Registration Ends: Club Championship, <https://www.memberplanet.com/s/minotafbclubs/23augcc25>
- 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
- End of Year Pool Party, 1100-1700, Outdoor Pool
- Summer Reading Program Wrap Up Party, 1300, Minot AFB Library
- Netflix Trivia, 1700, Rockers Bar & Grill
- Country Line Dancing Night, 1900, Rockers Bar & Grill

## WEDNESDAY 20

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOL Overview, 0800-1600, M&FRC
- NCO Foundation Course, 0800-1600, Professional Development Center
- Boohoo Woohoo Parent Involvement Activity, 0830-1030, Youth Center
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Doggy Dive, 1630-1900, Outdoor Pool

## SUNDAY

## MONDAY 18

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Overview, 0800-1600, M&FRC
- Minot AFB Resource Expo, 1000-1400, Minot AFB Main Exchange Lobby Atrium
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Writing Club, 1800, Minot AFB Library

## 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**

## FRIDAY 22

- FTEC, 0730-1600, Professional Development Center
- 11th Annual Summer Games, 0800-1600, McAdoo Fitness Center
- Flame to Fame: Burger Contest, 0800, Jimmy Doolittle Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Ballroom Basics, 1900-2100, Rockers Bar & Grill

## SATURDAY 23

- Club Championship, 0800, Rough Rider Golf Course
- Minot Mayhem Paintball, 1630-1900, Paintball Field next to Garden Plots, hosted by Outdoor Recreation

Scan for  
full event  
details



END OF YEAR POOL PARTY

OUTDOOR POOL

16 AUG 2025 • 1100 - 1700

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20 AUG 2025  
4:30PM-7PM

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