northernsentry

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IS THE AIR FORCE BALL **WORTH IT?**



HIGHLIGHTS **CAMARADERIE** AND ROAD CAUTION



BEYOND THE BASE



U.S. Air Force Airmen from the 5th Munitions (5MUNS) celebrate during the 2025 Air Force Combat Operations Competition at Beale Air Force Base, California, August 15, 2025. 5MUNS won 1st place this year for Team Minot. See more on A2-A3. U.S. AIR FORCE COURTESY PHOTO



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U.S. Air Force Tech. Sgt. Joshua Richardson, 5th Munitions Squadron conventional maintenance section chief, inspects munition during the 2025 Air Force Combat Operations Competition (AFCOCOMP) at Beale Air Force Base, California, August 14, 2025. AFCOCOMP is an annual competition that tests ammunition Airmen on their speed, efficiency and accuracy for wartime



U.S. Air Force Airmen from the 5th Munitions (5MUNS) pose during the 2025 Air Force Combat Operations Competition at Beale Air Force Base, California, August 15, 2025. 5MUNS won 1st place this year for Team Minot.

U.S. AIR FORCE COURTESY PHOTOS







U.S. Air Force Airmen from the 5th Munitions (5MUNS) work munitions during the 2025 Air Force Combat Operations Competition (AFCOCOMP) Beale Air Force Base, California, August 12, 2025. AFCOCOMP is an annual competition that tests ammunition Airmen on their speed, efficiency and accuracy for wartime operations.



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5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE. N.D. — The 5th Munitions Squadron (5MUNS) from Minot Air Force Base emerged as the top team at the 2025 Air Force Combat Operations Competition (AFCOCOMP), held August 11–15 at Beale Air Force Base, California. Competing against the most elite munitions teams across the Air Force, Team Minot captured first place—claiming the coveted title after a narrow second-place finish in 2024.

AFCOCOMP is an annual, high-intensity competition that challenges conventional munitions maintenance Airmen through nine demanding events. The contest is designed to test technical expertise, physical endurance, team cohesion, and the ability to perform under pressure—critical attributes for real-world combat support operations.

Out of the nine total events that we participated in, we won a total of seven, which is an AFCOCOMP first," said U.S. Air Force Tech. Sgt. Joshua Richardson, 5th Munitions Squadron conventional maintenance section chief and returning team lead. "They've never seen so many people come through and win that many events-we swept them.'

Representing Air Force Global Strike Command for the second consecutive year, the 5MUNS team entered the 2025 competition with renewed determination. After losing by just one point to Seymour Johnson AFB in 2024, this year's squad was focused on redemption.

"We had to deal with a lot of bombs we don't normally have in Minot," said Senior Airman Jack Martin, a conventional maintenance inspector. "The competition was very intense, with competitors giving us a run for our money-but we proved them wrong."

To prepare, the team engaged in rigorous training that included repeated Munitions Assembly Conveyor (MAC) builds, trailer crossloads, and spontaneous ordnance assembly exercises. They practiced assembling a wide range of munitions, including GBU-54s, GBU-56s, and MK-82 conicals-all of which featured in

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competition events.

AFCOCOMP Each consists of 10 Airmen, ranging from Airman Basic to Master Sergeant, and must demonstrate mastery over a broad skill setfrom assembling complex guided bomb units like the GBU-32 to safely handling advanced air-toair munitions such as the AIM-9X

"I'm incredibly proud of the team I had this year," Richardson

"Without them, Minot wouldn't be on the map. Only the best come north-and we've proven that."

Team Minot's victory AFCOCOMP not only highlights their technical skill but also underscores their dedication, resilience, and readiness to support the Air Force mission. More than a trophy, the win affirms their preparedness not just for competition—but for combat.

Below: U.S. Air Force Airmen from the 5th Munitions (5MUNS) celebrate during the 2025 Air Force Combat Operations Competition at Beale Air Force Base, California, August 15, 2025. 5MUNS won 1st place this year for Team Minot.

U.S. AIR FORCE COURTESY PHOTO



AFA Mission

Our mission is to promote dominant U.S. Air and Space Forces as the foundation of a strong National Defense; to honor and support our Airmen, Guardians, and their Families; and to remember and respect our enduring Heritage

MONTHLY MEETING

Tuesday, September 30

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For more information contact: Jim Bowman- nd135.president@afa.org

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Blue Lodge - 1st and 3rd Mondays at 6:00PM
Shriners - 2nd Wednesday at 6:00PM

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

Sentinel Program Town Hall

MINOT AIR FORCE BASE OFFICE OF PUBLIC AFFAIRS

MINOT AIR FORCE BASE, ND. – The U.S. Air Force will hold a Town Hall meeting at Minot State University's Ann Nicole Nelson Hall at 5:30 p.m., Tuesday, Aug. 26, 2025.

Town halls are open to the public.

The intent of this meting is to provide landowners and community members with information on the Sentinel Program.

During this meeting, the Air Force will provide an overview of the Sentinel Program and its projected impact on the

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communities in the vicinity of Minot AFB and offer a 30-minute question-and-answer session to answer questions community members have about the program.

The Air Force is modernizing existing Minuteman III systems, including missile silos, control centers and other ground infrastructure at F.E. Warren AFB, Wyoming; Malmstrom AFB, Montana; and Minot AFB, North Dakota.

For additional information, please contact 5th Bomb Wing Public Affairs at 701-723- 6212 or at v35bw.pa@us.af.mil.





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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 Senior Airman Kyle Wilson Senior Airman Trust Tate Senior Airman Alyssa Bankston Senior Airman Kendra Ransum Senior Airman Luis Gomez Airman 1st Class Wesley Davies Airman 1st Class Vincent Padilla Airman 1st Class Anthony Ramey

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Col Matthew J. Crosman

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

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MORE ABOUT US











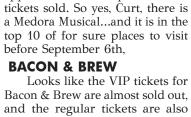
A VIEW FROM **OUR SIDE ROD WILSON**

northernsentry

I know some folks are really happy when the temperatures reach the 90's and even 100+ degrees in August; I am not one of those folks. The other day I was checking in at the Magic City Gate and the conversation between the 2 security officers was a discussion on whether a heat index of 100+ degrees or a wind chill of minus 40 degrees was more tolerable. I gave them a bit of my North Dakota knowledge saying that you can always add clothes when it is cold outside, but there is not much you can do about "hot". It was 2-1...hot was better than cold. Keep in mind that this conversation took place around 10 AM in the morning, and the temperature on my car thermometer was only 77 degrees. Could be a different story around 4 PM in the afternoon.

MEDORA NOT FORGOTTEN

My friend Curt sent me a text after reading my last column about places to visit in North Dakota before the seasons change. "Does Medora rank in the top 10?" he asked. Because the Medora Musical ends it's 2025 run on September 6th, I chose not to list them. We are certainly Medora Musical junkies in the Wilson family, hardly missing a Medora Musical. This year we will be in the audience for the September 4th show, and the next morning we plan on seeing my friend Joe Wiegand as President Roosevelt as he presents Brunch with the President. I have heard that the Medora Musical and Joe's presentation are great again this year. I just checked online and there are tickets available to all remaining performances, although Friday, September 5th



appears to have quite a few

going fast. The stars of the show on September 4th at Roosevelt Park Zoo will be the Amur Tiger cubs, all 4 of them, and I am sure they will put on quite a show. Go to the Roosevelt Park Zoo web $site, \, https://rooseveltparkzoo.com, \,$ and get your tickets today.

BETTER LATE

Seems that gardens in the area are a bit late this year, but word is out that the late rains have made a trip to the local Farmers' Markets a "must do" for those who crave fresh fruits and vegetables.

Anne Gates or Northern Prairie Farms is pretty sure that this Saturday will be a record for her boasting fresh broccoli, peas, tomatoes, cucumbers, banana peppers, cabbage, kale, onions, zucchini, squash and possible

other produce depending on the week. (hot weather usually ripens things in a hurry).

A Little of This and...

Not to mention that Anne usually has her freshly milled whole wheat bread and North Dakota raw honey.

As before, fair warning, the early produce shopper gets the produce...so be in line at 11 AM when all of the vendors at North Prairie Farmer's Market opens for business. Tell Anne Rod from the Northern Sentry sent you. (LOL)

Someone at Minot AFB asked me about my sailboat on Lake Sakakawea, and why didn't I take it across the road and sail in Lake Audubon?

The simple answer is, Lake Sakakawea used to the Missouri River, until they built the Garrison Damn back in the 50's. As you sail Lake Sakakawea, it's not unusual to have water depths of over 100 feet deep. Lake Audubon was more of a shallow lake until they built the Snake Creek Pumping plant which took water from Lake Sakakawea and transferred it across Highway 83 to Lake Audubon. It's not an optical illusion that sometimes, and in

fact most of the time when we have a dry year, Lake Audubon has a higher water level that Lake Sakakawea. If you some time take a drive around Lake Audubon, including the South Shore Auto tour. It certainly is worth your time as the Lake Audubon area is certainly home to a lot of wildlife.

THIS WEEK'S GOT TO SEE **SECRET**

Again, probably not a secret, but just a reminder. All of the beautiful sunflower fields will face east when the sun comes up, giving you about an hour of great photography from about 8 AM to 9 AM, and from 6:30 PM to 7:30 PM. Get those family photos with the natural beauty of sunflowers in full bloom behind you. It will surely be all North Dakota when you share those photos with friends and family.

THIS WEEK'S CHUCKLE

The hardest part about your 20s is realizing your parents don't understand anything. The hardest part about your 30s is realizing your parents understood everything.



Northern Prairie Farms ready for business at North Prairie Farmers' Market.

UPSIDE DOWN MARVIN BAKER

At a time when small communities across North Dakota are shrinking, there's one that is bucking that trend and bringing new life to its Main Street every summer.

Like most other small towns across the state, Bottineau has lost population to the tune of about 700 people in the past 40 years. So it's not unlike many of its neighbors. What is different is how the entire community and surrounding area is working to 'stop the bleeding.'

For the past 15 years, Bottineau has held a car show on Main Street and from what the locals have said, it gets bigger and better every year. On Aug. 2, there were about 240 vehicles entered into the Bottineau Car Show. That's

Bottineau goes against the grain

up considerably from the 190 entered last year.

There are a lot of places that have car shows these days. And other than people showing off their classic muscle cars or old Model T's, what could a car show do for a local economy?

Plenty in Bottineau's case.

In talking with several community leaders during the car show, it was anticipated the show brought about 1,500 people to town who wouldn't normally be there, at least not at the same time. So imagine, Bottineau's population at 2,100 with an additional 1,500 people in town on a hot Saturday afternoon.

Main Street was crawling with people.

That said, local downtown merchants had sidewalk sales, others had special offers for their products, a bank had a digital display of the car show on its marquee and there were at least six food trucks.

But the best part of this particular Saturday afternoon near the Canadian border was this car show brought people to town from all over the place. As an example, there were numerous car show entries from

Montana, there was one from Wisconsin, there was at least one from Manitoba and here's the amazing part, one person, with a South African address, had a jeep entered in the show. But we'll put an asterisk beside that one, assuming he is a farm worker in the area.

Within North Dakota, the following communities were represented; Surrey, Minot, Belcourt, Carpio, Beach, Pembina, Cavalier, Jamestown, Bismarck, Westhope and many others including many from right there in Bottineau.

It most likely wouldn't be the car show it is without the help of the local Chamber of Commerce. For it was the chamber and other sponsors who gave away numerous prizes for kids and adults in addition to trophies for the best vehicles.

It was pretty obvious the children's prizes drew considerable crowd of young families who were either part of the show, or were there to enjoy an afternoon of gazing at nostalgia.

Chamber members made it clear they're not going to let their county seat community shrink

anymore than it already has. Chamber staff and a number of volunteers work all year to make the car show bigger and better to draw more people to Bottineau in early August.

Some of the additional activities included bouncy houses, face painting and free swimming for the kids. Those activities were big draws in addition to the children's prizes.

Part of the show included tractor row. There was an entire side street that was blocked and only tractors were allowed in. At noon, those tractors had a parade right down the middle of Main Street where the car show was taking place. That got the attention of just about everybody on the street.

Yes, there are a lot of car shows happening in North Dakota every summer. Some are impromptu, some are laid back, some are happening weekly, but there is no doubt the Bottineau show is highly organized and well played

And in case you're wondering, with 240 entries, the people's choice winner was a 1929 Mercedes Benz roadster.

Mi Mexico Is Authentic Mexican Cuisine

ROD WILSON, NORTHERN SENTRY

There's a good chance when visiting Mi Mexico that one of the friendly faces that seats you, takes your order or cooks your meal was born in Guadalajara, Mexico. The other common thread at Mi Mexico is the last name of Lopez, as in Alejandro, Rosita and Laura Lopez, and Maricela (Lopez) and Ricardo Vazquez, just a part of the family members who proudly work to make Mi Mexico the very best Mexican, and according to Ricardo, the very first authentic Mexican restaurant, in Minot.

For the family members who came to Minot hoping to move into a completed building in 2008, there were several

struggles. "We came here expecting that we would have our restaurant, actually our dream, up and running in just a couple of months. We got here and the building, our original building next to Wal Mart was far from being finished."

But with a strong faith in God and love for their families, Ricardo and Alejandro pressed on. Rather than wait for construction crews to finish the restaurant, their family took on the task of sheet rocking and even laying tile. "We had bruised and bloody knees" says Ricardo "and we had little kids in child seats" laughed Lopez.



Always smiling staff (L to R) Irma Lopez, Rosith Lopez, Adamaizis Jara Lopez.

THE WEEK BEFORE START DATE!



Mi Mexico is located just east of Wal Mart.

Lopez and Vazquez became naturalized citizens not long after coming to Minot. There were 9 children in the Lopez family. Alejandro ended up crossing into the United States illegally, but he soon, again through hard work, was able to gain his Visa and return to the U.S. He would marry his wife, Rosita, and they worked together to gain residency. Besides the restaurant, residency in the United States was part of their ongoing dream.

Vazquez was 20 years old when he obtained a visa in 1995 to work temporarily in the United States. He was also from the Guadalajara area. In 1999 he received a visa that enabled him to come back to the United States and begin working toward gaining residency.

The trip to Minot to look at the possibility of opening a restaurant near Wal Mart would be the beginning of their journey. In 2008, after 2 months of hard work, and with very little working capitol left, they did indeed open Mi Mexico.

The experience at Mi Mexico

begins as you enter the door. "We want people to feel welcomed" says Vazquez "and because of the family ties in the restaurant, pretty much everyone here takes pride in what they do." In the Lopez family, besides Alejandro, there are 3 other Lopez sisters that came to Minot. Of the 3 sisters, Maricela (Mary for those of us who need things simple) is married to Ricardo.

Other family businesses include Magic City Car Wash and the Lopez Boxing Gym.

For Mi Mexico, their new location has allowed them to expand and even build a new roof top dining area. Inside the restaurant you get a true Mexican dining experience, both from the atmosphere and the menu that provides a satisfactory dining choice for everyone.

And those kids who once were in child seats and strollers when the first restaurant was built, well it's been over 16 years since those days, and many of those kids have worked, or are continuing to work, at Mi Mexico, Magic City Car Wash or Lopez



Mi Mexico's famous Taco Salad.



Famous authentic Mexican cuisine and drinks make Mi Mexico a must visit experience.

Boxing Gym. Lopez and Vazquez certainly strongly agree on many aspects of doing business in Minot, "people really care about you here" says Vazquez "and Minot is our home. People ask me where I am from? I tell them my home is in Minot."

"Yes" says Vazquez "it started out as God and family, and it's still God and family."

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MIXED MEN 4 Person Teams **Teams** Tuesday (9/16)..... 6:30 pm Sunday(9/14).....7:00 pm Wednesday(9/17)..... 6:30 pm Wednesday (9/17).... 7:00 pm Wednesday (9/17)..... 7:00 pm Friday (9/19)......6:30 pm **WOMEN SENIORS 4 Person Teams** LEAGUE BOWLING **4 Person Mixed Teams** Tuesday(9/16)...... 6:30 pm • • • • FREE COFFEE • • • • Thursday (9/18)...... 6:30 pm 30 Week Season **NO EXPERIENCE NEEDED!** Wednesday...... 10:00 am All New Bowlers Get a FREE Friday.....1:00 pm MERICA'S **Bowling Ball and Shirt** Registration for All Ages, 9/13 DAYTIME COFFEE Thursdays(Ages 7 and up).... 3:45 pm Start Day, 9/11 Weekly fees for 2 games: \$9 Saturdays(Ages 5 and up).... 9:30 am SPORT • Bumper Leagues for ages 5-6 Thursday.....1 pm • Bowling Start Date, 9/20 • Starts 9/11,3 person teams Weekly fees for Bumpers & Squirts (2 games): \$9 • Weekly fees for Bantams (3 games): \$13 Sundays(Ages 12 and up)..... 6:00 pm • Start Day, 9/14 • Weekly fees for 3 games: \$13 **WEEK SEASON** Mondays(Ages 12 and up).... 5:00 pm Start Day, 9/15 • Weekly fees for 3 games: \$13 1901 NORTH BROADWAY, MINOT, ND **MENS & WOMENS LEAGUE** 701-852-4108 WILL HAVE LEAGUE MEETINGS



A LOOK BACK THIS WEEK IN USAF HISTORY

MINOT B-52 CREW COMPLETES HISTORIC FLIGHT

August 21, 2011



Airmen from the 5th Bomb Wing who performed the first B-52 flight over the North Pole pose at Minot AFB. International Air and

Between Aug. 16-21, 2011, Airmen from the 23rd Bomb Squadron at Minot Air Force Base, N.D., embarked on a historic flight to Russia. Taking off from Minot AFB, the B-52 Stratofortress crew flew over the geographical North Pole on their way to the 2011 Moscow Space Aviation Salon in

Russia, becoming the first B-52 bomber to fly over the top of the world. The distance to Moscow was actually shortened by flying over the North Pole versus taking typical routes, and while the B-52 was made to withstand those types of conditions, the route had never been attempted before. Once they made it to MAKS 2011, the air crew noted that the Russians were especially impressed by the B-52's age and superb condition. Aircraft, crews, and support personal from United States bases all over Europe and the U.S. were in attendance at the Salon.

Information courtesy of: minot.af.mil



Is the Air Force Ball Worth It?

NATALY ZARRELLA, NORTHERN SENTRY

On September 20, Minot Air Force Base will once again host its annual Air Force Ball. This year's theme, "Casino Royale," promises a night of elegance, celebration, and camaraderie. But the Air Force Ball isn't just any formal event, it's a cherished tradition that holds deep significance for many Airmen at any stage of their service. For those who have never attended, this year may just offer the perfect opportunity to experience what makes this annual Air Force tradition worthwhile.

The Air Force Ball is more than just a night out in a hotel ballroom surrounded by your co-workers looking fancy; it's an opportunity to honor the heritage of the United States Air Force. Each year, the event desires to bring Airmen together to reflect on the proud legacy of the branch. It is a night filled with tradition, pride, and unity that makes the Air Force Ball both meaningful and fun. From formal dress and ceremonial toasts to dancing, dining, and connecting with fellow Airmen, the ball creates an atmosphere of honor and enjoyment that draws people in and reminds them why being part of the Air Force family is something truly special.

For most Airmen, it's easy to become immersed in the day-today responsibilities of service. Life on duty, maintaining planes, posting out or just going to the office everyday can sometimes

Minot AFB 2024 Air Force Ball.

IMAGE SHARED BY MELVINA MURRAY

make the military lifestyle lag. Almost everyone feels drudgery from time to time. But events like the AF Ball serve as a powerful reminder of why they serve. The ceremonial traditions and honored

Captain Arthur Yencho and wife Anna looking elegant at the 2024 Air Force

IMAGE SHARED BY ANNA YENCHO

guest speakers share stories of military history and resilience. These nods to military movements and struggles from the past remind everyone in attendance that the Air Force isn't just a place to work. It is a long-standing organization that has come together despite challenges, wars, and intense loss to bring you the hard-fought place it is today. When done correctly, the ball has the chance to remind activity duty members and even their spouses that they are a part of something greater than themselves by serving. The evening provides inspiration and perspective rarely found in the routine of daily operations. A common misconception is that

the ball is only for senior leadership or officers. That couldn't be further from the truth. The Air Force Ball is open to all ranks, and it can be especially meaningful for younger Airmen as it offers a chance to experience the pride and tradition of military service in a unique and memorable way.

In a place like Minot, where formal events are few and far







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Friends and great times at the Air Force Ball.

IMAGE SHARED BY MIRKO FERNANDEZ



Suit up, strike a pose and have some fun at the Air Force.



IMAGE SHARED BY MELVINA MURRAY

IMAGE SHARED BY HANNAH POWELL

between, the AF Ball offers a rare opportunity to dress up and enjoy a sophisticated evening. Many attendees trade in boots for heels, blues for bowties or even swap jackets for legendary party shirts, enjoy a night out with your friends, eat good food, dance and make memories that'll stick with you long after the night's over. These are the moments you'll look back on and say, "Yeah, that was a good time.'

As military spouse and frequent AF Ball attendant, Melvina Murray shared, "There aren't many opportunities to dress up here in Minot. This is a fun night for people to let their hair down or, in some women's cases, into a fancy updo! It's a night of socializing and meeting with Airmen across the wings and squadrons, great food, cake, and tons of dancing."

If you ask around, I bet your will hear that the AF Ball is more fun with friends, and that's probably true. But that doesn't mean attending alone isn't an option too. Gathering friends or coworkers to attend together adds to the fun sitting with familiar faces, laughing during speeches, and dancing the night away as a group all contribute to a more memorable others who are also planning to go. Hannah Powell, a military

evening. For those unsure about attending, a quick conversation in the shop, flight, or dorm can reveal

spouse, who encourages people to attend every year, shares her perspective, "It's a great night to get adult interaction, and meet new people who you may never cross paths within everyday life. You spend time with your significant other for a fancy date night. As a mom of four, that can be hard with the spouse's job or getting a babysitter. You get to listen to guest speakers give insight into past and historical events they endured during their time in the military. maybe gain a new perspective. And when the food and speaker are done, everyone is there for a good time and dance party. My favorite part is the party shirts!"

The evening is structured, yet relaxed, starting with a cocktail hour at 5:30 p.m. It's worth arriving on time—this is the best chance to grab a table with friends, enjoy a drink or two from the bar, and snap some great photos. Once the dinner bell rings around 6:00 p.m., the seated portion of the night kicks off, so get those steps in beforehand! Dinner is usually served quickly, followed by a guest speaker, the traditional cakecutting ceremony, and then the best part—a lively, energetic dance floor that keeps the night going strong.

Whether stationed at Minot for years or newly arrived, attending the ball offers a deeper connection to the base and the Airmen who serve alongside each other. It

is a night to recognize not only individual accomplishments, but the shared resilience and dedication

fence about attending, this year is the perfect opportunity to join in. Highlights of this year's event include Casino Royale-For any Airmen still on the themed cocktails, casino table, a

commemorative souvenir, and limited on-site childcare. Be sure to grab your tickets early, you don't want to miss out on this unforgettable night!

NOTES ON BEING SAFE

SPEEDING CATCHES UP WITH YOU

NCOIC OCCUPATIONAL

Speeding endangers everyone on the road: In 2020, speeding killed 11,258 people. We all know the frustrations of modern life and juggling a busy schedule, but speed limits are put in place to protect all road users. Learn about the dangers of speeding and why faster doesn't mean safer.

For more than two decades, speeding has been involved in approximately one-third of all motor vehicle fatalities. In 2020, speeding was a contributing factor in 29% of all traffic fatalities.

Speed also affects your safety even when you are driving at the speed limit but too fast for road conditions, such as during bad weather, when a road is under repair, or in an area at night that isn't well lit. It not only endangers not only the life of the speeder, but all of the people on the road around them, including law enforcement officers. It is a problem we all need to help solve.

Seeding is more than just breaking the law. The consequences are farranging:

Greater potential for loss of vehicle control.

Reduced effectiveness of occupant protection equipment.

Increased stopping distance after the driver perceives a danger. Increased degree of crash severity

Economic implications of a speedrelated crash; and even increased fuel

consumption/cost. Speeding is a type of aggressive driving behavior. Several factors have contributed to an overall rise in aggressive driving:

Traffic congestion is one of the most frequently mentioned contributing factors to aggressive driving, such as speeding. Drivers may respond by using aggressive driving behaviors, including speeding, changing lanes frequently, or becoming angry at anyone who they believe impedes their progress.

Some people drive aggressively because they have too much to do and are "running late" for work, school, their next meeting, etc...

A motor vehicle insulates the driver from the world. Shielded from the outside environment, a driver can develop a sense of detachment, as if an observer of their surroundings, rather than a participant. This can lead to some people feeling less constrained in their behavior when they cannot be seen by others and/ or when it is unlikely that they will ever again see those who witness their behavior.

SSGT JOE VERGARA

5TH BOMB WING

The vast majority of motorists rarely drive aggressively, and some never do. For others, episodes of aggressive driving are frequent, and for a small proportion of motorists it is their usual driving behavior. Occasional episodes of aggressive driving-such as speeding and changing lanes abruptly-might occur in response to specific situations, like when the driver is late for an important appointment, but is not the driver's normal behavior.

If it seems that there are more cases of rude and outrageous behavior on the road now than in the past, the observation is correct—if for no other

COMING SOON:

♀ 2150 15th St NW, Minot

driving more miles on the same roads than ever before.

Speeding behavior and aggressive drivers may not only affect the speeder-it can also affect other drivers, pedestrians, and bicyclists. Here are some tips for encountering speeders on the road:

If you are in the left lane and someone wants to pass, move over and let them by.

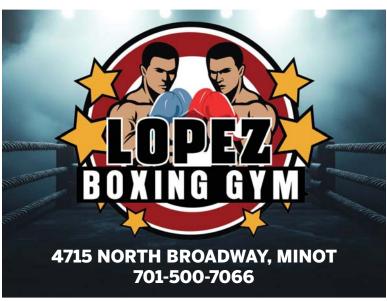
Give speeding drivers plenty of space. Speeding drivers may lose control of their vehicle more easily.

Adjust your driving accordingly. Speeding is tied to aggressive driving. If a speeding driver is tailgating you or trying to engage you in risky driving, use judgment to safely steer your vehicle out of the way.

Call the police if you believe a driver is following you or harassing

nsccu.com







Celebrating Service and Community-Military Golf Scramble

MINOT AREA CHAMBER EDC (MACEDC)

After a multi-year pause, the Minot Area Chamber EDC (MACEDC) was proud to bring back the Military Appreciation Golf Scramble on Monday, July 28 at Beowulf Golf Club, and the turnout was a true testament to the spirit of support in our community.

The event welcomed 28 teams and 112 golfers, kicking off with a soggy but high-spirited morning registration.

After the skies cleared, players enjoyed a full afternoon of golf under sunny skies, with plenty of camaraderie along the way.

In a special gesture of gratitude, the MACEDC ensured that for every team registered, a Minot AFB military team was able to participate free of charge.

"This is another opportunity to get our airmen out to have fun, meet new people, and reinforce how much we appreciate all that they do in protecting our freedoms," said Keli Rosselli-Sullivan, MACEDC Military Liaison.

The day officially began with welcome remarks from MACEDC President | CEO Brekka Kramer, and 2025 Military Golf Tournament Chair and Presenting Sponsor Representative Jonn Knecht, along with Colonel Lamarand and Colonel Schlabach of Minot AFB, before the shotgun start at noon.

After a day that shaped up to be perfect for golfing, the event wrapped up with dinner and an awards ceremony where prizes were given to the top three teams, hole contest winners, and the Money Ball winner who donated the proceeds back to our Home for the Holidays program. It was a day of fun, gratitude, and appreciation for those who serve.

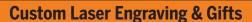
A heartfelt thank-you to all of our sponsors, with special recognition to Bravera Bank, whose support as Presenting Sponsor made this event possible. We're already looking forward to next year, so mark your calendars for Monday, July 27, 2026!

This article and event photos are available in the August edition of the Minot Area Chamber EDC's Communicator at minotchamberedc.



Col. Jesse Lamarand, 5th Bomb Wing commander and Col. James Schlabach, 91st Missile Wing commander attend the Military Appreciation Golf Scramble at Minot, North Dakota on Monday, July 28.

MACEDC PHOTO





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FISHING:

Lake Sakakawea elevation, Aug. 18: 1,833.62 feet above mean sea level (MSL); 21,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake 'elevation: 1,448.82 feet above mean sea level (MSL). Stump Lake elevation: 1,448.76

- N.D. Game & Fish Dept. game wardens: Devils Lake so-so for walleye with mixed success. Try slip-bobbers. No reports from northcentral area lakes.
- Devils Lake, Woodland Resort, Devils Lake: Continued fair to good for small walleye pulling bottom bouncers and spinners. Start around 15 feet working out 25 feet. Move around.
- Lake Darling, Karma C-Store, Ruthville: No reports from Lake Darling or other area lakes.
- Lake Metigoshe, Four Seasons, Bottineau: Limited reports from Lake
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea producing walleye using a variety of presentations. Work a little deeper than in previous weeks – more so in the 20-plus-foot range. Move around with generally fair success throughout the area.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Walleye bite becoming more inconsistent on the east end of Lake Sakakawea. Try a variety of presentations and move around.
- Lake Sakakawea, Indian Hills Resort, Garrison: Continued bass success using bobbers and worms. Try 25 to 35 feet for walleye with better success still on the south shore from the resort. Also try Deepwater
- Lake Sakakawea, New Town: Some walleye success in the Van Hook Arm but still inconsistent.
- Lake Sakakawea, Van Hook Bait & Tackle New Town: Improving walleye success with most activity

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

- Fall turkey applications now available. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov), for regulations and application
- Aug. 25: Zumba in the Park, Oak Park, 7 p.m.
- Aug. 28: 18th Annual Outdoor Youth Festival, North Dakota State Fairgrounds N.D. Game & Fish Dept. Pond, 5:30 p.m., including free BBQ sponsored by Souris Valley Pheasants Forever and West Dakota Waterfowlers.
- Aug. 29: Archery deer and pronghorn (lottery license draw only. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov), for regulations and licenses.
- Aug. 29: Mountain lion seasons open. Go to the N.D. Game & Fish Dept. website, (qf.nd.gov), for regulations and licenses.
- Aug. 30: Evening Hike Series, Lantern Hike, Fort Stevenson State Park, Garrison, 8:30 p.m.
- Sept. 1: Dove season opens.
- Sept. 3: Fall turkey applications due.

still around the south end of the Van Hook Arm. Try around Shell Island or Independence Point. Work deeper in 20 to 25 feet using jigging Raps with heavy bottom bouncers and nightcrawlers or

 Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace producing walleye during the day with best success in the spillway channel for small walleye using jigs and nightcrawlers. Try the chutes at night for larger walleye with some salmon mixed in. Good catfish success from boats and wing walls. Be sure to work on the bottom for best success. Some walleye at night from shore along the rocks and 4th campground casting crankbaits. East end of Lake Sakakawea continues producing smallmouth bass in bays or along the face of the dam along the rocks. Move around to locate walleye with better success along Alcatraz Island or 3 bays west of Pick City. Also try 7 sisters on the east end or Douglas Bay on the north shore. Better salmon success remains from Government to Deadman's bays in 70 to 120 feet using flashers and needlefish with variety of colors. Also try other presentations. Try Sakakawea State Park from shore

 Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea generally tough for walleye success with the "dog days" underway and ongoing weather fronts. Kota-Ray Dam continues producing nice largemouth bass success.

 North-central/central lakes, Towner Hdwe. Hank, Towner: No reports from area lakes or the Souris River.

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

- Des Lacs River, Foxholm: Gauge height, 5.16 feet; streamflow, 1.57 cubic feet per second (CFS).
- Lake Darling, Foxholm: Gauge height, 97.16 feet.
- Little Missouri River, Medora: Gauge height, 2.12 feet; streamflow, 102 CFS
- Little Missouri River, Long X Bridge near Watford City, gauge height, 7.84 feet; streamflow, 235
- Missouri River, Williston: Gauge height, 13.34 feet.
- Missouri River, Washburn: Gauge height, 9.3 feet.
- Souris River, Broadway Bridge, Minot: Gauge height, 41.55 feet.

• Yellowstone River, Cartwright: Gauge height: 62.18 feet. EARLY CANADA GOOSE **SEASON:**

 Fair success around the Devils Lake area

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 BOMB WING MAINTENANCE PROFESSIONAL OF THE YEAR AWARDS

More photos available on Minot AFB PA Flickr page.

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- \$5 Moscow Mule \$6 Specialty Cocktails, Martinis & 22oz ND Breweries Taps
- \$4 ND breweries (all day) Wednesday ½ Price Wine by the glass/bottle (all day) Thursday
 - \$1 up for all Tall Taps (all day) BRUNCH (11am-2pm) \$7 TSR Bloody Mary & Caesars \$12 Bottomless Mimosas \$6 Breakfast Shots
- Wednesday Chef Creation*

Pasta Pack

Thursday

the starving rooster.com





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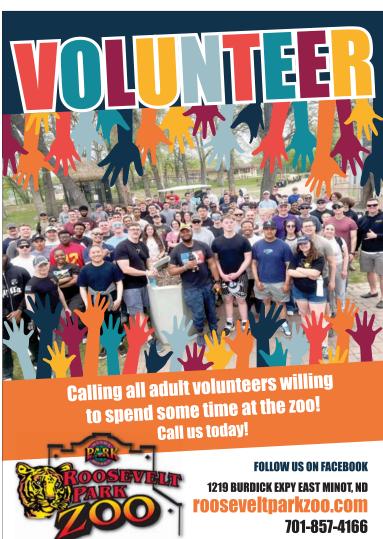
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Solution to puzzle on page B9

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9	1		6					5

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CROSSWORD PUZZLE

Across

- 1. Tackle
- 8. Capital on the Grand River
- 15. Art style
- 16. Frequent flier
- 17. Side by side
- **18**. Motet relative
- **19**. Muggers
- 20. Raspy-sounding
- 22. Palmas
- 23. "Baudolino" author
- 24. Incentive, so to speak
- 25. Close kin
- 26. More aloof
- 28. Cheer start
- 29. Repetitive process
- 30. Formed
- 32. Takes stock of
- 34. Not popularly priced
- 36. Oregon, to Yves
- 37. Gadded about
- 41. Depletes
- 45. They may be high
- 46. Extreme
- **48**. "Some Enchanted Evening" singer
- **49**. Ballpark figures
- **50**. Stereo components
- 52. Ghent's river
- 53. Dundee refusal
- 54. Mall tenant
- 55. Trial balloon
- 56. Top of the Mohs scale
- 58. Fragrance source
- **60**. Grow
- **61**. Less available
- **62**. Had quarters
- **63**. Withdrawn quality

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 18 18 22 22 22 22 22 22 22 22 22 23 22 23 24 25 25 25 25 25 26 27 28 29 29 29 29 29 29 29 29 29 20 21 20 21 29 29 29 29 20 21 29 29 20 21 20 21 29 29 20 21 20 21 20 20 21 20 20 21 20 20 21 20 20 21 20 20 20 20 20 20 20 20 21 20

Down

- 1. Orange County city
- **2**. Nightshade family member
- 3. Uproar
- 4. Festive nights
- **5**. Latin pronoun
- 6. Khedive's
- subordinate
 7. Helps to understand
- 8. North America's oldest sport
- Nautical order
- **10**. Emergency CB channel
- 11. Gathered dust
- **12**. Emphatic type

- 13. Outstanding
- **14**. Fescue and zoysia
- 21. Price selection
- 24. Goes slowly
- 25. Computer network27. Swirls
- 29. Breaks off
- 31. Case workers
- **33**. Apt name for a cook?
- **35**. Made good on a guarantee
- **37**. Sign of bad weather
- **38**. Produce purchase

- 39. Looks good
- **40**. Hamlet or Ophelia
- **42**. Hush
- 43. Novel set in Dublin
- **44**. Nags
- 47. Not careful
- 50. Slight trace
- **51**. Russian alternative **54**. Telephone part
- FF. Coastal flior
- **55**. Coastal flier
- 57. "Printemps" month
- 59. Coral islet



Motorcycle Ride Highlights Camaraderie and Road Caution

NATALY ZARRELLA, NORTHERN SENTRY

On August 13, 2025, members of the 91st Missile Security Forces Squadron (91 MSFS) at Minot Air Force Base came together for a group motorcycle ride with a mission that went beyond just enjoying the open road. The event, which took riders 40 miles from Minot AFB to Finishline Burgers and Brew in Velva, ND, aimed to strengthen camaraderie among military motorcyclists while promoting critical motorcycle safety

Coordinated by Staff Sergeants Kai LeBlanc and SSgt Deven Manibusan, the ride brought together a mix of seasoned and newer riders for an afternoon that blended mentorship, safety awareness, and team building. The ride also received support from squadron leadership, with Lt Col Harlan Glinski, 91 MSFS Commander, meeting the group at the restaurant in Velva to highlight the importance of motorcycle safety.

"This wasn't just about getting on the road," said SSgt LeBlanc. "It was about reinforcing safety in a setting that's realistic. Riding alongside more experienced motorcyclists gives newer riders valuable exposure and practical insight that can't be replicated in a classroom."

The event took place against the backdrop of a sobering reality, several motorcycle-related fatalities have occurred in the Minot area this year alone. While the motorists involved had no known military affiliation, these incidents served as a stark reminder of the critical importance of safety. Organizers and leadership emphasized that proper rider training and the consistent use of personal protective equipment (PPE) are essential to reducing risk and preventing further loss.

"Complacency is a killer," said SSgt LeBlanc. "No matter how long someone has been riding, bad things can happen in an instant. That's why staying alert, riding within your limits, and making protective gear a non-negotiable part of your routine is so important."

First Lieutenant Cole Lautt, who participated in the ride, described the experience as both enjoyable and meaningful. "The best part is getting out and riding in a group during a duty day. It's great to meet up, talk about bikes, and of course, eat at one of the best burger joints around," he said. "But what stood out most is that our commander cares enough about our safety to dedicate time for this event during the workday." Lautt added that the ride served as a personal reminder about the dangers of complacency.

Lt Col Glinski's participation underscored leadership's commitment to the well-being of Airmen. His presence sent a clear

message that motorcycle safety is not only a personal responsibility, it's a priority at all levels of command.

Future motorcycle events are already being discussed, with plans to expand participation to include more riders from other units and potentially external agencies. The goal is to continue building a strong and safety-focused riding community across Minot AFB.

Riding a motorcycle is both thrilling and inherently risky. What narrows that risk is discipline, situational awareness, and a commitment to safety, values that were clearly on display during the August 13 ride. By fostering a culture of accountability and mutual support, the 91 MSFS motorcycle community is leading by example, on and off the road.



Defenders from the 91 MSFS pose with their motorcycles before a safety ride



SSgt Kai LeBlanc leading the motorcycle safety ride for



Lt Col Harlan Glinski joins 91 MSFS motorcyclist at Finishline Burgers and Brew to highlight the importance of rider safety.







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Actual speeds dependent on technical limits, customer equipment performance and configuration, and/or greater Internet traffic. Internet service speeds are founded on a wired customer device. Customer devices may connect slower over WiFi. This institution is an equal opportunity provider and employer.

Simple But Effective Preventative Maintenance Tips for Your Car

Get Your Battery Tested

Winter is rough on batteries, draining power more quickly than usual. With the temperature rising, now is the time to get your battery checked to ensure you're starting the season off right. Stop by a AAA Car Care center for a free digital vehicle inspection, which includes a battery check and, if needed, we can install a new battery.

Replace Your Wiper Blades

We've had no shortage of rain already this year, which means your wiper blades have likely been getting a workout. On average they should be changed every six months or whenever you begin to notice streaking, skipping, bending, or wearing and tearing. Fully-functional wiper blades are essential for safe driving so be sure to check yours.

Check Your Engine Air Filter

The engine air filter prevents dust, dirt, and other harmful debris from entering the engine compartment, which it does less effectively as it gets older. Replacing your filter can help protect your engine components from wear, improve your acceleration, and potentially increase your fuel efficiency.

Inspect Your Tires

Ensuring your tires have enough tread — ideally at least 4/32" — will give you maximum control over your vehicle and help prevent hydroplaning. Cold weather and lack of driving can cause tires to lose pressure, so check that they are properly inflated. Also, consider rotating your tires so they wear evenly. If it's time for new tires, the AAA Tire Store offers a wide range of brands, makes, and sizes.

Top Off or Change Vehicle Fluids

Fluids play a major role in keeping your vehicle running well. They transfer heat, lubricate parts, and act as a cleansing agent. Each has a different recommended frequency at which they should be changed, so consult your manual or talk to a service consultant to stay on top of your fluid maintenance.

Check Your Air Conditioning

You'll definitely want your A/C in peak condition when the temperatures start to rise. Being comfortable in the cabin isn't just a luxury — it helps keep you focused. Make sure the cabin air filters are clean and functioning properly and your air conditioning is ready to keep you cool as the temperatures rise.

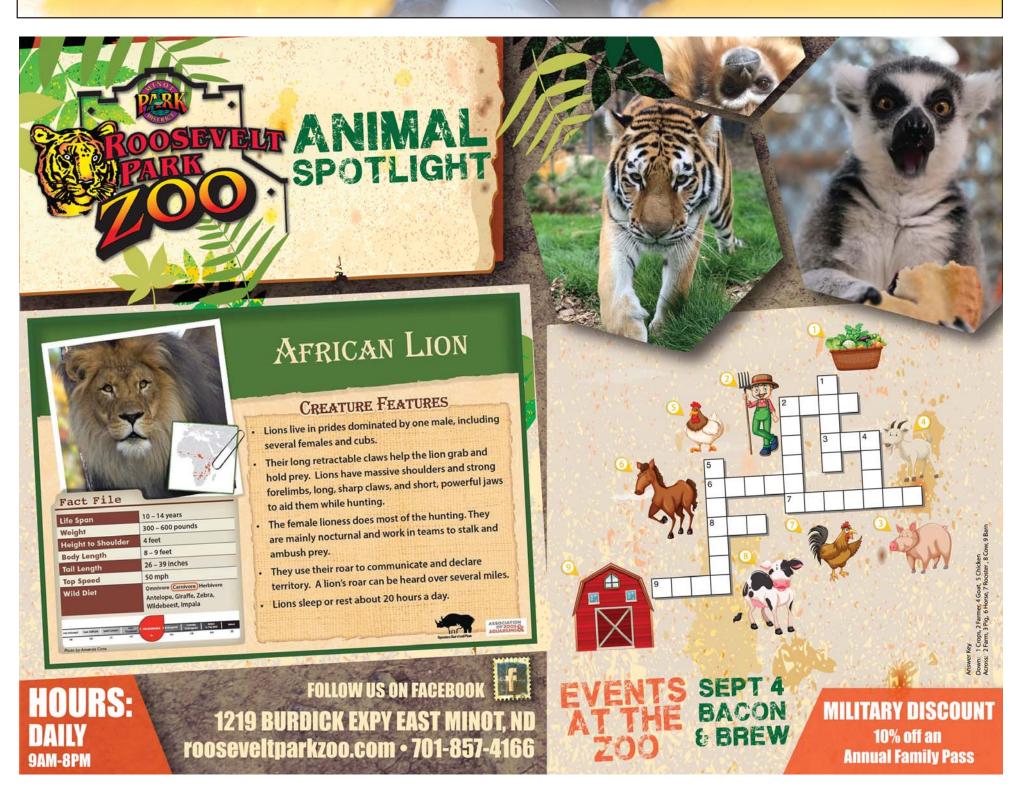
Clean Your Car

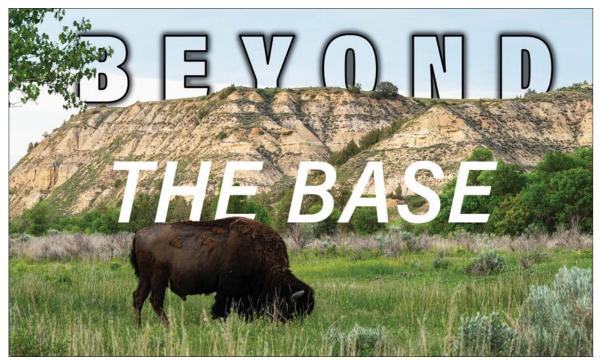
Dirt, mud, and road grit build up in the winter and can cause rust and corrosion on your car's exterior. Drivers in the Carolinas also contend with spring pollen, which can be as damaging to your paint as it is unappealing to your eye. AAA Members get discounts at our Fins Car Wash locations in select areas.

Has Your Vehicle Been Sitting Idle?

Many people are now driving less frequently and logging fewer miles. The time spent sitting idle can cause numerous issues for your car, making the preventative maintenance above even more important.







A bison eats grass at Theodore Roosevelt National Park, North Dakota, June 4, 2025. For centuries, bison and humans coexisted on the Great Plains, with bison providing food, clothing, shelter and tools to the Indigenous peoples of the Great Plains. Read on as Senior Airman Kendra A. Ransum and Airman 1st Class Vincent Padilla explore Thodore Roosevelt National Park in this installment of Minot Air Force Base's Beyond The Base series.

Recharge, reflect and explore: A call to airmen to visit Theodore **Roosevelt National Park**

AIRMAN 1ST CLASS VINCENT PADILLA, 5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. – It was 1883 when Theodore Roosevelt landed in the Dakota Territory from New York to hunt bison; a hunting excursion that would forever transform his life and alter the course of our nation.

"I would not have been president had it not been for my experience in North Dakota," said Theodore Roosevelt. It was here in the badlands and prairies of Dakota that Roosevelt found peace and solace so that he could grieve his wife and mother, who both passed away hours apart. During his seasonal retreats to the region, he grew inspired to pursue a career in politics and developed the passion for nature and conservation that eventually lead to one of his most significant political contributions, the establishment of the National Park Service.

Senior Airman Alyssa Bankston, 5th Bomb Wing public affairs specialist, and I packed up our car and drove south to the Cottonwood campground, located in the South Unit of Theodore Roosevelt National Park (TRNP) in Medora, about three and a half hours from Minot Air Force Base. Roughly an hour from the park entrance, we were greeted with Teddy's beloved prairie and hadlands: a landscan I hardly recognized it as North

We arrived at our campsite around 5:30 p.m and began setting up our modest campsite. We then decided to take advantage of the extended summer daylight and timezone change by finding a few small overlook trails at 7 p.m. The "Wind Canyon" trail exemplifies the accessibility to scenic beauty that the National Park Service provides to the general public. The 1-mile loop trail begins at a clearly marked trailhead directly off the main road running through the park. Mostly flat and easy to navigate, the trail is easily walkable for people of any hiking ability, and seemed to be enjoyed by a family of five with children no older than ten years.

"Anybody can love the mountains," said Willa Cather, writer. "But it takes a soul to love the prairie."

The Wind Canyon Trail provided Bankston and I with the view of the Little Missouri River and a vantage point that demonstrated the vibrance of the of the lush greenery filling the badlands. North Dakota had received intense cycles of rain and sunshine over the weeks prior to our visit, resulting in the exceptional conditions in the region. Even the wildlife seemed to take advantage of the perfect conditions, as bison and large groups of wild horses were spotted within the first hour of our visit at the park

The North Unit of the park is two and a half hours south of Minot and provides an opportunity to visit the park and head back to base all within a day. The North Unit is smaller and much less visited than its South Unit counterpart, located another hour and fifteen minutes south. The Buckhorn trail of the North Unit beautifully showcases all the charm that the region has to offer: 11 miles of wide-open plains, breathtaking overlooks and deep canyons to traverse through all while being kept company by prairie dogs and bison. The South Unit includes more paid activities and historical attractions, especially in the town of Medora located just outside of the gate.

Roosevelt believed conservation was a moral and patriotic duty; a value that was imprinted upon him when he began to observe the mismanagement of natural resources by ranchers, industry and government. Over 100 years after his death, proof of his legacy lies apparent in the thriving wildlife, blanketing plant growth and campsites packed with adventurers looking to simply take it all in. A sanctuary for all that is living, Theodore Roosevelt National Park honors the 26th president by sustaining the environment that he fought

Active duty military are allowed free entrance into all national parks upon receiving the "military pass" from ww.rec.gov. Campsite at TRNP are \$10 per night for standard size campsite and \$20 for group sites. Equipment such as tents, ice chests and sleeping bags are available to rent from outdoor recreation.

> Airmen admire the landscape during a hike at Theodore Roosevelt National Park, North Dakota, June 3, 2025. Numerous indigenous peoples, including the Mandan, Hidatsa and Crow, inhabited and utilized the badlands long before the cattle ranching era in the late 19th century.

U.S. AIR FORCE PHOTO AIRMAN 1ST CLASS VINCENT PADILLA



Bison eat grass at Theodore Roosevelt National Park, North Dakota, June 5, 2025. To honor the significance of North Dakota in Theodore Roosevelt's life and the pivotal role it played in cultivating his conservation ethics, Theodore Roosevelt National Park was established.

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



A free-roaming horse eats grass at Theodore Roosevelt National Park, North Dakota, June 3, 2025. Theodore Roosevelt National Park is one of the few national parks where visitors can observe free-roaming horses. The horses' presence represents Theodore Roosevelt's experiences in North Dakota during the open-range ranching era.

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



A bison stands at the edge of a cliff over the Painted Canyon Trail at Theodore Roosevelt National Park, North Dakota, June 5, 2025. For centuries, bison and humans coexisted the Great Plains, with bison providing food. clothing, shelter and tools to the Indigenous peoples of the Great Plains. U.S. AIR FORCE PHOTO

SENIOR AIRMAN alyssa bankston



Airman 1st Class Bomb Wing public affairs specialist, admires landscape during a hike on the Painted Canyon Trail at Theodore Roosevelt National North Dakota, June 5, 2025. Theodore Roosevelt fell in love with the rugged landscape of the badlands during his first visit in 1883 and became interested in the new business of cattle ranching.

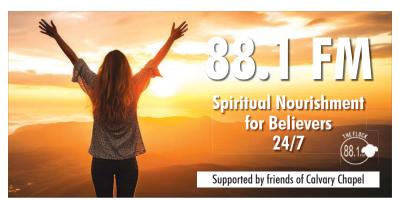
U.S. AIR FORCE PHOTO SENIOR AIRMAN ALYSSA BANKSTON



Minot AFB Extramural Leagues



MONDA	Y AUGUST	11TH			
5:00pm	MSOS	W(24)	VS	5th SFS	L(14)
6:00pm	MSOS	W(22)	VS	5th SFS	L(8)
5:00pm	FIRE	W(12)	VS	705 Muns	L(11)
6:00pm	FIRE	W(12)	VS	705 Muns	$\Gamma(8)$
TUESDAY	' AUGUST	. —			
5:00pm	FIRE	W(10)	VS	705 MUNS	L(4)
6:00pm	FIRE	W(14)	VS	705 MUNS	L(8)
WEDNES	SDAY AUG				
5:00pm	91 MSFS	W(19)	VS	LRS	L(12)
		W(19)	VS VS	LRS LRS	L(12) L(5)
5:00pm 6:00pm	91 MSFS 91 MSFS AY AUGUS	W(19) W(7			L(5)
5:00pm 6:00pm	91 MSFS 91 MSFS AY AUGUS 91 MSFS	W(19) W(7 T 14TH W(17)	VS VS		L(5)
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5:00pm 6:00pm THURSDA 5:00pm	91 MSFS 91 MSFS AY AUGUS 91 MSFS	W(19) W(7 T 14TH W(17)	VS VS	LRS Fire	L(5)









MOVIES IN THE PARK -CAPTAIN AMERICA: BRAVE NEW WORLD 9:30 PM

Oak Park,, 1300 4th Ave NW, Minot

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



For more information: Facebook/ Minot Parks/ Events

MINOT FOOD TRUCK FESTIVAL 11:00 AM - 6:00 PM

Oak Park 1300 4th Ave NW, Minot

Featuring more than 20 food trucks from around the state!

15 craft vendors 15 jumping castles

axe throwing

mini gold

food eating contests and live music!!

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



For more information: www.minotfoodtruckfestival.com

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

8TH ANNUAL FUEL THE FIGHT 8:00 AM - 5:00 PM

Arco Gas Station 1520 24th Ave SW Minot

Join Trinity Health Foundation for the 8th Annual Fuel the Fight at Dakota Square ARCO on September 6th from 8 a.m. to 5 p.m.

Activities throughout the day include a dunk tank, bounce houses, hourly door prizes, and raffle prize drawings.

To be eligible for the prize drawings, purchase eight or more gallons of fuel at Dakota Square ARCO on Saturday, September 6th, and receive an entry

Fuel the Fight raises funds to provide gas vouchers for Trinity Health CancerCare Center patients traveling for treatments.



For more information: Facebook / Dakota Square Arco / Events

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Chapel Services at MAFB

North Plains Chapel

290 Peacekeeper Pl (across from North Plains Elementary School)

Protestant Community Service Times: Traditional Service 9:00am

Breakfast Fellowship 10:00am 11:00am Contemporary Service (Holy Communion 1st Sunday) Children's Church available

Northern Lights Chapel

230 Missile Ave (across from Rockers)

Catholic Mass

Sunday 1000 1200 Monday-Friday Daily

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

Hof (Norse Pagan) 1700 on 2nd & 4th Wednesdays

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109 6th St. SE Minot • 838-3094

Saturday, August 23 5PM, Great Vespers

Sunday, August 24 10AM, Divine Liturgy

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701-852-6404 ww.oslcminot.con Pastor Dan Haugen

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> Sunday, August 24 Worship Service 11:00am Potluck Picnic

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Sunday School & Fellowship9:00 a.m. Worship. 10:30 a.m.

www.trinitychurchminot.org



Worship Service 10:45am Sundays

Sunday School 9:45am

1720 4th Ave NW, Minot 838-0916 MinotBibleFellowship.org

Cornerstone Presbyterian Church 1000 NE 3rd Street 852-0315

Sunday Schedule

Wednesday Evening Schedule

Community Dinner.....5:30-6:30pm

Contemporary Worship 6:30pm

Youth Group & Small Groups.. 7:15pm

All are Welcome!

www.cornerstoneminot.com

Traditional Worship......

Faith United Methodist Church

5900 Highway 83 N, Minot 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 701-839-3694

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11:30am Soup Kitchen

Pastor Brian Keithline

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Sunday	8:00 & 10:30 a.m.
	D: 11 D 1

Fr. David A. Richter, Pastor Parish website: www.stjohnminot.com



Sunday Worship 9:30 am

www.firstlutheran.tv (Live Stream & Recorded) Radio Broadcast KRRZ 1390AM Sunday 9:30 am

www.flcminot.com Pastor Brandy Gerjets • Pastor Ellery Dykeman To Advertise your Church in this space.

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500 46th Ave NE • 839-1351 Pastor David Miller



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www.minotcrbc.org email: minotcrbc@gmail.com **Gabe McCormick- Pastor**

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



Sunday School 9:30 a.m. Sunday Worship 10:30 a.m. Children's Church & Nursery

Wednesday Family Training Hour 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



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

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Apostolic Faith Church, UPCI

2929 19th Ave NW • Minot Located off Hwy 83 Bypass West (701) 838-0609

Saturday School	2:00	p.m.
Sunday Worship	3:30	p.m.
Wednesday Bible Study	7:30	p.m.

Jesse Starr, Pastor

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MINOT NORTH SENTINEL REPORT



Sentinels Girls' Golf Building **Momentum with Strong Early Season Performances**

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The Minot North girls' golf team is making a statement this season, turning in consistent results across a series of tough tournaments and showing they are a force to be reckoned with in North Dakota high school golf. With standout performances from returning leaders and steady improvements across the roster, the Sentinels are proving their depth and determination on the course.

The season kicked off with the TMCHS Meet, where Minot North came away with an impressive second-place team finish at +19. The Sentinels put together one of their most balanced team efforts to date, led by Kinzy Welstad, who finished first overall with a stellar +1. Her strong play set the tone for the day. Close behind, Emersyn Kopp showed consistency by earning second place at +3, giving Minot North a 1-2 punch at the top of the leaderboard. Adding to the team's success, Katelyn Bast cracked the top ten with a +6 to finish tenth. With three players inside the top 10, the Sentinels made it clear they were ready to compete at a high level.

The next test came at the East-West Classic, one of the toughest tournaments of the year with a competitive field from across the state. While the team placed ninth overall, the Sentinels still showcased their potential. Welstad led the team with a 160, demonstrating her ability to stay steady in a long two-day event. Kopp finished with a 165, keeping the Sentinels in the mix. Both Bast and teammate Ally added matching 183s, giving the team valuable depth. Though it wasn't the finish Minot North had hoped for, the experience against top-tier competition gave the players valuable lessons that would carry over into their next meet.

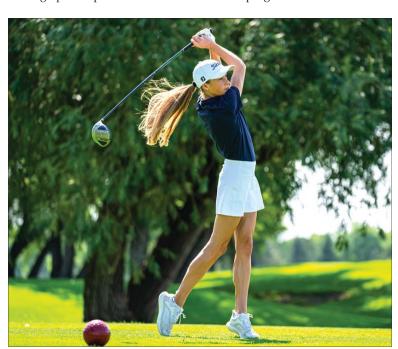
Those lessons paid off quickly at the Watford City Invitational, where Minot North bounced back in a big way. The Sentinels earned second place as a team, once again proving their ability to compete at the top of the standings. The highlight of the day came from Welstad, who shot a 76 and claimed first place in a playoff to secure the individual title. Her ability to remain calm under pressure in the playoff hole reflected the leadership she brings to the team. Kopp also delivered a strong performance, finishing with an 81, keeping the Sentinels in contention for the team trophy.

The momentum continued into the Century Invite, where Minot North put together another strong showing, finishing fourth overall. Welstad continued her dominance, shooting a 74 to take first place individually, marking yet another tournament victory. Kopp followed with an 86, while Bast contributed a 96, giving the Sentinels another solid team finish against tough competition.

Through these early-season tournaments, one theme has become clear: the Sentinels are built on consistency and leadership. Welstad has been a force at the top, already racking up multiple individual wins and proving herself as one of the best players in the state. Kopp has been right behind her, finishing near the top of every tournament and providing the team with reliable scoring. Meanwhile, Bast and Ally have been steady contributors, rounding out the team and giving Minot North the depth it needs to stay competitive in every meet.

As the season continues, the Sentinels are positioning themselves as a team to watch. With Welstad and Kopp consistently among the state's best and strong support from Bast and Ally, and Abby. Minot North has the talent to make a run at every tournament they enter. More importantly, the team's chemistry and determination have set them apart, with each meet showing their growth and potential.

If these early results are any indication, the Sentinels are only getting started. With several major tournaments still ahead, Minot North girls' golf has its sights set on even bigger achievements as the season progresses.



Kinzy Welstad drives with power through the fairway.

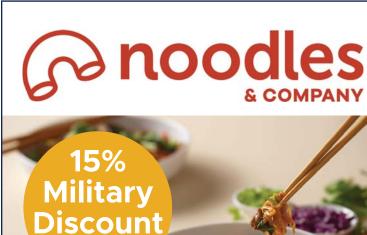






Kate Bast lines up her putt.

PHOTOS BY ARBAUT PHOTOGRAPHY



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New Military and Family Life Counselor at Minot AFB Child Development Center!

Our Child Development Center (CDC) at Minot AFB welcomes new Military and Family Life Counselor (MFLC): Miss Odette Abbud Aguero! Military children and families experience unique challenges specific to their military lifestyle, so free, confidential counseling is provided as a short term, solution-focused service intended to help the child and family build important skills to tackle these challenges. If you are interested in receiving services, please fill out a "CYB Parent Acknowledgment Form," which is available at the Front Desk of the CDC, School Office, or my office at 168 Missile Ave. Counselors can help service members and their families navigate the following

- -Improving relationships home and work
- -Stress management
 - -Adjustment difficulties
 - -Parenting -Grief or loss

As our installation point-ofcontact (POC) for all center and school-based MFLCs, I led Miss Odette Abbud Aguero's MFLC Orientation and Training, which consisted of a "Military 101" training on information specific to the Air Force lifestyle and learning about how the culture is essential to helping military children,

Organization-Structure, Installation Tour, and Military Parent Panel: an opportunity to hear true stories from military families about the issues military families face. This latter piece, my favorite piece, is a powerful session that truly enlightens our MFLCs who are sometimes unfamiliar with the challenges of military families. In this session, stories and specific needs relative to our unique mission at Minot AFB were shared by the following participants: Child and Youth Programs Flight Chief, Ms. Carolyn Becker; Child Development Center Director, Ms. Claribel Luna Torres; FCC Provider

Child and Youth Programs (CYP)







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



and military spouse, Ms. Connie 'Nikki" Griffin; and myself. Miss Odette Abbud Aguero learned what a "PCS" is and about the infamous "spouse's curse," where everything that can go wrong will go wrong during a spouse's deployment!

Throughout the duration of her time at Minot AFB, Miss Odette Abbud Aguero—and our other CDC MFLC, Ms. Megan Armenta, and school-based MFLC, Ms. Thelma Watkins—will participate in monthly meetings where I invite guest speakers to expose the MFLCs to additional local resources for our military families.

Miss Odette Abbud Aguero is now conducting child/family

counseling services and supporting our CDC staff at the CDC located at 166 Missile Avenue for the next six months. We are lucky to have her and welcome her to our Minot AFB installation!

For more information on military and family life counseling, please visit: https://www. militaryonesource.mil/benefits/ confidential-counseling/

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.



Ms. Claribel Luna Torres and Miss Odette Abbud Aguero listen to CYP Flight Chief, Ms. Carolyn Becker (blue shirt) share information on the mission of Minot AFB during the Military Parent Panel held on Wednesday, August 13,



MINOT AFB MILITARY AND FAMILY LIFE COUNSELORS

Megan Armenta

CDC / Homeschool Students (571) 376-0703

Odette Abbud Aguero

Child Development Center (571) 320-7162

Jessica Stringfield

Adult M&FLC (701) 425-7905

Kate Eback

Adult M&FLC (701) 500-4826

Thelma Watkins

MAFB School Students (SY 25-26) (701) 934-1263

MINOT AFB PHARMACY

How YOU can communicate with US!

Do you need to ACTIVATE a new prescription?

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

MHS GENESIS Patient Portal

https://patientportal.mhsgenesis.health.mil

- 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

- 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



MHS Genesis Patient Portal



Q-Anywhere

Duty Hours

Monday - Friday: 0730-1215 & 1315-1630

Saturday: CLOSED Sunday: CLOSED



For the latest information on MDG closures and news, please visit our Facebook page at: facebook.com/5thMedicalGroup



For emergent needs, visit us in person. You can also call the appointment line at 1-701-723-5633 and a request will be sent for a member of our team to call you back within 48-72 hours!

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More photos available on Minot AFB PA Flickr page.

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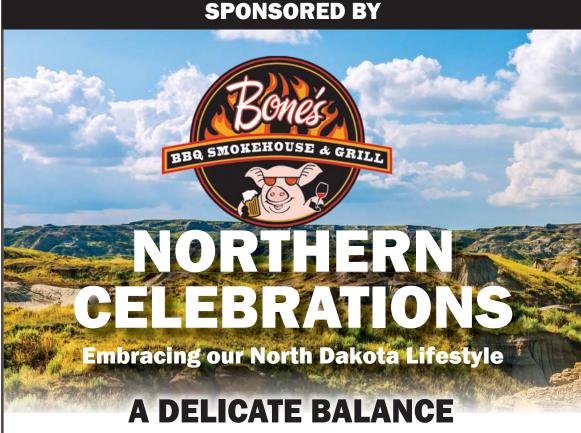


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Patricia Stockdill

fabric, including hunting traditions.

Things like always hiking a favorite patch of prairie during grouse season.

Or setting dove decoys along a particular ol' patch of dead trees, even if its lonely, withered limbs are giving way to weather.

Sometimes traditions weave their way into the fabric of hunting regulations, even though the North American Wildlife Conservation Model drives – for the most part – hunting regulations and wildlife management.

It's a model emphasizing the role of sound wildlife management and science in management decisions and regulations.

Sometimes – and probably more often than one realizes - it's OK to weave tradition with

As much as hunters and the public would probably like to see wildlife regulations based solely on science, it's not a black-and-white situation even using the North American Wildlife Conservation Model as a guiding principle.

Take, for example, North Dakota's tradition of shooting only rooster pheasants. There really isn't a biological need to protect hens in the state. Admittedly, back in the early days when state wildlife management agencies were trying to establish resident populations of the glitzy import, it was important to protect hens.

It's also relatively easy under normal hunting circumstances to identify rooster pheasants from hens, making it a regulation based on sound biological information.

Fast-forward several generations and pheasant states really don't need to protect hen pheasants to sustain viable populations even when populations fluctuate. It's more of a social thing. It's only necessary to protect females of a species when populations are so low harvesting them is detrimental to an overall population.

That's one reason North Dakota's sage grouse and prairie chicken seasons are closed - their populations are too low to justify hunting.

North Dakota has also has a traditional threebird daily pheasant limit even though populations skyrocketed during the Conservation Reserve

Traditions are part of the core of American Program heyday of abundant grassland habitat - and tumbled with a corresponding tumble of CRP acreage coupled with winter mortality.

> It goes back to the fact the socially acceptable three-bird daily limit doesn't affect pheasant populations in good or bad years. In addition, rooster pheasants will out-compete hens when feeding in the winter. In years when pheasant populations are lower than normal or below average, having less roosters on the landscape can benefit hens. They have less competition when foraging for food, translating into a better chance of surviving a North Dakota winter.

> North Dakota also has a "keep it simple" tradition when it comes to hunting regulations. believing that unless there are sound biological reasons to change regulations, they will stay as minimally complex as possible.

> Sometimes social issues remove management decisions from the hands of biologists. Examples include when the North Dakota legislature, at the urging of business interests, changed the state's pheasant season opener from its traditional second Saturday in October so it's now state law the season can open no later than Oct. 12.

> Sometimes it still opens on the second Saturday; sometimes the first.

> So instead of hunters knowing it's a North Dakota tradition to open pheasant season on the second Saturday in October, state law moved it so it bounces around.

The "keep it simple" concept went out the door on the state's pheasant opener.

Another tradition is the second Saturday in September sharp-tailed grouse opener, again with a hatch later than several other sharptail

Yes, the North American Wildlife Conservation Model places sound science as the driver of wildlife management decisions. State agencies do apply its principles.

It's just that sometimes there is wiggle room. Public opinion plays a role.

The challenge is making sure it doesn't tip the scales so it's not detrimental to wildlife, hunters, and the public.



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PREVENTION TEAM WINS EXCELLENCE AWARD

The Integrated Resilience Office (prevention) received the 2025 Department of Defense (DOD) Promoting Excellence in Prevention award at Minot Air Force Base, July 2, 2025 . The Prevention team is led by Director Laurel Grams (middle) Chief Donita Theiler (right) analyst Jeremy Meier (left). During the year the prevention office developed a Minot specific curriculum for the annual suicide prevention training.

U.S. AIR FORCE PHOTO I AIRMAN FIRST CLASS ANTHONY RAMEY



WEAPONS TROOP STRENGTHENS COMMU WITH SERVICE AT MEN'S SHELTER

On Saturday, 9 August 2025, 25 Weapons Troops from Minot AFB partook in the MAJCOM's Weapons Community Service Day and ushered an effective project for our local Men's Winter Refuge homeless shelter. The team dedicated five hours and accomplished landscaping, gutter repair, five window blind replacements, two HVAC repairs, drywall, door replacements, and donated 60 pounds of dried goods. Additionally, TSgt Corey coordinated a \$1K feed donation from Bones BBQ and a large grant from Home Depot to replace all appliances and quality of life



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A New Chapter for Mainstreet Books!

HANNAH WATERS, NORTHERN SENTRY

Main Street Books, the charming owned bookshop downtown Minot, announced that a change in ownership is taking place. While possibilities of who will be the new owner are still up in the air, long-time Main Street Books employee and current store manager, Lindsey Bertsch, has been doing everything she can to be able to buy the place herself.

Since Lindsey has been working at Main Street Books since May of 2012, and was fully invested in the store, she wanted to stay on with her current level of creative license when a new owner came in. But she realized that might not happen. So, on Jun 3rd, 2025, when Val Stadick, the current owner of Main Street Books, posted on social media that the bookstore was for sale, many customers and community members reached out to show their possibilities in taking over and some asked if Lindsey herself would consider taking ownership. This intense amount of interest created the first shift in Lindsey's thought process, and she started considering that she might actually be able to buy the store herself.

Lindsey explained that she never realized how many people associated her with the store. She decided to put on a potential investors meeting after the sale of the store was announced for people within the community to see if anyone would

be willing to invest in the store- and herself as owner. When it came time for the meeting, many attendees gave her pointers and tips for how to buy the store herself. She even had a phone call with a good friend of hers, Jasmine Shultz from Prairie Sky Breads, Jasmine was happy to give Lindsey some information on opportunities to buy and operate the store that she learned from her own background and experience. Ultimately, it was the community, friends, and family which helped Lindsey decide to start the journey to become the new owner of Main Street Books.

Lindsey had many ideas for the store but needed a way to earn money fast. She created a Kickstarter event, otherwise known as a fundraising campaign, that can be found on the Main Street Books Facebook page. Anyone can donate without receiving a reward, but from anywhere between \$10-\$1500 donation, there are different rewards that can be purchased.

According to Lindsey, the funds gained from the Kickstarter event are going to be used for a multitude of new store items. For starters, Lindsey mentioned she wants to add a café which would sell food and snack items to patrons. The basement of the bookstore, which has a fully licensed commercial kitchen, would be a great place to start that challenge. Some of

DAKOTA HOPE CLINIC ANNUAL

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the funding would go towards adding updated and better kitchen equipment. Her goal was to have the café area up and running as soon as possible. Part of Lindsey's inspiration for wanting the cafe was her friend Maria Cree. Maria owns a small DIY business, Red Willow Collective, that helps host music events by booking local and traveling bands. Lindsey said a café in Main Street Books would give them a space to host these kinds of events in the bookstore.

Main Street Books is possibly on the brink of an exciting new chapter with long-time manager Lindsey Bertsch stepping up as the potential new owner. What began as a search for someone who would allow her creative freedom quickly turned into a personal decision to invest in the store herself, inspired by the overwhelming support from friends, family, and the community.

Lindsey's vision extends beyond maintaining the bookstore's legacy, she hopes to expand its role as a "third space" by adding a café, hosting events, and continuing to foster connection in the community. With her Kickstarter campaign and sustainable business mindset, Lindsey is determined to keep Main Street Books not only thriving but also evolving into a hub for creativity, conversation, and community.



ARTWORK BY JEN REICHLE



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ARTWORK BY LIZ WEST

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NOTICE

Minot AFB, ND-2d Lt Jason Turner from 5th Munitions Squadron has been appointed the Summary Court Officer (SCO) for the estate of

AB SETH S. PARANA, **705TH MUNITIONS** SQUADRON.

All claims for or against the estate of the deceased must be submitted to the SCO.

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

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daytime and evening custodial positions cleaning buildings at the Minot Air Force Base. Pay is \$14.49/hour plus health & welfare benefit. Hours Days 8a or 9a-finish typically Monday through Friday, may include weekend work. Nights 5p-finish. Apply in person at: 605 27th St SÉ, Minot ND 58701 or contact: Alicia Mello by email or phone at amello@kalixnd.org 701-852-1014.

MATURE, RELIABLE, AND A TRUSTWORTHY INDIVIDUAL.

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THE NORTH DAKOTA NATIONAL

GUARD have openings available in a variety of career fields across the state and in Minot. Continue your military career on a part-time basis. For more information call 420-5903 or 420-5904 in Minot.





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RENTALS

COZY, CLEAN, QUIET 2 BDRM 1 bath Upstairs apartment in duplex, NW location near MSU in

Minot. All new flooring. Off street parking. \$725 pr mo. +elect. Call 701-721-4915 for appointment and application. Sorry NO PETS.

AVAILABLE NOW! Several apts on North Hill available 4 rent. 2 Bdrm + 1 bath. \$625 to \$895. Call Peggy at IPM 852-1157 or 833-6832 (cell).

GLENBURN, 3 bedrooms - 3 level duplex with 1 full bathroom and a 1/2 master bathroom. Attached single garage. Available now for \$600.00 monthly, plus a deposit, and the tenant pays utilities. Call 701-720-3089

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SUDOKU SOLUTION

PUZZLE ON PAGE A10

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

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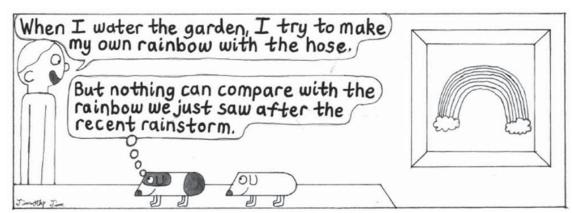
MINOT AFB ANNOUNCEMENTS

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

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

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

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



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

TIMMOTHY TIMM



Atypical Brewery & Barrel Works

510 Central Ave E, Minot Phone: 701.833.0567 FB: Atypical Brewery & Barrelworks

Bone's BBQ Smokehouse & Grill

Phone: 701.838.9140 www.bonesbbgminot.com

Jamaican Vybz Kitchen

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

N.D. Asia

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

The Blue Rider

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

Applebee's Grill & Bar

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

Culver's

Phone: 701.852.4800 www.culvers.com

Restaurant

Meg-A-Latte

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

Noodles & Company

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

The Starving Rooster

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

Badlands Restaurant & Bar

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

Ironhorse Kitchen + Bar

21 E Central Avenue, Phone: 701.852.8183 FB: Ironhorse Kitchen + Bar Minot

Mi Mexico

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

Pink's Bar & Grill

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



Weddings for Warriors

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

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

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

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

* Hotel *

MINOT MILITARY PERSONNEL FLIGHT

SCAN TO SCHEDULE AN APPOINTMENT.

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• DEERS: Cor



Snapshot of MPF Services:

- on Access Card (CAC), Dependen Update, CAC Unlock or Reset, Awards and Decoration 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, Retire

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

MINOT MPF OFFICE

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Come play Guitar, Bass, Drums

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Saturdays from 12:00 to 6:00!

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For updates and socialization: https://discord.com/invite/xQtPFRBr Minot AFB Musicians on Facebook Minotafb_musicians on Instagram







Sunflower lovin summer!





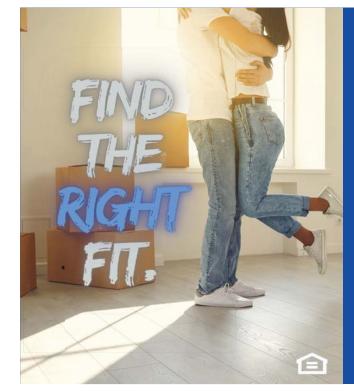
Summertime memories at the baseball field.

SUBMITTED BY JOSHALYN RICHARDSON



What little boy doesn't love summer? Dirty shirt, a lawn mower, and of course...bugs!

SUBMITTED BY MALLORY ROMIG



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What's Going On Minot AFB

- FTEC, 0730-1600, Professional Development Center
- TAP DOL Employment Track Workshop, 0800-1600, M&FRC
- 11th Annual Summer Games, 0800-1600, McAdoo Fitness Center
- Flame to Fame: Burger Contest, 0800, Jimmy Doolittle Center
- World's Fare Week, 1030-1330, Dakota Inn Dining Facility
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Nerf Warfare, 1730-1930, Turf
- Ballroom Basics, 1900-2100, Rockers Bar & Grill

- AFFT, 0530, McAdoo Fitness Center
- . Boots to Business, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Retraining 101, 1300-1400, Professional Development Center
- First Duty Station Officer Financial Course, 1300-1500, M&FRC

THURSDAY 28

- AFFT, 0530, McAdoo Fitness Center
- Pre-Separation Counseling, 0830-1130, M&FRC
- Reintegration Briefing, 1000-1100, M&FRC, Zoom Meeting
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms Budget Class, 1300-1530, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center Room 211

SATURDAY 23

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

• AFFT, 0530, McAdoo Fitness Center

• AFFT, 1100, McAdoo Fitness Center

• Sponsorship Training, 1300-1430, M&FRC

- Club Championship, 0800, Rough Rider Golf Course
- Sunday Escapes Book Club, 1330, Minot AFB Library

MONDAY 7

• Commissioning 101, 1130-1400, Professional Development Center

• Palace Chase/Front Briefing, 1400-1500, Professional Development Center

- · Registration Ends: Black Hills Trip, Arts & Crafts Center
- AFFT, 0530, McAdoo Fitness Center
- Base Right Start, 0730-1230, Jimmy Doolittle Center, hosted by M&FRC
- Informed Decision Seminar, 0800-1200, Professional Development Center
- Boots to Business, 0800-1600, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center Room 211
- Storytime, 1030, Minot AFB Library

Korean Hot Pork or Chicken

AFFT, 1100, McAdoo Fitness Center

FRIDAY



- AFGSC Family Day
- · For a full listing of Labor Day Holiday facility hours, visit 5thforcesupport.com
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SPECIALS Bomber Bistro Featured Item

Rockers Bar & Grill Featured Item **Buffalo Chicken Wrap**

The B-Fifty Brew Featured Item **Toasted Velvet**

SATURDAY 30

 For a full listing of Labor Day Holiday facility hours, visit 5thforcesupport.com

Scan for full event details



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