



WHATS INSIDE THIS WEEK:



MINOT AFB'S MISSION TO REBUILD NATIVE ECOSYSTEMS

A3



THE MAGIC (CITY) OF BOXING

A7



MINOT AFB'S DOGGY DIVE

A11



U.S. Air Force Staff Sgt. Andrew Morrissey, 23rd Bomber Generation Squadron designated crew chief, receives an award from the U.S. Air Force Maj. Jeremiah Gray, 23rd Bomber Generation Squadron commander at Minot Air Force Base, North Dakota, Aug 15, 2025. The ceremony was held to recognize the effort of all designated crew chiefs stationed at Minot Air Force Base. More photos on page A6

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

Airmen honored in dedicated crew chief ceremony

5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D --

The 5th Maintenance Group honored a select group of 18 maintainers during a recent dedicated crew chief (DCC) ceremony recognizing their commitment, expertise and exceptional dedication to their aircraft and mission here, Aug 15, 2025.

The DCC program is one of the Air Force's proudest honors in aircraft maintenance. A DCC is entrusted with direct, day-to-day responsibility for a specific aircraft. The position requires a maintainer to devote themselves to the aircraft, and pledge to the flight crew that they will do everything in their control to get the aircraft in the air. Their name is stenciled on the aircraft's fuselage, a visible testament to the trust placed in them by their leadership and peers.

Unlike many other positions, becoming a DCC does not come with additional pay or rank. What it does carry is an added level of responsibility, accountability and pride. DCCs ensure their aircraft is mission-ready at all times, coordinating maintenance, troubleshooting complex issues and ensuring safety and performance

standards are met without compromise.

During the ceremony, each new DCC stepped forward as their name and aircraft tail number were announced. Leaders, aircrew and peers applauded knowing that these Airmen had volunteered to take on a role that demands long hours, attention to detail and the ability to work under pressure. In many cases, missions completely depend on their skill and competence to not only repair the aircraft, but also manage a team of dozens of maintainers.

"Becoming a DCC is a prideful thing," said Staff Sgt. Sebastian Avila, a newly appointed DCC of the 23rd Bomber Generation Squadron. "It's a heritage thing. You're representing not only yourself or your crew, but the entire Bomber Generation Squadron itself."

As the ceremony concluded, the crew chiefs stood proudly before their aircraft, their names now displayed as a reminder of their dedication and commitment. DCC's earn the respect of their unit and the satisfaction of knowing that mission success starts with them.



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Samantha Bietsch with the Colorado State University collecting soil samples to determine if the area within Minot AFB is classified as a wetland.



A bee gathers nectar from a purple cornflower, a small but vital moment in the mission to restore ecosystems within Minot AFB, supporting pollinators and the health of our environment.



CEMML Team from Colorado State University analyzing soil to help Minot AFB identify and map not previously mapped wetlands within the installation.



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A weasel captured by a wildlife camera booth placed to analyze wild life on Minot AFB.

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Dakota Hope Clinic

MINOT BOTTINEAU TIOGA

Minot AFB’s Mission to Rebuild Native Ecosystems

NATALY ZARRELLA, NORTHERN SENTRY

At Minot Air Force Base in North Dakota, a collaborative environmental effort has been underway to restore native ecosystems, manage stormwater infrastructure, and protect pollinator populations through the revitalization of wetlands and prairie lands. Restoration of the area began in fall 2023, when native seeds were planted and left to overwinter, a natural process known as cold stratification, which allowed them to germinate and sprout in spring 2024. With over 150 species of wildflowers recorded, and more being discovered, this project is both a scientific undertaking and a testament to the power of land stewardship, an inspiring reminder that the quiet beauty of Minot AFB and North Dakota thrives even in the most unexpected places.

The prairie restoration efforts are diverse and timed for long-term success. According to Lynda LaFond, Many of the seeded plants are perennials or biennials that may take several years to fully establish. The site features native grasses like bunchgrass, which provide vital winter habitat for insects, along with colorful blooms such as black-eyed Susans, blanket flowers, upright coneflowers, and multiple types of milkweed.

“We want food sources for pollinators across the whole season,” says Lynda LaFond, Natural and Cultural Resource Program Manager for the 5th Civil Engineering Squadron at Minot AFB. “From early spring species like prairie smoke to late-season asters and goldenrods, each plant plays a role.”One of the simplest, yet most impactful contributions to the local ecosystem comes from collecting milkweed seeds, vital for monarch butterflies. During peak season they can gather enough seeds to fill a gallon-sized bag, which are then scattered across Minot AFB and surrounding areas to support pollinators and native plant growth.

Occasionally the base conducts controlled burns in collaboration with the Minot AFB Fire Department to regenerate soils and promote native vegetation. In another partnership, the National Wild Turkey Federation donated over 500 non-fruit trees and helped construct wildlife camera booths, used to capture images of foxes, long-tailed weasels, and other species that quietly roam the base.

Minot’s Outdoor Wildlife Learning Center, located just beyond base housing and near North Plains Elementary, has become a refuge for wildlife and an outdoor classroom for community members. “There are walking trails, birdhouses, and cold-camping sites, no fires, no restrooms, just a natural space to connect with nature,” explains



Colin Gaughan and Samantha Bietsch, Vegetation Mapping Specialists and Wetland Delineators with Colorado State University’s Center for Environmental Management of Military Lands (CEMML).

LaFond. The area was developed with help from Eagle Scouts and can be used by homeschooling organizations and school groups to study wildlife, habitats, and biodiversity.

A camera booth, baited with seeds, even passively samples small wildlife populations. “It gives us insight into the micro-fauna, mice, ground squirrels, without disturbing them,” says LaFond.

Samantha Bietsch and Colin Gaughan, Vegetation Mapping Specialists and Wetland Delineators with Colorado State University’s Center for Environmental Management of Military Lands (CEMML), are conducting a comprehensive wetland inventory at Minot AFB.

According to Bietsch, an area must meet three criteria to be classified as a wetland: evidence of water (hydrology), the presence of wetland vegetation, and specific soil characteristics such as reduced iron, indicated by red mottling due to low oxygen conditions.

“Some wetlands are seasonal and only appear during spring runoff or snowmelt,” says Bietsch. These wetlands play a crucial role, especially in drought-prone areas like North Dakota, where they retain meltwater, filter pollutants, and provide breeding grounds for amphibians and aquatic insects.

The CSU team uses GPS and geospatial mapping tools to build detailed wetland and vegetation layers. This data aids stormwater management, planning for climate resilience, and modeling flood plains, particularly in flood-prone areas like Bud Ebert Park.

“We’ve found wetlands that didn’t appear on previous maps,” says Gaughan. “Wetlands are dynamic systems. Changes

in surface water flow and even crust rebound from post-glacial shifts mean they can appear or disappear over time.”

Another major focus is reducing unnecessary mowing in residential areas of the base to support wildlife. Taller grass deters Richardson’s Ground Squirrels, which prefer open, trimmed environments to detect predators. Allowing native plants and grasses to thrive not only discourages these pests but also enhances pollinator habitat and reduces maintenance costs.

LaFond emphasizes that while trees are being added to certain areas, Minot AFB exists within a mixed-grass prairie ecosystem, not a forest. “We are in a rain shadow from the Rockies. This is not naturally a tree-dense region,” she says. “Restoring native prairie, grasses and forbs, is key.”

Beyond the environmental impacts, the restoration work at Minot AFB has social and educational benefits. Students, scouts, and families can now explore natural spaces right next to base housing. Walking paths connect to local schools, and natural spaces promote physical and mental well-being for residents.

“Being outside has benefits not just for wildlife but for human health,” says LaFond. “It decreases stress, helps us reconnect with the environment, and reminds us of our place in the ecosystem.”

With the help of biologists, vegetation specialists, student volunteers, and military personnel, the base is not only preserving its natural heritage but setting an example for sustainable land use across the military landscape.

NOTICE

Minot AFB, ND – 2Lt. Dominion Etsegbe from the 5th LRS has been appointed the Summary Court Officer (SCO) for the estate of **SRA PRESTON MEDLIN, 5TH LOGISTICS READINESS SQUADRON**. All claims for or against the estate of the deceased must be submitted to the SCO. **For more information, please contact: 2Lt. Dominion Etsegbe: DSN 453-1861 Cell 405-653-7048**

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



- **Dakota Flea Market (Saturday & Sunday)**
- **Collector Car Auction**
- **Flicker Tail Open**
- **Dakota Cruisers Car Show**
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**SHE'S NOT FROM
AROUND HERE**
AMY ALLENDER

“Are you ready for school?” That was the question floating through nearly all my conversations in the days leading up to the first day of school. I’ve got a son in elementary school and another in preschool, so the question made sense. “We’ve got all the stuff ready, and mentally he’s ready,” I’d say. “But that first day back will quite literally be a rude awakening for us.” We’d gotten used to staying up late and sleeping in. Me included.” I’d seen the Instagram reels and read the Pinterest-perfect advice: start going through the school routine a few days before the first bell rings: practice getting up early, rehearse the morning schedule, go through the bedtime routine. In theory, it all sounded lovely. A calm transition to the academic year. But in practice? Why would I voluntarily wake up early if I had the option of



**UPSIDE DOWN
UNDER**
MARVIN BAKER

Do you ever watch those infomercials in the middle of the night? If you haven’t, they’re always coming up with some fantastic breakthrough in medicine, weight loss or mental awareness. In just about every case, it seems too good to be true, and yet it could cost you a lot of money. I have to admit, the people who produce these shows are very convincing. In effect, they are snake oil sales people, trying to sell you something you don’t really need. There are products that are constantly advertised as being good for us, good for our cardiac health, good for our aches and

Fall’s Routine, a Rude Awakening

another hour of sleep? And if I’m honest, I’m a sucker for fun. I have a really hard time being disciplined enough to pull my kids inside when they’re playing with neighbors in that perfectly balanced weather—warm but not hot, breezy but not cold. Especially if it was just to practice for a pretend day of school. So, although I knew it might have been wise to ease into the school routine, I didn’t. And yes, that first day was a rude awakening. Still, we made it through. We survived the first week—on time each day and only forgetting to pack a water bottle once. Smooth sailing, mostly. But even though I thrive on routine, this time of year is a hard adjustment for me as well as my kids. It’s not just mornings that feel foreign after months of late bedtimes, long evenings, and slow starts to the day. The whole rhythm shifts. I try to wedge my patchwork freelance jobs into the hours my oldest is at school, but it hasn’t fallen into place smoothly. When he gets home, our hours together feel short and rushed. Work creeps into evenings, alongside dinner prep, nighttime routines, and the occasional meeting that can’t happen during the day. Things feel bumpy, and even a

little disconnected. Our family went from a loose, summer rhythm with plenty of time together—even if some of it was me tucked away in the office—to limited weekday hours and a scramble to check every box on the list. More than once, I’ve groaned at this rigid routine, wishing I’d taken Pinterest’s advice and been more intentional about easing into the school year and cultivating a calm transition. But this morning, as I sat staring down my to-do list, hoping against hope most of it could be accomplished before the end of the school day, something shifted. I remembered: I may not control all the plot points in my story, but I hold the pen. Ultimately, I’m the boss of my narrative, just as you are the boss of yours. In the past two weeks, the plotline of my life has looked like I’m the victim of a cruel taskmaster named Routine. But it doesn’t have to be that way. Instead, I’d rather step into the role of heroine in a coming-of-age story—one who learns to wield authority over her rhythms. One who chooses to see the changing season as an opportunity to refine and become more flexible. One who rewires routine into a machine that drives growth and progress—not stress or perfection.

One who deepens relationships through intentionality, instead of missing connections because of rigid routine and overpacked days. Instead of mourning what the end of summer took away, I can notice what this new season offers. A chance to reestablish rhythms that ground us. A reset button for our daily habits. A reminder that structure isn’t the enemy—it’s a tool. Because routines aren’t prisons. When at their best, they’re soothing and stabilizing. They don’t need to be color-coded or Instagram-worthy. They don’t need to drive us toward comparison or feelings of inadequacy. They can simply be quiet rhythms that make space for what matters. This is the story I want to write for my family this fall. One where routine feels less like a burden and more like a drumbeat—steady, grounding, guiding us forward. So, if you’re facing this in-between, transitional time of year, maybe you need the reminder too: You get to write your story. Summer may be over, but the next season can hold just as much goodness—we just have to remember who is in charge of the story.

If you start my program now...

pains, good for our eyesight and so on and so on. As it turns out, all you have to do is eat right. Do you remember the Smucker’s TV commercial that was set in the early 1950s? There were two boys in that commercial and they were both razer thin. In the 1950s, there wasn’t a convenient and cheap fast-food restaurant on every block and families almost always ate together full and complete meals, that yes, it included dessert. People, including myself, complain about aches and pains. Hey, after all, I’m in my 60s and my body is supposed to hurt from time to time, right? Not necessarily. These past three weeks have really been an eye opener for me. My wife and I have had three of our grandchildren, and now that they’ve gone back to Rapid City, we both agree why we are exhausted and why our knees, backs, ankles, necks and wrists hurt. It’s because of sugar. We should have been intelligent enough to have figured this out

in our college years, but it took the timing of our grandchildren visiting to really realize this was not a coincidence. Before they came to visit, I was quite conscious of any sugar consumption, and even though chocolate is one of the four basic food groups of a journalist, I did everything I could to avoid chocolate. Then, the littles were in the house. To make it even more obvious, I had lost 15 pounds in June and July and it was because I was strict about my diet and if I had a craving, I would drink a glass of low-sodium tomato juice. It worked very well. As we spent time with the kids, however, we had Smores, we had sugary drinks, we had chocolate, we had ice cream. We went to car shows, festivals and parades. The amount of candy the three of them picked up on parade routes was stunning. And my grandchildren, bless their hearts, know I like Tootsie Rolls, so they shared their loot with their papa and you can guess what happened. I gained almost all that weight

back, I often slept through the night and woke up groggy and tired. My knees, wrists and back hurt almost all the time. Sugar is inflammatory and it gives you highs and lows and that’s what was happening to me. There is no question and no denying it because the timing of it while the kids were here was spot on. I’ve known about sugar’s inflammatory properties for years, but never paid attention to them, but here’s why this is different. Not only had I lost a fair amount of weight, I was feeling really good physically, almost as if I was 10 or 15 years younger. Then came the grandchildren and the sugar. They started school this week so my wife and I both have abruptly halted any sugar consumption. I’m back to my “tomato juice diet” and although it’s only been a few days, I’m already sleeping better and my knees aren’t hurting in the morning when I get out of bed. I’ll bet that weight is gone by mid September.



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A VIEW FROM OUR SIDE

ROD WILSON

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It's about ready to get really busy folks, and I just want to make sure that you start marking those calendars with the special events to come.

First on the agenda is Fuel The Fight to be held on Saturday, March 6th from 8 AM to 4:30 PM. Lori Wonnenberg, owner of Dakota Square ARCO, started raising funds for Fuel the Fight about 8 years ago. "In just a few minutes, a person's life can change due to cancer. I just saw a need to raise money to assist cancer patients with transportation expenses for essential cancer treatments."

Fuel the Fight will have a Coffee & Pie Social, a Touch a Truck, Bounce Houses, Lunch by First Western Bank, a dunk tank "and finally the raffle drawings at 4:30 PM, with first prize being Free Gas for a Year courtesy of First Western Bank and \$1,000 cash courtesy of Farstad Oil.

"A percentage of the fuel sales and in-store purchases made on the day of the event at Dakota Square ARCO will be donated to Fuel The Fight" says Wonnenberg. "Last year we raised over \$85,000.00, and I really hope we can raise \$100,000.00 this year. We are getting so close."

Part of the Touch A Truck display will be the Trinity Health

helicopter, which, weather and time permitting, will land on the parking lot near Dakota Square ARCO. The Minot Air Force Base Security Squadron has also volunteered a vehicle for the Touch A Truck.

September 6th, folks, Dakota Square ARCO.

THE DOWNTOWN MINOT FALL FESTIVAL

Starts at 10 AM on September 13th, and much like the Fuel The Fight event, this will be a "bring the family and enjoy a whole day of fun" according to Casey Klein, President of the Downtown Business & Professional Association. The Downtown Minot area will be on the Minot State University Homecoming Parade route, and Main street will be packed full of over 40 vendors including 10 plus food trucks and food vendors.

"There will be the Magic City Lions Kidzone, with free games for the kids. Included in the Kidzone will be bounce houses, and not too far away will be the Barnyard Petting Zoo and Pony Rides. The kids' games are free, but for a modest fee parents can purchase wrist bands for their kids to participate in the bounce houses, petting zoo and pony rides."

As usual the North Prairie Farmer's Market will locate on the Trinity Health parking lot located along Broadway. "We've pretty much got it all" according to Klein "games for the kids, Bingo for the adults and vendors on Main Street. We've also encouraged our merchants to have outside displays, weather

permitting."

People are encouraged to use the 2 Downtown Minot Parking ramps, "the first 2 hours of parking is free, and each additional hour is at a modest cost" according to Klein. September 13th, The Downtown Minot Fall Festival.

NEW SEASON FOR THE MOUSE RIVER PLAYERS

The Mouse River Players will kick off their season with The Haunting of Hell House, directed by long time Mouse River Player member Tim Knickerbocker. Staring in what he thinks is his 17th show is Dorian Garland from Minot Air Force Base. "I arrived in Minot in November of 2021, and I remember my first show was Alice In Wonderland where I played Tweedle Dum" according to Garland. "I have always been into movies and have had a curiosity for what it takes to make movies."

For more information on the current Mouse River Players season, including tickets for upcoming shows, go to mouseriverplayers.com.

GOT ROOM IN YOUR REFRIGERATOR?

Anne Gates says that the North Prairie Farmer's Market will have...cabbage, broccoli, cauliflower, tomatoes, peppers, tomatillos, zucchini, crookneck squash, spaghetti squash, melons and some pumpkins.

TODAY'S CHUCKLE

The good old days: When you felt good and didn't look old.



Dakota Square Arco owner, Lori Wonnenberg holds one of the gas certificates from last year's Fuel The Fight event.

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Wednesday (9/17)..... 7:00 pm

WOMEN

4 Person Teams

Tuesday (9/16)..... 6:30 pm
Thursday (9/18)..... 6:30 pm

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Registration for All Ages, 9/13

Thursdays (Ages 7 and up).... 3:45 pm

- Start Day, 9/11
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- Weekly fees for Bantams (3 games): \$13

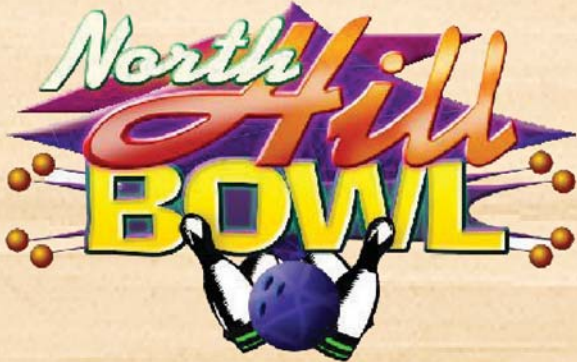
Sundays (Ages 12 and up)..... 6:00 pm

- Start Day, 9/14
- Weekly fees for 3 games: \$13

Mondays (Ages 12 and up).... 5:00 pm

- Start Day, 9/15
- Weekly fees for 3 games: \$13

MENS & WOMENS LEAGUE
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Wednesday (9/17).... 7:00 pm
Friday (9/19).....6:30 pm

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30 Week Season

Wednesday..... 10:00 am

- Starts 9/10

Friday..... 1:00 pm

- Starts 9/12

DAYTIME COFFEE

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Thursday..... 1 pm

- Starts 9/11, 3 person teams

28
WEEK SEASON

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DEDICATED CREW CHIEF CEREMONY

The 5th Maintenance Group honored a select group of 18 maintainers during a recent dedicated crew chief (DCC) ceremony recognizing their commitment, expertise and exceptional dedication to their aircraft and mission at Minot Air Force Base, North Dakota on Aug 15, 2025. More photos can be found by scanning the QR code.



U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS VINCENT PADILLA



U.S. Air Force Staff Sgt. John Mingay, 23rd Bomber Generation Squadron designated crew chief, receives an award from U.S. Air Force Lt. Col. Ryan Ruediger, 5th Operational Support Squadron commander at Minot Air Force Base, North Dakota, Aug 15, 2025. Designated crew chiefs oversee all maintenance operations for their specific aircraft.

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U.S. Air Force Staff Sgt. Zachary Oliva, 23rd Bomber Generation Squadron designated crew chief, receives an award from U.S. Air Force Maj. Jeremiah Gray, 23rd Bomber Generation Squadron commander at Minot Air Force Base, North Dakota, Aug 15, 2025. Designated crew chiefs are responsible for organizing all maintainers so aircraft remain deployment-ready at all times.

NOTES ON BEING SAFE

PLAYGROUND SAFETY

IT'S AN ADULTS RESPONSIBILITY

SSGT JOE VERGARA
5TH BOMB WING
NCOIC OCCUPATIONAL SAFETY

Each year in the United States, an average of 17 children die following playground accidents and over 170,000 children are injured seriously enough to require emergency room treatment.

Is your child's playground safe? Here are some things to check:

- Surfaces around and under playground equipment should be covered with at least 12 inches of loose-fill surfacing materials such as wood chips, mulch, sand, or pea gravel, or be made of safety-tested rubber or rubber-like materials. The material should not be wet or compacted, and should extend at least 6 feet in all directions from the equipment to give plenty of safe fall zones. For swings, the safe surface should cover the ground, front and back, twice the height of the suspending bar. Unsafe surfaces include concrete, asphalt, grass, soil, and hard packed dirt.
- The fall zone around each piece of equipment should be free of all obstacles, including other play structures. For example, equipment less than 30 inches high should be at least 6 feet apart; equipment higher than 30 inches should be 9 feet apart.
- All elevated surfaces such as platforms, bridges, walkways, and ramps should have guard rails or another kind of protective barrier.
- Is any of the equipment too high? For preschool children, the highest climbing rung or platform should be no higher than 4 feet above the surface. For school-age children, 6 feet is the maximum.
- Are the swings made of hard, heavy material? Are they too close together or too close to the support structure? Swing seats should not be made of heavy rigid materials such as wood or metal. Heavy hard hitting swings are especially dangerous and should not be on the playground. These include animal swings, gliders, swinging exercise rings, and trapeze bars.
- Check for open "S" hooks, gaps, holes, protrusions and other items that could catch on your child's clothing, possibly leading to strangulation. Be sure to check at the top of slides.
- Check for any spaces where your child's head could become trapped. Any opening should be less than 3.5 inches or greater than 9 inches.
- Check for sharp point and edges, exposed or moving parts, or other areas which could injure your child.
- Are there items your child could trip over, such as tree stumps, rocks, and concrete footings?
- Are there signs of deterioration, corrosion, or vandalism, such as splinters, large splits, decay, rust, and peeling or chipping paint? Also check handholds, guard rails and swing seats to make sure they are still solidly attached.

Even with all the dangers present around playgrounds, we can protect our children and still have fun outdoors. Common sense and knowledge is the best defense against playground hazards. It's an adult's responsibility to identify and report unsafe playground conditions. If you find that your playground is unsafe, contact the owner or operator and let them know about the hazards.

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The Magic (City) of Boxing

ROD WILSON, NORTHERN SENTRY

It is often said that it takes a village to raise a child. But what if you were trying to raise 2 young men, who both enjoy boxing, and just happen to live in Minot, North Dakota, not exactly the mecca of boxing by any means.

There have been a couple of boxing legends that hailed from around the Minot area. Most recent was Olympic Gold Medalist Virgil Hill. On any night when Virgil Hill would be featured on a boxing card that was being televised, and available, to North Dakota residents, you could walk through any bar or public venue and see the tv’s tuned to his fight. What happened to Virgil Hill? Well, a bit about that later in this article, and in upcoming articles about a new enterprise in Minot, The Lopez Boxing Gym.

Twin brothers Rafael and Jose Lopez are both very much into boxing and according to their father, Alex Lopez, “it took a while to find their passion, but when they started boxing as a young age, the decision to box was pretty much final. It’s what they wanted to do.”

There certainly isn’t a plethora of boxing gyms located in Minot, but their boxing path(s) would intersect with long-time Minot boxing legend Richard Calavera, owner of Clavera Martial Arts & Boxing Club, formerly located at #500 Central Avenue in downtown Minot. “I got the kids (the Lopez twins) when they were young, and pretty much knew right away that they were headed the right

direction” according to Calavera. So, in the village of people who helped mold the young Lopez brothers into boxers was first time coach, Richard Calavera.

Back to father Alex (Alejandro) Lopez. Raising and training a world-class athlete in any sport takes patience, perseverance and of course resources. But raising 2 world-class athletes would be an even more daunting task, especially when there was a need to a training facility, coaches and trainers to bring Rafael ad Jose to the next level, and an even more focused goal of becoming boxing champions.

From this goal came the training facility located at 4715 North Broadway, the Lopez Gym. It’s more than a training facility for Rafael and Jose; it is also a facility where young kids can start to learn and have fun in boxing. From the very beginning the Lopez Gym was not built as a money-making enterprise, instead, it is non-profit with any money made going right back into the facilities and the staff to run the gym, in fact, the Lopez brothers are the managers of Lopez Gym.

With the facility hurdle somewhat conquered, although there are goals to add a concession stand and viewing bleachers, there was a need for some additional coaching. Into the arena, literally, would walk Gureet (Gary) Hundal, a Family Practice Resident at The UND Center for family medicine. Along with his colleague, Dr. Dharam Singh, they

stepped into the ring as coaches of the Lopez. For Coach Gary, “I had watched them (The Lopez twins) at the YMCA, and could see there was something different, a lot of potential. With Singh and Hundal in control of their coaching, Rafael and Jose qualified for the U.S. Golden Gloves Championship in Oklahoma City. The competition? “It was tough, with over 400 participants. But these guys, they held their own” according to Hundal. “Being around so many world class boxers gave the twins even more inspiration to excel.”

The teaching and the learning certainly paid off. Even though Rafael lost his match on the first day “qualifying for national to start with is a huge win.”

Jose made it to the quarterfinals, citing once again the competition that he encountered.

So, the village has once again grown with the addition of Singh and Hundal. But there are a couple of more pieces to ad, including a strength coach and even more important, a promoter to bring world class boxing events to the Magic City. The strength training would fall into the hands of Laura Connell from Iron Nation Gym. The promoter would bring back a familiar name and face, one that the Lopez brothers have gotten to know well, none other than Virgil Hill and his wife, Carla. More about the Lopez brothers, their trip to Toronto, and their focus on being boxing champions, next week.



Alejandro Lopez & sons Rafael & Jose at Lopez Boxing Gym.



Coach Richard Calavera (on right).



Coach Gary in the ring with Jose & Rafael.



Coach Gureet (Gary) Hundal, MD.

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Double D-Haw Minot’s Biggest and Best Breast Cancer Fundraiser is Back!

DOUBLE D-HAW

The Blue Rider Bar is proud to announce that it will again be hosting Double-D Haw—Minot’s biggest and best breast cancer fundraiser! This year’s event will take place on Saturday, September 6th, from 5:00-11:00 p.m. at The Blue Rider. All proceeds from this event will once again go to help fund new and advanced breast cancer detection and treatment technology at Trinity Health.

“We’re honored that Double D-Haw continues to be such a great partner in the fight against breast cancer,” says Dusty Zimmerman of the Trinity Health Foundation; “They have raised an impressive amount of money over the years and have made a real impact, helping us make significant advances in breast cancer care at Trinity Health.”

As always, Double-D Haw will be a fun and lively night of delicious food, signature drinks and beers, a live auction, and live music.

Patrons of Double D-Haw will enjoy an authentic seafood boil—a food experience you don’t want to miss! “The seafood boil at Double D-Haw is fast becoming legendary” says Terry Peterson, owner of The Blue Rider. “You don’t see a seafood boil very often in North Dakota and Ryan Ackerman of Ackerman-Estvold Engineering does an amazing job on it—the seafood boil really makes Double D-Haw unique!”

Speaking of unique, our friends at Atypical Brewing and Barrelworks have brewed another pink beer especially for Double-D Haw and breast cancer awareness—and this one is branded just for Double D-Haw! Nick Holwegner of Atypical Brewing says, “We’re happy to continue to support Double D-Haw and proud to announce a brand-new beer made just for the event! In keeping with Double D-Haw’s “fight like a girl” hashtag, and with Atypical Brewing’s Hector the Squirrel logo, we’re calling this special beer “Fight Like a Squirrel!” For the whole month of September,

\$1.00 from the sale of every pint of “Fight Like a Squirrel” sold at Atypical and at The Blue Rider will be donated to Double D-Haw!

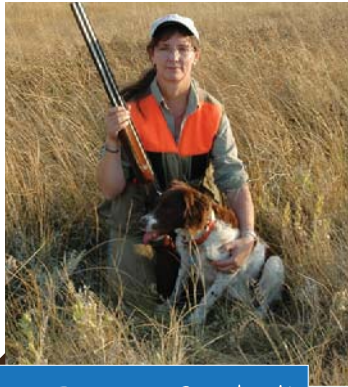
A big part of the fun at Double D-Haw is always the street dance, and Minot’s own Little Chicago Funk is back to make it the funkier street dance around! And this year, Double D-Haw has added an after-party featuring the music of Mythtickle—a truly awesome trio out of Hebron, ND that will keep the party going ‘til the wee hours!

More fun at Double D-Haw includes a 50/50 paddle game and a live auction. “The live auction is new at Double D-Haw,” says event organizer ShaunAnne Tangney. “We don’t run a big auction, but there will be some cool, very Double D-Haw themed items...think: Blue Rider deck parties, Walter Piehl paintings, Bloody Mary survival kits, boob koozies...you get the picture...!”

And there’s more art: the Double D-Haw crew has once again turned the entire Blue Rider into a work of street art by covering it head-to-toe in bras! “It’s Minot’s best selfie spot for the month of September,” says Tangney; “come on down to the Blue, snap a selfie, post it, tag us, and help us kick breast cancer’s butt!”

Tickets for Double-D Haw are \$60.00; each ticket includes the seafood boil, two free drinks, and some awesome Double-D Haw swag. Tickets are available on-line at https://commerce.arryved.com/location/BYKhVv1_, in advance at The Blue Rider, and at the door

So mark your calendars for Double-D Haw at The Blue Rider—Saturday, September 6th, 5:00-11:00 p.m.! A great night of food and drinks, art and music, and lots and lots of bras! It’s going to be the most fun you can have with your clothes on—and all for a great cause: breast cancer awareness and advanced breast cancer care at Trinity Health!



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, Aug. 25: 1,833.19 feet above mean sea level (MSL); 19,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,448.71 feet above mean sea level (MSL).

Stump Lake elevation: 1,448.65 MSL.

- N.D. Game & Fish Dept. game wardens: No new reports.
- Devils Lake, Woodland Resort, Devils Lake: Angler numbers slowing with school and fall activities but those going continue finding fair to good small walleye success pulling spinners and nightcrawlers. Move around.
- Lake Darling, Karma C-Store, Ruthville: No new reports.
- Lake Metigoshe, Four Seasons, Bottineau: Continued evening walleye success with crappie and bluegill still in the shallows.
- Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Continued walleye activity fish moving deeper into 25 to 35 feet with most activity from Douglas Bay working to the east using a variety of presentations.
- Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Try 25 feet using slow death hooks for walleye on the east end of Lake Sakakawea. Some salmon in 80 to 105 feet along the south shore. Not big numbers but some nice-sized fish. Continued smallmouth activity on Lake Audubon.
- Lake Sakakawea, Indian Hills Resort, Garrison: Nice solid walleye bite. Work 25 to 35 feet with slow death hooks and nightcrawlers. Try the south shore or west around Deepwater Bay.
- Lake Sakakawea, New Town: Van Hook Arm remains generally slow for walleye. Better success is in deep water but be prepared to keep them, they won’t survive coming up from more than 25 feet.
- Lake Sakakawea, Van Hook Bait & Tackle New Town: Fair walleye

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.

- 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) seasons open. 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, (gf.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. Go to the N.D. Game & Fish Dept. website, (gf.nd.gov), to apply.
- Sept. 5: Lace Up for Literacy 5K Fun Run/Walk, Oak Park, 5 p.m.
- Sept. 5: “Autumn Breeze” Paint party for older teens and adults, 14 x 11 canvas, \$35, Nature’s Nook, Minot. 6:30 p.m.
- Sept. 5: Movie in the Park, “Wicked”, Oak Park, 9:30 p.m.
- Sept. 7: Early Canada goose Missouri River Zone season closes.
- Sept. 11: Patriot Ruck, free 13-Mile Ruck March remembering 9/11 lost heroes beginning at Minot Family YMCA at 8 a.m.
- Sept. 13: Sharptail and ruffed grouse, partridge, and tree squirrel seasons open.
- Sept. 13: Sweat for Vets Zumba or CrossFit workout fundraiser for Minot Vets 4 Vets in conjunction with Festival on Main, 8 a.m.

TOURNAMENTS:

- Sept. 12: Lake Sakakawea, Parshall Bay.
- Sept. 13: Lake Sakakawea, Fort Stevenson State Park.

activity with mixed success in the Van Hook Arm. Try working deeper in the southern end of the Arm with jigging Raps and minnows but don’t give up on nightcrawlers just yet. Open Friday through Sunday beginning Sept. 5.

- Lake Sakakawea/Missouri River, Scott’s Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish from shore, boats, wing walls, and chutes. Slower walleye success with better activity in the evening. Good numbers of small walleye in the spillway channel yet, though. Try 20 to 30 feet off points or in the bays on the east end of Lake Sakakawea. Continued salmon activity in 70 to 100 feet using flashers and squids or flies. Also try herring. Most activity remains along Government Bay to the north to Deadman’s Bay. Look for salmon to start moving towards the face of the dam in the coming days and weeks. Continued fair to good smallmouth bass success, as well.
- Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Best walleye success on the upper end of Lake Sakakawea is farther east around the Van Hook Arm. Work deep in at least 40 feet but plan

on keeping any fish coming from 25 feet or deeper. Try jigging Raps. Occasional walleye showing up around White Earth Bay farther west using spinner and nightcrawlers. Some crappie success from Trenton Lake. Look for some larger pike from Blacktail Dam.

- North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Limited activity on area lakes and the Souris River.

HUNTING:

- Deer archery: Fair numbers but population remains low in the Williston area since the 2022 EHD outbreak.
- Doves: Look for nice numbers throughout many areas with birds bunting in the northwest after cool evenings.
- Early Canada goose: Look for more activity with harvest underway in the northwest. Continued success around Devils Lake.

NUMBERS TO KNOW:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- Report All Poachers: (701) 328-9921.

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Info from Dec 2024

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



Senior Airman Ryan Faulk, 5th Security Forces Squadron (5SFS) military working dog handler, and Manson-Pogo, a 5SFS military working dog, climb into a UH-1N Iroquois at Minot Air Force Base, North Dakota, Aug. 11, 2025. The dogs boarded and unboarded the helicopter as part of Helo Integration training with the 54th Helicopter Squadron.



A military working dog (MWD) patch is worn on the sleeve of Senior Airman Alexandria Molloy, 5th Security Forces Squadron (5SFS) MWD handler at Minot Air Force Base, North Dakota, Aug. 11, 2025. During the training from Aug. 11 to Aug. 13, 5SFS MWD handlers conducted joint training with the Minot Police Department in helicopter integration, water confidence, mass odor and training lanes.



Senior Airman Ryan Faulk, 5th Security Forces Squadron (5SFS) military working dog handler, and Manson-Pogo, a 5SFS military working dog (MWD), run to board a UH-1N Iroquois for Helo Integration training at Minot Air Force Base, North Dakota, Aug. 11, 2025. Helo Integration acclimates MWDs to helicopters in the event that handlers and dogs have to fly out for explosive detection support.



Kolbe Bach, Minot Police Department officer, serves as a bite decoy for Pepino, 5th Security Forces Squadron (5SFS) military working dog, at Lake Sakakawea, North Dakota, Aug. 12, 2025. Minot Air Force Base's 5SFS and the Minot PD conducted water confidence training for the dogs, getting them familiarized with chasing a target into water if necessary.



U.S. Army Capt. Joshua Middleton (right), veterinary commanding officer, instructs Senior Airmen Joseph Silva (left) and Alexandria Molloy (center), both 5th Security Forces Squadron (5SFS) military working dog (MWD) handlers, on Tactical Combat Casualty Care (TCCC) procedures for dogs on a canine manikin at Lake Sakakawea, North Dakota, Aug. 12, 2025. The non-veterinary 5SFS MWD handlers were taught emergency care techniques to mitigate casualties in the field, including the lives of their dogs.



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

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

SUDOKU

Solution to puzzle on page B9

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

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CROSSWORD PUZZLE

Across

- 1. Suddenly bright star
- 5. Orlando lure
- 10. Perched on
- 14. Ms. Brockovich
- 15. Hunger for
- 16. Record
- 17. Serve eviction notices?
- 19. Creole staple
- 20. Stereo components
- 21. Ground grain
- 22. When haroseth is eaten
- 25. Bar magnet?
- 26. Limber
- 27. Looked with desire
- 29. Kind of support
- 30. SS supplements
- 31. Anatolian capital
- 35. Ernie of the PGA
- 38. Central
- 39. Hazard for King Kong?
- 40. Microscopic
- 41. Ornamental shrub
- 42. Impede
- 43. Asia's inland sea
- 44. Devastation
- 46. Scale distance
- 48. Be miserly
- 50. Dads
- 53. Great expectations
- 54. Lyricist's need
- 55. Guild member
- 57. Seaweed
- 58. Tolerate the Guggenheim's architecture?
- 62. Links
- 63. Jazz Chick
- 64. Lost-and-found fish
- 65. Limber
- 66. Covered with prickles
- 67. Healthy look

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

Down

- 1. State-of-the-art
 - 2. One who skated on thin ice?
 - 3. Strive for superiority
 - 4. Gets the phone
 - 5. Reverberate
 - 6. Some univ. figures
 - 7. Bit part
 - 8. Undisguised
 - 9. Hardy heroine
 - 10. Like some plants
 - 11. Pick up a coat?
 - 12. Bookish hostess
 - 13. Name of a U.S. art family
- 18. Skedaddled
 - 22. Gunk-covered
 - 23. Unsettlingly strange
 - 24. Job for the Maytag repairman?
 - 26. Skimpy
 - 28. "Splish Splash" singer, 1958
 - 29. Cape Cod town
 - 32. Bert's Bobbsey twin
 - 33. "The Spanish Tragedy" playwright
 - 34. Voting qualification
 - 36. Sabbatical
 - 37. Two-time U.S. Open winner
 - 39. Jot
- 43. It clears consciences
 - 45. On edge
 - 47. Singe
 - 48. Rotisserie league figures
 - 49. Dutch beauty
 - 50. Surgery forerunner
 - 51. Gaming pioneer
 - 52. Loud warning
 - 55. Classroom basics
 - 56. Persuade
 - 59. Toothpaste type
 - 60. Med. provider
 - 61. Highway bailout



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(2025) Dinosaur Adventure, Jungle Action (PG-13)

F1: THE MOVIE

(2025) Motorsport, Action, Drama (PG-13)

HELD OVER

LAST RODEO

(2025) Drama (PG)

HELD OVER

LILO & STITCH

(2025) Alien Invasion, Sci-Fi, Comedy (PG)

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Minot AFB's Doggy Dive Brings Tails, Treats, and Tons of Smiles

HANNAH WATERS, NORTHERN SENTRY

Dogs ruled the deck at Minot Air Force Base's outdoor pool on Wednesday August 20th, 2025 as families from across the installation came together for the annual Doggy Dive. It was a positively joyful event that let our four-legged companions take center stage before the pool closes for the season. Hosted by the 5th Force Support Squadron's Outdoor Recreation team, the event featured off-leash playtime in the pool, interactive games, and plenty of splashes as dog's dove, paddled, and pranced their way through a warm August afternoon.

"Our annual Doggy Dive was full of so many fun moments, it's hard to pick just one favorite!" said Renatta Molioo, a member of the Outdoor Recreation team. "Our team loved meeting all the furry family members who came out to enjoy the day; from a majestic Irish Wolfhound to a tiny 10-week-old

mini dachshund. It was great to see them and their owners enjoying the pool together, and such a joy for our team to share that experience with the community. This event was the perfect way to wrap up our outdoor pool season."

Attendees echoed that sentiment throughout the day. "I loved seeing all the different dogs and how they acted in and around the water," said mil spouse Jill Cangealose. "Some were more timid and unsure, and others were living their best dog life, playing with other dogs, jumping and swimming in the water. All the dogs were really good in the environment, and it was an enjoyable event for everyone."

In a moment that captured the spirit of the day, mil spouse Tracy Henry-Todd, shared how her Irish Wolfhound made friends with a mini Australian shepherd owned by a Security Forces Airman. That was

just one example of how the event brought together people and pets from all corners of base life. Planned activities throughout the event added a creative flair to the fun. "Marissa Standard [the community programs specialist] really put a lot of thought into the games," said Mrs. Henry-Todd. "The musical sitting was hilarious, and the paw print painting was fun."

Supporting the event were volunteers from the USO, who provided snacks and smiles throughout the afternoon. "Volunteering with the USO has given me an opportunity to give back to MAFB," said base USO volunteer, Melinda Ahrens. She added, "We love it here, and my small amount of effort is nothing in comparison to the sacrifices the men, women, and families make to complete the DOD's most important missions. My family are animal lovers with two



Jill Cangealose brings the energy and the dogs as she heads poolside during the 2025 Minot AFB Doggy Dive!

JULIE SLATON PHOTOS

dogs of our own. It was a pleasure to pass out hot dogs and snacks while also getting to enjoy seeing the fur babies and owners alike having so much fun! It definitely made the experience special."

As tails wagged, water flew, and cameras snapped, the Doggy Dive once again proved to be more than just a splash in the pool, it was a celebration of community, companionship, and good old-fashioned fun.



Pup enjoying a swim under the hot summer sun during the 2025 Minot AFB Doggy Dive!



Making a splash in style! A determined pup leaps into action during the 2025 Minot AFB Doggy Dive.



A happy (and very soggy) participant takes a well-earned breather during the 2025 Minot AFB Doggy Dive!

A LOOK BACK

THIS WEEK IN USAF HISTORY

HURRICANE KATRINA RELIEF OPERATIONS BEGIN

AUGUST 30, 2005



A paratrooper is seen jumping from a helicopter, likely during a rescue operation.

Military and civilian services began relief operations on Aug. 30, 2005, after Hurricane Katrina devastated the southern U.S. First Air Force commander Maj. Gen. M. Scott Mayes, the task force's joint forces air component commander, set up 1st Aerospace Expeditionary Task Force-Katrina at Tyndall Air Force Base, Florida. The task force set up various air expeditionary groups for a massive disaster relief operation, and 8,000 Air Force, Air Force Reserve, and Air National Guard were deployed by September 7. Helicopters (including a UH-1N Huey from Minot AFB) flew 648 sorties and rescued 4,322 people. Other USAF aircraft from bases all over the country flew 4,095 sorties. The AF evacuated 26,943 displaced people and provided aeromedical evacuations for 2,602 patients. AF medical personnel at the New Orleans International Airport treated 16,714 patients, and transport personnel airlifted 11,450 tons of relief supplies.

Information courtesy of: media.defense.gov / afhistory.af.mil

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A hand is shown placing a white rose on a grave, symbolizing remembrance and care.

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A person with red hair is wearing a headset and looking at a computer screen, suggesting a customer service or support role.

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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.

Cooling System Tips

Have your antifreeze fluid changed and Cooling System flushed every 30,000 miles or 2 years. Newer formulas, however, may last up to 50,000 miles. To check coolant level, turn the car off and wait for the engine to cool. Locate the coolant reservoir (usually a translucent plastic tank) and eyeball the level of the coolant against the full and low indicators.

Just like human beings, the car needs to dissipate heat in order to avoid overheating and exhaustion. During combustion, the engine produces large amount of heat - about 4,000 degrees Fahrenheit. This is too much for the engine to bear so a cooling system is needed to keep it at a normal temperature. Cars usually overheat due to a damaged part in the cooling system, especially the radiator, the heart of the cooling system. It is therefore necessary that all its auto parts must be in proper working condition to ensure that the whole system works efficiently. Aside from the radiator, the cooling system is composed water pump, freeze plugs, head gasket, thermostat, hoses, heater core, fan clutch and radiator fan. All these auto parts have special roles to perform thus the absence of one could significantly affect the whole cooling process and of course, the engine's performance. Take for example the hose, this may seem to be just an ordinary part but once broken, the coolant can escape and so it's no longer possible for the system to cool the engine. Even just the cap of the radiator is important. It holds the pressure in the cooling system; thereby, affects its stability.

How does the cooling system of your car work? The coolant, which is a mixture of anti-freeze and water, is the one that absorbs the heat from the engine. It is drawn by the water pump from the radiator and is pumped through engine block and the cylinder head to absorb the heat from the engine and its parts. It goes back to the receiving tank of the radiator through the radiator hose. The radiator has tubes that contain large amount of water and has fin area to allow outside air to pass through. As the coolant spreads over the top of the radiator tubes, it transfers heat to the air.

The performance of your car is greatly dependent on your cooling system. No matter how gutsy its engine is, it can't work normally without a cooling system. The engine can even be inutile in an instant if it overheats and all other auto parts under the hood can also be damaged. They could melt as the engine burns the fuel inside the combustion chamber and the pistons in the cylinder could expand extremely that they can no longer move to complete the whole process in the engine.

Your car can possibly overheat as well. Engine overheating is one of the most common problems auto users encounter. You can avoid this by adding water to your radiator. So if you notice a problem on a particular part in your cooling system, consult the best auto mechanic in town. But if you think the problem is worst, you may as well replace it right away.



Auto Care - Valvoline Instant Oil - Tires
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AMERICAN BISON



Fact File

Life Span	18 - 22 years
Weight	1,000 - 2,000 pounds
Height to Shoulder	5 - 6 feet
Body Length	9 - 12 feet
Top Speed	35 mph
Wild Diet	Omnivore Carnivore Herbivore Grasses, Sedges, Shrubs

CREATURE FEATURES

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



HOURS:
DAILY
9AM-8PM

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GETTIN' AROUND
DOWNTOWN
MINOT

Some Things Come in Unassuming Boxes



HOPE ANDERSON

Typically as a shopper, I love to walk into a store where the displays are visually appealing, everything is organized into certain areas, and I can easily see what is being offered upon a quick glance over the space. There is a store in town that is very much the opposite of the traditional shopping experience. It is not a place that you walk into with an idea of what you want to buy, but more of a place that tells you what you need.

This place is called Uglee Box and it is an experience that you will not find just anywhere. Every Friday, workers fill giant boxes with everything under the sun. There could be electronics, clothing, gifts, jewelry, toys, household goods, and so on in the boxes. The doors open at noon and the line has usually already formed. People walk through the doors and just start sifting through the boxes to find their treasures.

I have found everything from adhesive backed metal hooks to clothing and craft stencils to Christmas gifts within the confines of these giant wood boxes. It is really a sight to see all the people pillaging for the latest social media trend finds and the goods that they just have to have because it is a deal. It is a truly unique experience. The way the business model is set up, on Fridays everything in the bins is \$7.00. On Saturdays, the price drops to \$5.00. Monday is \$3.00 and Tuesday is \$1.00. They are closed on Wednesday and Thursday in order to restock. This continues each week.

Why do they set it up like this? Simple. You get the best selection on Fridays when it is \$7.00 and the selection fades as the week goes on. By Tuesday, there are still a lot of great deals to be had for \$1.00, but it is certainly more picked over.

In addition to this shopping experience, Uglee Box also offers Warehouse Sales where you can get deep discounts on appliances, outdoor equipment, fans, faucets, sporting goods, and more. Follow Uglee Box Minot on Facebook to find out more about the Warehouse Sales or just stop in on Saturdays. It is a great place to get deals on bigger items for the home.

If you are really feeling adventurous, Uglee Box offers pallets of goods to purchase. The pallet is all wrapped up so you can't see what's inside so it might be a real steal of a deal or a dud, you just don't know. The fun is in the unknown.

Uglee Box is located at 28 Main St N. across from The Depot and Baggage Claim Restaurant. You know it is open, if their sign is outside. Walk in with an open mind and a sense of adventure and let the boxes speak to what you need. You just never know what will be going home with you after a stop at Uglee Box.



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Win Tickets to Bacon & Brew at Roosevelt Park Zoo!

NEW SUBSCRIBER GIVEAWAY


SUBSCRIBE to the weekly Post Brief & Enter to Win!



Win Tickets to Bacon & Brew at Roosevelt Park Zoo!

Thursday, September 4 6:00-9:00pm


Winner will receive 2 tickets!


The Northern SENTRY is giving away two tickets to the Roosevelt Park Zoo’s popular Bacon & Brew event on Thursday, Sept. 4. This 21+ event features admission to the zoo, plus tasty samples of bacon-inspired bites and local craft brews. It’s always one of Minot’s most popular nights out!

HOW TO ENTER:
Subscribe to our weekly email newsletter, The Weekly Post Brief That’s it—you’re entered!

GIVEAWAY DETAILS:

- Contest runs Friday, Aug. 29 – Sunday, Aug. 31 (11:59 pm)
- Winner announced Labor Day, Sept. 1 via the email you signed up with
- Open only to Minot AFB–assigned members and their dependents
- Winners must show ID to verify AFB affiliation and 21+ age requirement


Don’t miss your chance to sip, snack, and stroll the zoo at this can’t-miss event!



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EVENTS THIS WEEK

THE QUARTERLY LIVE

Saturday, August 30 at 9:00pm

Citizens Alley

DOUBLE D HAW

Saturday, September 6 at 7:00pm

MAGIC CITY MUSIC FEST

Sunday, September 7 at 2:00pm

PULLTAB HAPPY HOUR

Monday, Tuesday, Wednesday, 4:00pm-6:00pm

\$6 HAMM’S & GRILLED CHEESE

Tuesday, September 9 at 4:00pm

TRIVIA NIGHT

Wednesday, September 10 at 7:00pm

FREE NACHOS

Thursday, September 11 at 4:00pm-close

HOURS

Mon/Tue/Wed/Thu

4:00pm - 1:00am

Fri/Sat

4:00pm - 2:00am

118 1st Avenue SE, Minot, ND



Upcoming Events

03 SEPT

BLUE RIDER TRIVIA

7:00 PM - 10:00 PM

Blue Rider

118 1st Avenue SE, Minot

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

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



BLUE RIDER TRIVIA

It's the toughest game in town | Every Wednesday

For more information:
[Facebook/ Blue Rider/ Events](#)

06 SEPT

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 for exciting prizes!

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



Fuel the Fight

MINOT

For more information:
[Facebook/ Dakota Square Arco/ Events](#)

06 SEPT

LIL VENDORS KID’S MARKET

9:00 AM - 12:00 PM

Oak Park,

1300 4th Ave NW, Minot, ND

We’re looking for the youngest farmers, bakers, and makers to bring their goods and make a few sales!

Do you have a young entrepreneur aged 6 to 16 in your home? Get them started on inventory and register them for their very own booth to be set up alongside or Market Members on Saturday, September 6.

Applications are open now, space is limited! <https://minotfarmersmarket.com/lil-vendors>

FREE to Participate and Attend

Shoppers! We want to see you out in force and seeing first hand what the next generation has to offer!



LIL VENDORS KID'S MARKET

For more information:
<https://minotfarmersmarket.com/lil-vendors>

13 SEPT

FESTIVAL ON MAIN 2025

10:00 AM - 5:00 PM

Downtown Minot, Main Street S

Minot, ND

Join us for the annual Festival on Main in Downtown Minot Saturday, September 13th from 10am until 5pm!

Food vendors, carnival games and the Minot Lions Fun Zone, bounce houses, bingo, sidewalk sales, fire trucks and classic cars, music and dance performances, and so much more!

SEPT 13

CLASSIC CARS

FOOD TRUCKS

VENDORS

SIDEWALK SALES

CARNIVAL GAMES

BINGO

BOUNCE HOUSES

MAIN STREET, MINOT

FROM 10AM

For more information:
[Facebook/Minot Downtown Business & Professional Association](#)

NEW Community at the Northern SENTRY

It’s more than Minot and more than Minot AFB, it’s a Shared Community.



For more events visit our online Community Calendar at www.northernsentry.com/calendar/

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CHURCH DIRECTORY

Chapel Services
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North Plains Chapel

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Protestant Community Service Times:

Traditional Service 9:00am

Breakfast Fellowship 10:00am

Contemporary Service 11:00am

(Holy Communion 1st Sunday)

Children's Church available

Northern Lights Chapel

230 Missile Ave

(across from Rockers)

Catholic Mass

Sunday 1000

Daily Monday-Friday 1200

Open Circle (Wiccan/ Neo-Pagan)

1000 on 1st & 3rd Saturdays

Hof (Norse Pagan)

1700 on 2nd & 4th Wednesdays

Immanuel Baptist Church

1615 2nd St. SE

www.ibcminot.org

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SUNDAY

9:30am Coffee Fellowship

10:00am Worship

WEDNESDAY

11:30am Soup Kitchen

Pastor Brian Keithline

JOURNEYCHURCH

ASSEMBLY OF GOD

1805 2nd St. SE

838-1111

Sunday Services

8:00 am | 9:30 am

11:00 am

First Baptist Church

200 3rd St. SW • 852-4533

www.fbcminot.org

Classic Worship Service..... 8:30 a.m.

Sunday School (All Ages)..... 9:45 a.m.

Contemporary Worship Service..... 9:50 a.m.

Adult Sunday School 11:00 a.m.

Contemporary Worship Service..... 11:05 a.m.

Children's Church 11:05 am.

Wed. AWANA (Sept. to May) 6:30 p.m.

Fridays, Celebrate Recovery 7:00 p.m.

Rev. Kent Hinkel, Senior Pastor

Elaine Carlson, Children's Ministry Director

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Saturday, August 30

5PM, No Vespers

Sunday, August 31

10AM, Congregational Prayer Service

Vincent United Methodist Church

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Sunday School9:00 a.m.

Sunday Worship Service 10:00 a.m.

Fellowship..... 11:00 a.m.

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Due to construction:

Sunday, August 31

10:00am Outdoor Worship Service

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Pastor Bob Paulson

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Worship 10:30 a.m.

www.trinitychurchminot.org

Bible Fellowship Church

Worship Service

10:45am Sundays

Sunday School

9:45am

1720 4th Ave NW, Minot

838-0916

MinotBibleFellowship.org

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.

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839-7076

Daily Mass Schedule:

Tuesday 5:15 p.m.

Wednesday - Friday 7:00 a.m.

Saturday 5:00 p.m.

Sunday 8:00 & 10:30 a.m.

Fr. David A. Richter, Pastor

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Missouri Synod

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Sunday Bible Study

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Sunday Worship 11 a.m. & 5:30 p.m.

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Sunday School..... 9:30 a.m.

Sunday Worship 10:30 a.m.

Children's Church & Nursery

Wednesday Family Training Hour

Meal..... 5:30p.m.

Classes for All Ages 6:30 p.m.

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ABC Child Care Center852-6352

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9999 27th St NE

4 miles south of MAFB

James R. Henderson

Lorna Y. Henderson

Church: 701-838-4492

Cell: 701-240-3435

Sunday Worship...11:00 a.m.

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Website: www.orcsknights.org

SECURING THE ROUTE: 91ST MSOS CONVOY RESPONSE FORCE PARTICIPATES IN ARROW 2025 WEEK 1



A 91st Missile Security Operations Squadron Convoy Response Force defender simulates a convoy being attacked during the Advanced Recapture Recovery Operational Warfighter (ARROW) exercise at Camp Guernsey's North Training Area, Wyoming, August 8, 2025. ARROW challenges CRF teams from F.E. Warren Air Force Base, Minot AFB, and Malmstrom AFB to demonstrate their readiness in case of convoy attack.



A 91st Missile Security Operations Squadron Convoy Response Force defender simulates a convoy being attacked during the Advanced Recapture Recovery Operational Warfighter (ARROW) exercise at Camp Guernsey's North Training Area, Wyoming, August 8, 2025.

U.S. AIR FORCE PHOTOS
AIRMAN 1ST CLASS
HUNTER KIRKLAND



A 91st Convoy Response Force defender takes cover behind a Joint Light Tactical vehicle while defending a simulated convoy during the Advanced Recapture Recovery Operational Warfighter (ARROW) exercise at Camp Guernsey's North Training Area, Wyoming, August 8, 2025.



A 91st Missile Security Operations Squadron Convoy Response Force defender simulates a convoy being attacked during the Advanced Recapture Recovery Operational Warfighter (ARROW) exercise at Camp Guernsey's North Training Area, Wyoming, August 8, 2025. ARROW challenges CRF teams from F.E. Warren Air Force Base, Minot AFB, and Malmstrom AFB to demonstrate their readiness in case of convoy attack.

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MINOT NORTH

SENTINEL REPORT



North Tennis and Golf Teams Show Growth Through Early Season Challenges

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The Minot North boys’ tennis and girls’ golf teams have been putting in strong efforts this season, battling tough competition while continuing to develop their young rosters. Both programs have faced a mix of successes and setbacks, but the determination of the athletes is clear.

On the tennis courts, the Sentinels have gone head-to-head with some of the state’s strongest programs. North fell to the Century Patriots 2-7 in their first meeting, but showed improvement later by narrowing the gap to 2-3. Against Williston, the Sentinels split results, dropping a 2-5 contest before bouncing back with a hard-fought 3-2 victory. That

win marked a big step forward for the program, showing the team’s resilience and ability to learn from earlier matches. Despite a 0-5 loss to Legacy, North’s players continue to gain valuable experience against top-level competition, sharpening their skills for the rest of the season.

On the golf course, the Sentinels have also been gaining confidence with each tournament. At the recent Mandan/Minot triangular, several golfers played in their first-ever junior varsity event, navigating both new competition and new courses. Bryleigh McBride led the team with a score of 89, while teammates Madi Bailie (94) and Iliana McBride

(103) also turned in solid rounds. Other contributors included Lizzie Young (105), Devynn Morse (113), and Lani Bischof (118). For many of these athletes, the triangular was about more than numbers. It was about testing themselves in varsity play and showing steady improvement.

While both teams continue to grow, their effort and competitiveness have been a bright spot. Tennis has already picked up its first win of the season, and golf has seen players rising to the challenge of varsity-level play. The future looks promising as the Sentinels gain confidence and experience with each outing.



10th grade varsity player Reese Blikre pushing for the match win.



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Kate Eback
Adult Military and Family Life Counselor (MFLC)
katherine.e.eback@leidos.com
701.500.4826

Kate is a Licensed Professional Clinical Counselor with the state of North Dakota and has been a practicing counselor since 2019. She holds a Bachelor’s degree in Psychology and a Master’s degree in Clinical Mental Health Counseling. Kate has been serving MAFB since August 2023 and looks forward to continuing her time here. She has enjoyed her time in the MFLC program as she believes in the confidential, non-medical counseling that the MFLC

can provide to service members and their dependents. The MFLC can also be a resource for presentations and briefings on various topics by request. Additionally, some fun facts about Kate: she has an extreme passion for fiber arts and interest in retro video games! She also enjoys stories in multiple formats, whether that be tv shows and movies or books and theatre. Kate looks forward to hearing from you and continuing to be part of Team Minot.



Jessica Stringfield
Adult Military and Family Life Counselor (MFLC)
Jessica.stringfield@leidos.com
701.425.7905

Jessica is a lifelong Air Force dependent with six family members currently on active duty, including her spouse. To date, she has completed over ten military moves in her life. Jessica has been a licensed mental health profession for ten years, in eight states. She has earned several

degrees including a Master’s degree in Counseling and a Master’s degree in Social Work. Jessica also completed additional graduate-level education on Sexuality and Chemical Dependency. Jessica is passionate about supporting the military community!

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.

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All About Pets



Enrichment is essential for a happy dog and is a great idea in order to keep them mentally, physically and emotionally healthy. For some dog owners, it can be difficult to find the right enrichment activities to keep them interested. Here are a few great ideas to keep your dog entertained:

- Hide food around the house or yard and let your dog use their nose to search for it.
- Use a snuffle mat—you can make them homemade with fleece and a rubber mat or even use a fluffy, stringy rug—and spread food throughout it.
- Instead of using high calorie treats for training sessions, try hand-feeding your dog’s meal to them for an everyday mind workout.
- Put their dinner in a muffin tin filled with tennis balls for a homemade puzzle feeder. If that’s too easy, there are a variety of puzzles to buy that range from easy to expert.
- Use a hollow toy with holes, such as a Kong or bone, and fill it with treats and your dog’s meal. Vegetables, fruits, yogurt, peanut butter, and bland meat are a few extra healthy fillings. To make it last even longer, try freezing it with some water.
- Walks are great for physical exercise but can be opportunities for mental enrichment as well. Letting your dog sniff around, exploring new parts of the neighborhood, or practicing basic etiquette will help make the most of your walks.
- A flirt pole encourages your dog’s natural urge to chase. It’s basically a stick with a lure on the end of an attached string and can help you train impulse control, build communication skills, and of course, enrich your dog.

- If you have an athletic or working breed on your hands, try involving them in a sport. Agility courses, canine freestyle, disc dog, dock diving, lure coursing, and scent work are a few popular sports that will give your dog lots of extra enrichment. If there are no dedicated courses near you, many of these sports can be learned (and practiced) right in your back yard or a local park.
- Try planting a garden just for your pup. Herbs like mint, chamomile, lavender, and rosemary give off pleasant smells and can even be eaten. You can also include other features such as a pool or sprinkler and a designated digging pit to give your dog the full enrichment experience.
- You can find many different “doggy TV” shows on the internet. Put one on while you’re busy and let your dog watch and listen for a variety of dog-favorite sights and sounds.
- Bring your dog along for a windows-down car ride to expose them to new sights, sounds, and smells.
- Instead of leaving Fido at home for that trip to Home Depot or the local lunch spot, try bringing him along for some valuable exposure to new people and a different environment. Before bringing your dog to any public setting, make sure they are pet-friendly.
- Doggy daycare and group training classes are awesome places to give your dog social enrichment under professional supervision. Keep in mind that different dogs and different age groups need varying amounts of stimulation. By giving your dog the proper enrichment, you can ensure that they live their life to the fullest!

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Minot AFB 5/6 Hosts Fishing Tournament at Lake Darling

The Minot Air Force Base 5/6 organization reeled in a successful day on the water with its first-ever fishing tournament August 16, drawing in competitive anglers from across the base for a chance at cash, prizes, and bragging rights. Held at scenic Lake Darling, the event saw spirited participation and some impressive catches.

Team Warbitsky took 1st Place, netting a \$30 cash payout and a \$250 Scheels gift card for their winning haul.

2nd Place went to Fish And The Furious, earning a \$25 cash payout and a \$25 AAFES gift card. The team also snagged the Biggest Catch Award with a 31-inch, 6 lb 15 oz Northern Pike.

Team Campbell landed 3rd Place, receiving a \$20 cash payout and two Zebco fishing rods.

Car Ramrod followed in 4th Place, winning a \$10 cash payout and a \$25 AAFES gift card.

Rounding out the top ten were:
5th: That One Fishing Line
6th: Small Rods Big Fish
7th: Team Schmitz
8th: Weights In Fish
9th (Tie): Team Day
9th (Tie): Team Brown and Woiwode

The tournament fostered camaraderie, fun, and a healthy dose of competition. Organizers thank all participants and sponsors for making the event a splash.



1st Place
Team Warbitsky



2nd Place
Fish And The Furious



3rd Place
Team Campbell



4th Place
Car Ramrod



Biggest Catch
Lt Col James Francis



Caught Pike
David Warbitsky



Monster Bass
Brayden Francis



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Team Warbitsky



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AFGSC Completes M18 Handgun Inspection, Returns to Service

AIR FORCE GLOBAL STRIKE COMMAND

BARKSDALE AIR FORCE BASE, La. -- Air Force Global Strike Command has completed a comprehensive inspection of its 7,970 M18 Modular Handgun Systems, following a directed pause on July 21, 2025.

The pause was initiated out of an abundance of caution following a tragic incident at F.E. Warren AFB, Wyoming, and reflects AFGSC’s unwavering commitment to the safety and well-being of its Airmen.

“It is paramount that our Airmen trust their weapon systems,” said Gen. Thomas Bussiere, AFGSC commander. “This thorough inspection ensures the M18s in our inventory are in optimal working order, providing our Defenders with safe, reliable, and effective systems to accomplish their mission.”

The inspection process identified discrepancies with 191 weapons across the command’s M18 inventory. The primary discrepancy was related to component wear. The most frequent issues centered on problems with the safety lever, striker assembly and sear. Weapons exhibiting these discrepancies were immediately tagged and are undergoing necessary repairs.

The intent of this command-wide inspection was two-fold: first, to confirm that all weapons in service are in proper working order; and second, to analyze the data regarding any reported discrepancies and usage rates.

A review of weapon discharges in AFGSC showed that none were attributed to weapons malfunction.

“When we see a potential issue, we have a responsibility to our Airmen and the American public to evaluate, find any discrepancies, and act on them,” Bussiere said.

As part of its commitment to safety, AFGSC is implementing enhanced inspection procedures for the M18 pistol. The command’s bases will include additional inspection criteria for the areas where potential issues were found during the M18 pause.

“By incorporating these added measures, we assess that any issues found with the safety lever, striker assembly and sear will be identified during semi-annual and annual inspections,” said Lt.

Col. George Hern, AFGSC chief of security forces. “As we execute M18 inspections in the future, we will be taking a particular interest in these components to ensure these methods address the issues we found and make adjustments as needed.”

Air Force Global Strike Command Security Forces Defenders are resuming arming with M18s that have successfully passed inspection – deeming them safe and reliable for use – on Aug. 25, 2025.

Further, Security Forces squadron commanders, senior enlisted leaders and combat arms training and maintenance personnel are taking the time to meet with Airmen following this inspection. These leaders are discussing inspection findings, explaining the enhanced inspection procedures, reinforcing muzzle discipline, reviewing reporting procedures for weapons of concern, and providing Airmen the opportunity to ask questions and raise concerns.

The M18 is specifically designed and rigorously tested to meet stringent environmental, endurance, and drop tests unique to the military.

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North Dakota’s early Canada goose season is already underway – and has been for nearly two weeks.

The state’s archery deer season opens Aug. 29. In addition, those hunters drawing a lottery pronghorn license can opt to use a bow beginning the same day.

However, there a couple things about one wild critter that might catch many people by surprise: Number 1, North Dakota has mountain lions.

And Number 2, North Dakota has a legal hunting season allowing the state’s residents to pursue the largest North American wild cat. It, too, opens Aug. 29.

No, mountain lions aren’t lurking throughout the entire state and historically never did.

It’s certainly reasonable to be surprised a mountain lion would even consider calling the Peace Garden State “home”.

Admittedly, North Dakota predominately features a rolling landscape – and, yes, a lot of flatness in many places – coupled with a distinct lack of an abundance of things like trees, heavy cover, and places for a a mountain lion to seek peace and solitude.

In reality, “home” for mountain lions (AKA puma, cougar, panther, or even catamount) in North Dakota is pretty limited.

Yet portions of western North Dakota are rugged and remote enough to support a small resident breeding population, according to the N.D. Game and Fish Department’s “Mountain Lions in North Dakota” publication.

They are, however, native to the state but were extirpated by the early 1900s. It wasn’t until a 1958 sighting that one was observed since about the turn of the 20th Century. The Game and Fish Department only documented 11 confirmed sightings between 1958 and 1991.

North Dakota classified mountain lions as a protected furbearer in 1991.

However, enough confirmed evidence existed to confirm that; indeed, a viable resident breeding population was present, which led to North Dakota’s first mountain lion hunting season in 2005. A maximum harvest limit of five lions throughout that first season was allowed. It closed if the limit was met prior to the determined closing date.

Since then, harvest limits have fluctuated based on research data but the management strategy remains the same – maintain a viable reproducing population in their limited suitable habitat range while providing residents with an outdoor opportunity.

Hunters are required to present their harvested animal to the Game and Fish Department for tagging and carcass analysis, which provides biologists with ongoing data to learn more about the state’s population, its survival and reproduction.

In the human mindset, mountain lions might be considered anti-social; they like their solitude and males typically travel alone. Even females are solitary when they’re not busy raising kittens.

Typical of wild cats, they’re active at night and prefer to avoid people.

Radio collar and tagging research in North Dakota indicate the state’s mountain lions typically call an area of about 25 to 50 square miles “home”.

Female mountain lions tend to have smaller home ranges; adult males larger. It varies depending on terrain and food availability.

Both females and males tend to leave the area they were born once old enough to support themselves, seeking their own home territory.

Even though they can cover 10 miles or more traveling during the night, home territory still focuses on the best available terrain and food, which in North Dakota is going to be the most rugged portion of the west.

Mountain lion sightings outside of what the Game and Fish Department defines as hunting Zone 1 are most likely those roaming young adults – the “wanderers” that aren’t part of the state’s breeding population.

That area of unsuitable habitat is defined as Zone 2 in the mountain lion hunting regulations and encompasses more than 75 percent of the state.

So even though there is a legal mountain lion season for North Dakota residents, don’t expect a whole lot of hunters afield.

The biggest of the wild cats may be somewhere in the rugged part of the state but it’s actually more of a rare opportunity to even observe one than anything else.



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

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

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

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



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

TIMOTHY TIMM



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FB: Atypical Brewery & Barrelworks

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www.applebees.com

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Culver’s Restaurant

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www.culvers.com

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SCAN TO BECOME A VOLUNTEER



THURSDAY, FRIDAY & SATURDAYS
09:00 PM - 03:00 AM

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Supplying Calling Cards

Sensational SUMMER Photo Contest

FOR FULL DETAILS OR TO ENTER:

SCAN OUR QR CODE!

As summer comes to a close, so does our Sensational Summer Photo Contest. From the State Fair to camping, fishing, and simple summer fun around the base, this North Dakota season was filled with memories—and we’re grateful to everyone who shared theirs with us! We’ve loved seeing your photos and can’t wait to announce the \$100 prize winner, selected at random from all entries. Keep an eye out for our next contest coming soon... Halloween costumes, anyone?

Summer photo submissions will be accepted until midnight on Labor Day, Sept. 1, 2025.



Skipping rocks at Government’s Bay!
SUBMITTED BY REBECCA WANG



Exploring East Grand Forks while camping and we came across this huge head flower pot!
SUBMITTED BY CHRISTIAN HILL



Scenery while camping in East Grand Forks
SUBMITTED BY CHRISTIAN HILL



No such thing as bad weather. Splash time!
SUBMITTED BY KARINA FRAUSTO



Lake days!
SUBMITTED BY MIA GHIGLIERI



Camila Zarrella at the National Buffalo Museum home to the World’s Largest Buffalo Monument located in Jamestown, ND.
SUBMITTED BY NATALY ZARRELLA



State Fair fun!
SUBMITTED BY NICOLE HALES



Camping, Lake Sakakawea State Park
SUBMITTED BY PANDY WATROUS



Mud Tea Party with Mudcakes.
SUBMITTED BY STACI HAYNES



Our first time going camping in our first camper! We love Dakota Waters!
SUBMITTED BY MCKYNZIE THOMPSON

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What's Going On Minot AFB

FRIDAY29

- AFGSC Family Day
- For a full listing of Labor Day Holiday facility hours, visit <https://www.flickr.com/photos/145566477@N04/54737355606>
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY30

- For a full listing of Labor Day Holiday facility hours, visit <https://www.flickr.com/photos/145566477@N04/54737355606>

SUNDAY31

- For a full listing of Labor Day Holiday facility hours, visit <https://www.flickr.com/photos/145566477@N04/54737355606>
- Registration Ends: Flip the Fairway, <https://www.memberplanet.com/s/minotafbclubs/7flipthefairway2025/>

MONDAY01

- Labor Day
- For a full listing of Labor Day Holiday facility hours, visit <https://www.flickr.com/photos/145566477@N04/54737355606>

TUESDAY02

- Indoor Pool Opening Day
- AFFT, 0530, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1000, Education Center – Room 211
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Moving Out of the Dorms, 1300-1500, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY03

- AFFT, 0530, McAdoo Fitness Center
- Bundles for Babies, 0900-1030, M&FRC
- Pre-Deployment/Remote Readiness Training, 1000, M&FRC, Zoom Meeting
- SkillBridge Brief, 1000, Education Center – Room 211
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Brown Bag Book Talk, 1200, Minot AFB Library

SPECIALS

Bomber Bistro Featured Item
Korean Hot Pork or Chicken

Rockers Bar & Grill Featured Item
Buffalo Chicken Wrap

The B-Fifty Brew Featured Item
Toasted Velvet

THURSDAY04

- 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
- Tuition Assistance (TA) Brief, 1330, Education Center – Room 211

FRIDAY05

- Intramural Football Coaches Meeting and LOI Due, 1330, McAdoo Fitness Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY06

Scan for full event details



MINOT AFB
JOB FAIR

9 SEPTEMBER 2025 • NEW DATE!
3:30PM - 5:30PM

Jimmy Doolittle Center
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Start a new job or career on-base or in Minot!

Local businesses and on-base employers will be on hand to talk about available positions, pay, benefits, and more!

If you are a business/employer who would like to have a table at the event, please reach out to Cindy Bltz at (701) 857-7546 or email at cbitz@nd.gov

For details, call the M&FRC at 723-3950 or email 5fss.family.support@us.af.mil

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REGISTER BY 10 SEPT • 1200

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