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WHATS INSIDE THIS WEEK:



MOTHER'S DAY FEATURE: A CHIEF, A DAUGHTER, AND A SHARED MINDSET

A2



FOSTERING LOVE AT MINOT AFB

A7



FROM COCKPITS TO CLASSROOMS: THE LIFE AND LESSONS OF MR. MERIC MURPHY

B1

RUCK ON



Airmen from across Team Minot participate in the 2026 Norwegian Ruck March last week, stepping off with rucks on their backs and determination in stride as they pushed their limits in a grueling test of endurance, resilience, and warrior spirit. See more from the event on page A6.

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The Dunn Family

A Chief, a Daughter, and a Shared Mindset

BRYLEIGH MCBRIDE, NORTHERN SENTRY INTERN

At Minot Air Force Base, leadership often extends far beyond the workplace. For

Chief Master Sergeant Taiwana Dunn, that leadership is rooted not only in supporting Airmen, but also in building a strong, connected family. Alongside her is her daughter, Tamryn Dunn, a freshman at Minot North High School who balances academics, athletics, and friendships while growing up in a military household. She serves as the First Sergeant of the 23rd Bomber Generation Squadron and is supported by her husband, SMSgt Rodney Dunn of the 5th Civil Engineer Squadron, along with their son Tahj Kinney, a 20-year-old sophomore at the University of Nevada, and their daughter Tamryn Dunn, a 15-year-old freshman at Minot North High School.

As a first sergeant, Chief Dunn's days are unpredictable and often demanding. "I am a first sergeant

so I haven't had a normal in about 4.5 years," she explained. Her mornings begin early—"I wake up at 3:30 to go to the gym, set my goals for the day, [and] spend time with my family"—before dedicating the rest of her day to helping others.

Despite the demands of her position, Chief Dunn places a strong emphasis on family. "I always prioritize my family," she said. Over time, her family has developed a system centered on communication and support. "We have set a tone for the kids to let us know when something is meaningful so we can make sure we attend and drop everything to be there." This mutual understanding extends to her husband as well. "We don't ask each other for a lot, so we make it a point to support each other above all," she explained, adding that her ability to serve effectively depends on maintaining that foundation at home.

The values she carries from her work are the same ones she reinforces with her family. "Character," she said, is the most important. "The value of having good character is preached in our home." That focus on character and growth has influenced not only her leadership style, but also the way her children approach their own lives.

At home, that same mindset is visible in her relationship with her daughter. "My daughter and I are very similar. She is just better," she said. She admires "the confidence she has in herself, the boundaries she sets, and the way she advocates for herself and others." Their connection allows both of them to continue developing, as she described it, "through a lens of growth & gratitude."

For Chief Dunn's daughter, Tamryn Dunn, those lessons are part of everyday life. As a student and volleyball player, she is used

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NOTES ON BEING SAFE

SPRING MOTORCYCLE PRE RIDE CHECK

For those of us that live in an area where we have to winterize our bikes and put them up for several months, this article is about getting our bikes dusted off and "ready to ride" for the upcoming riding season.

Before you set out to ride your bike, you should do a quick visual pre-ride motorcycle inspection of the chassis. Look for cracks, bent or missing spokes, loose nuts and bolts, missing nuts, bolts, clips, or pins, and fluid leaks in hoses, seals, or gaskets. Do a quick inspection of the throttle and levers. Ensure that all cables are secured and in good condition. If your motorcycle is chain driven, make sure it is lubricated and not rusted. If your motorcycle is belt driven, make sure there are no cuts or tears in the belt. Refer to your owner's manual to make sure you are not coming due on any scheduled maintenance for mileage or time. Examples of maintenance could be adjusting brakes, clutch or changing fluids.

Always, check the tire pressure before going out on the road. Ensure that the valve stems are seated correctly and are tight. Check to ensure the tire pressure matches the recommended manufacturer air pressure for your specific tire. Usually, you can find this information in your motorcycle user manual or the tire manufacturer's website. Check the tread depth; look for foreign objects, or uneven wear.

Check the fluid levels. Always check the oil and make sure you have a full tank of gasoline. One tip I can pass on is to also go by your miles, rather than the float on the gas tank, because often it can be off by as much as 2 gallons. I make sure I keep track of my miles, that way I know when it is time to fill up. If you have a locking tank, take your key with you in case you run out of gas. Don't assume that all tank keys are made the same because they aren't, take this from the voice of experience.

Check the battery to make sure the terminals are clean and tight fitting. A battery that has discoloration or bulging is a sign of a bad battery needing replacing.

Test your horn, turn signals, headlights, instrument lights, and brake lights to ensure proper operating order. Replace any burnt

out bulbs before riding.

Check to make sure your safety features of your motorcycle are working properly. Make sure your engine kill switch works when used. If your motorcycle won't let you put it in gear with the kick stand down, make sure the motor shuts off when you do. If your motorcycle is equipped with a neutral indicator, check to verify if it indicates when you are in neutral.

Check the mirrors to ensure they are securely bolted and crack free. Adjust the mirrors to the proper position before riding and make sure they are clean and streak free. It isn't easy to adjust your mirrors while riding, nor is it safe.

Do a visual inspection of your exhaust system. Making sure connections are tight and no baffling is loose or missing. You can then start the motorcycle to make sure nothing sounds abnormal.

Examples would be a ticking engine, loud exhaust, or something vibrating that could come loose.

Lastly, when you are on your bike and "ready to ride" and you take up the kickstand, check to make sure that the spring in the kickstand has enough tension to hold it in position. There is nothing like everyone getting in line to ride and when they make the left hand turn out of the parking lot, the one motorcycle that either didn't check their kickstand for faulty springs or left it down, goes belly up in front of everyone.

All of this may sound like it will take a long time, but in reality, once you do it a couple of times, it takes about five to ten minutes each ride. The time invested in a pre-ride motorcycle inspection is certainly better than paying for a tow home or being stranded on the side of the road.

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Chief Dunn and her husband

to managing a full schedule. "I've always been someone who manages a tight schedule even when I was younger," she said, noting that her mom helps her stay on track. At the same time, she recognizes the importance of balance. "I mostly enjoy hanging out with my friends," she said. "I understand education is important but it can be boring at times, and my friends help motivate me."

Growing up in a military family has also shaped her perspective. "Being a military child has made me someone who expects many things to be short lived," she explained. Rather than seeing that negatively, she views it as motivation. "That's not necessarily a bad thing, [it] just means I need to live in the moment more."

Her mother's achievements have also influenced her outlook. "My mom hitting a milestone as chief makes me want to make some amazing achievements as well," she said. That motivation has already translated into success, including one of her proudest accomplishments: "qualifying for state in my FCCLA club with my star event."

The bond between mother and daughter is one of the strongest elements of their story. "It's not

easy to explain," Tamryn said, "but in everything I do I feel my mother with me every step of the way." Even when they are apart, that connection remains. "We're a package deal... our duo is pretty indestructible against anything."

Chief Dunn reinforces that connection through the lessons she strives to model. "Everything starts with self," she said, emphasizing "self-love, self-awareness, self-respect, [and] self-worth." At the same time, she encourages qualities like selflessness and initiative, creating

a balance between personal growth and caring for others.

Together, Chief Taiwana Dunn and Tamryn Dunn demonstrate how leadership at home and in the workplace can shape not only individual success, but also the strength of a family. Through discipline, communication, and shared values, they continue to support each other while pursuing their own goals, proving that leadership is not just about what you accomplish, but who you lift along the way.

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Junior Achievers



**A VIEW FROM
 OUR SIDE**
 ROD WILSON



They may be first graders, but it always amazes me how intelligent these young people are, and how quickly they welcome me into their classroom with big smiles and warm hugs.

In Junior Achievement we start talking about neighborhoods and being good neighbors. Then we transition into jobs people work and services that are offered in the neighborhood.

One of the lessons that we teach talks about how the neighborhoods are planned out. Businesses are together, usually separated from the residential areas; and services like the fire department might be strategically placed in the residential area. Of course, on an Air Force base some of that gets thrown to the wind. The fire department is located next to the flight line; which very few neighborhoods have a flight line. So needless to say, we adapt the lessons, there are only five total, to fit where these kids live.

The teacher I have worked with for the past four years is Jacqueline White, and we have gotten along very well. I am sure that my classroom is run significantly different than Mrs. White's when it comes to discipline;

like when and when not to talk. But Mrs. White will step in and let the kids know when they need to pay attention to Mr. Wilson if things start to get out of hand.

You would think that after six years, four with Mrs. White, of bringing the Junior Achievement curriculum to first grade classrooms on base, that I would have these lessons pretty well memorized. But as any classroom teacher will tell you every classroom is different, because you don't have the same personalities, 16 in this class, every year. Once more, you adapt. Some of the lessons that this year's class really liked, last year's class just didn't seem to grasp.

I also query students whether they will attend school at North Plains next year, of which 50% usually raise their hands that they will be moving somewhere right after school ends. Again, another dynamic unique to the MAFB.

I always try to end my Junior Achievement time with a special "treat" for the kids and Mrs. White, and this year I need to thank Ted Bolton from the Northern Sentry and Al Schon from Oak Park Theater for providing each student with two tickets to a show at Oak Park Theater.

We end our final session talking about starting our own business, and how we would advertise our business once we got it started. If you check out the Northern Sentry you will find an advertisement every single week for Oak Park theater. Ted allowed me to exchange advertising dollars for Oak Park Theater tickets. So, thank you Ted and Al.

Finally, there is always something humorous that happens during my time in class. This year we were talking about the Sonic restaurant and how they have great corn dogs...to which one little girl added "and great shakes."

The conversation could have ended there, but another student



Mrs. White's 1st Grade Class at North Plains Elementary. As with every class, i will miss them a lot!

walked up to the desk where I was sitting and added "my Dad told my Mom that she better quit ordering Sonic shakes because there were making her fat." I won't reveal the young man's name...to Mrs. White and her first grade class at North Plains Elementary. Have a great summer!!!

**NEW CAMPGROUNDS
 OPEN!**

One of the questions I get asked most is where I would go if I had the time and the opportunity. I automatically think about areas close to Minot, say for a daycation, or even a weekend camp out. I am pretty excited about 2 new ND State Parks that are opening this summer.

I found this on the ND State Parks web site:

Pembina Gorge State Park and Rough Rider State Park campsite reservations open May 5.

I am familiar with both of these areas, and I highly recommend them both. I will continue to feature other popular, and not so popular, areas over the summer.

LOOKIN' AROUND TOWN

It will be another year of transition at Roosevelt Park Zoo, but I was able to spend a few minutes enjoying the new giraffe, now named

Khari. Like any toddler, Khari likes to look around and is certainly a great ambassador for the giraffe exhibit and the Roosevelt Park Zoo. Now that spring has arrived, so will the list of new babies at the zoo.

You can't help but get excited when you look at the new plans for the Roosevelt Park Zoo. Yes, the flood of 2011 has certainly changed the landscape of the zoo, but it will emerge bigger and better than ever.



Newest member of the Roosevelt Park Zoo giraffe family, Khari.

TODAY'S CHUCKLE

You're not really famous until someone claims they sat beside you in school.

Take in some area car shows

It has been said that 1,000 vehicles enter that show. This year Mopars are being featured.

On July 31, Aug. 1-2, the Western Canadian Nationals Car Show will be held in Moose Jaw, Saskatchewan. This show, one of the largest in western Canada, with the exception of World of Wheels in Winnipeg, rotates venues. It could be anywhere from Vancouver to Winnipeg, so we are lucky to have it nearby.

Moose Jaw is close to many of us and is a good opportunity to meet new people and see some incredible vehicles. The only issue here in North Dakota is the Bottineau Car Show takes place that same weekend.

Last year was the first year I took a stab at showing my car. It's a restored 1985, black, Pontiac Trans Am. I've had the car for 36 years, but only recently had it restored well enough to have it at a public showing. Last year I attended the Bottineau show and had a really great time. But this year, because Moose Jaw is only 217 miles from where I live, I've already registered my car for that show.

My hometown of Hazelton had its centennial in 2003 and it included a car show. It was June and I was stationed at Fort Riley, Kan. The local organizer really wanted my Trans Am in the show. I told him where I was and that getting a three-day pass would be like pulling teeth. Guess what? I asked the major

and he was on board. He told me that I couldn't miss my hometown centennial. So, as I was driving a rented car home from Fort Riley, my wife drove the Trans Am to Hazelton. Unfortunately, there was a strong wind that day and as she was driving, the wind took the spoiler right off the back of the car somewhere between Washburn and Wilton.

When I got home and saw that, I told my wife there is no way we can have that car in the show. It looks horrible. But the organizer insisted I enter it. So I did, but before that happened, we went to the local hardware store and bought mass quantities of black electrical tape and wrapped it around what was left of the spoiler. It didn't look so good and we sure weren't going to win any awards, but that's where I caught the car show bug.

But since that time, working full time and being in the National Guard prevented me from working on the car. So it sat idle for a number of years until last year.

The Trans Am, which a lot of people call the "KITT" car, was in six shows last year. And it seems I always have to explain to them that KITT was a 1982 model and mine is '85, but they do look similar. It certainly is a way to start a conversation. KITT was the car featured in the early 1980s TV show "Knight Rider."

Looking back at last year, we went

to some dynamic shows and it's a matter of opinion which one could be considered better than the others.

I would have to say the Medora Classic in June was incredible. We met people all the way from Topeka, Kan., to Carnduff, Saskatchewan. There was intermittent rain the entire day, but it still was an awful lot of fun and well attended.

In September, we were in Grand Forks for the Rydell Classic charity event. There were approximately 1,000 vehicles in that show with license plates in addition to North Dakota, from Iowa, Minnesota, Manitoba, Montana and Wisconsin. The difference in that show was the registration fee was for charity so it made it a bit more special.

I've heard a lot about the Carson show in August and over the 4th of July weekend, there is said to be quite a "show and shine" in Walhalla. Fargo has numerous shows, as does Bismarck. Kenmare, Mohall, Jamestown, Valley City, Rugby, Lisbon and Minot also have dynamic shows in their own right.

If you have a classic car, truck or motorcycle, it would behoove you to attend an area show. Car shows are more fun than a lot of parties, they're more relaxing than playing golf and you get to meet a whole new society of like-minded individuals.

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SHE'S NOT FROM AROUND HERE
AMY ALLENDER

Trash Christmas and the Closet That Broke Me

“It’s too much—I feel like my brain is boiling,” I told my husband the other night as I stood in the bathroom, pulling out my contacts. “It’s like I can’t keep up. Or I need a better system.”

A decade ago, that feeling of “brain-melt” wasn’t unusual for me. My mind was rarely a quiet place. I wrestled with constant, ruminating thoughts and pretty severe anxiety. The inside of my head was like a junk drawer—overflowing with worries, to-do lists, worst-case scenarios, and usually a song stuck on repeat that I couldn’t shut off.

But a lot can change in ten years.

I’ve worked hard to break those patterns, and I’m grateful that the cycles of anxiety and depression that once defined my days have largely been replaced with healthy thought patterns. So when that restless, can’t-turn-it-off feeling shows up now, it gets my attention.

And this time? It was triggered by something incredibly mundane: a closet.

More specifically, the office/playroom closet. The one that stores necessities like scissors and tape, but also the catch-all for toys that don’t have a clear home or category.

To be fair, it wasn’t just the closet. It was the closet paired with the fact that it’s Spring Clean-Up Week in Minot.

If you’re new here, this is the time of year when the entire city collectively drags its excess to the curb—everything from broken appliances and half-finished projects to nearly new toys and vintage furniture—things that once felt necessary but no longer serve a purpose. They sit there waiting for one of two fates: the landfill, or a second chance at life in the back of someone else’s pickup.

I love this week.

I am, unapologetically, a curb-picker. I’ve affectionately dubbed this season “Trash Christmas,” and at one point even discovered that the internet knows me for it. Humbling? Yes. Accurate? Also,

yes.

There’s something I genuinely love about rescuing items from the landfill and getting them into the hands of someone who can use them. It’s also when I tend to upgrade things in my own home. It’s weird. It’s wonderful. It’s very Minot.

But this year felt different.

Instead of excitement, I felt overwhelmed. Everywhere I looked—on the curbs, in my house, inside that closet—there was just... too much. Too much stuff. Too many decisions. Too many things without a place.

I found myself talking in circles, trying to explain it to my husband. We need better systems. We need more storage. We need less stuff. But we use most of it. The boys have toys they can’t even access because everything is so full. I’m the one managing most of it, and I can’t keep up with the house and my work at the same time.

Eventually, we landed on a simple plan: the next day, I would tackle two shelves in that closet. If we hadn’t used something in over a year, it could go—donate it, sell it, or set it out on the curb.

Simple enough.

And yet, that night, my brain refused to power down. I laid awake far too late, audiobook playing in my ears, trying to figure out why a closet had sent me into such a spiral.

Here’s where I landed:

It was never just about the closet.

It was the moment everything blurred together—work, home, schedules, relationships, responsibilities. There were

no clear edges, no boundaries between one part of life and another. Everything felt like it was happening all at once, and the overflowing closet became a visible reminder of that internal clutter.

I needed to clear a proverbial shelf, as well as the physical shelves in the closet.

The encouraging part is this—Spring Clean-Up Week reminds us of something we often forget. There is no shortage of stuff. The piles lining our streets are proof of that. We don’t have to hold onto things out of fear that we might need them someday, because more is always coming.

The same can be true in other areas of life, too.

Sometimes the reset isn’t about finding a better storage system. It’s about creating clearer boundaries. Letting go of commitments that don’t fit anymore. Admitting that not everything needs to be kept, managed, or carried all at once.

The next day, I cleared those two shelves.

Nothing dramatic. No life-changing overhaul. But when I stepped back, I felt lighter. Not because the closet was perfect, but because it was no longer holding more than it needed to.

Maybe that’s the real gift of “Trash Christmas.”

It’s not just about what we find on the curb—it’s the reminder that we’re allowed to let things go.

For more reflections on life in North Dakota, join me @HeyMinot on your favorite social media platform, or amyallender.com.

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All About Pets

AF Life with Pets

Elmer Fudd, Dogs on Deployment Mascot 2019 with USAF Capt. Bryan Moore

As many Airmen and families already know, military life is not easy. Here are a few tips to help you make managing your busy Air Force life while also taking proper care of your pet!

- Get a low maintenance pet—snakes, certain varieties of fish, hamsters and other rodents, and turtles are just a few ideas of pets that are relatively low maintenance compared to your everyday dogs and cats. It’s still important to provide adequate enrichment, environments, and food for them, but if you do all those things, these pets will be just fine during long work hours. Be sure to check with your housing authority first to make sure these pets are allowed.
- Find a “lazy” pet—high energy and working dog breeds are not recommended for owners who are away from home a lot and do not have the time, energy, and resources to keep their dogs fully enriched. You could consider bringing home a characteristically “lazy” breed instead. Basset Hounds, Boston Terriers, Bull Mastiffs, and Maltese are a few dog breeds that pop up often in the conversation around low-energy breeds. However, it’s still important to note that all dogs are different. You may find a dog that is a couch-potato by nature, or you may find a “low-energy” dog that wants to go 24/7. Make sure you consider the needs of certain breeds and individual dogs (or cats) before adopting, and even if you have a low-energy dog, you still need to meet their basic requirements. Which is why working people should consider...
- Outside help—for shorter periods (a week in the field, a 12 hour day at work), it would be beneficial to hire a pet sitter, dog walker, or even a neighbor or family member who is willing to help out. While some pets won’t go crazy at home all day, they still need to be provided with socialization and enrichment. See if you can find someone to pop in every few hours to play with, feed, and let your pet outside! Doggy daycare is a great option for many canine parents, and while cats and other small pets are usually alright left alone, it’s never a bad idea for them to have someone to play with. Don’t be afraid to reach out to the base community through Facebook or your friends/family for help if you’re feeling overwhelmed with your pet-parental duties. Chances are there is someone out there who is willing to help you and your pet out.
- For bigger challenges, consider finding a temporary foster home for your pet. Family members, close friends, and even willing community members are always options for long-term pet care instead of rehoming. There are also “deployed pet” help sites that can connect you with temporary fosters, such as Dogs on Deployment and Guardian Angels for Soldier’s Pets. If you’re thinking about rehoming your pet due to the cost of PCSing with them, consider applying for SPCA International’s Operation Military Pets grant.

Taking care of pets is a big responsibility, but when we bring them into our home, it’s our duty to treat them with the care and love that they give us as well. Military life can make it more difficult, but there are so many resources out there to help.

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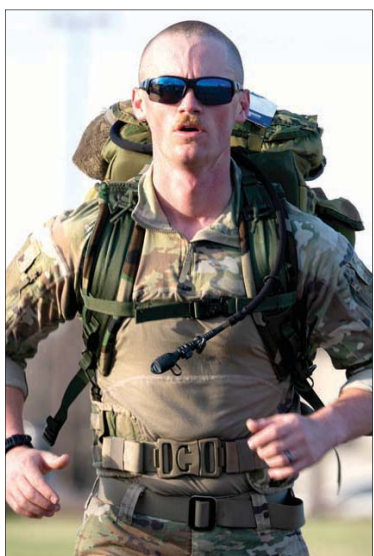
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OUTDOOR

REPORT



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, May 4: 1,827.13 feet above mean sea level (MSL); 14,100 cubic feet per second (CFS) Garrison Dam average daily releases.

Devils Lake elevation: 1,450.21 feet above mean sea level (MSL).

Stump Lake elevation: 1,450.19 MSL.

•N.D. Game & Fish Dept. game wardens: No new reports.

•Devils Lake, Woodland Resort, Devils Lake: Upper basin creeks and coulees still producing some flowing runoff with anglers finding a few nice-sized walleye. Devils Lake activity limited by wind, weather, and pre-and post-spawn lull. Anglers finding an occasional walleye but not the typical spring bite yet, in large part because of wind and weather.

•Lake Darling, Karma C-Store, Ruthville: Activity remains light and limited on area lakes with windy weather.

•Lake Metigoshe, Four Seasons, Bottineau: Not much activity but anglers getting a few nice-sized walleye. A few bluegill starting to show up but wind continues delaying angler numbers.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: No activity on the east end of Lake Sakakawea with windy weather. Missouri River tailrace slowed.

•Lake Sakakawea/Lake Audubon, Hwy. 83 lawn

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

OUTDOOR NOTES:

•May 8 & 9: Evening Hike Series: Full Flower Moon Fairy Hike, Fort Stevenson State Park, Garrison, 9:30 p.m.

•May 10: Spring turkey season closes.

•May 12: Pioneer Village Museum opens for the season, 10 a.m.

•May 15: 5K FoamFest, Leach Park, Minot, 6 p.m.

•May 16: Birding at Oak Park, Minot. Free guided bird walk, 9 a.m.

•May 16: Dakota Air Museum opens for the season, 10 a.m.

•May 17: Syttende Mai Parade & Scandinavian Park Opening Day, Scandinavian Heritage Park, Minot, noon.

•May 23 -25: Sky Fest over Fort Stevenson Kite Festival, Fort Stevenson State Park, Garrison. Featuring kite flying, demonstrations, and family activities, 10 a.m. to 4 p.m. daily.

TOURNAMENTS:

•May 9: Lake Sakakawea, Four Bears Marina.

•May 16: Lake Darling, West Landing No. 1; Lake Sakakawea, White Earth Bay; Devils Lake, Creel Bay; West Park Lake.



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& leisure, Garrison: Look for a nice smallmouth bass bite on Lake Audubon when wind allows anglers to get on the lake. Try North Lake. Boat ramps usable on the east end of Lake Sakakawea with docks starting to get in place.

•Lake Sakakawea, New Town: Look for some post-spawn walleye activity but for now, wind and inconsistent weather continues limiting activity in the Van Hook Arm and river portion of Lake Sakakawea around the New Town area.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Facilities open May 15.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: Missouri River tailrace spotty for walleye from both boat and shore. Try jigs and minnows

or crankbaits in the evening off the rocks. Occasional catfish. Lake Sakakawea slow for pike on the east end.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: Upper end of Lake Sakakawea slowed for walleye. Good opening day paddlefish success. Look for the smelt run to get underway soon.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: Some scattered walleye success on the Souris River in the Upham and Towner area.

NUMBERS TO KNOW:

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

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Fostering Love at Minot AFB

ERIN BEENE, NORTHERN SENTRY



Jonah and Rebecca Bailey with three of their foster children. ASHLEY VANLEY PHOTOGRAPHY

What does it mean to be a parent, or even a mother? Mother figures, even without being biological parents, often touch our lives in ways that may never be fully known. The same can be said for a young couple right here at Minot AFB. Although there are many foster parents within our community, Senior Airman Jonah Bailey, 91 MSOS, and his wife Rebecca have fostered and cared for 13 children since 2025. Their dedication to providing family support to children, even if only for a short time, truly makes them parents in their own right.

Rebecca and Jonah are only in their mid-twenties. While many people their age are out enjoying life with fewer responsibilities, the couple has chosen instead to dedicate their time to children in need. Originally from the Midwest, they married in 2022. Both had prior experience with the foster and adoption process, as their immediate families participated in fostering and adoption while they were growing up. They were familiar with the system and knew it was something they wanted to do someday. After trying to start their own family and experiencing multiple pregnancy losses, the couple felt it was the right time to begin their fostering journey.

Rebecca explained that although the process to become foster parents can sometimes be extremely slow, for them it moved

rather quickly. They completed their home study, online training, and required paperwork efficiently and were offered a placement while still finishing the process. Their first placement, three young brothers, had a major impact on their journey. They quickly grew attached and even took the boys on family trips. When asked how foster parents manage attachment when children may not stay long, she said, "If foster parents are not getting attached, they are probably doing it wrong."

Even though the couple lives on base, Rebecca said there were no issues getting approved. However, she noted that despite often having multiple children in their care, they are still allotted housing based on their rank, a two-bedroom home, which can be challenging at times. She also shared that many military families stationed on base are foster parents as well. One difficulty, she added, is the frequent travel into Minot for appointments, which often means driving into town multiple times a week.

While each state has its own regulations for fostering, and the Baileys will need to reapply when they PCS, most foster placements last anywhere from one week to four months, or even longer. Rebecca explained that foster parents can set preferences regarding how many children they take in and the ages they are

comfortable with. She also noted that many children enter foster care with very few belongings, sometimes only the clothes they are wearing. Foster parents receive a stipend to help cover clothing and basic necessities, as well as a monthly stipend for food and other expenses.

Rebecca said that with each child in their home, they do their best to provide love and stability. "Many foster kids don't know what a safe and loving bond is," she said. She added that while the work can be difficult, it is also what makes it so important.

The couple is open to adoption or continuing to foster in the years ahead. Their goal is simply to use their opportunity to show love and stability to children who need it, no matter how long they stay.

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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.

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From Cockpits to Classrooms: The Life and Lessons of Mr. Meric Murphy

FATIMZAHRA ELBOUAB, NORTHERN SENTRY

The skies around Minot High School are changing as a new chapter begins. The Minot High School aviation technology teacher, Mr. Meric Murphy, is preparing to close a long chapter of his life. After decades spent around flight, first as a pilot, then an air traffic controller, and later as an instructor, Murphy is retiring. He will leave behind not just lessons about aviation, but a philosophy shaped by a lifelong connection to the sky.

"I cannot remember when I wasn't thinking of airplanes and flying," Mr. Murphy said. For him, aviation was never a passing interest or any career choice; it was something that defined him from the beginning. "[I have] always wanted to be a pilot and nothing else."

The desire to see the world from above followed him into the Air Force in 1973, where his experiences deepened his understanding of responsibility and service. Looking back, Murphy said his time in the military as an air traffic controller reshaped how he now views freedom and duty. "The military allowed me to respect freedom," Murphy said. "I am grateful for those who serve. I am also grateful to be a civilian."

Like many careers in aviation, his journey included moments that strengthened the seriousness

of the field. He described flying planes as a craft that demands discipline and preparation because danger could always be nearby. "It is dangerous," he explained. "Some of the best pilots that I have flown with have died in aircraft. Respect the danger."

For Mr. Murphy, preparation was everything. He described how high-pressure situations in aviation are managed through both repetition and training. "High pressure moments can be prepared for by developing muscle memory to prepare for the emergency," he explained. "Practice, practice, practice... and you will win whatever the airplane throws at you."

Over time, Murphy's path shifted from active flying to teaching, a transition with its own type of challenge.

At Minot High School, he found himself learning not just how to demonstrate aviation concepts, but how to connect them to students with different motivations and perspectives. "[There are] three levels of students," he explained. "First, [some] do it because they fear getting a bad grade. Second, [other students] do it because they want to please their parents. Third, [some students] do it because they love flying." He continued to explain how the latter is always

a joy to find as a teacher. "It's a rare student who really loves their education, and what a wonderful life it promises them!"

That understanding shaped Murphy's teaching philosophy. For him, education isn't about delivering information. It's about discovering a student's potential. "Every student has their own genius," he said. "Teachers just need to look carefully to find it."

Beyond aviation and teaching, Murphy is also working on writing a novel. "It is a love story about flight," he said. Writing, for him, is less about instruction and more about reflection. "Writing is inspirational," he added. "I allow my mind to address each subject the way the flying gods would."

As he steps away from teaching, Mr. Murphy reflected not only on what he has done, but on what remains. One of the most meaningful parts of his career has been the people; especially his students. "The classroom exposes me to a lot of different characters," he said. "I will miss the treasure trove of stories it offers." His next chapter will still be tied to reflection and storytelling as he continues his goal of becoming a published author. "The rest of my life will be remembering and writing about the stories of life," he said.

There is one message he hopes



The plane flown by Mr. Meric Murphy for Trinity Hospital.



Mr. Murphy's classroom at Minot High School is a place for all students to pursue aviation.



A picture is worth a thousand words: a piece of artwork created by one of Mr. Murphy's students, Jalynn Kendall.

students and readers carry forward: "Love God. And whatever career you choose, love it."

After decades in aviation and education, Murphy leaves behind a legacy that is not only built on knowledge, but on perspective.

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And when asked if he would change anything about his journey, his answer is immediate: "My love for life. I wouldn't change a thing."



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A LOOK BACK
THIS WEEK IN USAF HISTORY

LT. COL. JOE JACKSON SAVES A THREE MAN COMBAT CONTROL TEAM

MAY 12, 1968



During the Vietnam War on May 12, 1968, former Lt. Col. Joe Jackson was commander of an unarmed C-123 transport aircraft. The plane was flying an emergency mission in South Vietnam after a special forces camp at Kham Duc was overrun by the enemies, who were in complete control of the area. Over the radio, Jackson learned that a three-man combat control team had been accidentally left behind after the camp was evacuated. Jackson made the decision to respond and descended to the landing strip of the camp under heavy fire. After landing, enemy forces dropped a rocket near the plane, but fortunately it was a dud. Jackson was able to rescue the CCT and bring them to safety in Da Nang. Despite the amount of enemy fire during the rescue, the C-123 was found to have no damage or bullet holes upon arrival. For his heroism, Jackson received the Medal of Honor on January 16, 1969. He passed away on January 12, 2019.

Retired Col. Joe Jackson poses with a permanent Medal of Honor display at the Pentagon in Arlington, Va. (USAF Photo by Scott Ash)

Information courtesy of: af.mil

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**Minot AFB:
Born in the Cold War (1957)**

FATIMZAHRA ELBOUAB, NORTHERN SENTRY

In 1957, a stretch of North Dakota prairie slowly became something far more important than just open land for dakrats to burrow holes in. Minot Air Force Base was officially established on January 10, 1957 as a strategic installation shaped by the tensions of its time.

The world was deep in the Cold War. Growing fear of Soviet bombers crossing the Arctic vastly shaped military planning across North America. In response, the United States began building an air defense network that was designed to detect and intercept threats before they could reach any major city. And the small, isolated city of Minot would become one of the key pieces in

that system.

The story of Minot AFB started with the local leaders of the city advocating to bring the base here, with residents contributing funds to help secure the land. Those decisions are what tied the base's future to the region in a way that still exists today, linking the identity of the installation with the surrounding community, right from the very beginning.

When the base first activated, one of its earliest units was the 32nd Fighter Group, which was established on February 8, 1957. During those early years, Minot AFB was focused on air defense readiness, constant alert status, and a mission to protect the skies over North America.

Minot AFB was built to answer a simple question of the Cold War era: how do you defend against a threat that could arrive in minutes from thousands of miles away? The answer was found in the Semi-Automatic Ground Environment (SAGE) system, fighter interceptors, and as time went on, in strategic bombers and missiles.

By the early 1960s, Minot's mission expanded with the arrival of the B-52 Stratofortress, which remains one of the longest-serving military aircraft in history. And over time, the base transitioned from an air defense interception mission to a nuclear deterrence, becoming a part of the United States' long-



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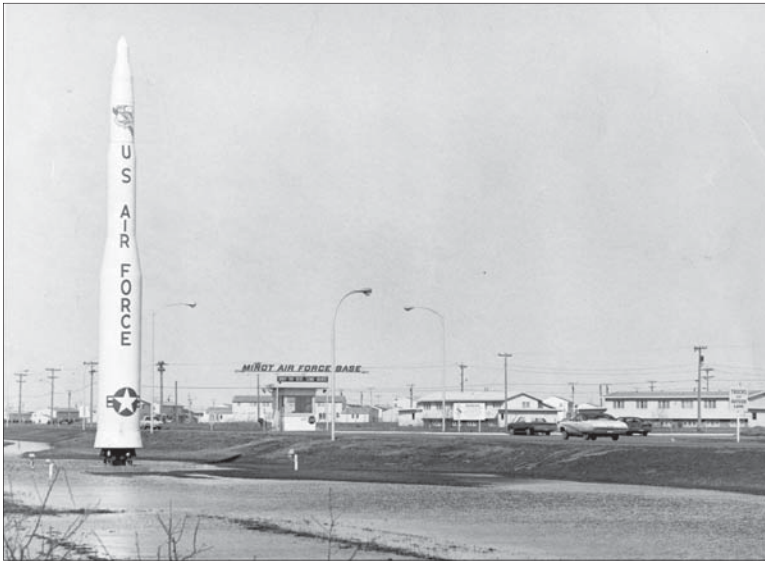
term strategy to prevent war rather than engage in it.

In essence, the changes brought about by time is what makes Minot AFB unique. The base is an active, modern installation under Air Force Global Strike Command, continuing a mission that began nearly 70 years ago. It is not just a Cold War relic. Although the aircraft, technology, and personnel have changed, it now supports a total population of around 12,000 people, around 6000 personnel of which are dedicated to the same purpose from the beginning of the base's birth: deterrence, readiness, and protection.

The buildings, missions, and even the layout of the installation reflect the decisions made during a time when global conflict felt urgent. Much of the history that is still visible in daily life on base gets overlooked. Understanding the history of Minot AFB helps explain why the base operates the way it does today.

For those living and working here, Minot AFB isn't just a place of assignment. It's part of a much larger story and long piece of history that began in 1957 and continues to evolve with every generation stationed here. The base influences the surrounding community through employment, education, and long-standing military families who call this place home.

And that is what makes its history worth remembering. The story isn't just about what happened, but about why it still matters today; it shows us how decisions made during the Cold War still continue to shape life in Minot decades later. And somewhere in between all of that history, the prairie is still there in small ways, even if the only ones still fully appreciating it are the dakrats doing what they've always done.



Opposite page top left photo: MAFB main gate during the 1970's. This page top photo: MAFB main gate in 1966. This page bottom photo: MAFB during the early 1970's.

Smith, S. D. (2015, July 7). *Minot Air Force Base 60-Year Groundbreaking Anniversary*. *Minot Air Force Base*. <https://www.minot.af.mil/News/Article-Display/Article/806323/minot-air-force-base-60-year-groundbreaking-anniversary/>

Minot AFB History Walk by the Minot Air Force Base Library. 5th Force Support. (n.d.). <https://5thforcesupport.com/wp-content/uploads/2024/06/History-Walk.pdf>

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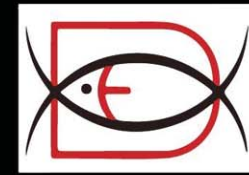
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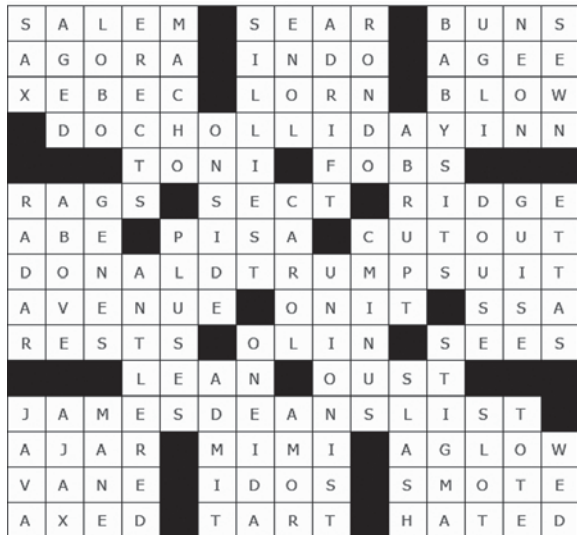
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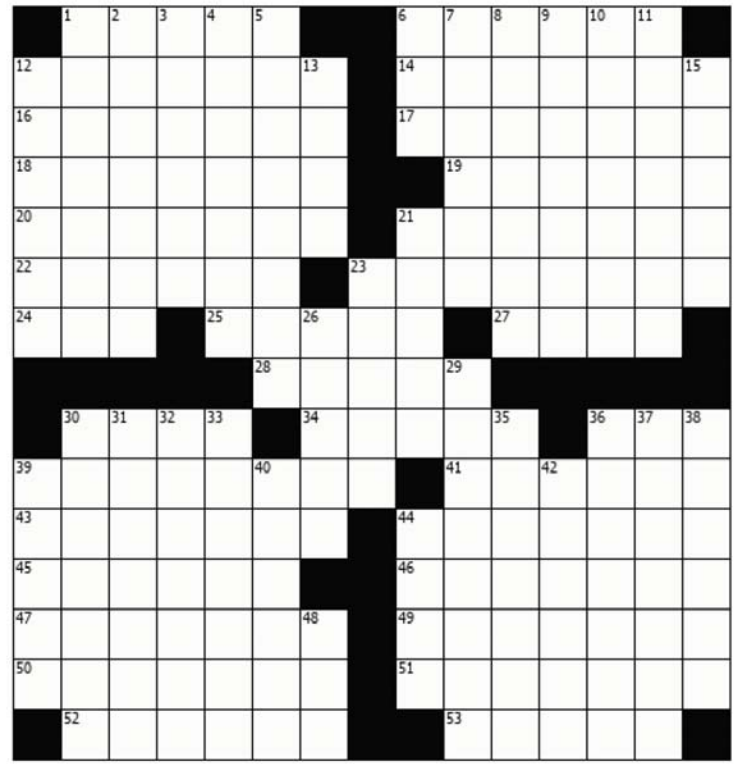
Solution to last week's crossword



CROSSWORD PUZZLE

Across

- 1. Chronicles
- 6. Puzzle type
- 12. Progress
- 14. Showed displeasure
- 16. Barge helper
- 17. Onetime Elton John collaborator
- 18. Long Island university
- 19. Godzilla creator
- 20. Batter's aid
- 21. They're often early risers
- 22. Athletic reward
- 23. High-pressure venue
- 24. Shogun stronghold
- 25. Imp
- 27. Excite
- 28. Member of the 1983 NBA champs
- 30. Put under
- 34. Chest material
- 36. Intricate pattern
- 39. 1950s Screen Actors Guild president
- 41. Constellation formerly part of Argo
- 43. Adds to the staff
- 44. Measures of discrimination
- 45. Used a shuttle
- 46. __ Mill
- 47. Not at all consistent
- 49. "Carmen" author
- 50. New venture
- 51. Ogle
- 52. Most artful
- 53. Lost one's balance?

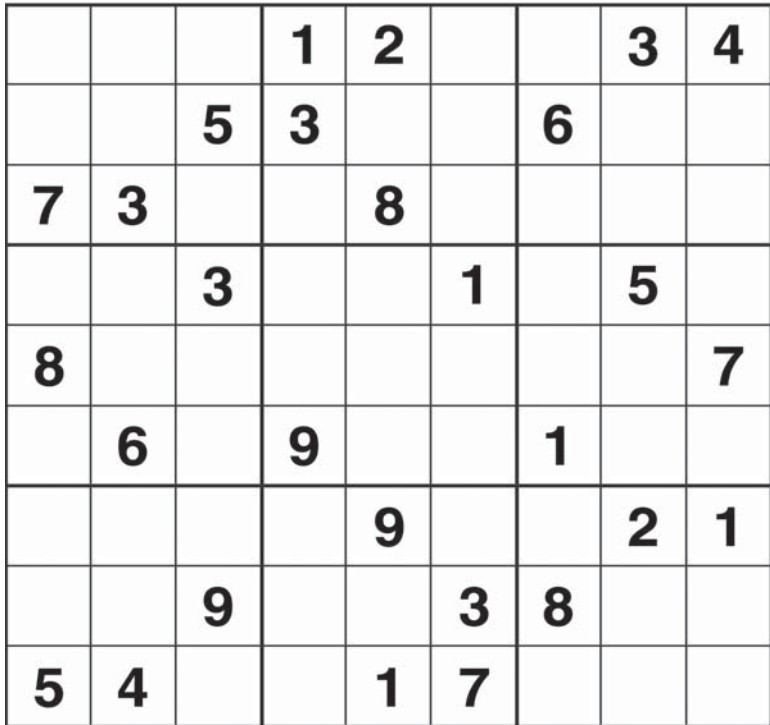


Down

- 1. Scrutinized
- 2. Silver: Prefix
- 3. Traditional gravy ingredient
- 4. Assumed
- 5. Sluglike mollusks
- 6. It was Idlewild until 12/24/63
- 7. Eye inflammation
- 8. Open racers
- 9. Trick
- 10. Bay of Bengal's __ Islands
- 11. Time for a getaway
- 12. Clip alternative
- 13. Commotion
- 15. American revolutionary who recruited Lafayette
- 21. In bundles
- 23. Rigs
- 26. Shortcomings
- 29. Court game
- 30. Hits the road
- 31. Pulpitlike
- 32. Indivisible
- 33. Montreal daily
- 35. Dump
- 36. Stable visitors
- 37. Beg
- 38. Dog named for its low stature
- 39. Bouzouki and mandola
- 40. Third digit
- 42. Stop working
- 44. Beliefs
- 48. Cmdr.'s superior

SUDOKU

Solution to puzzle on page B10



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SLEEPY, COLD, AND FISHING

Kim Fundingsland

When my alarm woke me, I thought to myself I must be crazy. It was 3:30 a.m. Dark and cold. I had a ninety-minute drive that I wasn't looking forward to. Ahhh. The life of a fisherman is sometimes difficult to understand. Explaining it to someone else? Even harder.

There are moments, and 3:30 a.m. can trigger them, when even the most avid angler pauses to answer the question "why"? I've found it's best not to dwell on that question too long. The real answer will come soon enough.

Breakfast is quick and simple. A couple slices of toast with peanut butter and jelly is more than adequate in the very early morning. A half glass of milk, fill the Yeti with coffee, out the driveway, and into the darkness I go.

I always find driving through the city at that early hour interesting. I mean, who is really up that early? Then I realize, between yawns urging me to go back to bed, that it's me and maybe one or two others.

The coffee is still too hot to drink, meaning it will be a while until I can down some much-needed caffeine to ward off anticipated drowsiness. The highway cutting through the North Dakota prairie is a dark and lonely place during the early morning. Not even a hint of sunrise on the horizon.

I'm thinking about fishing as I down my first sip of coffee, reminding myself, maybe convincing myself, of the reason for getting out of bed so darned early. Looking at my insulated coveralls, waterproof gloves, and winter facemask lying on the seat next to me isn't helping. They are more of a reminder of how silly this will sound when trying to explain it to someone else, presumably those well rested who have enjoyed a ham and cheese omelet while contemplating what they will do with the remainder of their Saturday.

Hmmm. The omelet sounds good. So does the extra sleep. So does a perfectly presented ribbon-tail worm in front of a big largemouth bass. Or may a football jig with a craw trailer. Wonder if a largemouth bass would go for an omelet? Bacon? The mind wanders easily early in the morning.

A few moments later I see the lights from the Milton R. Young power plant reflecting on the open water of Nelson Lake. It was time to forget the omelet business and remind myself why I got out of bed so early in the first place. Fishing.

Crazy, huh? Why not sleep in and fish later in the day you ask? Fair question. Sound logic indeed. However, you are addressing a fisherman, and I've found very few who can adequately answer that inquiry, especially when it comes from the well-rested.

Nevertheless, I'll give it a try. I'm not trying to convince anyone. Myself perhaps, but no one else.

I'm already infected with the fishing bug for which there is no cure that I'm aware of. Then again, I'm not searching for one either.

The short walk from the parking area to the boat ramp, in freezing temps, allows time to make sure zippers are up to the chin, a facemask is in place, and gloves are pulled on. It's also when the fisherman knows that embarking on such adventures is one of the great appeals of the sport.

You see, cold weather and lack of sleep aside, it's fun. I like catching fish as much as the next crazy fisherman but, to a greater extent, I've always been thoroughly captured by every moment on the water. This day, still night actually, begins with the camaraderie of fellow fishermen whom I'll soon be competing against. Then it's followed by daylight beginning to creep over the horizon and the sound of outboard motors coming to life, some stubbornly in the cold air.

Minutes later the first rays of sunlight are obscured by a heavy fog on the water. It's a beautiful scene, even if it means idle speed only for safe boat operation. Memorable. Part of the fishing experience.

Through the fog and still air comes the haunting call of a loon. Then an answer. Neither bird can be seen but they are on either side of the boat. Then it's the unmistakable honking of Canada geese. They are sharing the water too.

Fish can be heard splashing on the water's surface, an encouraging sound for eager anglers. Then the sun becomes visible, an orange orb pushing through the waning fog. It makes for a perfect scene in all ways. Any thoughts of why I got up so early, in the dark and cold, are gone. But I knew that would happen. Always does. The sights. The sounds. Other fishermen know that too.

It's not long before the first largemouth bass bends a fishing rod and is lifted into the boat. Nice one too. A good start to an already wonderful day on the water. An hour or so later the fog has disappeared, the sun dominates, and the temperature rises above freezing. It feels good to toss gloves onto the floor of the boat and swap out a hood for a baseball cap. There's no longer ice forming on the eyelets of our fishing rods. Morning has broken. All part of the fishing experience that's not worth trying to sell to anyone else. Most won't buy it anyway.

That is the way fishing is, or can or should be. Fishing teaches a person to appreciate much more than hooking a big one or catching a limit. Each and every fishing trip is a full theatrical performance that is never duplicated. Always difficult to put into words, but stepping on that stage is a slice of life that never disappoints.



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Bree McCarthy Announced as ORCS Administrator

OUR REDEEMER'S CHRISTIAN SCHOOL



Our Redeemer's Christian School is pleased to announce the hire of Bree McCarthy as School Administrator.

McCarthy brings 24 years of experience in education across various roles and school districts, most recently in the Minot Public School District. She holds a Bachelor's degree in Special Education and Teaching from Eastern Washington University and a Master's in Education from the University of Texas - Permian Basin.

McCarthy and her husband, Col. Michael McCarthy, Commander of the 5th Medical Group at Minot AFB, moved to Minot in 2025 and have two grown children.

McCarthy says she's looking forward to blending her strong Christian faith with education. "I am honored and eager to serve Christ and step into this role with a humble and grateful heart.

I'm passionate about helping students truly know and experience God's love while building a strong foundation for their academic success. I deeply value the relationships built with

staff, students, and the community. I am committed to creating an environment where each person is valued, supported, and encouraged to grow."

"Bree brings a deep love for Christ and a passion for shaping young lives through education.

We thank God for His provision, and look forward to a fresh chapter at ORCS under Bree's capable and compassionate leadership," said Our Redeemer's Lutheran Brethren Church Executive Pastor Pete Pederson.

McCarthy begins her role at ORCS on June 1, 2026. Interim administrator Jodi Hall will remain at ORCS, returning to her position as an assistant administrator and half-day kindergarten teacher.

Our Redeemer's Christian School provides Christ-centered education with the goal of building strong minds rooted in Truth, faithful hearts guided by grace, and servant leaders living for the glory of God. Established in 1982 as a ministry of Our Redeemer's Lutheran Brethren Church, today it is a PreK-12 school serving approximately 300 students from the Minot area.



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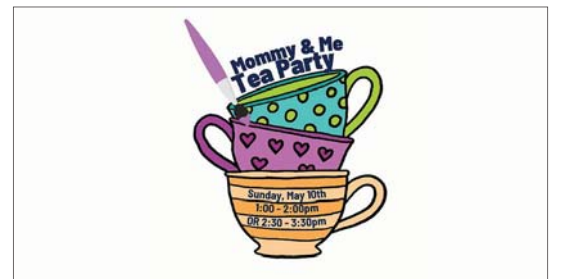
All tickets are general admission. There are no reserved seats. Advance tickets coming soon for purchase at various locations:
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 Cost: \$30 for non-members, \$27 for members, and \$24 for military members



For more information & to register:
<https://www.magiccitydiscoverycenter.com/camps>

16 MAY **OPENING DAY AT THE DAKOTA TERRITORY AIR MUSEUM**
4:00PM-5:30PM
 Dakota Territory Air Museum,
 100 34th Ave NE Minot, ND

Kick off the season with Opening Day at the Dakota Territory Air Museum! Celebrate the return of warmer weather and aviation excitement as the museum officially opens its doors for the 2026 season. Visitors of all ages are invited to explore an impressive collection of historic aircraft, interactive exhibits, and beautifully restored warbirds that tell the story of aviation across the decades. Start the season with us and experience the excitement of flight—past, present, and future—at the Dakota Territory Air Museum!



For more information and admission prices:
dakotaterritoryairmuseum.com

17 MAY **SYTTENDE MAI PARADE AND PARK OPENING DAY**
4:00PM-5:30PM
 Scandinavian Heritage Park,
 1020 South Broadway

Syttende Mai Celebration - May 17, 2026
 Celebrate Norway's Constitution Day with a parade and festivities at the Scandinavian Heritage Park in Minot, ND! Join the walking parade at noon, wear your favorite Norwegian attire, and wave flags while singing "Ja vi elsker." After the parade, enjoy a traditional lunch at the Sons of Norway Thor Lodge, featuring hot dogs, salads, kransake, and more. This event also marks the grand opening of the park buildings for the summer season, running from May 17 to September 30, 2026.



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Info from March 2025

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Throwing Down and Teeing Up: Sentinels Shine in Spring Action

BRYLEIGH MCBRIDE, STUDENT JOURNALIST

The Minot North Sentinels had a busy and productive week across multiple spring sports, with athletes stepping up on the golf course, the throwing circle, and the softball diamond. From state-qualifying marks in track and field to strong team finishes in golf, the Sentinels showed they are hitting their stride at the right time of year.

The Minot North Sentinels boys golf team has been one of the more consistent squads on the course this spring, producing strong results at back-to-back invitationals.

At the Jamestown Invite on April 28, the Sentinels fired a team score of 309 to claim second place in a competitive field. Leading the charge was junior Kyler Weishaar, who carded a 74 across 18 holes from the first seed to finish fifth individually – a steady, disciplined round that helped anchor Minot North’s runner-up finish.

Then on May 1, the Sentinels returned to action at the Minot High Invite at Souris Valley Golf Course. Minot North shot a 311 and placed fifth as a team. Despite the finish, the round produced a standout individual performance: Sophomore Teegan Dangle earned medalist honors, shooting a 76 to take first place overall. It was the kind of round that turns heads and signals big things ahead as the postseason approaches.

Minot North’s girls track and field program added two new state qualifiers to its roster last week, bringing some serious excitement to the throwing events.

On April 30, senior Peyton Dutenhafer punched her ticket to the state meet with a throw of 110 feet, 1 inch in the discus, a mark that reflects both her athleticism and the hard work she’s put in throughout her Sentinel career.

Joining her is sophomore Kiarra Diaz, who qualified in the triple jump with a mark of 34 feet, 9 inches. For a second-year athlete to already be competing at the state level is a promising sign for the future of the program.

The throws crew showed out in a big way at Throwfest in Bismarck on May 2, as two Sentinel athletes earned state qualifying marks in the discus.

Junior Dane Voeller launched a massive throw of 158 feet, 8 inches — a qualifying mark that puts him among the top throwers in the state. He quotes, “Well I’d say freshman year was a bit scary, throwing with all of the older kids that I didn’t know at all, but I eventually just focused on myself and tried my best in practice,” Voeller said. “Looking back now, most practices freshman year I was just trying to survive and get done with practice, but towards the end of sophomore year and now my junior year, I try to get the most out of every rep. Pick something to focus on and take the time to figure it out so later on it takes less time when throwing in a competition.”

Not far behind, senior Ethan Howey also hit the qualifying standard with a throw of 145 feet, 5 inches. Two state qualifiers from the same event on the same day is a massive moment for the Sentinels’ track and field program.

“A bigger obstacle for me was always the weight room,” Voeller added. “Freshman and sophomore year I was never the biggest or strongest kid, but during last summer I went to the gym a lot and it really paid off. Now I can lift heavy in the weight room and throw far with ease, thanks to coaches and off-season training.”

Dane Voeller also emphasized

the impact of his team environment, “I really enjoy track because of my peers and coaches,” he said. “The staff is amazing! Shout out to Coaches Kruger, Holmen, and Saint Pierre. And the other throwers, I’ve made some really good friends throwing and they are all great people. The community is amazing, and once you get a taste of throwing somewhat far, you just want to keep trying your best at this sport, because consistency matters.”

It’s been a tough stretch for the Minot North softball team, though



Minot North Trackstar Dane Voeller State Qualified in Discus



Sophomore Teegan Dangle Earns 1st Place on Varsity

the Sentinels closed the recent run on a high note. On April 22, Minot North dropped a doubleheader to the Mandan Braves, falling 7-15 and 6-11. The Sentinels also fell to the Stanley Blue Jays by a score of 8-11 in what has been a challenging portion of the schedule.

But on May 1, Minot North flipped the script, topping Stanley 9-5 for a confidence-boosting victory. With the postseason drawing closer, that win could be an important turning point for a squad looking to build some momentum heading into the final

weeks of the regular season. With state qualifiers already secured in multiple events and the golf team continuing to compete near the top of the leaderboard around the state, the Minot North Sentinels are building momentum as the spring season enters its final stretch. The softball team’s bounce-back win over Stanley adds another positive note to a week that gave Sentinel fans plenty to be excited about. If this stretch of competition is any indication, the best may still be ahead for Minot North.

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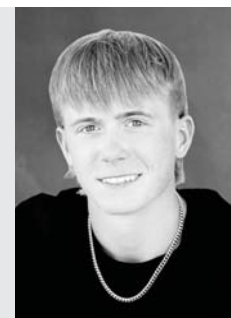
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Tate plans to attend Bismarck State College’s Electrical Lineworker program.

TECHNICAL

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YOUTH TOUR

Makayla and Shaun will represent SRT during the 2026 Foundation for Rural Service (FRS) Youth Tour in Washington, D.C. this summer. They will learn about the telecommunications industry, tour our nation’s capital, and meet with legislative leaders to discuss their experiences in rural North Dakota.



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YOUTH IN ACTION

PSMI Teacher Appreciation

In honor of National Teacher Appreciation Day on May 5th, 2026, I share the following poems to uplift each and every teacher:

PRESENCE

The sweetness of the day brings morning light and child's play, and in the promise of it all the soft air blows the sweet bird's call.

The world's not silent, dark, or grim, for sweet laughter invites a grin on every face where every ear absorbs the sound of sweet cheer that a child brings!

CONNECTION

Children love the time we share with them. Children love the hugs we give to them. Children love the provisions we supply for them.

Children love the care we bestow on them. Children love each preposition on their hearts from day one: written.

SIMPLICITY

Staying in the present, outside of worldly time, enjoying all that life offers is living before prime.

It's the pleasure of now, to see as all is here: the world without a mask of want. It's living before fear.

Children teach us to live inside the place we're in. Children—all—enjoy what's had and so enjoying, win!



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



OPTIMISM

Children are happy and feel as though the world is bright, and so they go on smiling!

They live with a quest to do without rest and so they keep on trying!

They're strong and demand what they desire and so they succeed like an urgent fire inspiring!

BALANCE

Adults play it safe. Children long for space to explore!

Adults write lists. Children enlist adventure!

Adults crave peace. Children create beats of joy!

In this place, we help each other live well.

GROWTH

Underneath each upright tree, inside each fallen log, lay critters that we search to see, as though in deep, dense fog.

To children, each crawling creature excites each standing one. The antennae, the legs, the tiny features bring awe and joy and fun!

Such simple delights hidden inside the depths of wood we know, where all eventually stand beside to listen, to search, to grow.

Thank You, Teachers, Keep Shining!

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 War of the external website, or the information, products, or services contained therein.



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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

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Saturday, May 9
5PM, Great Vespers

Sunday, May 10
10AM, Divine Liturgy

Father Bill Neumann



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Pastor Mark Zier

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9:30am Contemporary Service (w/Livestream)
9:30am Sunday School & Adult Bible Study
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Sunday School
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Vincent United Methodist Church

1024 2nd St. SE • 838-4425
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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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Cornerstone Presbyterian Church

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

Sunday Schedule

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

Wednesday Evening Schedule

Community Dinner 5:30-6:30pm
Contemporary Worship 6:30pm
Youth Group & Small Groups... 7:15pm
All are Welcome!

www.cornerstoneminot.com

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**

SUNDAY 9:00am Coffee & Fellowship
9:15am Sunday School
10:30am Worship

WEDNESDAY 11:30am Soup Kitchen
5:45pm Family Supper
6:15pm K-5th & Middle School Start
6:30pm HS & Adult Start

Pastor Brian Keithline

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2600 West Central Ave • Minot, ND 58701
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Daily Mass Schedule:

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

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

First Lutheran Church - ELCA



120 5th Ave. NW
852-4853

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

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**1805 2nd St. SE
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Sunday Services
9:00 am / 10:30 am / Noon

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Sending the Glorious Light of Jesus Christ to a Dark and Needy World

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

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Pastor David Miller



Southern Baptist Convention

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

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

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



1105 16th St. NW • 839-1407

Sunday School..... 9:30 a.m.
Sunday Worship 10:30 a.m.
Children's Church & Nursery
Wednesday Family Training Hour
Meal..... 5:30p.m.
Classes for All Ages 6:30 p.m.
Youth Center, Friday..... 7:00 - 11:00 p.m.
ABC Child Care Center852-6352

westminot.com
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St. Mark's Lutheran Church

Missouri Synod

Sunday Divine Service
9:30 AM

Sunday Bible Study & Sunday School
11:00 AM

Wednesday Kid Connection
6:00-7:00 PM

Reverend Philip Beyersdorf
2209 4th Avenue NW, Minot, ND
839-4663

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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

Apostolic Faith Church, UPCI

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Sunday Worship 3:30 p.m.
Wednesday Bible Study 7:30 p.m.

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11:15 am Worship Service

Wednesday
7:00 pm Bible Study

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Pastor Louis McLeod, Jr.
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Cell: 701-240-3435**

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Wednesday Bible Study

Children's and Middle School..... 6:00 p.m.
Adult 6:15 p.m.
High School 7:15 p.m.

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MINOT AFB

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| • Drake - 1:30 PM
Street in front of City Park | |
| • Velva - 2:30 PM
Verendrye Electric Coop parking lot | |

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SUDOKU SOLUTION

PUZZLE ON PAGE B4

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

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From North Dakota Farm to Korean War Front: The Story of Cpl. Albert J. Jundt

JOANNE RADEMACHER, NORTHERN SENTRY CONTRIBUTOR

The Korean War began after five years of growing tensions on the Korean Peninsula. The North Korean People's Army invaded the Republic of Korea south of the 38th parallel on June 24, 1950. That action was followed by involvement of the United States military along with Great Britain and United Nations Command. At the height of the war, 40% of ground troops in Korea were United States Soldiers.

Enter Albert J. Jundt, a young farm kid from Berwick (just east of Towner), North Dakota, population 71 in the 1950 census. Proud to be drafted and called in on 19 June 1951, Al was ready to serve his country in Korea. He had never been out of the state of North Dakota.

From Towner, Al traveled by train to Fargo, and then to Fort Sheridan, IL, a regional induction and training center at the time. Before long, Al was ordered to Fort Leonard Wood Missouri for two months of Basic Training and two months of Advanced Training. By November, he was ready to ship out to Korea.

As he finished training in Missouri, Corporal Jundt's Grandpa died. He was granted an extension to attend the funeral before leaving for Korea. Cpl. Jundt was then sent to Fort Ord, California, where he boarded a ship. Fourteen days later, he was in Tachikawa, Japan. The city was originally a military town centered on Tachikawa Airfield, established in 1922. The U.S. military used the base until 1977.

From Tachikawa, Cpl. Jundt found himself in the air, landing in Pusan, South Korea. The next leg of the journey was by boxcar train. "They loaded me on a freight car...I call it a cattle car...give me my duffle bag, everything that I had...my M1 rifle, took me out on the train, said 'Buddy,' and I don't mean alone, I'm talk'n about the guys that went with me...You guys get on the boxcars, put your duffle down, then lay down next to it, cause we're gonna travel tonight.' They hauled their GI's at night cause of the enemy." The stealth train ride was headed to Taegu, South Korea. "It's where I landed at."

After a short time at Taegu, Cpl. Jundt's unit was moved again. Seoul had fallen to the North Koreans, so our Soldiers were driven back close to Pusan. At Seoul, US and UNC troops were outnumbered by 300,000 Chinese troops who drove

them south. After the US and UNC recovered Seoul, Cpl. Jundt's unit ended up near Seoul where he spent the next twelve months. They were moved around as needed. Sometimes he was on the front lines, then would be pulled back. At one point, Cpl. Jundt got lucky and was granted R&R in Tokyo, Japan for six days.

Cpl. Jundt was in Army Headquarters Company, 822nd Engineering Battalion. Stationed with the 5th Air Force, the 822nd built the first concrete air strip for the Air Force in South Korea. The enemy was after them constantly, trying to poison their water supply and attempting other strategies to stop them.

Cpl. Jundt was wounded in the upper arm, cracking the bone on 15 February 1952. In Korea, you had to be pretty badly injured to be removed from the battlefield. If injuries were very serious, a Soldier was shipped right to Japan. Considered less than serious, the Cpl.'s wound was dressed and he was back on the range in two weeks, fighting again. Like many Korean veterans, Cpl. Jundt's records were lost in a fire. Without them, his earned Purple Heart medal is withheld.

The Armistice ending the war and Cpl. Jundt's time in South Korea was signed on July 27th, 1953. With time left to serve, Cpl. Jundt was stationed at Camp Mercury in Nevada where nuclear testing was taking place.

Cpl. Jundt enjoyed his days in the army. He is glad he had the chance to serve his country. Before discharge on 19 March 1953, he got the pitch to stay in the Army. For him, the choices were clear. He would stay in the Army and remain single for the rest of his life or take discharge and go home to a future of marriage and family. He chose the latter, a choice he does not regret. May 2nd is his and Ann's, 71st Anniversary. "I thank God every day for guiding me in that direction." Al and Ann went on to raise 3 sons.

After being discharged from regular Army, Al joined the Army National Guard of North Dakota. He joined Company B

164th Engineering Battalion, 26 November 1954 in Minot, ND. He served there as Sargeant First Class Jundt until 1 June 1956.

Fighting a war takes a toll on a young man faced with unimaginable trauma to body, heart and soul. The joy of coming home is often tempered with consequences for those they love. There was a period when the war would return to Al in the dark of night. The nightmares were so real, he feared for what he might do to his wife in the throes of the dream so at times he slept away from her. When asked how he dealt with the night terrors, he said, "It took a lot of time, but I'm a Christian. It took a lot of prayers, lot of prayers."

Al didn't talk to his parents about war experiences to spare them the angst of knowing. He said he'd never seen his mother cry so much in his life as she did when he was drafted. He didn't tell her when he was wounded. He was the oldest of thirteen children and her heart was breaking at the prospect of what was ahead. Two younger brothers went on to serve in Vietnam. Heart-stopping for any mother. It took many years to begin speaking openly about his experiences. Now, 96 years old, he is telling his story.

Life since the military has been full for Al and Ann. For sixteen years, they had service stations in Williston, then Minot, ND. For the next three years, they took vacations, one after the other. They traveled from Mexico to Alaska. As travel slowed down, Al and a small group of friend/investors, got into real estate, which was good for them and brought him into retirement.

Now in assisted living, Al gratefully takes each day as a blessing. A big surprise and highlight of his life came recently when he was awarded a flag that had been flown over the Pentagon. The presentation was made at an event honoring Al and three other veterans at Somerset Court in Minot. The presentation certificate is signed by Rebecca B. McElwain, Brigadier General, U.S. Army and native of Karlsruhe, ND. She penned on it, "Thank you for all you have done in Service to our nation - you have made a difference! Grateful for you!"



Al Jundt proudly displays his service items.

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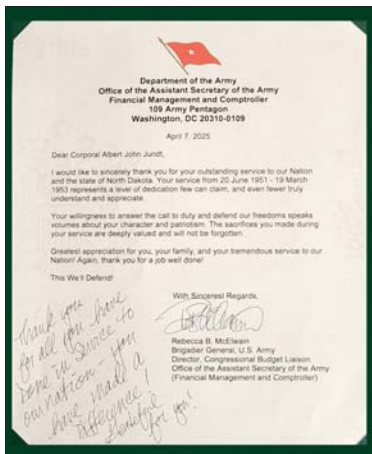
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- Membership Day – Hero Squad, 1600-1730, Youth Center
- Friday Flicks, 1630-2200, Rockers Bar & Grill
- Spring Progressive Bingo, 1730-1930, Rockers Bar & Grill
- Spring Karaoke Nights, 2000-2300, Rockers Bar & Grill

SATURDAY 09

- Lifeguard Certification Class, Outdoor Recreation
- NAF Auction, 1000-1200, Rough Rider Golf Course
- Paintball Open House, 1000-1500, Paintball Fields, hosted by Outdoor Rec.
- Adventure of the Haunted Grove, 1300, Minot AFB Library
- Summer Blockbuster Trivia, 1700, Rockers Bar & Grill
- Karaoke Battle, 1730, Rockers Bar & Grill

SUNDAY 10

- Lifeguard Certification Class, Outdoor Recreation

MONDAY 11

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DOW Transition Day, 0800-1600, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Craft Club, 1800-1900, Base Library

TUESDAY 12

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP VA Services and Benefits Briefing, 0800-1600, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Base Library
- AFFT, 1100, McAdoo Fitness Center
- Month of the Military Spouse – USO Coffee Connections, 1800-2000, Minot Municipal Auditorium, hosted by M&FRC

WEDNESDAY 13

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP Employment Fundamentals of Career Transition, 0800-1600, M&FRC
- Storytime, 1030, Base Library
- AFFT, 1100, McAdoo Fitness Center
- Dungeons & Dragons Game Night, 1800-2000, Youth Center

THURSDAY 14

- AFFT, 0530, McAdoo Fitness Center
- FTEC, 0730-1600, Professional Development Center
- TAP DoL Employment Track Workshop, 0800-1600, M&FRC
- Minot Myth Busters, 1030-1130, M&FRC
- Exotic Eats: North America - Special Lunch, 1030-1330, Dakota Inn Dining Facility
- AFFT, 1100, McAdoo Fitness Center
- Tuition Assistance (TA) Brief, 1330, Education Center
- Exotic Eats: North America - Special Lunch, 1630-1830, Dakota Inn Dining Facility

FRIDAY 15

- FTEC, 0730-1600, Professional Development Center
- TAP DoL Employment Track Workshop, 0800-1600, M&FRC
- Friday Flicks, 1630-2200, Rockers Bar & Grill

SATURDAY 16

- National Golf Day, 0900, Rough Rider Golf Course
- America's Armed Force Color Run, 1000-1200, Youth Center
- Chess Club, 1200-1400, Minot AFB Library
- Cardboard Boat Regatta, 1300-1500, Indoor Pool
- Puzzle-Palooza, 1400-1600, Minot AFB Library

SPECIALS

Rockers Bar & Grill Featured Item	The B-Fifty Brew Featured Item
Carolina Pulled Pork Sandwich	Eggel
Bomber Bistro Featured Item	
Chicken Bacon Ranch Wrap and Dill & Cucumber Salad	

Scan for full event details



KARAOKE BATTLE

ROCKERS BAR & GRILL

9 MAY 2026
1730

SCAN QR FOR DETAILS

STAY AFTER FOR OPEN MIC • 18+ ONLY • 727-ROCK

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SUMMER BLOCKBUSTER TRIVIA

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DATE	TIME	PLACE
9 MAY	1700	ROCKERS BAR & GRILL

MUST BE 18+ TO PLAY

727-ROCK

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ROUGH RIDER GOLF COURSE

REGISTRATION BEGINS: 9AM

BIDDING BEGINS: 10AM

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