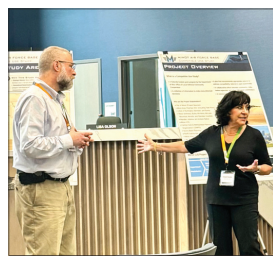


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WHATS INSIDE THIS WEEK:



BEYOND THE FENCE LINE: ONE MISSION, ONE COMMUNITY

A3



WHEN THE ASSIGNMENT BECAME HOME

A6



119TH WING AIRMEN RECEIVE BRONZE STAR MEDAL

B8



PLANTING FOR THE FUTURE

Volunteers, residents, and community partners work together to plant approximately 80 trees throughout Minot AFB housing areas and playgrounds. The project, inspired by a Resident Council request for more green space, brought together local organizations, military units, businesses, and volunteers to help create a greener, more welcoming community for families to enjoy for years to come. See page A2 for more on the event.

MINOT AFB RESIDENT ADVOCATE PHOTO

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Volunteers Plant Roots for Military Families

FATIMZAHRA ELBOUAB, NORTHERN SENTRY

On a prairie where trees are often sparse, volunteers spent Friday morning planting something that will grow for decades: a stronger sense of home.

Volunteers equipped with shovels, gloves, and determination from across Minot Air Force Base joined community partners and volunteers from Chevron Corporation to plant 82 trees throughout base housing neighborhoods. The project was made possible by Chevron's \$20,000 donation, and it is the result of a year-long effort to restore tree coverage and enhance the places military families call home.

For many Airmen and families stationed at Minot, the familiar trees and greenery of their hometowns are hundreds of miles away. Some come from communities lined with trees, shaded parks, and leafy neighborhoods. Arriving on the open plains of North Dakota can be a stark difference.

"Trees can give them that sense of home," said Dr. Lynda LaFond, natural resources manager with the 5th Civil Engineer Squadron. She stated that trees provide shade, beauty, and familiar surroundings, especially for families who have moved far from where they grew up.

The trees were planted near playgrounds, community spaces, and housing areas where children play, families gather, and neighbors connect. Over time, their branches will provide shade during summer afternoons and shelter from the wind, serving the residents of Minot AFB in more ways than one.

The idea originated through the resident council after concerns were raised about dead trees that had to be removed because of age, storm damage, and pests. Residents wanted to see greenery return to their neighborhoods, creating a more welcoming environment for current families and future generations.

This project wasn't something that one group could've accomplished alone. "It took partnerships, volunteers, funding, and a lot of effort to get it done,"

said Samantha Mendoza, resident advocate for Minot AFB housing.

Beyond the benefits the trees provide for residents, there are many benefits that they provide for the environment as well. Sixteen different tree species were selected to increase biodiversity and promote wildlife.

At the end of the day, the most important part of the project was the community. Volunteers worked side by side and watched as their hard work transformed the bare patches of ground around the base. The effort brought together people from across the installation, all of which were united by a shared goal.

The trees themselves were carefully placed throughout the housing area, with some positioned to help reduce drifting snow while others were selected to provide future shade and beautification.

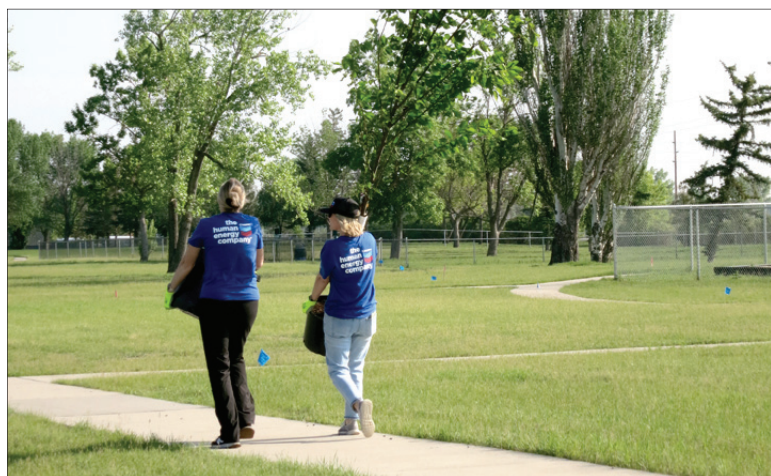
For Jesse Cahoon, operations director for Minot AFB housing, the project represents something larger than landscaping. "When residents look at these trees years from now, I hope they see that people cared enough to invest in their community," Cahoon said.

Years from now, today's volunteers may be stationed elsewhere, and many of the children playing beneath these trees will have moved on to new homes and adventures. Yet the trees will remain, growing taller with each passing season.

Their roots will spread beneath the soil as their branches stretch towards the sky. And for generations of military families who pass through Minot Air Force Base, they will stand as a reminder that a community came together to make this place feel a little more like home.



Volunteers prepare to plant a young tree at a playground near Minot AFB Homes during a community-wide tree planting project.



Volunteers carry two of the 82 trees that were planted throughout Minot AFB.



Chevron volunteers help dig a hole for a tree near Spruce Street during a project aimed to bring more shade and greenery to Minot AFB.

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Beyond the Fence Line: One Mission, One Community

VERONICA KELLERMAN, NORTHERN SENTRY

The Compatible Use Study (CUS) Team gathered on Tuesday, June 2, 2026, at Minot City Hall for an open house to discuss the launch of the Minot Air Force Base Compatible Use Study, a collaborative effort designed to strengthen the relationship between military operations and surrounding communities while supporting future growth and development.

The CUS is a federally funded grant program through the Department of War (DoW) Office of Local Defense Community Cooperation. The study is sponsored by the City of Minot, with project delivery coordinated by the Minot Area Chamber EDC in collaboration with Minot Air Force Base and Regional Partners. The study aims to identify opportunities and challenges related to land use, transportation, infrastructure, environmental resources, and other factors that may impact both military readiness and community development.

“It is better to be proactive than reactive,” said Celeste Bocchieri, project director.

Project organizers explained that the study will serve as a tool for gathering information, assessing potential compatibility concerns, and developing recommendations that help military and civilian interests successfully coexist. The effort is intended to be community-driven and relies on collaboration between local governments, businesses, residents, military leadership at Minot Air Force Base, and the surrounding eight counties that encompass the base’s 8,500-square-mile missile complex.

Minot Air Force Base’s nuclear deterrence mission plays a critical role in the nation’s defense. The

Compatible Use Study is intended to help strengthen surrounding communities while protecting and supporting the Air Force mission.

According to project materials presented during the open house, stakeholders include the City of Minot, Minot Air Force Base, Minot Area Chamber EDC, surrounding communities and counties, Minot International Airport, local school districts, state agencies, industry organizations, and members of the public.

“This project gives us an opportunity to better understand how future growth can support both our community and the mission of Minot Air Force Base,” said Pat Small, project manager.

During the presentation, the project team highlighted 26 compatibility factors that will be evaluated throughout the study. These factors fall into six primary categories: Community Connections, Growth and Land Patterns, Mobility and Operations, Natural Systems, Technology and Utilities, and Readiness and Resilience.

The study will examine topics ranging from housing availability and public services to transportation infrastructure, airspace considerations, environmental resources, and emergency preparedness. Small noted that identifying these factors early can help prevent conflicts and support informed planning decisions in the future.

“This study is about ensuring that Minot Air Force Base and the surrounding communities continue to thrive together for generations to come,” Small said.

The project timeline will begin with stakeholder interviews, data

collection, and community profiling during the summer and fall of 2026. Additional phases will include evaluating military operations and mission footprints, assessing existing planning tools, identifying compatibility concerns, and developing recommended strategies. Final recommendations are expected to be completed in early 2027.

Small emphasized the importance of participation from both Minot Air Force Base personnel and residents of the surrounding counties. Community members are encouraged to provide input through a survey available on the study’s website, sharing their experiences, observations, and any potential compatibility concerns related to military operations in their area. The community’s input matters and will help guide the study.

The questionnaire will help identify areas where military operations and communities work well together, where they may conflict and what steps will be needed to boost both. The questionnaire survey will contain 21 questions and will take 5-10 minutes to complete. During the survey users will find questions geared towards location, length of residency, familiarity with MAFB and any compatibility factors.

Community engagement will remain a key component throughout the process, with opportunities for residents and organizations to provide feedback as the study progresses. The Minot City Hall event was the first of three open houses held throughout the region. The CUS team also hosted meetings at the Mohall Community Center on June 3 and at Teddy’s Residential Suites on June 4.



Project Director Celeste Bocchieri and Project Manager Pat Smith discuss the Compatible Use Study with attendees during the June 2 open house at Minot City Hall.

“We want to increase awareness that the military mission doesn’t just happen within the fence line, it actually occurs outside that fence line as well,” Bocchieri said. “We want to make sure that citizens and Airmen remain safe.”

For additional information about the Compatible Use Study, to provide

your input through the survey, or upcoming public engagement opportunities, residents can visit the project website or contact Keli Rosselli-Sullivan with the Minot Area Chamber EDC at 701-852-6000 or by email at Keli@minotchamberedc.com. Project Website: <https://www.minotcus.com/>.



Project representatives provide an overview of the Minot Air Force Base Compatible Use Study during the community open house in Minot.



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**A VIEW FROM
OUR SIDE**
ROD WILSON

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You can't really define 1,562 miles on the road until you've done it 6 months after major back surgery, but here we are in San Clemente, California. In the morning we can kind of see the Pacific ocean. We are less than a mile from the beach, but between us is a couple of rows of homes and a major interstate.

THE REAL REASON

Last week I had introduced you to Cooper Wilson, the newest grandson in the Wilson family. He came into this world weighing 9 pounds, 2 ounces, and with a full head of hair. Of course, Cooper is the main reason for the trip to California. We are always happy to see our son and daughter-in-law, but to hold Cooper for the very first time was certainly a thrill...and yes, I did send a photo along of Grandma, Grandpa and Cooper. Don't quite know how we are going to handle this being 1,562 miles from our youngest grandchild. I know about Facetime and cell phone photos, but there just isn't anything quite like actually holding him.

**SHOUT OUT TO PARENTS
(AND GRANDPARENTS)**

And a shout out to all of you parents, and maybe grandparents, on Minot AFB for your dedication to serve our country while raising a family. I am sure that all of you have already developed ways of keeping in touch with your families, wherever they are. It's certainly one dynamic to be living in North Dakota and having family in such far away destinations as California or Louisiana. But the situation

becomes a bit more complicated when you are stationed in Germany or some other extended location. Again, thank you for what you do, and after talking with both Col. Schlabach and now retired Chief Thomas, thank you for doing what you do so well.

**IT'S STILL A GREAT PLACE
TO VISIT**

My son, daughter in law, and now grandson, live in Ladera Ranch, and except for the traffic challenges (6 lanes of traffic bumper to bumper during rush hour), this is a great place to live and to visit. 70 degrees is the average temperature. Sure, it gets warmer, and cooler (don't think we use cold in Ladera Ranch as it is defined in North Dakota), but 70 during the day and 60 at night is pretty much the norm.

Today I get to watch hummingbirds as they dance from flower to flower on the Walnut Tree next to the balcony. This area is pretty much void of flies or mosquitos which makes it a great place to enjoy the outdoors. The hummingbirds are year round entertainment. The feeder hanging on my son's balcony is a great stopping off destination for the hummingbirds.

BACK TO A LITTLE REALITY

Thursday we will head back to North Dakota taking a slight detour through Yellowstone National Park. Sunday begins the Minot City Band Concert, and I just received the program notes from Director Pat Schwan. It will be a great concert. Very happy that my friend and long time musician colleague, John Witteman, has a trumpet solo. There are 2 concerts, 4 PM and 7 PM in Oak Park. Bring a lawn chair and enjoy the Minot City Band's opening concert of the summer.

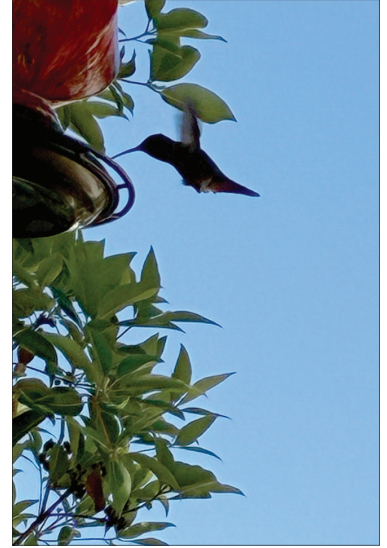
Tickets are available for Straight up & Toasted, Bourbon and Cigars under the stars, on June 19th at 5:30 PM at The Spot, in their new patio venue on the East Side of the Spot Building in Downtown Minot. Limited tickets are available at downtownminot.com, for \$50.00 each (in advance). More information about this fundraiser for the Downtown Minot Beautification group on downtownminot.com.



Proud grandparents we are. Grandma, Grandpa & Cooper.



The famous San Clemente pier. Shortly after this photo was taken the beach was shut down for surfing due to dangerous rip tides.



A busy hummingbird makes a stop at the feeder.

PCS SEASON IS UNDERWAY

I happened to be at Home Dep I happened to be at Home Depot the other day, and several people were in line picking up trucks for their move to a different base, or even home after they ended their Air Force careers.

Best of luck to them all and hopefully they talk about their positive experience at Minot Air Force Base.

And of course, welcome to those who are moving to Minot Air Force Base, and the Minot area. Remember to make them welcome as they transition to a new adventure in their Air Force careers.

UNLIMITED OPPORTUNITY

Now that we finally received rain, the plethora of trails have "greened" up and whether you walk, jog, bike or just do a family trip, there is a trail experience for you. I have often highlighted the trails on our three National Wildlife Refuges. These trails add another dimension, you can drive your car on these trails. Google North Dakota National Wildlife Refuges for more information.

Best news...most trails are absolutely no charge, so take advantage of North Dakota at its' finest.

TODAY'S CHUCKLE

There is one endeavor in which you are guaranteed of advancement. It's called aging.

It's not summer, it's construction season

I'll admit, I certainly didn't think about it until I started traveling in October of last year. It's been extensive travel that has taken me to eastern Indiana twice, to Rapid City twice and to Fort Myers, Florida. And yes, we drove to all these places so the opportunity was there to see and feel, if you will, the bumps in the road.

From here to Indiana we went through North and South Dakota, Iowa, Illinois and nearly all of Indiana, stopping 14 miles short of the Ohio state line.

From here to Florida we went through North Dakota and Minnesota, Iowa, Missouri, Tennessee, Mississippi, Alabama and if you aren't familiar with Fort Myers, it's about 100 miles to the southwest of Tampa.

That's a lot of miles and a lot of different highways. In fact, we got lost taking a wrong exit on a roundabout just west of Dubuque, Iowa and ended up in a residential area, so we got to see at least a couple of Dubuque city streets.

The point here is, some of those roads are fantastic and others are horrible. Arguably, the worst roads we encountered were in and around

Tupelo, Miss., across the entire state of Indiana, with the exception of the Indianapolis metro, North Dakota and South Dakota.

As an example, you could be blindfolded in Mississippi or Illinois and know exactly when you get to Alabama or Indiana because you are hitting rough roads.

Now granted, I might be comparing apples and oranges here because we only drove through those other states, but here in North Dakota, I've been on many more highways and county roads.

In North Dakota's defense, some of the roads have improved greatly. There are some that feel like a magic carpet ride while others are so rough you want to either drive the edge of the road or turn around and take a different route.

Last year I drove to several car shows including Medora and Watford City. Honestly, I thought my car was going to fall apart because it shook so much in spots. This year it's being transported in a trailer so I won't have to worry about that.

Our daughter has been living in Rapid City for nearly 10 years so we've made a lot of trips there. We used to go south of Dickinson on

N.D. Highway 22, but that road got so bad, we had to find an alternate route. So we started traveling south of Beulah to Elgin and Lemmon, S.D., just to be on better highways. Now, N.D. 22 has been improved.

It would be a pleasure driving across southern Illinois and western Florida if the traffic wasn't so great. The roads are very well built and very well maintained. And we avoided toll roads. Those are north and closer to Chicago. Cross the border into Indiana and it's instant potholes. Go west into Iowa and the roads are good, but not as smooth as in Illinois.

So what do you reckon it is, not enough taxation, not enough warm bodies to do the work, poor planning or something else? North Dakota's busiest roads don't have the number of vehicles that average Illinois roads or even Iowa roads have. Then why is there so much construction? And why are some roads like riding on a washboard?

If I contacted the DOT about this, they would most likely tell me it's because of the frost and thaw cycles, but that doesn't happen in Mississippi. Why are those roads so bad?



**UPSIDE DOWN
UNDER**
MARVIN BAKER

We've all heard the phrase North Dakota has two seasons, winter and construction season. We all complain about it because let's face it, construction can sometimes instantly screw up your day.

And it seems to be happening everywhere; city streets, county roads, state highways, federal highways, bridges, approaches, shouldered, you name it, some of us are getting as haunted by those orange cones as we would from an Alfred Hitchcock movie.

Yes, we all complain about it, but have any of us actually thought about why road construction happens so often on North Dakota roads?

Answering the Call: Daniel Baranick's Air Force Journey

JOANNE RADEMACHER, NORTHERN SENTRY CONTRIBUTOR

Daniel Baranick was born on August 17, 1930, to Samuel and Anna Baranick. He was raised with three brothers on a rural Wilton, ND farm until their dad died when Dan was in 7th grade at his rural school. His mother soon sold the farm and moved the family into Wilton. Dan graduated in 1949 from Wilton Public School. Dan's two older brothers had both joined the Navy and the "pup" younger brother became an engineer.

In 1950, early in the Korean War, Dan and sixteen other young Wilton men, together, enlisted in the United States Air Force. The Air Force sent cars from Bismarck up to Wilton to pick them up. The Wilton community lined the streets that day to cheer and say goodbye to the young men as they left for Bismarck. Of the 17, Dan and 3 or 4 others were sent to Korea, while the rest were stationed at bases all over the U.S.

Private Baranick's service began with Basic Military Training at Lackland Air Force Base in Texas. After BMT, he was assigned to Administrator Flying Safety in California. His job was to type up whatever the captain said to type. When the captain was reassigned elsewhere, Dan was put in charge of the office. He also enjoyed eating pecan pie whenever he could!

During four years in the Air Force, Baranick's rank went from Private to Staff Sergeant. The timing of these promotions has been lost from memory so for the duration of this military story, he is SSgt Baranick.

In the fall of 1952, SSgt Baranick boarded a ship in California, destined for Korea. Upon arrival, he was sent to an Air Force squadron about 50 miles south of Seoul where he was Chief Clerk keeping track of 155 mechanics and truck drivers. His job entailed keeping all the paperwork up to date and the squadron organized for a year. It also included taking his turn at guard duty.

This squadron was the support group for the Happy Hooligans Air National Guard's 178th Fighter Squadron from Fargo, ND. The 178th was activated in April 1951 for the Korean War as a bomber escort role out of Georgia and then in air-to-ground and air-to-air roles out of California.

Arriving in Korea around Thanksgiving, the men were served a big turkey dinner for the holiday. Dan said, "It was past Christmas and we were still eating that turkey!"

SSgt Baranick's job gave him

access to a Jeep. He and a buddy heard some men were hunting pheasants up a hill from the base. Having hunted pheasants at home in North Dakota, the two were excited to find those birds so they took a Jeep and drove up the hill looking for them. Returning to base, they were confronted by a very angry commanding officer who informed them they had driven right through an area known to be populated by enemy snipers. After that adventure, SSgt Baranick was very aware of snipers and the knowledge they could be anywhere, anytime. A walk out to the planes could be fatal as the snipers were always there.

SSgt Baranick and another clerk slept in a back room to the office space they worked in. One night, they heard somebody trying to break in. They grabbed their guns and hit the floor; guns trained on the door. The two young soldiers silently waited for it to open at which point they knew it would be a life-or-death decision to pull the trigger. Finding the first door locked, the would-be intruder went around and tried to open the second door before giving up and going away. Next morning, Dan and his fellow clerk heard that a prostitute had been making the rounds looking for business the night before. "She made it, and we made it."

Soon after the Armistice was signed in July 1953 ending the war, SSgt Baranick was sent home on leave and then to a new assignment at Fort Snelling in Minnesota. The Air Force flew him to Hawaii, engines burning in flight. Fires out, the plane gassed up and completed the trip to San Francisco. As soon as his feet hit the ground, he grabbed his duffle and hit the highway to hitchhike home.

SSgt Baranick found his way home several times while stationed in California, usually thumbing rides. One trip found him on a small plane as far as Cheyenne, Wyoming, then hitchhiking to Minot via Rapid City, South Dakota. On a return trip from home to California, he drove a car someone wanted delivered to California. That trip took him through Salt Lake City. When I commented on how gutsy he was with all that hitchhiking, he replied, "My whole life was gutsy!"

Back home and stationed at Fort Snelling, SSgt Baranick was called to fight a different war. We were now immersed in the Cold War. The work he was involved in was Operational Tracking of Russian airplanes and making sure they did not access our northern border with

Canada. No more looking over his shoulder for snipers, he remembers having meetings with pilots around a swimming pool. SSgt Baranick's four years in the Air Force was completed at Fort Snelling.

Discharged in 1954, Dan was free to pursue his own life. He began studies at NDSU School of Pharmacy. In 1955 he married a pretty nurse, Norma Anderson. After graduating with honors in 1958, Dan was employed with Osco Drug Stores first as pharmacist, then assistant manager of the Minnesota and Illinois stores. When he was offered the pharmacist/manager position in the Minot store, Dan and Norma jumped at the chance to come home to North Dakota. Life was good in Minot for the Baranick family. They raised son Kelly and daughter Kristine who grew up, married, and presented them with grandchildren.

The Osco Drug organization awarded Dan the Presidential Award for Excellence in Management in 1991 acknowledging him as the top manager in the chain. After 35 years with Osco Drug, Dan retired in 1993.

Dan and Norma joined the Ukrainian Cultural Institute when it was organized in 1980. He is responsible for recruiting many other members through the years while he and Norma were active in the organization. They donated oak shelving to the UCI library now called the Dan and Norma Baranick Library and participated in other programming. In 2005, Dan was inducted into the UCI Hall of Fame for his many contributions to the continuing success of the organization.

When the Ward County Historical Society built their Pioneer Village Museum at Burlington, Dan suggested they include a pharmacy. He donated a large collection of vintage pharmaceutical objects making it an authentic representation of a pharmacy of yesteryear.

Dan Baranick is still living a full life with friends and family. His beloved Norma passed away 6 years ago, but Dan continues to keep life interesting. Life for Dan continues to include contributing to his community, loving his family and friends and finding smiles and humor in even the direst situations. When he speaks of his time in Korea, funny stories flow just as freely as the serious dangers and tragic nature of the war. Dan has found that delicate balance which allows a man to live his very best life.



Staff Sergeant Daniel Baranick



Group shot of the Baranick brothers. The two brothers in the middle were in the Navy. Youngest "pup" on the left became an engineer.

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2LT MAISON BALBOA

Lt Balboa has been in the air force for a year and a half and is a flight commander for the 891 MSFS. Maiszon has a degree in biology and plans to complete his post graduate degree soon. He is originally from Colorado Springs and played hockey for the US Air Force Academy. He previously played in the NAHL for the Shreveport Mudbugs.

Info from September 2025

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A LOOK BACK

THIS WEEK IN USAF HISTORY

USAF THUNDERBIRDS PERFORM FOR THE FIRST TIME
JUNE 8, 1953



The first Thunderbirds were F-84G Thunderjets. (USAF Photo)

On June 8, 1953, the United States Air Force Thunderbirds performed their first demonstration flight at Luke Air Force Base, Arizona. The 29 person team, which was a part of the 3600th Air Demonstration Unit, was carefully selected from officer and enlisted ranks and was named after the Thunderbird from Native American legends. The original demonstration was comprised of 15 minutes of formation aerobatics expertly performed by Captains Charles Pattillo, Cuthbert Pattillo, Bob Kanaga, and Major Dick Catledge. Since its conception, the Thunderbirds have used several different planes including the F-100 Super Sabre, F-4 Phantom, and the current F-16 Fighting Falcon which has been in use since the 1983 season. Today, Thunderbird personnel and aircraft can be integrated into a fighter unit and can be combat-ready in 72 hours. They have performed in countries all over the world for millions of people and continue to embody the skill and professionalism of the USAF.

Information courtesy of: pacaf.af.mil / afthunderbirds.com / af.mil

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When the Assignment Became Home

NATALY ZARRELLA, NORTHERN SENTRY



Fire Chief Anik Emery

For Air Force members, the words “Minot Air Force Base” have often been met with mixed reactions. Located on the northern plains of North Dakota, Minot has long carried a reputation as one of the assignments many service members hope to avoid. Harsh winters, geographic isolation, and distance from major metropolitan areas have fueled perceptions that Minot is a place to endure rather than embrace.

Yet for many military members who arrive expecting only a temporary assignment, Minot becomes something entirely different, it becomes “home”.

As service members retire or separate from the military, a surprising number choose to remain in the community they once viewed as merely another stop in their careers. The reasons often go beyond employment opportunities or affordable housing. For many, it is the people, the sense of community, and the quality of life that ultimately convince them to stay.

Few stories illustrate that transformation better than that of Fire Chief Anik Emery of the 5th Civil Engineer Squadron. After more than 27 years of service in the United States Air Force and assignments spanning nine bases around the world, including Italy, South Korea, Japan, Honduras, Florida, South Dakota, and North Dakota, Chief Emery never imagined that Minot would become his family’s permanent home.

“Like many people in the military, I originally viewed Minot as another assignment,” Chief Emery said. “But once we got here, the people, the community, our church family, and the quality of life completely changed our perspective.”

The decision to stay was not part of a long-term plan. In fact, Chief Emery and his family had initially intended to retire in 2024

and settle elsewhere. At the time, they were exploring opportunities in South Dakota, searching for a home, and even considering purchasing a business. However, when the Air Force promoted him to Chief Master Sergeant and offered an assignment to Minot AFB, the family reconsidered.

“After a lot of prayer and deliberation, we decided to take the promotion and move to Minot,” Chief Emery recalled. “Looking back, it was one of the best decisions we ever made.”

Upon arriving, the family quickly found themselves welcomed by both the military and civilian communities. They discovered what Chief Emery describes as an incredible church family, supportive neighbors, and a pace of life that felt refreshing after decades of military moves.

“Even in just a short time, Minot started to feel like home,” he said. “After years of military moves, the peace, safety, and slower pace of life here made it feel like the right place to put down roots.”

Professional opportunities also

played a role. Chief Emery found a strong connection with the Minot Air Force Base Fire Department, which reminded him of the close-knit firefighting teams he had served with earlier in his career. As his retirement approached, those relationships expanded beyond the installation.

Over the past two years, he developed a strong working partnership with the City of Minot Fire Department and its leadership. That relationship eventually led to an opportunity that reinforced his family’s decision to remain in the area, a position as the City’s next Fire Marshal following his Air Force retirement. “I truly felt called



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From Fire Chief at Minot AFB to Fire Marshal for the City of Minot, CMSgt Emery is sworn in to his new role.

to serve here and felt like I was the right person for the job at the right time," Chief Emery said.

For military families accustomed to moving every few years, finding a community where they feel connected can be rare. Chief Emery said that despite living in numerous locations around the world and experiencing different cultures, Minot stands apart. "I've been able to immerse myself in so many cultures, live in some amazing places, and eat amazing food along the way," he said. "But Minot is the first place we've moved into in a long time that feels like a community."

That sense of belonging is a common theme among veterans who choose to stay in Minot after leaving military service. Many discover that the friendships formed on and off base extend beyond their military careers.

Others find opportunities to continue serving through public service, education, healthcare, or local businesses.

For the Emery family, the next chapter will focus on faith, family, and continued community involvement. After years of deployments, relocations, and military obligations, stability has become a welcome change. "This next chapter is really about family, faith, community, and continuing to serve," Chief Emery said. "I'm excited for the opportunity to continue serving the Minot community while also giving my family more stability after years of military life."

His wife and children have also become deeply involved in the local community and their church, creating connections that have strengthened the family's commitment to staying.

Perhaps the most telling sign of how much Minot changed Chief Emery's perspective is found in a uniquely North Dakota pastime. During his time at Minot Air Force Base, he even started a fire department curling team. "Only in Minot," he joked.

While Minot may never completely shed its reputation among military members unfamiliar with the region, stories like Chief Emery's suggest the city may be one of the Air Force's best-kept secrets. What many service members initially see as a remote assignment often reveals itself as something much more valuable, a welcoming community, meaningful opportunities, and a place where military families can finally put down permanent roots.

For some, Minot is simply where they serve. For others, it becomes where they belong.



After more than 27 years of dedicated military service, Chief Emery and his family are ready to put down roots in Minot and begin their next chapter, retirement.

NOTES ON BEING SAFE

SPRING CLEANING POSES ITS OWN HAZARDS

One of the best times of the year is approaching us. Spring showers awaken the earth and calls forth new life. The birds will be chirping, the days will be longer and the trees will be in full bloom. It's also a dreaded time of year; spring cleaning!

Spring cleaning is a great time to get rid of clutter that was building up during winter, as well as getting rid of those winter time blues.

Whether you're tackling the spring cleaning or doing your weekly cleaning routine, it's important to use the cleaning products safely, especially if you have young children or pets. Be sure to read the label and use as directed, store them as directed and dispose of the empty contents safely.

Here are some spring cleaning tips:

- Make a list of things you want done.
- Schedule your family garage clean out. Create sufficient storage for all the summer equipment you may want this summer. Store all the winter stuff away.
- Inspect, clean and repair outdoor furniture.
- Clear away any remaining dead foliage and weeds from beds and lawn to make room for the new growth and it will also protect the new growth from damage and diseases.
- Wash the windows inside and out, to include the screens.
- Take down all draperies and window treatments to clean and vacuum.
- Change out the seasonal clothes. Set aside the ones the

children out grew or the ones you no longer wear for a garage sale.

- Clean out all of your closets and storage areas. Set aside those items that are not used any more to save room for new items.

- Spring clean your barbecue grill. Be sure to check for leaks and cracks and ensure propane

tanks are properly stored

Remember, working safely in and around your home will not only keep you out of the emergency room, it can keep you from becoming the next Darwin Awards Winner!

Happy Spring Cleaning!



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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.



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RATTLESNAKES AND BEAR BREATH

Kim Fundingsland

What follows is somewhat difficult to write. However, I can assure you, dear reader, that my intention is not to sway anyone into thinking I am some sort of fearless adventurer. Quite the opposite, more an example of why women live longer than men.

As you will see, and undoubtedly agree, what I am about to reveal is more properly categorized as foolish than fearless. It is that conclusion of which I am quite certain, although I was an agreeable participant in the events of several years ago which I am about to detail.

The first incident, a rattlesnake roundup, was followed by a second episode of foolishness that confounds me to this day. Why I engaged in such a foolhardy activity twice remains an unsolved mystery. I must say though, as I ponder the many choices a person makes in life, the phrase "young and dumb" comes to mind.

A few years back I was contacted by an acquaintance about participating in a rattlesnake roundup. Now, these are not farmyard chickens I'm talking about but rather poisonous, lethal, slithering, nasty snakes with warning rattles on one end and sharp fangs on the other. Sounds like fun, right?

As I recall, my excitement for this adventure had diminished between the time I confidently said yes and when the actual day arrived. Secretly, I was hoping for some sort of natural disaster to postpone the event, which would have given me more time to develop a plausible excuse to avoid being surrounded by what I was certain would be hissing death.

It wasn't to be. The spring day arrived with brilliant sunshine, a forecast of unusually high temperatures, and a phone call reminding me of where to meet the reptilian acquaintance I had hoped overslept. Within minutes I was on the road, headed for a known rattlesnake den near Killdeer. As my friend told me, more like a challenge than valued information, it would be a perfectly warm day for rattlesnakes to be active and leaving their den.

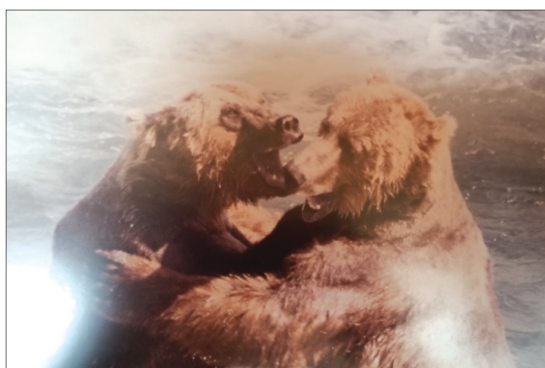
We made the appointed rendezvous and were soon on a two-track trail that probably hadn't been traversed since the 1880s, or so it seemed. When we stopped, I was directed toward a rocky knob rising above unbroken ground. It was that knob, my friend proudly said, that housed the largest den of rattlesnakes in the Dakotas. Time to tighten up the boots which, incidentally, were not tall enough or thick enough to thwart the quick strike of any sour prairie rattlesnake.

As we ascended the nearby knoll, my friend carrying a long, snake grabbing tool and I a camera, the calm air was suddenly alive with incessant buzzing. There were rattlesnakes everywhere and, I thought, most had me in their sights. Where I initially stopped on that knoll there were at least a dozen rattlers within a few feet of me. Sometimes there's not much difference between fearless and foolish. This was one of those times.

I don't remember how many rattlesnakes my friend picked up with his special grabber, but I do remember him milking a couple of the larger snakes. Snake milking involves grabbing them tightly behind the head, which caused the rattlers to drip poison from their fangs. Just lovely.

As this was taking place, I vowed never to do it again. Once was enough. Then, a year later, my friend called with another rattlesnake roundup invitation. I can't explain it, but I foolishly accepted. It's true. There's a fool born every minute.

Minutes later I was making inquiries to medical facilities to see if they had any anti-venom. A hospital in Dickinson said they



had some "once in a while" but didn't know if there was any on hand when I called. Uh-oh.

Before you get ahead of me, I must say, thankfully, that I never got bit by a snake. Should have, just didn't.

What I am referring to is my second trip to the infamous den of poisonous reptiles, this time with three more people, in which it was decided to put captured snakes in a container with a lid, sort of like a small trash container with a lid. Since the ground was too uneven to place the bucket-like container down, I was asked if I would hold it. I agreed.

So, there I was, standing on uneven ground where rattlesnakes were crawling and rattling and seeking something to sink their fangs into while holding onto a trash container into which fellow snake rounder-uppers were placing, actually tossing, angry rattlesnakes. Of course, each time a snake was to be placed into the container the lid had to be removed, or at least opened enough to put in another snake or two.

This was uneasy business at best. The sounds coming from inside that container haunt me to this day. It was obvious the rattlesnakes were not at all fond of their new environment. Equally obvious to me was that I dare not move, lest I stumble amongst a poisonous nightmare.

There was another issue too, that being the captured snakes made such a noise that it was impossible to hear any warning rattles coming from the numerous snakes on the ground. At one point I felt something through the thin leather of my boot. Pushing the snake-filled container away from my body a few inches and looking down, I watched frightfully as a fully grown rattlesnake crawled over one boot and then the other. I don't recall ever being so still in my lifetime.

Somewhere during that miserable episode I came to the realization that this absolutely had to be, if I survived, my last, final rattlesnake round-up. The count in the basket I was holding got up to forty-something when it was decided to call it quits and release the entire ball of utterly disgruntled snakes.

The entire affair served no real purpose, other than to say we did it, which is more a measure of foolishness than anything else. Fortunately for me, my snake worshipping friend who led these dubious expeditions moved out of state, thus ending my invitations to his annual snake round-up. I was greatly relieved, although I've never admitted that until this writing.

Somehow, I managed to be talked into another of nature's encounters that placed me, or rather I placed myself, in a very perilous situation. I can still smell the hot, salmon breath of that Alaskan brown bear. As I wrote earlier in this "Slice of Life", quite often there's little difference between fearless and foolish. I'll save that story for another time.



From L-R: Col. Thomas Taylor, 5th Bomb Wing deputy commander, Brig. Gen. Tad Schauer, North Dakota National Guard assistant adjutant general, Mrs. Brekka Kramer, Minot Area EDC president and CEO, and Col. Christopher Domitrovich, 119th Wing commander. North Dakota Air National Guard leadership recently met with Minot military members and civic leaders to provide education on the new B-52 classic association between the 5th Bomb Wing and the 119th Wing.



Col. Christopher Domitrovich, 119th Wing commander addresses the Minot Area EDC at a recent open house in Minot N.D. North Dakota Air National Guard leadership hosted two open houses with the 5th Bomb Wing at Minot Air Force Base to educate Airmen and the local community about the new B-52 classic association between the 5th Bomb Wing and the 119th Wing.



Col. Lee Teigen, 119th Wing Operations Group commander talks with Lt. Col. Fleming Thompson, 5th Bomb Wing Operations Group director of operations at a recent open house at Minot Air Force Base. North Dakota Air National Guard leadership hosted two open houses with the 5th Bomb Wing at Minot Air Force Base to educate Airmen and the local community about the new B-52 classic association between the 5th Bomb Wing and the 119th Wing.



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Leadership from the North Dakota Air National Guard hosted two open houses with the 5th Bomb Wing at Minot Air Force Base to educate Airmen and the local community about the new B-52 classic association between the 5th Bomb Wing and the 119th Wing. In addition to the on-base events, the North Dakota Air National Guard also partnered with the Minot Area

Chamber EDC to hold a separate open house for civic and community leaders, providing them with insight into the mission and the benefits this classic association brings to the region. Classic associations pair active-duty units with Guard or Reserve units to expand capability, strengthen readiness, and enhance overall mission success.



Brig. Gen. Tad Schauer, North Dakota Air National Guard assistant adjutant general-air speaks to members of the 5th Bomb Wing Operations Group at a recent open house at Minot Air Force Base. North Dakota Air National Guard leadership hosted two open houses with the 5th Bomb Wing at Minot Air Force Base to educate Airmen and the local community about the new B-52 classic association between the 5th Bomb Wing and the 119th Wing.



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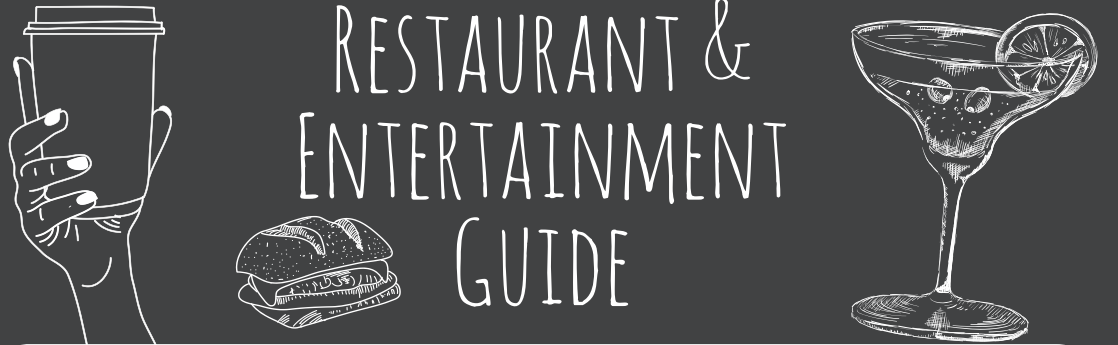
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Youth Group & Small Groups.. 7:15pm

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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

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10:00am Worship

WEDNESDAY

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Pastor Brian Keithline

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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
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Wednesday Evening..... 7:00 p.m.

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Cross Roads Baptist

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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

West Minot Church of God



Family Worship Center

1105 16th St. NW • 839-1407

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

westminot.com
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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
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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 a.m.
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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Wednesday Bible Study

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STARBASE ND Director Retires

Mr. Jon Dawson has devoted 12 years to the STARBASE ND program on Minot Air Force Base. This program provides 25 hours of hands-on STEAM training to 5th graders on base and within the local community. These students are given a unique opportunity to “engage with positive role models and the technological environment found on [Minot AFB]” (starbasenorthdakota.com). Effective 16 June 2026, Mrs. Aubrie Ziegler will take over as the STARBASE ND Director. We are lucky to have a prior STARBASE ND instructor as our new Director. She taught in the program for School Years 2023-2024 and 2024-2025 and then left with a heavy heart amid uncertain DoW funding heading into School Year 2025-2026 but remained in North Plains Elementary School to teach third grade. Stay tuned for a separate welcome article on Mrs. Ziegler!

As we say goodbye to Mr. Dawson, I share an exclusive interview on his years of service:

1. How do you think the STARBASE ND program has benefitted students each year?

“STARBASE provides 5th grade students with several benefits that can sometimes be difficult to achieve in their regular classroom. STARBASE provides access to computer-aided design software and access to individual computers for every student. Chemistry equipment and supplies are available for in-depth 5th grade-level lessons. With the

availability of equipment and supplies students spend most of their time with hands-on, minds-on lessons. Additionally, students have the opportunity to tour Minot AFB organizations and interact with active-duty members utilizing STEAM in their workplaces. The tours are designed to let students experience real-world STEAM careers. STARBASE aids teachers with North Dakota Science Standards such as the Engineering Design Process.”

2. Why do you think students enjoy the STARBASE ND program so much?

“Students enjoy the hands-on nature of the curriculum and the opportunity to use science equipment and software not available in the regular classroom. The students also enjoy the STEAM career investigations and meeting USAF active-duty members in their workplaces.”

3. Is there any programming difference between the first year you taught and this last year?

“The lessons have changed slightly over the years. The national STARBASE curriculum team is currently adding more lessons utilizing technology. The computer-aided design software has been upgraded several times and now utilizes cloud-based innovative engineering software. Additionally, at the local level we have tried to increase our interactions with active-duty members not only for the STEAM career investigations but for community involvement. If a student is with their family in

Minot maybe they will run into one of our volunteers and introduce themselves.”

4. What is one specific memory that stands out for you?

“Working with our STARBASE Staff to ensure everyone stayed actively working and employed during Covid. When school started back in August of the pandemic, we were able to continue our hands-on lessons and keep all our students and staff healthy. Lastly, working with Mrs. Powell this last year to keep the program open during numerous funding concerns and the government shutdown.”

5. What will you miss the most?

“When students are having fun and learning simultaneously it makes teaching fun. If a student struggles in the classroom but excels at STARBASE it is rewarding.”

6. Any parting words?

“I have worked in or with the DoW for approximately 38 years. I have had fun and I have had challenges, but it’s time to call it a day.”

If you would like to provide well wishes or a thank you to Mr. Jon Dawson, correspondence can be sent to the School Liaison Office (Attn: Jon Dawson) at 168 Missile Ave. Minot AFB, ND 58703.

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.



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



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North Dakota Pride: Step Outside Your Window (Indoors!)

MAGIC CITY DISCOVERY CENTER

While the upper floors of the Magic City Discovery Center are packed with high-energy physics and sprawling regional views, we've carved out a special, sunlit sanctuary on the first floor just for our youngest explorers.

Welcome to Outside My Window, our immersive gallery designed specifically for children ages six and under. Tucked safely away from the main visitor pathways, this cozy space lets little ones and their caregivers experience the magic of North Dakota's natural world! If you are looking for a screen-free way to connect your child to nature, their community, and the beautiful state we call home, this is your ultimate playground.

Let's take a peek through the window!

BIG ADVENTURES FOR LITTLE EXPLORERS

The heart of the gallery features a magnificent, multi-level Treehouse complete with a tree top canopy. See if you can spot vibrant autumn

leaves, budding spring flowers, lush summer greens, or bare winter branches!

- **The Climber & Slide:** Children can climb the stairs, slide down, and crawl through the tree trunk. While they play, they are developing gross motor skills and learning essential spatial concepts like up, down, around, and through.

- **Treehouse Tunes:** On the second level, future musicians can work together to create original musical scores on an assortment of instruments, building hand-eye coordination and rhythm.

- **Balls, Ramps, and Toddler Porch:** Ramps mounted to the porch wall let toddlers experiment with gravity and motion. How does a ball's size change how it rolls?

It's a toddler's very first introduction to physics!

- **The Tummy Time Zone:** We haven't forgotten our littlest guests! Soft, undulating crawl surfaces and colorful activity mats encourage babies to spend time on their

tummies, strengthening the neck, shoulder, and back muscles needed for rolling and crawling.

Pro-Tip for Moms: Our Cozy Cabin just got a major upgrade! Thanks to the Power of the Purse and Blue Cross Blue Shield, it now features a secure door and a Mamava lock, providing a private, peaceful, and welcoming space for breastfeeding mothers. If you need assistance, our front desk is always happy to help!

OUTDOOR ADVENTURES: FROM SUMMER CAMPS TO WINTER SPORTS

North Dakota winters are legendary, and winter sports are a huge part of Minot's vibrant culture. In this zone, kids get to experience the best of outdoor recreation all year round.

- **Wiggle Woods:** Young visitors can slither, crawl, and tunnel through the woods like squirrels, ants, and rabbits before climbing to the top to get a brand-new perspective on the gallery below.

- **The Shadow Puppet Campsite:** Kids can camp out in a tent under a simulated night sky! A glowing light source inside the tent is perfect for creating shadow puppets while an overhead projector mimics a starry North Dakota night.

- **The Campfire:** Complete with a picnic table, tree-stump stools, and play food, this area naturally inspires storytelling, dramatic play, and cooperation.

- **Ice-Fishing & Snow Forts:** Grab a rod and reel in fish native to North Dakota, or stack blocks to build an epic snow fort. These activities build hand-eye coordination while teaching early math concepts like estimation and measurement.

FIELDS AND FARMS: CELEBRATING ND AGRICULTURE

Did you know that about 90 percent of North Dakota's land is used for agriculture?

In this zone, we celebrate the vital economic force of our state.

- **Bushes, Trees, and Furrows:** Little farmers can plant regional fruits, vegetables, and flowers, learning exactly what grows in our local soil.

- **The Farmer's Market:** After harvesting their crops, children can "do the math" at the market! They can sell local favorites like corn, jam, honey, and fresh bread, practicing counting and currency through real-world roleplay.

- **What's the Buzz?** Children can play with bees and help deliver the pollen! Bees are a huge source of our North Dakota pride!




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THE "SECRET" SCIENCE: OPPORTUNITIES FOR GROWTH

While your kids are busy playing, they are achieving major milestones aligned with the North Dakota Early Learning and K-2 Standards:

- Physical Milestones: Reeling in magnetic fish or delivering honey pegs builds fine motor skills, while navigating the treehouse and Wiggle Woods hones gross motor skills and spatial awareness.
- Cognitive Development: Sorting crops at the Farmer's Market teaches children to classify data, while testing ball speeds on the porch ramps directly aligns with Kindergarten physics standards regarding pushes and pulls.
- Social-Emotional Success: Whether sharing a picnic or building a snow fort, children are practicing teamwork, communication, and emotional flexibility.

PARENT "POWER MOVES"

Want to take your visit to the next level? Try these simple tips during your next trip to Outside My Window:
 1. Get in Character! Don't be afraid to put on an apron in the Farmer's Market or grab a camp chair. When you play along, it

signals to your child that their imagination is valuable and safe.

2. Push the Scene Forward: Ask open-ended questions to keep the dramatic play going. "What's on sale at the market today?" or "What kind of animals are you friends with, little owl?"

3. Share State Pride: Use the exhibits to share these fun local facts with your kids!

FAST FACTS TO SHARE WITH YOUR KIDS:

- North Dakota is nicknamed the Peace Garden State.
- Our state flower is the Wild Prairie Rose.
- Our state bird is the Western Meadowlark (see if you can spot one hiding on the Magic Climber!).
- The word "Dakota" is a Native American Sioux word that roughly means "friend."
- President Theodore Roosevelt was once a cattle rancher right here in North Dakota!

READY TO EXPLORE THE GREAT OUTDOORS FROM THE COMFORT OF THE INDOORS?

Come visit our first floor and see what your family can discover Outside My Window!

CORNERSTONE
Map Out The Road To Good Health

The canola got me

My first summer in North Dakota, I had no idea what those highlighter-yellow crops were stretching as far as the eye could see. Whatever they were, they were stunning and I was mesmerized.

I just had to get a closer look. Like a moth to a flame, I drove down a rural dirt road and stood beside a canola field, taking it all in. Gently, I reached out and touched one of the blossoms. I leaned down to see if the flower smelled sweet. Deep breath in... nothing. Slightly disappointed but still enchanted, I headed home and went to bed.

The next morning, I felt like I'd been hit by a bus. That is, if a bus can cause swollen eyes, an itchy nose, cotton-stuffed sinuses and a nose that never stops running.

I felt so miserable I went to the walk-in clinic, convinced I'd picked up some kind of infection.

"You've got allergies," the provider informed me. "You haven't been out in a field or anything, have you?"

Uh oh. My whole life, I'd seen the Claritin commercials and heard people complain about seasonal allergies, but never once had I experienced them firsthand. Frankly, I thought people were being a little dramatic.

Turns out, I was the dramatic one. Because that canola field humbled me. And I proceeded to act like an epic hero simply for surviving my up-close encounter with North Dakota pollen.

I followed the provider's suggestions

for over-the-counter medication, went home and rested. Thankfully, my allergies have never been quite that bad again, but North Dakota still has a way of catching me at some point every year. Usually it starts with sinus pressure and gradually morphs into daily headaches, ear pressure, stiffness, and brain fog.

What's surprised me most over the past year, though, is discovering how connected those allergy symptoms are to my "whole-body" health.

When I first started going to Cornerstone Chiropractic, I thought about chiropractic care in terms of physical pain, for me this was primarily chronic back pain. But during a recent appointment, I asked Dr. Matt a question I honestly hadn't considered before.

I listed my symptoms and asked, "Do you think it's more allergy or alignment related?"

His answer surprised me. According to Dr. Matt, many symptoms — including headaches, sinus pressure, brain fog, ear pressure and stiffness — can overlap. In other words, some of the things I've always blamed exclusively on allergies may also be connected to my alignment and nervous system, in turn impacting how my body responds to allergens in the environment.

He explained it this way: "There are TH1 and TH2 cells in your body — when they are out of balance, you have allergies. But an alignment brings TH1 up, which brings your body into balance and you can respond appropriately to



AMY ALLENDER

allergens."

Now, before anyone tosses their allergy medication in the trash, let me be clear: I'm not claiming chiropractic care is some magical cure-all. I still experience some seasonal allergies. But I have personally been surprised by how much regular chiropractic care has helped me feel better overall during allergy season.

And apparently, I'm not the only one.

Dr. Matt told me about a patient who had received weekly allergy shots for nearly 40 years. After receiving regular chiropractic care, the patient eventually stopped needing them altogether. That's obviously an extreme case, and not everyone will have that experience, but it was fascinating to hear.

I think that's what I appreciate most about conversations like these. They remind me that our bodies are interconnected in ways we don't always think about. Sometimes what think is "just allergies" might also involve stress, tension, inflammation, alignment or other factors we've ignored for too long.

North Dakota may still humble me every spring and summer with its unique brand of pollen and dust floating aggressively through the prairie air. But these days, I feel a little more equipped to handle it.

And thankfully, I've also learned an important lesson: maybe don't wander directly into a canola field unless you're emotionally prepared for the consequences.

For more on living in North Dakota join me online at amyallender.com or on social media @HeyMinot.



Years after my harrowing initial experience with canola, we had family photos taken in a field. This time I was better prepared for the repercussions.

AMY ALLENDER PHOTO

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Airmen Receive Bronze Star Medal

119TH WING PUBLIC AFFAIRS
NORTH DAKOTA AIR NATIONAL GUARD

Four North Dakota Air National Guard Airmen were awarded the Bronze Star Medal for meritorious achievement in a combat zone, during a ceremony at the Fargo Air National Guard Base June 5. Senior Master Sgt. Joseph Solberg, Master Sgt. Zak Bergstrom, Master Sgt. Daniel Mark and Master Sgt. Blake Lehman were presented the Bronze Star Medal by Col. Christopher Domitrovich, 119th Wing commander, for their meritorious and heroic actions while deployed to U.S. Central Command. "Our Hooligan Airmen have demonstrated unwavering commitment in the most demanding situations," said Brig. Gen. Mitch Johnson, North Dakota National Guard adjutant general. "Their service and dedication to the mission upholds the finest traditions

of the U.S. Air Force, North Dakota National Guard and the 119th Wing. Their service is an inspiration. We are proud to honor their service and serve alongside them." Domitrovich also offered comments, praising the Airmen for their fidelity to the 119th Wing's values. "In each of your situations, you stepped up and continually did more than what was asked of you, and did so in volatile situations," said Domitrovich. "You not only exemplified the Hooligan Way, you lived it. You showed the Airmen in your charge true leadership and what it means to be a Happy Hooligan. I am proud of you." The Bronze Star Medal is awarded to service members for heroic achievement, heroic service, meritorious achievement, or meritorious service in a combat zone.



L-R: Senior Master Sgt. Joseph Solberg, Master Sgt. Zak Bergstrom, Master Sgt. Daniel Mark and Master Sgt. Blake Lehman were presented the Bronze Star Medal for meritorious service in a combat zone while deployed to U.S. Central Command. The Bronze Star Medal is awarded to service members for heroic achievement, heroic service, meritorious achievement, or meritorious service in a combat zone.

U.S. AIR NATIONAL GUARD PHOTO BY SENIOR AIRMAN ELLIE BROWN

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Upcoming Events

12 JUNE **MILITARY APPRECIATION IN THE PARKS**
11:00 AM - 2:00 PM
Oak Park
1300 4th Ave NW, Minot

We're excited to once again team up with our friends at Minot Parks for an entire day of fun in the sun to show our appreciation for local military personnel and their families! Join us on June 12th at Oak Park from 11:00 a.m. to 2:00 p.m., where the Minot Area Chamber EDC Military Affairs Committee will be serving free food to our active duty & retired military members and their families. You won't want to miss out on activities for the whole family including delicious eats, outdoor games, bounce houses, and more! With a military I.D., personnel and their families get free admission from 9:00 a.m. to 8:00 p.m. at the Roosevelt Park Zoo, free skating at the MAYSA Arena from 12:00 p.m. to 2:00 p.m., and free swimming all day at the Roosevelt Park Pool! Plus, on Wednesdays throughout the month of June, military members also receive free zoo admission with military I.D.

MILITARY APPRECIATION IN THE PARKS
12 JUNE 2026 • MINOT PARK DISTRICT

For more information:
Facebook/ Minot Area Pickleball Association/ Events

12 JUNE **MOVIE IN THE PARK: SMURFS SUNSET (9:30 PM)**
Oak Park Amphitheater
1300 4th Ave NW, Minot

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All movies start at sunset (around 9:30 pm)
Sponsored by Xcel Energy

MOVIES in the Park
SMURFS
JUNE 12, 2026 @ OAK PARK

For more information:
Facebook/ Minot Parks/ Events

14 JUNE **ARTS IN THE CITY: MINOT CITY BAND**
4:00 PM
Oak Park,
1300 4th Ave NW, Minot

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For more information:
Facebook/ Minot Area Council of the Arts/ Events

19-21 JUNE **MIDSUMMER FESTIVAL 2026**
5:00 PM - 10:00 PM
Scandinavian Heritage Park,
1020 South Broadway

Midsummer (or Midsommar in Swedish), held in June around the summer solstice, the longest day of the year, it is a celebration of the ushering in of light, after the long dark winters and is a cherished tradition in Scandinavia. This holiday is considered the second most-important holiday of the year after Christmas. Come celebrate Midsummer with us in the Scandinavian Heritage Park in Minot, North Dakota! This year's event will include music, vendors, demonstrations, workshops, food, fun kids' activities, and everybody's favorite event: the lighting of the bonfire on BOTH Friday and Saturday night (weather permitting)! The sauna may also be open!

Midsummer Festival
June 19 - 21, 2026
SCANDINAVIAN HERITAGE ASSOCIATION

For more information:
Facebook/ Scandinavian Heritage Park/ Events

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CROSSWORD SOLUTION

Solution to last week's crossword

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

SUDOKU

Solution to puzzle on page B10

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

CROSSWORD PUZZLE

Across

1. Aiming aid
6. Rural storage
10. Whirl around
14. Reacts to bad news, maybe
15. Bassinet alternative
16. Golden Fleece craft
17. Illicit memory aid
19. Whispers sweet nothings to
20. Home of the Mighty Ducks
21. Hamper filler
23. Author Bombeck
24. Cottonseed product
25. Gun introduced in 1941
28. Spy's concern
34. "I appreciate that," in e-mail
35. TV cartoon therapist Dr. _____
36. Officially withdraw
37. Witherspoon of "Sweet Home Alabama"
39. Avoid the ads
41. South African coins
42. Finally succeed
44. "Friends" friend
46. Seven-member Mideast fed.
47. Killjoy
49. Slug ending
50. "Exodus" hero
51. Traveler to Oz
53. Old West action, to Clint Eastwood
57. Neat as a pin
61. Handed-down knowledge
62. Hodgepodge
64. Look closely
65. Crosby partner
66. Like a modest 'ome
67. Close with force
68. Fulda tributary
69. Country road features

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15						16		
17						18						19		
20								21		22				
				23				24						
25	26	27				28	29				30	31	32	33
34				35				36						
37			38			39		40		41				
42						43		44		45			46	
47						48						49		
					50				51		52			
53	54	55	56					57				58	59	60
61						62		63						
64						65				66				
67						68					69			

Down

1. Humane org.
2. "All the Way" lyricist
3. Pharmaceutical oils
4. Female fowl that's not as showy as the male
5. Fragrant compound
6. Maudlin quality
7. Foul temper
8. Keep out of sight
9. Gets
10. Cut up
11. Cattle poker
12. Inventor Sikorsky
13. Minding your business?
18. "The Lion King" hero
22. Peptic ailments
25. Figurative backbreaker
26. "That's all __ is"
27. Wield, as force
29. Missouri's __ Mountains
30. Andean tuber
31. Trial setting
32. Icelandic sagas
33. Alley button
35. Protective apparel fiber
38. Bro or sis
40. Verse writer
43. Otitis symptom
45. Emotionless
48. Biblical hunter
49. Places for discussions
52. Brimless woman's hat
53. Where edelweiss grows
54. December song
55. Field of study
56. Start of an idea ... or a cold
58. Rights
59. Vogue rival
60. Travel options: Abbr.
63. Kong, for one

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YOUR VOICE. YOUR COMMUNITY. YOUR IMPACT!
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MINOT AFB RESIDENT COUNCIL

STRONG COMMUNITIES START HERE.

YOUR ROLE

As a Resident Council member, you will be a voice for your neighbors and work with leadership to improve our communities.

- Represent your neighborhood and share resident concerns, ideas, and feedback
- Collaborate on initiatives that enhance programs, services, and quality of life
- Communicate updates and opportunities to residents
- Partner with staff and community leaders to drive positive change

REQUIREMENTS

- Must be a current resident of a participating neighborhood
- Commit to regular meetings (monthly) and activities
- Be willing to listen, communicate, and advocate for others
- Passionate about building safer, stronger, more vibrant communities

ALL VOICES. ALL ARE WELCOME.

NEIGHBORHOODS REPRESENTED

- Sunflower Haven
- Prairie Rose
- North Point

READY TO MAKE AN IMPACT? **APPLY TODAY!**

Check out our FB page: Minot AFB Resident Advocate
Questions? Email the Resident Advocate Samantha Mendoza at Samantha.mendoza@us.af.mil

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

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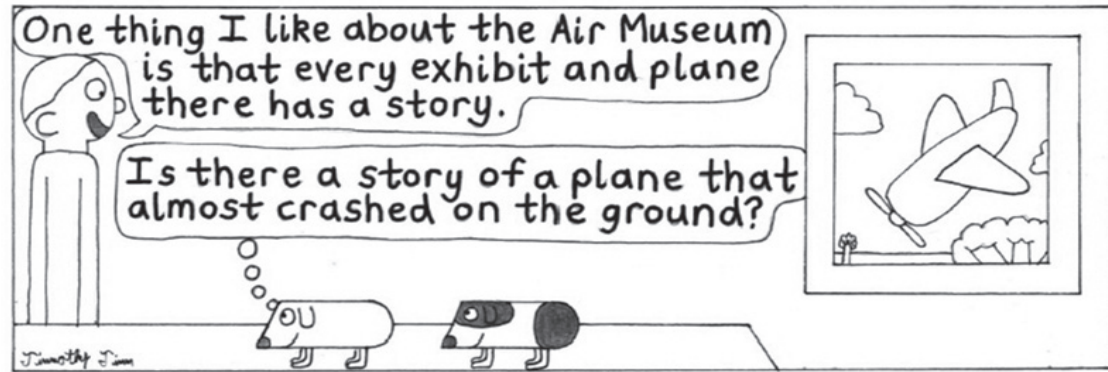
SUDOKU SOLUTION

PUZZLE ON PAGE B9

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

TITUS & PHILEMON

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

TIMOTHY TIMM

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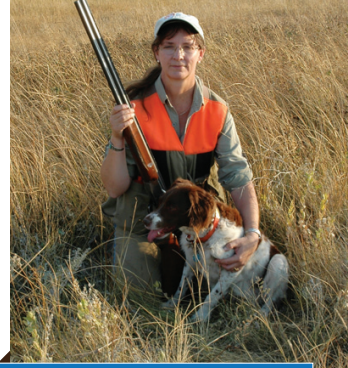
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WOODLAND RESORT

OUTDOOR

REPORT



by Patricia Stockdill

FISHING:

Lake Sakakawea elevation, June 8: 1,827.34 feet above mean sea level (MSL); 17,800 cubic feet per second (CFS) Garrison Dam average daily releases.

Devi's Lake elevation: 1,450.28 feet above mean sea level (MSL). Stump lake elevation: 1,450.13 MSL.

•N.D. Game & Fish Dept. game wardens: Devi's Lake spotty for walleye but look for nice white bass activity in Black Tiger Bay. No north-central area lake reports.

•Devi's Lake, Woodland Resort, Devi's Lake: The better walleye activity remains on Mike's Lake. Somewhat improving walleye success on Devi's Lake. Work shallow in 6 feet or less using leeches with most activity on the east side of the lake.

•Lake Darling, Karma C-Store, Ruthville: No new reports from Lake Darling or Lake Audubon.

•Lake Metigoshe, Four Seasons, Bottineau: A nice pike bite underway but limited reports on bluegill and walleye activity.

•Lake Sakakawea/Lake Audubon, Cenex Bait & Tackle, Garrison: Wind and weather continue limiting activity on the east end of Lake Sakakawea.

•Lake Sakakawea/Lake Audubon, Hwy. 83 Lawn & Leisure, Garrison: Weather permitting, work gravel points or humps on the east end of Lake Sakakawea for walleye using jigs and minnows or plastics in 1 to 12 feet. Some pike success from shore using smelt, herring, or suckers. Good smallmouth bass activity along gravelly areas on Lake Audubon using a variety of presentations. A few walleye also showing up.

•Lake Sakakawea, Indian Hills Resort, Garrison: Improving walleye activity working shallow in 5 feet or less with jigs and minnows. Move around and

locate warm water.

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 Devi's 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, Devi's Lake, N.D. 58301.

OUTDOOR NOTES:

•Check forecasts and be weather and wind aware when boating and using paddle crafts on area lakes, regardless of the size of the water body. Always wear lifejackets.

•June 13: Nat'l. Marina Day, Fort Stevenson State Park, Garrison. Marina Open House, 1 p.m.

•June 13: Monster Mash Trick or Treat in June, Lewis & Clark State Park east of Williston, 6 p.m.

•June 14: Porch Sign & Planter Box workshop, Atypical Brewery & Barrelworks, 510 Central Ave E., Minot. Tickets available at (www.naturesnookart.com), \$50, 2 p.m.

•June 19 & 20: Missouri River Bluegrass Festival Cross Ranch State Park south of Hensler.

•June 19 & 20: Midsummer Festival, Scandinavian Heritage Park, free activities.

•June 19: Dad & Me Birdhouse workshop, Magic City Discovery Center, 1545 1st St. NW, Minot. \$24 for military members, 2 p.m.

•June 20 & 21: Old Settlers Weekend, Pioneer Village Museum, Burlington, featuring pancake breakfast, activities, music, and flea market.

•June 20: Juneteenth Freedom Day in the Park, Oak Park, featuring music, speakers, vendors, and educational activities.

•June 21: Arts in the Park featuring 2 free performances by the Minot City Band at 4 p.m. and 7 p.m. sponsored by the Minot Area Council of the Arts with vendors and food trucks. Freewill donations accepted.

•June 27 & 28: Frontier Military Days, Fort Stevenson State Park, Garrison, noon to 4 p.m.

•June 27: Children's Stick Horse Rodeo, Fort Stevenson State Park Guardhouse Lawn, Garrison, 2 p.m.

TOURNAMENTS:

•June 12: Devi's Lake, Grahams Island State Park.

•June 12 & 13: Lake Sakakawea, Van Hook Arm.

•June 20: Lake Sakakawea, Fort Stevenson State Park; Lake Sakakawea, Sakakawea State Park; Missouri River, Washburn.

locate warm water.

•Lake Sakakawea, New Town: Nice walleye bite kicking in on the Van Hook Arm. Work shallow with a variety of presentations.

•Lake Sakakawea, Van Hook Bait & Tackle, New Town: Improving walleye success in the Van Hook. Move around and try a variety of presentations.

•Lake Sakakawea/Missouri River, Scott's Bait & Tackle, Pick City: No new reports.

•Lake Sakakawea/northwest N.D. lakes, Scenic Sports, Williston: River system sending lots of muddy water into the upper end of Lake Sakakawea after weekend rains. Better walleye activity on the upper end is closer to the midsection from

White Earth Bay and down to the New Town area with success transitioning from minnows to nightcrawlers. Start at around 10 to 15 feet. Some crappie activity from Trenton Lake. Kota-Ray Dam remains fair for trout with occasional largemouth bass.

•North-central/central N.D. lakes, Towner Hdwe. Hank, Towner: No reports from area lakes.

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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What's Going On Minot AFB

FRIDAY 12

- Midnight Movies at the Outdoor Pool, 2030-2330, Outdoor Pool

SATURDAY 13

- Minot AFB 1980 Murder Mystery Game Begins, Minot AFB Library
- Magic City Triple 6 Tournament, 0900, Rough Rider Golf Course
- Paintball Open Play, 1000-1400, Paintball Field, hosted by Outdoor Recreation
- Summer Reading Program Kick-Off Party, 1300, Minot AFB Library
- Air Force Gaming – Fighting Game Series, 1300, Northern Paradise AMD, inside of Bomber Bistro

SUNDAY 14

MONDAY 15

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- AFFT, 1100, McAdoo Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library

TUESDAY 16

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- First Duty Station Officer Financial Course, 0900-1100, M&FRC
- Tuition Assistance (TA) Brief, 1000, Education Center
- Game Day, 1000-1930, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- UVAO Training, 1300-1430, M&FRC
- Quiet Book Club, 1800-1930, Minot AFB Library

WEDNESDAY 17

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- Bundles for Babies, 0900-1030, M&FRC
- Storytime, 1030, Minot AFB Library
- AFFT, 1100, McAdoo Fitness Center
- Board Game Making Camp, 1500, Minot AFB Library

THURSDAY 18

- AFFT, 0530, McAdoo Fitness Center
- Junior Enlisted Foundations Course 300, 0730-1600, Professional Development Center
- Pre-Separation Briefing, 0830-1130, M&FRC
- AFFT, 1100, McAdoo Fitness Center
- Sponsorship Training, 1300-1400, M&FRC
- Tuition Assistance (TA) Brief, 1330, Education Center

FRIDAY 19

- Juneteenth
- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com

SATURDAY 20

- For a full listing of Juneteenth holiday facility hours, visit 5thforcesupport.com
- Chess Club, 1200-1400, Minot AFB Library
- Board Game Making Camp, 1500, Minot AFB Library

SPECIALS

Rockers Bar & Grill Featured Item Rockin' Chicken Sandwich	The B-Fifty Brew Featured Item Tropical Energy Sherbet Swirl
Bomber Bistro Featured Item Bratwurst with Kraut & Spicy Mustard	

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